

# Food for Thought

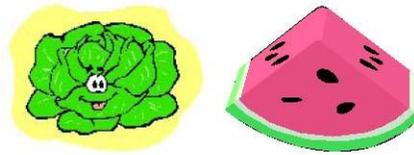
## Water, Water Everywhere



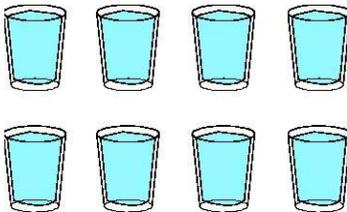
**A**re you drinking enough water? It is frequently referred to as the “forgotten nutrient” because many people don’t think about it the way they do about vitamins and minerals or protein, carbohydrates and fat. Water is just as important as these other nutrients. Without it, you can suffer from headaches, fatigue, and muscle cramps.

**S**ome fruits and vegetables, such as watermelon or lettuce, are mostly made up of water. While it’s fine to get some of your water from other sources, try to aim for at least 5 of your 8-ounce servings to come from actual water.

**D**uring the summertime, water needs can increase with the heat; the hotter you get, the more you sweat out your body’s water supply. Don’t think that escaping the heat with air conditioning will preserve your water stores because air conditioned rooms have very low humidity, so you are still likely to lose water.



*Water is not just found in a glass!*



*You should aim for the equivalent of about eight - 8-ounce glasses of water each day.*

**D**o not include caffeine-containing beverages as sources of water because the caffeine actually works as a diuretic to eliminate more water from your body. The same is true for alcohol.

**E**xercise also increases your needs for water. Unless you are a competitive athlete exercising for more than 2 hours at a time, you don’t need a sports drink; water is still the best choice.

**S**ome of your daily water can come from other sources, such as juice, fruit, vegetables, soup, and other foods that contain a lot of water.

**S**o, next time you reach for a soda to quench your thirst or cool off on a hot day, try a clear, cool glass of water instead.