

FACTOID 8: WATER & BEVERAGES

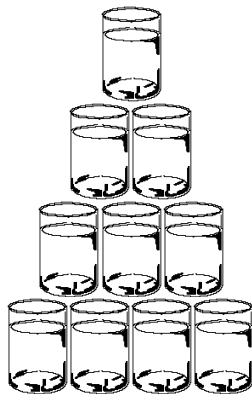
Healthy Meetings Checklist Items: *Is water offered as a beverage?*

Importance of Water

According to experts, water is ranked second only to oxygen as essential for life. Water is used in every cell of your body. It travels throughout your body carrying nutrients, oxygen, and wastes to and from your cells and organs. Water helps your body regulate temperature and keep it cool. It cushions joints and protects tissues and organs, like the spinal cord from shock and damage.

Water lubricates your mouth and digestive system and parts of your body, such as your nose, throat, eyes and stomach. It also helps you to maintain a healthy weight.

Everyday your body loses about 10 cups of water through sweat, urine, evaporation and breathing; and more when you exercise, live in hot environments, have low humidity or high altitude, consume high fiber diets, and drink beverages with caffeine or alcohol. Consume at least 8-10 cups of water a day to replenish your body and stay healthy.



Water, water everywhere

- ✦ Drink water. Add lemon or lime. Drink non-calorie or low-calorie flavored waters.
- ✦ Eat foods that have higher water content such as fruits and vegetables (like cucumbers, watermelon, melons, lettuce, celery, grapes, oranges, colorful peppers, broccoli, and tomatoes).
- ✦ Drink nonfat or low-fat milks.
- ✦ Enjoy seltzer or sparkling water with small amounts of 100% fruit juice.
- ✦ Combine ice and fruit in a blender to create a slushy, cool and refreshing drink.
- ✦ Try decaffeinated tea.
- ✦ Carry a water bottle.

Choose beverages wisely

Sugars are carbohydrates and a source of energy. Sugar and complex carbohydrate starch are naturally found in many foods that supply other nutrients. For example, milk, fruits, some vegetables, breads, cereal and grain have “natural” sugar and starch. However, sugar *added* in processing or preparation of many foods and beverages add calories, but few nutrients and minerals. Major sources of added sugars include soda and soft drinks, fruitades and drinks (like fruit punch and lemonade).

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