



# Food Hero for Older Adults

## Focus on Water



*Water is essential for all body functions.  
Replenish daily for good health.*

### Mix and Match Salad

1 cup **fruits and vegetables**, any mixture



1 to 2 Tablespoons **Flavor enhancers**



1 to 4 Tablespoons **Nutrient boosters**

**Some types:** apple, bell pepper, berries, banana, broccoli, cucumber, cabbage, cauliflower, celery, grapes, grapefruit, mango, melon, orange, peach, pear, pineapple, salad greens

**Savory dressing:** 1 teaspoon vegetable oil (any type), 2 teaspoons vinegar or citrus juice, salt and pepper to taste.

**Sweet dressing:** add ¼ teaspoon honey or sugar.

**Yogurt dressing:** 2 teaspoons yogurt, 1 teaspoon vinegar or citrus juice, ¼ teaspoon honey (optional) and salt to taste.

**Dried or fresh herbs and spices:** basil, cilantro, dill, oregano, cinnamon, garlic or chili powder.

**Protein:** nuts, seeds, fish, poultry, meat, cheese, yogurt, tofu

**Calcium:** cheese, yogurt, canned salmon, tofu

**Fiber:** beans, nuts, seeds, dried fruit



#### Directions

1. Cut or grate fruits and vegetables into bite-sized pieces.
2. Add flavor enhancers and stir to mix.
3. Top with nutrient boosters, as desired.
4. Refrigerate leftovers within 2 hours.

#### Notes

Try these combinations:

- Pineapple and mango with sweet dressing and chili powder
- Tomatoes and cucumber with savory dressing, basil and feta cheese
- Apples and grapes with yogurt dressing, cinnamon and almonds
- Celery and orange with savory dressing, cheddar cheese and walnuts

Most fruits and vegetables are full of water! Enjoy them in a Mix and Match Salad.

Some signs of dehydration are constipation, headache, confusion and low blood pressure.

Some medicines can cause water loss. Ask your doctor how much fluid is right for you to prevent dehydration.

If your urine color is amber or light brown, drink more water. Light yellow or golden is normal.

Coffee and tea provide water even though caffeine causes urination.

# Classics Stay Strong

Milk, smoothies and soups provide water and other nutrients such as protein.

Start your day with a glass of water to rehydrate.

Try drinking fluids between meals so you don't feel too full at mealtime.

Try fluids at different temperatures to find what you like best.

Drink most water during the day to reduce trips to the bathroom at night.

## Peanut Protein Smoothie for Two

Makes 2 cups Prep time: 10 minutes

### Ingredients

- 1 cup **milk**
- ¼ cup **dry milk**
- ¼ cup **peanut butter**
- 1 frozen **banana**, cut into pieces

### Directions

1. Put all ingredients in blender. Blend until smooth and serve.
2. Refrigerate leftovers within 2 hours.

### Notes

- Try sunflower seed butter or any nut butter.
- No banana? Use 1 cup of any frozen, fresh or canned and drained fruit.
- No dairy? Use 1 cup lactose-free or non-dairy beverage and 20 to 30 grams of protein from any protein powder.
- For more flavor, add a dash of cinnamon or ¼ teaspoon vanilla.



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 cup (228g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>340</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 17g	22%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 270mg	12%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 3g	11%
Total Sugars 24g	
Includes 2g Added Sugars	4%
<b>Protein</b> 17g	
Vitamin D 3mcg	15%
Calcium 357mg	25%
Iron 1mg	6%
Potassium 850mg	20%
Vitamin A 175mcg	19%
Vitamin C 6mg	7%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Drink Water Your Way

**Make it Tasty** Try adding a splash of 100% fruit juice or a slice of fruit to your water.



**Make it Easy** Keep water handy in a water bottle or cup that is easy to fill, hold and carry.



**Make it Special** Add a garnish or make it fizzy with sparkling water.



Find recipes for soups, salads and smoothies at [FoodHero.org](https://www.foodhero.org)