



## World Water Day 22 March 2019

Here in New Zealand we take water for granted. We trust that when we turn the tap on water will flow and it will be safe to drink. However this may well be changing. We've had a few water contamination issues over the past few years and globally water supply is becoming an issue.

Water is important to sustain life. Our bodies are 60% water and it is used in:

- digestion
- circulation
- saliva
- transporting nutrients and wastes to and from our cells
- maintaining our body temperature (water helps to cool us down)

We get most of our water from drinking fluids and only about 20% from the rest of our diet.

### So how much fluid should you roughly drink a day?

Adults      1.5 – 2 litres (6-8 cups)  
Children    1 – 1.5 litres (4-6 cups).

If you're exercising or the weather is hot, you will need to increase your intake of fluids. All fluids we drink contain water, however, some are less good for us than others.

### Fluids we commonly drink

- **Water**, tap water is cheap, available and has no sugar. It is the best liquid for hydrating your body.
- **Fruit juices** have sugar and are expensive. Only use as a treat
- **Soft drinks, energy, sports, powdered drinks, and cordials** all contain sugar and have little food value. Used as a treat or for the purpose they were designed for especially if you are watching your weight.
- **Milk** contains valuable nutrients – calcium, protein, vitamins and minerals and is filling. Low-fat or reduced-fat options are suitable for children older than two years. Flavoured milks are less ideal as they are high in sugar.
- **Tea** and **coffee** are low in calories unless you add milk or sugar. Coffee can be dehydrating, so is not a suitable drink when dehydrated or exercising.
- **Alcohol** has a strong dehydrating effect, so should not be considered part of your daily fluid intake.

Below are some interesting links on water.

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating/drinks>

<https://www.health.govt.nz/our-work/environmental-health/drinking-water>

<https://www.worldwaterday.org/>

