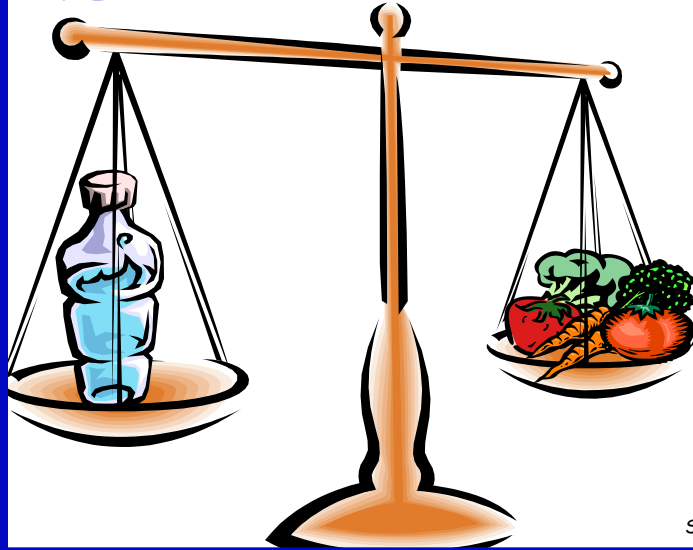


# WEIGHING IN ON VITAMIN FORTIFIED WATER



Some "vitamin enhanced" bottled water contains added calories!

Incorporating fresh fruits and vegetables into your daily diet provides the best source of vitamins, minerals and antioxidants.

**TIP!**



Adding a lemon or lime to your tap water for flavor will help to minimize cost, cut calories and protect the environment.

Source: Hope Health Letter, Vol.28 No. 3, Vitamins in bottled water

# Water: Are You Getting Enough?

There are many reasons to be on a water kick these days: you are trying to lose weight; you are an athlete in training; it is part of basic nutrition. However, how much water do you actually need to drink each day?

## No Easy Answers

The truth is, your water needs depend on many factors, including your health, how active you are and where you live. No single formula fits everyone, so understanding your body's individual needs for fluids is essential in helping to determine how much water you should be drinking each day to maintain optimal health.

## Health Benefits of Water

Understanding how your body and health benefit from water is the first step to determining how much water you need each day. Water is your body's principal chemical component, comprising, on average, 60 percent of your weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions.

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

## Recommended Daily Intake

A couple of approaches, such as replacement and simple dietary recommendations, help approximate water needs for an average healthy adult living in a temperate climate. The replacement approach refers to replacing the normal amount of fluids you typically lose each day. On average, two liters of water or other beverages a day (a little more than eight cups) along with your normal diet, will typically replace lost fluids.

Another approach to staying healthfully hydrated is to follow basic dietary recommendations. Men should consume three liters (about 13 cups) of liquid a day and women consume 2.2 liters (about nine cups) a day. As a rule, if you drink enough fluids so that you rarely feel thirsty, and produce between one and two liters of colorless or slightly yellow urine a day, your fluid

intake is probably adequate. It is important to remember, however, that you may need to modify your total fluid intake depending on how active you are, the climate you live in, your health status, and if you're pregnant or breastfeeding.

## The Fluid of Choice

To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice. Nearly every healthy adult can consider drinking a glass of water with each meal and between each meal; hydrate before, during and after exercise; and substitute sparkling water for alcoholic drinks at social gatherings. If you drink water from a bottle, make sure to thoroughly clean or replace the bottle often and only refill bottles designed for reuse.



## Did You Know...?

Though uncommon, it is possible to drink too much water! If you are concerned about your fluid intake, check with your doctor or a registered dietician who can help, you determine the amount of water that is best for you.