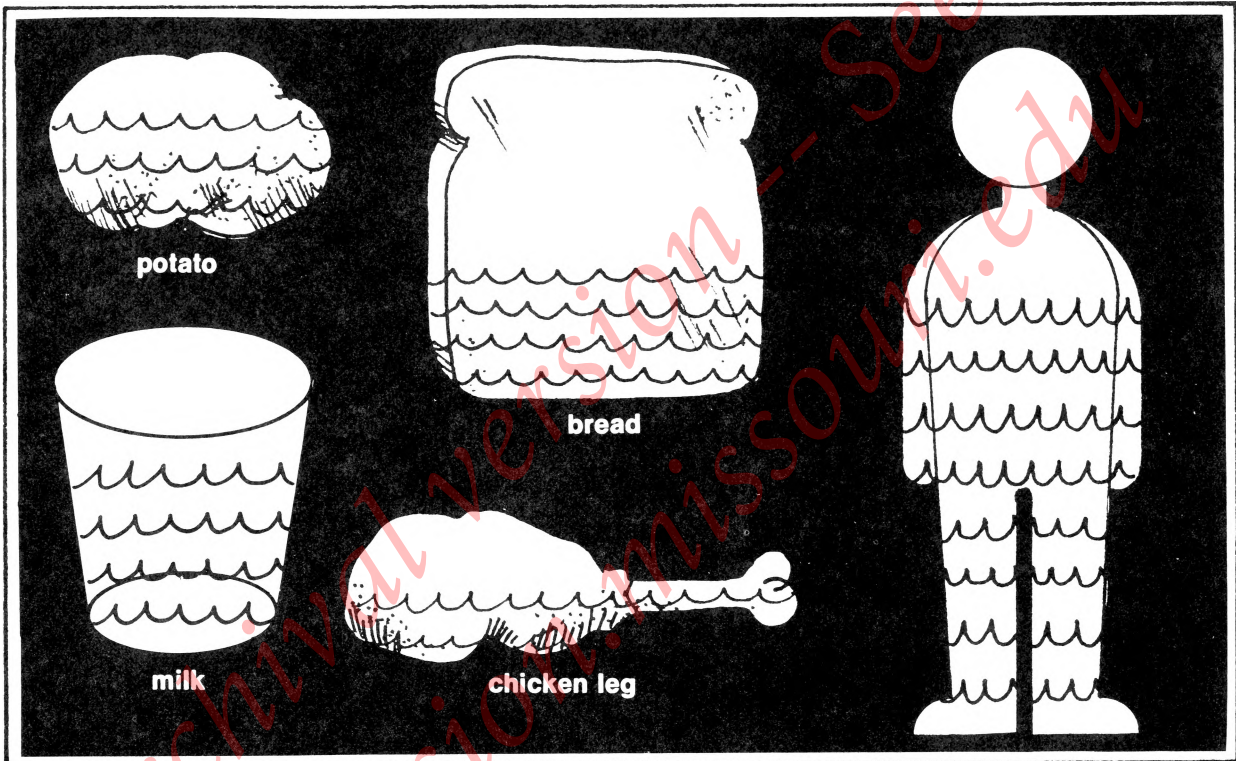


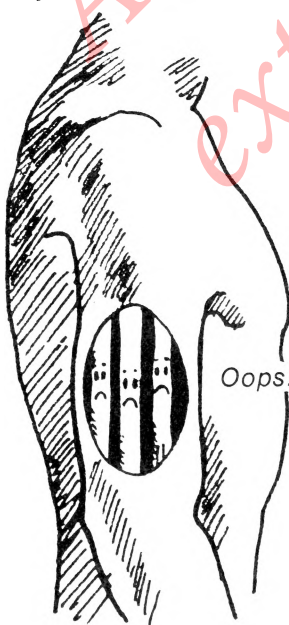
# WATER

What's one nutrient that is taken for granted? **WATER.**

It makes up most of your body and the food you eat.



Many people don't get enough water. Lack of water makes you feel bad much faster than lack of any other nutrient.



