



## The Importance of Water

Is water really important for your body? Yes! According to experts, water is ranked second only to oxygen as essential for life. With more than half of your body weight made of water, you couldn't survive for more than a few days without it. On the other hand, you can survive without food for weeks.

### Water is very important for your body

- Water is used in every cell of your body. Water travels throughout your body carrying nutrients, oxygen, and wastes to and from your cells and organs.
- Water keeps your body cool as part of your body's temperature regulating system.
- Water cushions your joints, and protects your tissues and organs from shock and damage.
- Water acts as a lubricant for your joints, your mouth and digestive system in saliva, and in your nose, throat, eyes, and stomach as part of mucus.
- Water aids in digestion and absorption of food, as well as in the removal of wastes from your body.
- Water also helps you maintain a healthy weight.

Everyday your body loses 2-3 quarts (8-12 cups) of water through sweat, urination, and evaporation (through your skin and lungs). Your body loses more water when you exercise, live in hot or low humidity environments, consume high fiber diets, and drink beverages containing caffeine or alcohol. It is important to drink at least 8-10 cups of water a day for a healthy body and to avoid heat stroke or exhaustion.

Did you know that water has zero calories? Water is quick and easy, and you do not have any messy clean ups. Water does not stain your clothes, and it is refreshing any time.

### Replenish water in your body

- Drink plain water. Add a slice of lemon or lime. Drink non-calorie or low-calorie flavored water.
- Eat foods with higher water content such as fruits and vegetables, like cucumbers, watermelon, other melons, lettuce, celery, grapes, oranges, bell peppers, broccoli and tomatoes.
- Drink non-fat milk.
- Add seltzer or sparkling water to small amounts of 100% fruit juice.
- Combine ice and fruit in a blender to create a slushy, cool and refreshing drink.
- Drink decaffeinated beverages. Caffeine is a diuretic that makes you urinate more often.
- Carry a water bottle in the car, at home, and at work.
- Ask for water when dining out.

### Final tip

Do not wait until you are thirsty to drink water—you may already be slightly dehydrated. Thirst is usually an indicator that body fluids are well below required levels for optimal function. Drink water before you become thirsty or feel a dry mouth.

Drink water often and stay healthy!

Visit our Nutrition Education for Wellness (NEW) website at [www.ctahr.hawaii.edu/NEW](http://www.ctahr.hawaii.edu/NEW)