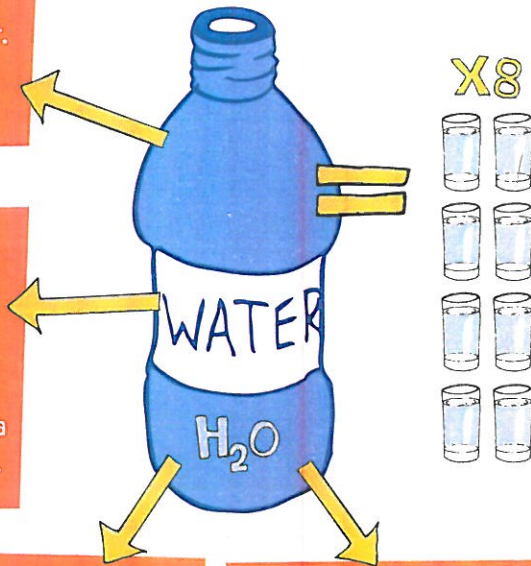


The importance of water

Most of us don't drink enough water.
Do you know how much we should be having a day?

The average adult body contains 55-65% water. 80% of our muscle tissue is water!

Aside from oxygen, water is the most important thing we consume. We can live a couple of months without food, but only a few days without water.



Water is vital for many of our bodily functions, it:

- Helps digestion and absorption of food
- Regulates body temperature
- Helps blood circulation
- Carries nutrients & oxygen
- Removes toxins & other waste
- Helps cushion joints

The Department of Health recommends we drink at least 1.2 litres of water a day, which is about 8 glasses. Remember if you exercise you will need to drink more.

What's in my drink?

Remember - some bottles give you the amounts for half the bottle on the labels. Always check the bottle size.



1 teaspoon of sugar = 4g

Drink	Energy (kcal) Look at the label	Of which sugars (g) Look at the label	Teaspoons of sugar Divide sugar by 4 = number of teaspoons

