...men) and 2 L (for adult women), respectively. Water and other beverages contributed 75% of total fluid intake, with 25% provided by water in food. Older adults consumed less water and beverages than younger adults.

**Conclusions:** Our study points out that water intake by the institutionalized elderly people remains well below the recommended daily amount of water intake. Interventions involving family members and HCP’s to promote fluid consumption seem to be necessary.

Key words: hydration, elderly, fluid intake.

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**The importance of smoothies in hydration**


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**Introduction:** Dehydration occurs when the body loses more water than you take in that is when the water balance is negative, it is shifted to water loss. It is often accompanied by changes in the balance of mineral salts or electrolytes in the body, especially sodium and potassium. It is aggravated by heat and swallowing problems. Today green smoothies are increasingly present in the diet of people interested in pursuing a healthy diet. Also, there is a major direct input of water and mineral salts contained in vegetables and fruits used to constitute an effective element of hydration.

**Objective:** Knowing the contribution of water and salts present in green smoothies.

**Method:** Observational analytical study of the composition of water and salts commonly used in green smoothies.

**Results:** From a total of seven green smoothy recipes comprised of 22 different plant nutrients, it has been found that these shakes have more than 92% water, an average sodium concentration of 0.15% and 1.16% potassium.

**Conclusions:** Green smoothies provide a high concentration of water and mineral salts in a prompt and pleasant way, avoiding dehydration.

Key words: smoothies, fruits, vegetables, water, minerals.

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**Dehydration in the elderly treated in the emergency room of the regional hospital**

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**Introduction:** At this time, there is no absolute definition of dehydration that can be useful in clinical practice. The term dehydration refers to several conditions associated with loss of total body fluids. The terms commonly known in clinical practice to describe this situation are fluid deficit, volume depletion, and dehydration. The actual incidence of dehydration is unknown and probably underestimated. There is an important limitation of its diagnosis due to the lack of standardized methods to measure the quantity of liquids in the body. The variation in weight is the process most commonly used to measure the total loss of liquids in the body to determine dehydration. This is not feasible in patients seen in the emergency department, a fact that has favored the use of other indicators in daily clinical practice. Dehydration underlies many clinical symptoms. Therefore, dehydration diagnosis should be present as a probable cause in the presence the above mentioned risk factors. Among these risk factors are extreme ages of life. The elderly have a higher risk of dehydration compared to the general population.

**Objective:** This study aims to determine the prevalence of dehydration in elderly patients received at the emergency department of EH, and its correlated risk factors associated with their age.

**Method:** An observational and retrospective study from 01/08/2015–31/08/2015 at the EH Emergency Department. The records of every person older than 65 that received medical services will be analyzed. A multivariate analysis of the factors that could influence in the outcome was conducted.

Key words: dehydration.

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**Water and beverage consumption among a Mediterranean sample**

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**Introduction:** Appropriate hydration is essential for health. Water and other beverages are generally available to the population without limitations, but consumption patterns show variability across Europe.

**Objective:** To evaluate the liquid intake habits of a Mediterranean population (Spain-Portugal) and if they support the current EFSA policies and recommendations related to hydration.

**Method:** A record of fluid intake was obtained from 826 participants from both countries and compared with current hydration consensus.