

DIHYDROGEN MONOXIDE:

[WATER]

Its Goodness

H₂O, Dihydrogen Monoxide, Water, whatever you know it best as, is in one word: wonderful.

This fluid makes up about 60% of the human body and is necessary for life and well-being. It has a few main functions in the body. These **wonders of water** include: cell life, metabolism and transport of nutrients, chemical reactions, regulation of body temperature, and elimination of waste. Not drinking enough water has a negative impact on the body. Even mild dehydration causes symptoms which include tiredness, headaches, and decreases in concentration, endurance and memory. Water is the healthiest way to hydrate your body as it has no extra sugars or additives that take away from its goodness. Make the decision to sip smart and choose water!

What to Eat

- **Water!**

Choose water over sugar sweetened beverages or even fruit juice. These drinks add extra sugar and calories to the diet and can cause poor dental health. Milk is another healthy alternative, with 2-3 servings of milk (or milk products) being recommended daily. Choosing water over other drinks is the best, healthiest way to hydrate your body.

How much to Drink

- Everyone is different, and every day is different, but in general an adult should drink 8 to 12 eight-ounce glasses per day.
- Remember: Hot days and lots of activity requires extra hydration!



TIPS TO ↑ WATER

- ✓ Choose water over pop, juice, and vitamin waters. If choosing juice have 100% fruit juice
- ✓ Add some berries, lemon, lime, mint leaves or cucumber to your water for some added pizzazz
- ✓ Try storing a jug of water in the fridge to make it nice and cold for drinking
- ✓ Have a glass of milk with dinner instead of pop
- ✓ Try sparkling water instead of flat
- ✓ Keep a water bottle with you all the time so that you remember to drink enough
- ✓ Order water (it's free!) at restaurants

