

Nutrition Education



Daily Recommendations

Fiber

- Women:
25 grams/day
- Men:
38 grams/day

Fluids

- Women:
About 9 cups/day
- Men:
About 13 cups/day

Sources: Eatright.org &
National Council on
Aging/NCOA.

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Fiber + Fluids = Better Together

As we age, getting enough fiber and hydrating well becomes even more important. Fiber and fluids work as a team to support healthy digestion, prevent constipation, and keep you healthy.



The importance of fiber: Fiber helps keep your bowels moving, prevents constipation, and keeps your gut healthy.

Good sources of fiber include:

- Whole grains
- Fruits
- Vegetables
- Beans and lentils
- Nuts and seeds



The importance of hydration: Drinking enough fluids, especially water helps keep our organs working well, helps with digestion, and helps our skin stay healthy. Water also helps prevent dehydration, which can make you feel tired, confused, or weak.

Healthy fluid choices include:

- Water
- Milk and Milk Alternatives
- Unsweetened coffee and tea
- Low-sodium soups and broths
- Supplement Drinks (Ensure or Boost)



Why is fiber and fluids important together? Fiber needs fluids to do its job. It absorbs water to soften stool, making it easier to pass and helping keep your digestive system moving regularly. **Without enough fluids, increasing fiber may make constipation worse.**