

HYDRATION & HEALTH

*As champions of the importance of hydration within care homes across the UK, leading beverage brand Tetley have devised **ten top tips** to support catering and care staff in keeping residents hydrated and healthy, in association with Martin McKee, head chef of The Hawthorns Retirement and Care Home in Aldridge.*



1. Hydration

The human body is comprised of between **50-75%** water, depending on a person's age and gender¹, so keeping hydrated is vital in order for the body to function effectively. **A comforting cup of tea can contribute to fluid intake.**

2. Wellbeing

The European Food Safety Authority (EFSA) recommends an intake of between **2.0 and 2.5 litres of water** a day from food and water¹ for good health and wellbeing, as hydration plays an essential factor in influencing the body's method of retaining vital nutrients and regulating temperatures.

3. Dementia

In a Boston University study it was found that dementia sufferers drank almost **84% more liquid** when served in coloured cups². Why not offer residents the perfect serve in brightly coloured dementia friendly, anti-slip cups? **For dysphagia and dementia patients, thickeners can also be added to tea without affecting the flavour.**

4. Caffeine

Caffeinated beverages are often perceived as dehydrating due to their diuretic properties, however this is a myth, and when consumed in moderate amounts **caffeine doesn't affect hydration levels.**



5. Dehydration

There are many reasons elderly people are often at an increased risk of dehydration including **thirst sensation and detection decreasing with age**, difficulties in accessing drinks, and fear of incontinence. **Regularly offer residents a cup of tea** or make it easily available via self-serve tea making facilities for residents.

7. Food Pairing

70-80% of hydration should come from drink and **20-30% from food**³.

Pairing tea with food is an easy way to ensure your residents stay hydrated throughout the day. Check out Tetley's tea and food pairing recipes here: tetleyteaacademy.co.uk/tea-and-food-pairing

6. Flavour Experiences

Give residents a choice of water and other beverages including **fruit and herbal infusions and decaffeinated blends**. Matching different tea blends to different day parts offers residents different flavour experiences.

Sugar Free

8. Naturally Sweet

Enjoying tea without sugar, and healthier tea varieties like green and fruit & herbal blends, are **growing in popularity** as reduced-caffeine alternatives containing only natural sugars.

9. Get Together

Getting together over a cup of tea can be a great social activity. Consider making tea time an occasion in your care home with **morning and afternoon gatherings between residents and staff**.

10. A Trusted Brand

A well-known brand is the top factor in a tea drinkers' choice, so make residents feel at home with a trusted, recognisable brand like Tetley



Visit tetleyteaacademy.co.uk today for information, advice and insight.

Join the conversation  [@TetleyTeaOOH](https://twitter.com/TetleyTeaOOH)



¹ www.naturalhydrationcouncil.org.uk

² Dunne, T. Clinical Nutrition, August 2004; vol 23; pp 533-538. News release, Boston University.

³ BDA March 2017, BDA Food Fact Sheet: Fluid