

Nutrient Express

PVUSD Food & Nutrition Services

Water

Why do you need water? Water carries nutrients to all the cells in your body. It is used to make tears and sweat which helps maintain your body temperature. Without water, your knees and elbows would be stiff because water lubricates your joints. You can get water three different ways. First, you can get water from drinking any fluids such as water, juice, milk (non-fat milk has more water than whole milk), and soda. Second, you can get water from the food you eat. For example, lettuce, watermelon, grapes, celery, cucumbers, carrots, oranges and boiled green beans are all high in water. The final way you get water is by your body making it. For example, when your body uses glucose (sugar) for energy, one of the end products besides energy is water. Even though your body makes water, you can only survive without water for about 5-7 days.

The body loses water a variety of ways. For example, about 2 cups of water is lost each day from breathing alone. We all know that water is lost when you sweat, but water is also lost through our skin even when we don't think we are sweating. That is called insensible water loss or invisible perspiration. Water loss is increased by consuming products with caffeine. Also, you lose more water living here in Arizona than other more humid places. How do you know you are dehydrated? When you are very thirsty or if you have a headache or muscle cramp you may need to drink water. Drinking water can help people with asthma, diabetes, high cholesterol, and lower back pain.

Drinking water can also help with weight loss. Many times when we think we are hungry, we are actually thirsty. Try drinking a glass of water late at night instead of snacking and see if you are still hungry. Drinking water with your meals also makes you feel more full.

Did you know...

- Life would not exist without water.
- Your body is made up of about 60% water.
- Thirst is your body's way of telling you it needs fluids. By the time you are thirsty, you are already mildly dehydrated.
- About 70% of the Earth is covered with water.
- Freshwater accounts for only 3% of the water available to humans.
- Dairy cows have to drink 4 gallons of water to make 1 gallon of milk.
- A five minute shower uses about 15-25 gallons

