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KFAS

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Center

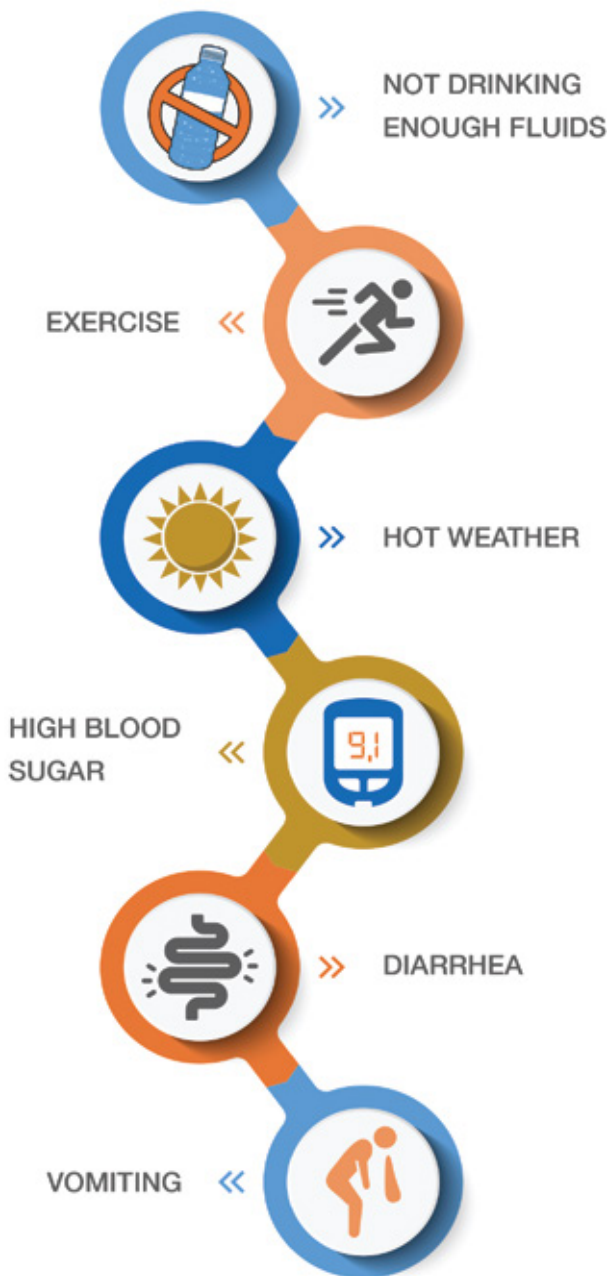
مؤسسة الملك فهد للبحوث والتعليم في مرض السكري
Saudi Foundation for Diabetes Research and Education



THE
IMPORTANCE OF
HYDRATION

The Nutrition Unit

CAUSES OF DEHYDRATION



HOW MUCH WATER DO WE NEED?



16-30 YEARS OLD



35-40 ML/KG



30-54 YEARS OLD



30-35 ML/KG



55-65 YEARS OLD



30 ML/KG



OVER 65 YEARS OLD



25 ML/KG

FOR EXAMPLE



47 YEAR-OLD



weighs **60** KG

=



1800 ML to **2100** ML per day

(30 ml x 60 kg = **1800** ML)

35 ml x 60 kg = **2100** ML)

In order to prevent dehydration, make sure to drink enough water.

IF YOU DON'T LIKE THE TASTE OF WATER

You can add slices of fruit like



LEMON



ORANGE



MINT LEAVES



BERRIES



CINNAMON



GINGER



You can freeze these fruits into ice cubes and add them to your water.



SYMPTOMS OF DEHYDRATION



THIRST



HEADACHE



DRY MOUTH AND EYES



DIZZINESS



FATIGUE



DARK YELLOW URINE





It's very important to get enough fluids from water and not from juices.



Juices are high in sugar, and liquid sources of sugar are absorbed quickly and can cause spikes in blood sugar.



Be aware of flavored drink, because some of them can be high in sugar.



Read the food labels to make sure of the sugar content.



Consult your dietitian if you need help with reading the food labels.

DIABETES AND DEHYDRATION

If blood sugar is higher than the normal range for a prolonged period of time, the kidneys will need to excrete the extra sugar into the urine. This increases water losses from the body, and causes thirst and dehydration.



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