*Oops! We needed that water!*

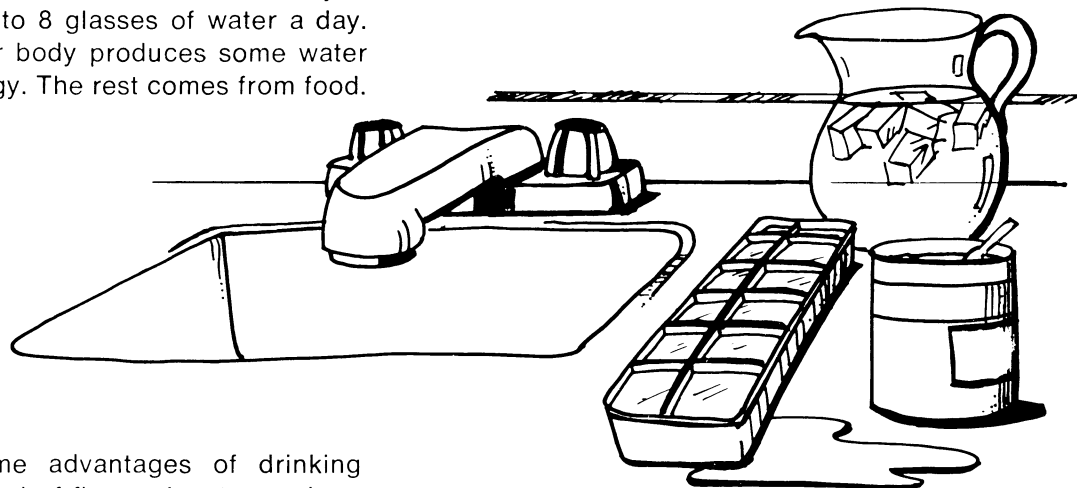
There are two ways to get low on water:

**Losing water fast** as in crash dieting or some illnesses. This makes cells in your body shrink. You may be weaker and have slower reflexes than usual. Some people have become very sick from losing water fast.

**Not drinking enough water.** You may have kidney or bowel trouble because the body can't get rid of wastes as it should.

## Is the water you see, the water you get?

Not all of it. Scientists recommend you drink at least 6 to 8 glasses of water a day. In addition, your body produces some water as you use energy. The rest comes from food.



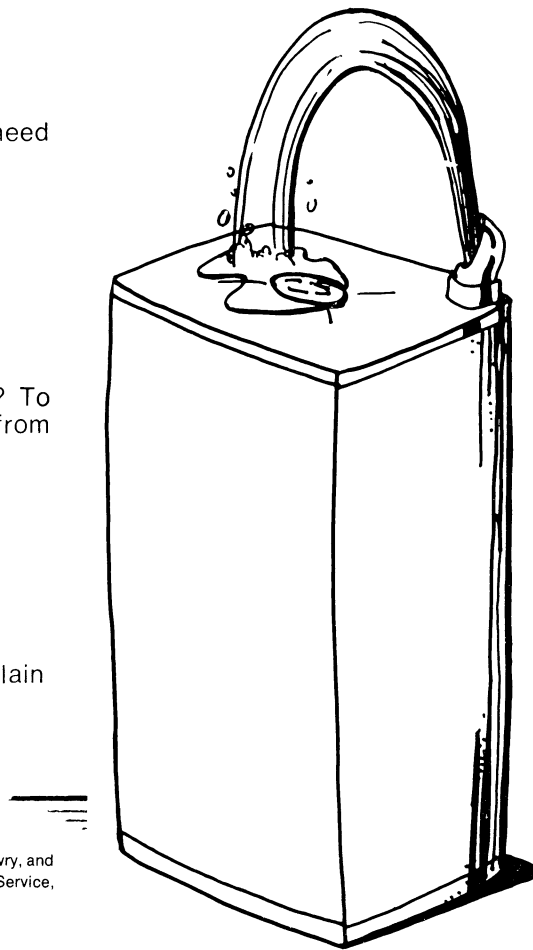
What are some advantages of drinking plain water instead of flavored water such as soft drinks, coffee, and tea? Discuss convenience, cost, and calories.

How much water did you drink yesterday? If you need more, how can you remember to get it?

How much water from a fountain makes a glassful? To make a rough guess, count how many swallows you get from a glass.

How could you help young children learn to drink plain water often?

Offer it to them and let them see you drinking it.



Prepared by Dr. Mary Jean Baker in collaboration with Dr. Evelyn H. Johnson, Dr. Rhonwyn Lowry, and Jean Brand, with consultation of a committee of county and State Extension workers. Extension Service, U. S. Department of Agriculture.



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