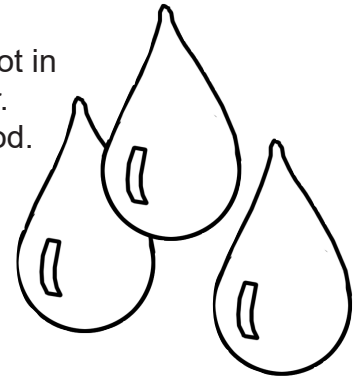




Water: The Essential Nutrient

Facts About Water and the Human Body

- The human body is about 60% water. A person who is healthy and not in a very hot or cold place can only live about 3 to 7 days without water. However, a person could live for weeks and even months without food.
- Water is the liquid in blood. It moves the oxygen, carbon dioxide, cells and nutrients to and from all parts of the body.
- All body cells need water to do their work.
- Water is necessary to digest food and absorb vitamins and minerals.
- Water is the cushioning for joints and soft tissues of the body.
- Your body gets rid of excess water through urination and sweating.
- Most foods contain some water. Fruits and vegetables are 80 to 95% water, meats are up to 50% water, and grains up to 35% water. Consequently, you get some of the water your body needs from the foods you eat.
- How much water you should drink depends on how active you are, what climate you live in, and what foods and other liquids you eat and drink. For example, fruit and vegetable juices, sodas, teas, and coffee also contain water. But they may contain other things that aren't as healthy, such as sugar and caffeine. Water is a good choice instead of drinks that contain lots of sugar or caffeine. Drink several glasses of water each day. Learn to listen to your body. Drink water when you feel thirsty. You need more water when you are exercising, in a hot place for a long time, or sick with diarrhea, vomiting or fever.



 List all the liquids you drank yesterday. Estimate how many 8-ounce glasses of liquids you drank. Include milk, water, soda pop, juices, tea, coffee and any other liquids.

Beverage	Number of 8-Ounce Glasses	
	Total Number of 8-Ounce Glasses of Liquid	Total Number of 8-Ounce Glasses of Water

What was your total intake of liquids yesterday?

How much of this was water?

How many of these liquids had added sugar?