



# nutrinews

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## Water 101

Water is the basic solute of the body. It helps absorb nutrients from food, carries nutrients and oxygen to cells, removes waste from cells, and is crucial for all life-supporting chemical reactions in our bodies. You can live days without food, but only hours without water.

If you don't get enough water your body can overheat (especially when active), or you may just feel lethargic, have difficulty concentrating, get headaches, have dull-looking skin, or feel hungry or sleepy.

Our bodies can't store water, so we need to drink fluids daily. One way to tell if you are getting enough water is to check the color of your urine. It should be pale yellow (no darker

than legal paper), clear and fairly odorless.

Fruit, vegetables, soups, milk and yogurt are good food sources of water that we don't often think about. Frequently our primary sources of fluids include a variety of soda, coffee, sports drinks, fruit-flavored drinks and alcoholic beverages. These do provide water, but at a cost. Caffeine and alcohol have diuretic effects, and most of these choices have a lot of "empty" calories in the sugar or alcohol they contain. Drinking too much of them can lead to unwanted weight gain.

Are bottled waters better for you than tap water? The decision is yours. Here are some pros and cons of bottled water:

### Pros

- It's a convenient way to carry water with you.
- Ultraviolet irradiation is used to effectively kill most bacteria and leaves no aftertaste
- Some brands (especially European imports) contain relatively high concentration of minerals such as calcium and magnesium (which is good).
- Bottled water is classified as food and is regulated by the FDA, which has standards similar to EPA standards for tap water.
- May have a better smell.

### Cons

- Fluoride content is low. Fluoride is important especially in early childhood for strong tooth and bone development.

- Some have high sodium content. Those that have >10 mg/liter are not a good choice for people with high blood pressure, heart or kidney ailments.
- Leeching of potentially carcinogenic compounds (PVC) from plastic bottles into the water increases with storage time at or above room temperature. Research is limited at this time.
- Bottling dates are not required on the products.
- It is more expensive than tap water.

If you do opt for bottled water, the *NutriNews* sponsor, Aqua Vita, is a provider of quality water that you can fill into your own container. Visit their store to get acquainted with all they offer.

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