

# Where's the Water?<sup>1</sup>

Wendy J. Dahl<sup>2</sup>

Many frail older adults are at risk for dehydration. Providing enough water to the older adult is a challenge, as decreased thirst may limit beverage intake. Water comes in many forms, in beverages, but also in foods. When food intake decreases, so does water intake. Encouraging food and beverage intake is important in preventing dehydration in the frail older adult.

Table 1.

<b>Which of the following foods is higher in water? (Circle the Correct Answers)</b>		
Peanut butter	or	Ketchup
Cooked Carrots	or	Cranberry Juice
Cottage Cheese	or	Apple Sauce
Roasted Chicken	or	Pork Chops
Mashed Potatoes	or	Pasta
Chocolate Pudding	or	Chocolate Brownie

Foods vary widely in water content. You may be surprised to find out that many common foods that are not liquids are quite high in water! Continue to Table 2 to learn more.

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## Where's the Water? Answer Key

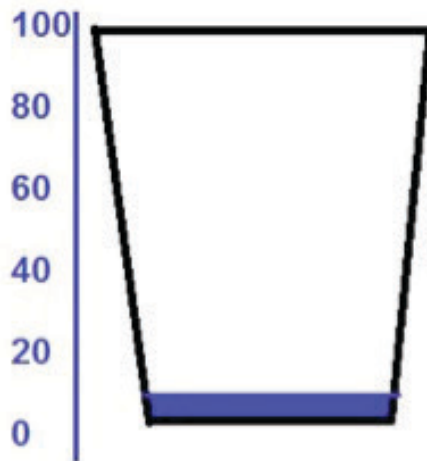
Table 2.

<b>Which of the following is higher in percent water content? (Answer Key: percent water content per single serving)</b>			
Peanut butter	2	<b>94</b>	<b>Ketchup</b>
<b>Cooked Carrots</b>	<b>91</b>	83	Cranberry Juice
<b>Cottage Cheese</b>	<b>79</b>	76	Apple Sauce
<b>Roasted Chicken</b>	<b>71</b>	53	Pork Chop
<b>Mashed Potatoes</b>	<b>83</b>	72	Pasta
<b>Chocolate Pudding</b>	<b>69</b>	10	Chocolate Brownie
<b>% water content</b>			

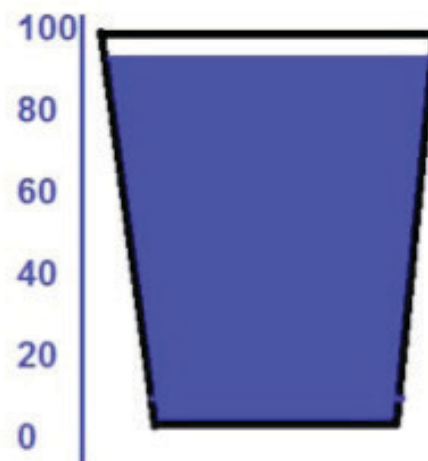
Tips for readers:

- Frail older adults are encouraged to drink milk and other nutrient-rich beverages between meals.
- Encourage three servings of fruit and fruit juice each day.

# Peanut Butter or Ketchup?

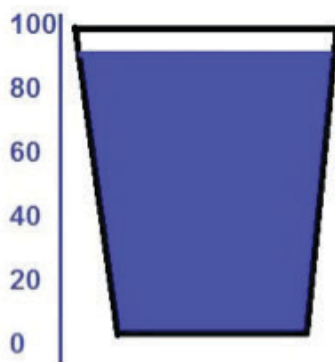


**Peanut Butter**  
2% Water

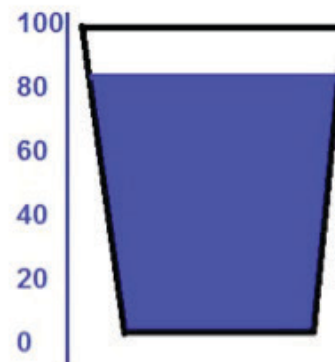


**Ketchup**  
94% Water

# ½ Cup of Cooked Carrots or Cranberry Juice?

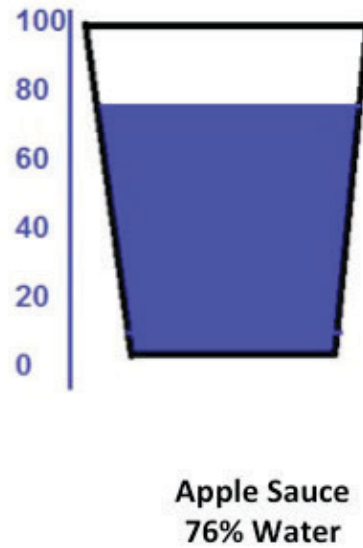
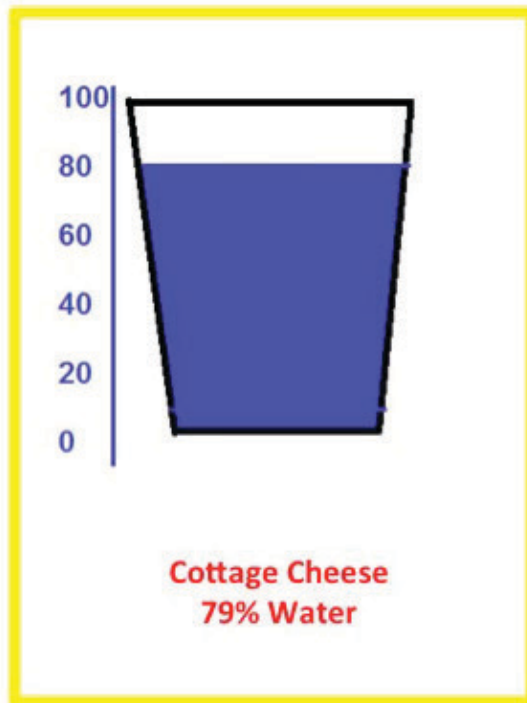


