



HAVING ENOUGH FLUIDS

Fluids are essential for the body to function properly. The importance of having enough fluid does not decrease with age and Most older people need a total of 6-8 cups of fluid each day. There are a variety of fluids that one can take, not just water.

Fluids can include:

- water
- milk
- fruit juice
- cordial
- soft drink
- vegetable juice
- coffee
- tea
- hot chocolate
- custard
- jelly
- soup
- ice cream

Have a total of 6-8 cups of any of these.

Benefits of having enough fluid:

- Keeps the kidneys working
- Helps prevent constipation
- Decreases likelihood of urinary tract infections
- Quenches thirst
- Prevents dehydration which can worsen or cause confusion



Usually people are aware of their need to take fluids during the summer months but dehydration can occur in winter months due to household heating and illnesses such as colds and flus.

Older people may have a reduced sense of thirst so regular fluid intake should be encouraged. Why not leave a glass of water where it can be easily seen? E.g. near the phone or on a coffee table.



RECIPES

High Calorie Drinks

The following recipes are for high protein, high energy drinks. The milk drinks are made with full cream milk. All are easy to make. Just mix the ingredients together in a jug then chill. Each recipe makes about one cup (250ml). Multiply by three to make enough for the whole day. These high calorie, high protein drinks must be kept cold in the refrigerator. They should not be kept longer than 24 hours.



Enriched Milk 275ml 13g protein 250 calories	Add 2 tablespoons of full cream milk powder to 1 cup of full cream milk. Use this enriched milk in tea, coffee or on breakfast cereal
Milk Shake 250ml 12g protein 280 calories	1 tablespoon of full cream milk powder 1 scoop of ice cream (about two tablespoons or three dessert spoons) 2 teaspoons of flavouring cup of full cream milk
Banana Smoothie 250ml 9g protein 240 calories	1 tablespoon of full cream milk powder 1 scoop of ice cream (about two tablespoons or three dessertspoons) 1 small banana cup of full cream milk 2 drops of vanilla essence
Iced Coffee 250ml 12g protein 320 calories	1 tablespoon of full cream milk powder 1 scoop of ice cream (about two tablespoons or three dessertspoons) 1 teaspoon of instant coffee cup of full cream milk Sugar to taste
High Calorie Milo™ 250ml 12g protein 300 calories	1 tablespoon of full cream milk powder 1 scoop of ice cream (about two tablespoons or three dessertspoons) 2 tablespoons of Milo cup of full cream milk
Strawberry Frost 175ml 9g protein 220 calories	cup of orange juice cup of strawberry yoghurt cup of strawberries 2 teaspoons of sugar

FEEDBACK

We welcome your compliments, complaints and suggestions. Your feedback will help us improve the quality of our information, products and services.

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