

### **Establish policies and procedures to address healthy hydration**

- Policies and procedures should establish a hydration program that is facility-specific and person-centered
- Develop a hydration program that includes the participation of all staff such as “Sip and Go” where anyone entering a person’s room can offer a sip of water

### **Provide beverages of choice and foods high in fluid content**

- More fluid is consumed when people are offered beverages they prefer
- Observe beverage preferences for persons with cognitive impairment
- USDA water content for common foods and beverages (see page 3)

### **Provide liquids before, during and after meals**

- Mealtime is when the most fluid is consumed
- Create a homelike dining environment with a comfortable temperature and humidity level
- Provide two or more beverages and high-fluid fruits or foods; refill beverage and reintroduce items not yet consumed
- Use colorful glasses or familiar drinking vessels

### **Provide liquids between meals**

- Use a beverage cart with a variety of liquids, including thickened liquids
- Provide hydration stations or water dispensers in common areas
- Provide a water pitcher within reach and light enough for the individual to lift
- Provide drinking vessels such as larger lighter mugs, sports bottles, and colorful glasses

- Provide fluids during therapy sessions and before and after activities of daily living (ADLs)

## **Provide liquids during group activities or other social events**

- Provide beverages during all activities
- Host drink tastings or provide a fruit platter to “eat your drink”
- Offer “mocktails” or Happy Hour to offer non-alcoholic beverages
- Offer enticing beverages as desserts such as floats and smoothies

## **Provide liquids during medication pass and others as ordered**

- Offer and encourage everyone to drink at least 60 ml of fluid with medication
- Provide the recommended amount of fluids with medications and additional flushes for persons with enteral feedings and hydration
- Provide hypodermoclysis or IV fluids if ordered by a physician

## **Provide assistance with drinking**

- Encourage and assist persons to drink or to access their beverages as needed
- Offer prompting, especially for persons with cognitive impairment
- Assist the person to an upright position, if possible, to minimize the risk of aspiration when drinking
- Provide aids to assist in drinking such as adaptive cups or straws

## **Track and review fluid intake**

- Take note of each person’s ability to drink independently
- Closely monitor and record intake for those at risk as ordered by a physician

## **Provide adequate staffing and education**

- Staff should understand how their actions prevent dehydration
- Maintain adequate staffing the meet the needs of the persons living in the facility

- Educate staff on how to offer and assist with drinking fluids
- Education staff on signs, symptoms and risk factors for dehydration

## USDA water content for common foods/beverages

ITEM	SERVING	WATER CONTENT
Coffee	1 cup	238 ml
Orange or cranberry juice	1 cup	216 ml
Apple juice	1 cup	218 ml
Milk 2%	1 cup	217 ml
Iced tea, with ice	1 cup	183 ml
Soft drink, cola	12 ounces/1 can	332 ml
Popsicle	Single popsicle	40 ml
Boost	1 cup/1 (8 oz) bottle	194 ml
Ensure	1 cup/1 (8 oz) bottle	192 ml
Oatmeal, cooked	1 cup (240 ml)	200 ml
White bread	1 slice	10 ml
Ice cream	1 cup	78 ml
Sherbet	1 cup	115 ml
Gelatin	1 cup	202 ml
Pudding	1 cup	180 ml
Yogurt	1 cup	208 ml
Cottage cheese	1 cup	170 ml
Vegetable soup	1 cup	215 ml
Soup, creamed	1 cup	207 ml
Fruit cocktail in juice	1 cup	212 ml
Grapes, raw	1 cup	120 ml
Banana, raw	1 banana	94 ml
Strawberries, raw	1 cup	136 ml
Peach, raw	1 peach	132 ml
Peaches, canned in juice	1 cup	218 ml
Watermelon, raw	1 cup	141 ml
Green beans, cooked	1 cup	129 ml
Lettuce, raw	1 cup	33 ml
Broccoli, cooked	1 cup	138 ml
Creamed corn, canned	1 cup	197 ml
Chicken, cooked	4 ounces	75 ml
Steak, cooked	4 ounces	71 ml
Pork, cooked	4 ounces	67 ml
Tuna, canned & drained	6.5 ounces	126 ml

U.S. Department of Agriculture (USDA): [What's In The Foods You Eat Search Tool](#), 2017-2018 (online). Retrieved on June 21, 2022.