**Cooked Carrots**  
91% Water

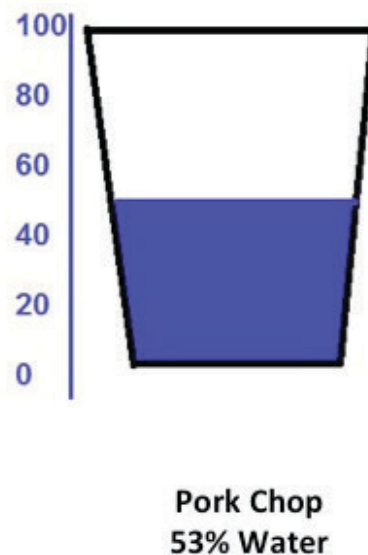
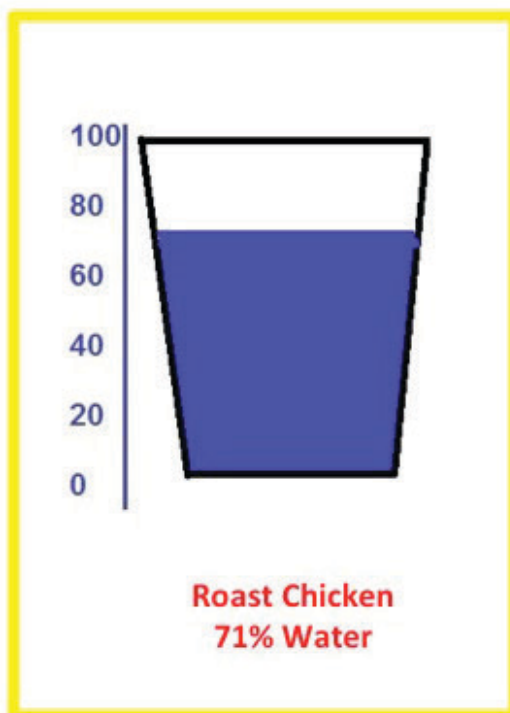


**Cranberry Juice**  
83% Water

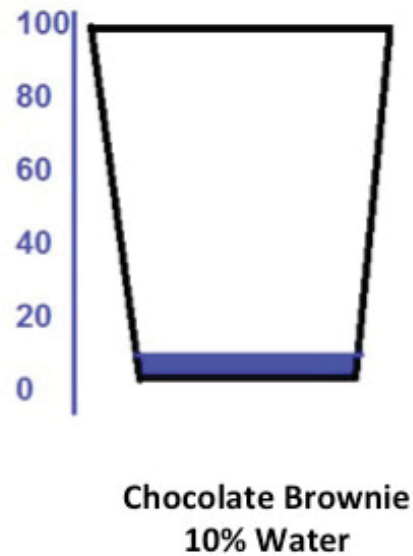
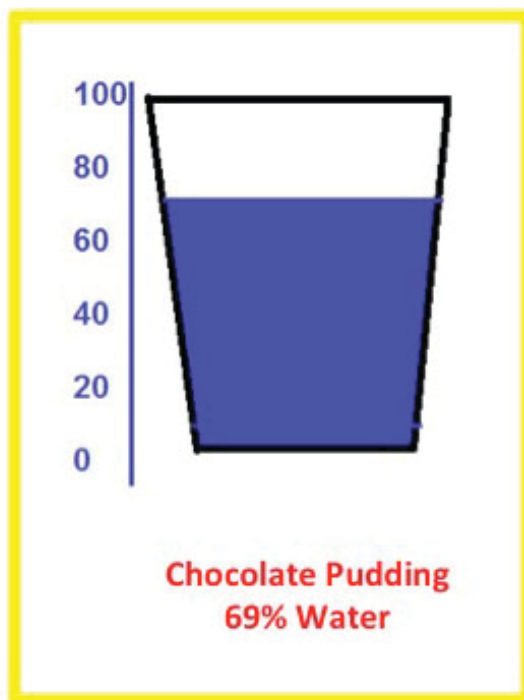
## ½ Cup of Cottage Cheese or Apple Sauce?



## A serving of Roasted Chicken or a Pork Chop?



# 1 Serving of Chocolate Pudding or a Chocolate Brownie?



# 1 Cup of Mashed Potatoes or Pasta?

