

## **Top Summer Nutritional Tips for Seniors**

### **Prioritize Hydration:**

Drink water consistently throughout the day, even before feeling thirsty, as the thirst mechanism weakens with age. Supplement with electrolyte-rich drinks or foods like water-dense fruits and vegetables. Avoid sugary drinks and alcohol, which can cause dehydration

### **Embrace Seasonal Produce:**

Utilize fresh, in-season fruits and vegetables like berries (blueberries, strawberries), leafy greens (kale, spinach), and cucumbers for antioxidants and vitamins that help combat heat-related inflammation.

### **Choose Lighter Meals:**

Switch to light meals like salads, cold soups, and grilled veggies to reduce the burden on digestion, which can be strained in high temperatures. Avoid heavy, fried or high calorie desserts.

**-Add Nutrient-Dense Summer Foods. Berries:** Blueberries and raspberries offer fiber and antioxidants. **Vegetables:** Tomatoes (lycopene), leafy greens (carotenoids), and bell peppers boost eye and heart health.

**-Healthy Dips:** Hummus and guacamole offer healthy fats and protein.

**-Whole Grains:** Quinoa and brown rice provide fiber to avoid constipation.

### **Incorporate Lean Proteins & Healthy Fats:**

Consume low-fat plain yogurt, fish, chicken, tofu, and legumes for essential protein. Add healthy fats from avocados, nuts, and olive oil, which aid in nutrient absorption.

### **Avoid Excessive Salt and Sodium:**

Reduce intake of processed meats, canned soups, and hot dogs, which are high in sodium and can increase water retention and strain, especially in hot weather. Including processed snacks with high sodium levels.

### **Boost Vitamin Intake:**

Focus on Vitamin B12 and Vitamin D, especially if spending less time in the sun or facing potential nutrient absorption issues.

### **Easy Meal Prep Tips for Seniors During the Summer:**

In the summer months, seniors should try to prep their meals ahead of time.

Since it is cooler in the mornings, your home will not get too hot if you must cook or bake.

**Meal prep ideas include:**

- Do all meal prep work, like slicing fruits and veggies
- Cooking any meat so all you must do is reheat it later
- Exploring different salads that can be made ahead of time
- Trying different cool meal options, like charcuterie boards or cold soups
- Exploring different sandwiches to be eaten cold and made ahead of time
- Cooking outdoors on the grill more to keep excess heat out of the house

**Signs of Dehydration That Seniors Should Watch For:**

Dehydration can lead to heat exhaustion and heat stroke if not addressed immediately. Signs of dehydration include:

- |                       |                       |
|-----------------------|-----------------------|
| -Increased thirst     | -Lack of energy       |
| -Dizziness            | -Headaches and cramps |
| -Chills               | -Dark yellow urine    |
| -Infrequent urination | -Dry mouth            |

If you notice you are experiencing signs of dehydration, find a cool spot indoors where you can sit down, relax, and drink plenty of fluids. Contact your doctor if your symptoms do not improve.

**Watermelon Agua Fresca**

**Ingredients**

- 6 cups seedless watermelon chunks, plus small wedges for garnish
- 6 Tbsp. sugar
- 1/3 cup fresh lime juice
- 1/3 cup water
- Fresh mint sprig

**Directions**

**Step 1** Combine watermelon, sugar, lime juice, and 1/3 cup water in a blender. Puree until smooth, for about 30 seconds.

**Step 2** Serve immediately, garnished with mint sprigs and watermelon wedges, or chill for up to 3 days in advance.

References: [havenhealthaz.com/blog/summer-nutrition-tips-for-seniors](https://havenhealthaz.com/blog/summer-nutrition-tips-for-seniors), [science.drinklmnt.com/did-you-know/electrolyte-drinks-for-seniors?](https://science.drinklmnt.com/did-you-know/electrolyte-drinks-for-seniors/)

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