NUTRITION & HYDRATION

UNICITY
CARE MANAGEMENT

Why Hydration Matters

- Water supports every cell, organ, and muscle in your body.
- Dehydration can cause fatigue, confusion, and increased fall risk.
- Most adults need 8–10 cups of fluid daily — more in warm weather.
- Include water-rich foods such as fruits, soups, and yogurt.

Quick Tip: Don't wait until you're thirsty — drink regularly throughout the day.

Nutrition as We Age

- As metabolism slows, nutrient needs rise — every bite counts.
- Protein preserves muscle strength and supports healing.
- Calcium and Vitamin D strengthen bones and reduce falls.
- Fiber improves digestion and heart health.
- Antioxidants and Omega-3s support memory and reduce inflammation.

Focus on: Colorful fruits, vegetables, lean proteins, whole grains, and hydration at every meal.

Benefits of Good Nutrition & Hydration

- Boosts energy and focus
- Supports healthy weight and mobility
- Strengthens the immune system
- Enhances mood and brain function
- Improves skin, digestion, and overall vitality

How Unicity Care Management Can Help

- Create personalized nutrition and hydration plans.
- Monitor daily intake and recognize early signs of dehydration or malnutrition.
- Coordinate care with doctors and dietitians.
- Educate clients and families on healthy habits and safe food choices.
- Provide compassionate oversight to promote independence and wellness.

At Unicity Care Management, we help clients stay nourished, hydrated, and thriving — one day at a time.