



Why do our bodies need water?



Our bodies are **made mostly of water** so we need to continually drink water and eat foods high in water to balance what may have been lost throughout the day. Drinking water is important because:

- It **replaces the water** we **lose every day** when we breathe, sweat, and go to the bathroom
- It keeps **body temperature** normal
- It lubricates and cushions **joints**
- It protects **spinal cord** and other sensitive tissues
- It keeps **skin** moist
- It gets rid of **waste**

Why should we drink less soda and juice?

- They are **high** in **sugar** and **low** in **nutrients**. 100% juice is more nutritious than soda or fruit drinks, but should be limited because it still contributes to total calories. Choose whole fruit instead for less calories and more vitamins and minerals!
- They are **high** in **calories** which may lead to excess **weight gain**
- They **cost more** than tap water and a reusable water bottle

