

# Deconditioning: DO YOU DRINK ENOUGH?

## RECOMMENDATIONS FOR SENIORS



### **DRINK AT LEAST 1.5 LITRES OF FLUID A DAY**

That's the equivalent of  
six 250 mL cups  
or six 8-ounce glasses.



### **DRINK A VARIETY OF FLUIDS**

Water, milk, sparkling water,  
herbal tea, smoothies, juice,  
tea, coffee, etc.



### **FILL A WATER BOTTLE AND DRINK FROM IT THROUGHOUT THE DAY**

Keep it close at hand and  
have a sip every hour,  
for example.



### **EAT FOODS THAT HYDRATE**

Soup, ice cream, pudding,  
gelatin desserts,  
fruit compote, popsicles, etc.



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