Katie says:

We all need water when we are thirsty. We also need water to help our bodies function daily. It helps our joints and other body parts work properly. About half of our bodies are made of water.

Facts about water:

- The adult body is 55 to 75 percent water.
- The brain is about 85 percent water.
- Blood is 80 percent water.
- Muscles are 70 percent water.
- Water is fat free and has no calories.
- Water gets rid of waste in your body.
- Water carries nutrients around the body.

What is dehydration?

- A condition caused when your body does not have enough water to function properly.
- It can be dangerous.
- If you lose 2 to 3 percent of your weight in water, you are dehydrated. You can die if you lose 10 percent of your weight in water.

Who is at high risk of dehydration and why?

- Infants, older adults, and athletes are at high risk.
- They do not know they are thirsty until it is too late.

How is water in your body lost?

- In the summer months when you get hot, you sweat to cool down your body.
- Sweating makes you lose water.

Water needs to be replaced right away.

How much water should you drink each day?

- Drink 8 to 12 cups each day.
- A gulp of water is about an ounce.
- A cup is 8 ounces.

Foods also have water in them.

- Some vegetables, such as lettuce and celery, are 90 percent or more water.
- Fruit juices and green tea can help you get the water you need.

Remember: Coffee and alcohol make you urinate more often, causing you to lose water.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

Drink more water at these times:

- While you exercise
- When you are in very hot or very cold weather
- During pregnancy and breast-feeding
- When you eat a lot of fiber to prevent constipation
- When you are sick

Too much water?

You can also drink too much water. This is called water intoxication. It causes headaches, blurred vision, cramps, and convulsions.

Evelyn F. Crayton, Extension Assistant Director for Family and Community Programs

Your county Extension agent can tell you more about this and can help you in other ways too. Call or write:

Evelyn F. Crayton

Extension Assistant Director for Family and Community Programs