

Water

Facts About Water:



- ✓ We can survive up to 6 weeks without food but only 1 week without water.
- ✓ 75% of our bodies are made up of water. Muscles, blood, body fat, and bones all contain water.
- ✓ Water is needed to transport nutrients in bodies and to regulate body temperatures.
- ✓ Water helps us use the bathroom regularly.
- ✓ Water keeps skin, mouths, and eyes moist.
- ✓ Water is lost from our bodies daily through sweat, using the bathroom, and breathing. We need to replace this everyday.
- ✓ Water cushions joints and protects our organs.

How much water is enough?

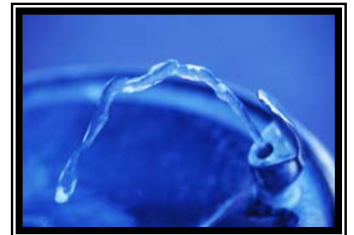
- ✓ 6-8 cups per day meets most of our needs. (48-64 oz. per day)

What counts towards water intake?

- ✓ Water (of course!)
- ✓ Low-fat milk (aim for 3 cups per day)
- ✓ Fruit juice (aim for 1 cup or less per day)

What are signs of not getting enough water (dehydration)?

- ✓ Thirst, dry mouth, flushed skin
- ✓ Tiredness
- ✓ Dizziness
- ✓ Dark yellow urine
- ✓ Headache



Tips for Adding Water to your Day

- ✓ Drink water or 1 cup of milk with each meal.
- ✓ Drink at least 1 cup of water between each meal.
- ✓ Always sip water as you pass a drinking fountain.
- ✓ Add lemon or lime to water to encourage you to drink more.
- ✓ Drink water before and after being outside.