

# The Medicare Diet: Best Diet for Hydration in Seniors



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## Thirsty?

Hydration is a lot more involved than just drinking more water. Yes, eight glasses of water a day is a good goal to strive for (a “glass of water” is usually defined as at least eight fluid ounces), but hydration is a lot more than what you drink; what you eat can play a huge role as well! In this edition of the Medicare Diet, we’ll cover tips on staying hydrated as a senior, and surprising health benefits you can see from quenching your thirst.

Thirsty for Medicare info? Call us.

☎ Call (800) 950-0608

## Congratulations! You’re Probably Dehydrated!

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