

## *How do you get your water?*

Water is one of the things that our bodies need every day, but most of us don't think too much about how we get our water. The most obvious way is to drink a glass of water, but many of us get our water from other drinks like juice, milk or soda. You can also get some water from the foods that you eat.

### *Drinks for Water*

For most people, about 80% of the water that we take in comes from drinks. All drinks have some water in them and will help keep us hydrated. What makes one drink better than another is what else comes with the water. For example, when we drink soda, we get sugar, caffeine, coloring and flavoring with our water. None of those things are really healthy for us, and some can be bad for us. When we drink milk, we get calcium, Vitamin D, Vitamin A, protein, and lactose with our water. Most of these are things that our bodies need anyway, making milk a good beverage choice, especially when we choose low fat milk. Fruit juice also provides some healthy nutrients along with the sugar and water and can be a good drink choice.

### *Foods for Water*

Some of the foods that we eat each day can help us get the rest of the water that we need. Fruits and vegetables, like lettuce, watermelon, broccoli, grapefruit, carrots and apples have a lot of water and can help us stay hydrated.

### *Tips to get your fill of water:*

- ▶ Sip on some water all day long. Don't wait until you are thirsty.
- ▶ Eat lots of fruits and vegetables. They are a great combination of important vitamins, minerals and water.
- ▶ Don't overdo it. It is very hard to drink too much water, but it can be done and it can be dangerous. Aim for about 8 cups of water each day. Add a few more cups if you exercising or sweating or if you are sick.

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