

Importance of Water for Your Body

The average human body is estimated to be about 60 to 70 percent water. The percentage may be as high as 75% in infants, decreasing to 57-60% in adults. The body constantly loses water through various physiologic mechanisms such as sweating, going to the bathroom and even breathing. Without replenishing this loss, either through drinking liquids or eating, severe repercussions may occur.



Signs of Dehydration

Symptoms of dehydration include, dry mouth, sleepiness or fatigue, extreme thirst, headaches, confusion, dizziness or feeling light-headed. You may also notice a strong odor to your urine, along with a yellow or amber color. Note that dietary supplements and certain medications may affect your urine color. Don't wait until you notice symptoms of dehydration to act. It can be hard to recognize when you're dehydrated, especially as you age. Actively prevent dehydration by drinking plenty of water throughout the day.

What Does Water Do For Your Body?

- ✓ Regulates body temperature
- ✓ Removes waste
- ✓ Helps carry nutrients and oxygen to cells
- ✓ Helps convert food to energy
- ✓ Protects and cushions vital organs
- ✓ Cushions joints
- ✓ Helps the body absorb nutrients

How Much Water do I need?

Recommended water intake varies with age, physical activity and health conditions. Most people can reasonably consume six to eight 8-ounce glasses each day in order to stay hydrated.

Tips to stay hydrated

- ✓ Keep a reusable water bottle with you throughout the day
- ✓ Try adding a lemon or lime slice to add flavor to your water
- ✓ Start and end your day with a glass of water
- ✓ Drink a glass of water before your meal or snack

Highly active people may need to consume more. You may also need to increase your water intake if you have conditions such as kidney stones, bladder infection, are pregnant or breastfeeding. It is very important to increase your water intake if you plan to be outside during hot weather.

Sports Drinks

Water is always the best choice for staying hydrated however if you are planning on exercising at a high intensity for longer than an hour then a sports drink may be helpful. Sports drinks contain carbohydrates that can prevent low blood sugar and help replace electrolytes. Choose wisely. Sports drinks are not the same as "energy drinks". Most energy drinks contain high doses of caffeine and other stimulants such as guarana or taurine, which your body does not need. Remember to check the calorie, sugar and sodium content to ensure you are staying within your daily range.

Caffeine

Caffeine is a diuretic, meaning it causes a person to urinate more frequently. It's not clear whether this causes dehydration or not but to be safe, it's probably a good idea to stay away from too much caffeine in hot weather, during long workouts, or in other situations where you might sweat more than usual.

Occasionally, dehydration might be a sign of something more serious, such as diabetes. See your doctor if you feel faint, weak or dizzy every time you stand up or if you have very little urine output. In general, dehydration is preventable so keep drinking water regularly throughout the day.

Resources:

www.sciencekids.co.nz/sciencefacts/water.html

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Fun Food Facts!



Water can move up narrow tubes against the force of gravity in what is known as capillary action.

Check out...

<http://www.sciencekids.co.nz/experiments/escapingwater.html>

...for a cool experiment to show you how "capillary action" works

Did You Know?



Of the following:

- a. Fresh Carrots
- b. Fresh Tomatoes
- c. Whole Milk
- d. Fresh Celery and
- e. Watermelon

Whole milk contains the lowest water content at 87%, Fresh carrots contain 88%, Fresh tomatoes 93%, Fresh celery contains 94% and Watermelon is made up of 97% water

Vegetables that are boiled actually lose some of their water content