

Smoothie Recipe:



Ingredients:

- 1 Medium Mango
- 1 Banana
- 500ml Orange Juice
- 4 Ice cubes

Method:

Cut Mango down either side of the flat stone then peel and cut the flesh into chunks. Next peel and chop banana. Lastly put all ingredients into food processor/blender, and blender until smooth and thick

Signs of dehydration include

- Dry mouth or lips
- Thirst
- Tiredness
- Headache
- Dizziness
- Aching joints
- Clumsiness
- Loose and dry skin
- Dark or strong smelling urine
- Nausea or Vomiting



Hydration facts include

- Medicines work more effectively if well hydrated
- Ageing diminishes the sensation of thirst, in particular for those who suffered a stroke or have Alzheimer's Disease
- Poor Oral Healthcare could inhibit the ability to drink or eat

Have fun with Hydration

- Get Creative with Jelly i.e. Making it into sweets, or filling the shell of fruit with it for example Watermelon.
- Try different smoothie recipes filled with delicious fruit.
- Go back in time and make Ice Cream floats with either Coke or Cream Soda.



Remember Hydration is Key

Did you know...



Both Strawberries and Watermelon consist of 92% Water

WHAT COLOR IS YOUR PEE?

Gross, we know, but it's helpful.



You're running on empty!



Hydrate ASAP or call a ride!



Ready to run!

Good levels of hydration can help prevent or aid the treatment of:

- Pressure Ulcers
- Low Blood Pressure
- Urinary Infections
- Kidney Stones
- Diabetes
- Constipation
- Confusion
- Falls



Did You Know..

There is 75ml of fluid in 2 scoops of Ice cream, and 70ml of fluid in Ice Lollies

Water regulates body temperature

Removes toxins & waste

People need 1.6 litres of fluid a day

