Water is a crucial nutrient

Water is an essential nutrient in our bodies. Without water, we cannot survive. An individual can live for up to two months without food but only a few days without water.

What does water do for the body?

• Satisfies thirst
• Aids in digestion and absorption of food
• Protects tissues and organs
• Regulates body temperature and blood circulation
• Carries nutrients to cells
• Removes toxins and other wastes from the body

Why do you need water?

• You can lose water through perspiration, urination, bowel movements, and even breathing.
• You lose even MORE body fluids during hot, humid weather, or strenuous physical activity.
• Unlike some other nutrients, the human body doesn't store an extra supply of water for those times when you need more.
• To avoid dehydration and to keep your child’s body working normally, give him or her water frequently to replace the water lost through normal body functions.

Most children need 2-3 cups of water daily, but sometimes your child will need extra water.

Be sure to give your child water when:

• He or she is exposed to extreme temperature- very hot or very cold.
• He or she is very active.
• He or she is sick. (Fever, diarrhea, and vomiting all cause extra water loss.)