

RIGHT BITE

YOUR NEWSLETTER
FOR BETTER EATING

JUST ADD WATER | FCS253



WHY DO WE NEED WATER?

Water makes up between 50 to 75 percent of our bodies. It is an essential nutrient and our bodies can't make all that we need. And even though water is the single most important nutrient for maintaining good health, we forget to drink it! Drinking 48 to 64 ounces of water daily is a good idea, but the amount of water a person needs is affected by many things. Needs are increased for persons living in a hot climate or who are very active.

DID YOU KNOW?

Our bodies can survive only a few days without water.

Water carries nutrients throughout the body and keeps food moving through the intestines. It helps wash out waste products and prevent constipation. Water also cushions joints so they move smoothly and regulates our body's temperature through sweating.

If you experience dry mouth, dark urine, and dizziness or light-headedness, you may need to consume more water.

WATER CONTENT OF FOODS

Believe it or not, water is found in nearly all foods. As you can see, fruits and vegetables typically contain the most per ounce.

Lettuce	95%	Watermelon	92%
Broccoli	91%	Strawberries	91%
Carrots	87%	Bananas	75%
Yogurt	75%	Pasta	66%
Chicken	65%	Bread	38%

If you're tempted to replace your produce with juice, be aware that not all juices are the same. Some are packed with nutrients, while others are simply sugar water. Read the label, and only buy juices that contain 100% fruit juice. Lookout for words like "drink," "punch," "cocktail," "drink," or "beverage." They indicate the drink is mostly sugar, water, and additives. Remember...some fruit drinks may cost less than 100% fruit juices, but because they provide few nutrients, they really are not a better buy!



ADD WATER TO YOUR DAY

Here are 5 tips for drinking more water throughout your day:

1. Take water breaks, not coffee breaks.
2. Have water with your meals and/or snacks.
3. Freeze a water bottle and take it to work each day for an ice-cold supply.
4. Never pass up a drinking fountain.
5. Drink water before, during and after exercise.

Write below how you like to add water to your day:
