

## Where does my drinking water come from?



A clean, constant supply of drinking water is essential to every community. People in large cities frequently drink water that comes from surface water sources, such as lakes, rivers, and reservoirs. Sometimes these sources are close to the community. Other times, drinking water suppliers get their water from sources many miles away.

## How do I know my water is safe to drink?

The Safe Drinking Water Act (SDWA), which was passed on December 16, 1974, is the main federal law that ensures the quality of Americans' drinking water. Under SDWA, the Environmental protection Agency (EPA) sets standards for drinking water quality and oversees the states, localities, and water suppliers who implement those standards.



SO REMEMBER!!



Drink Up!



Louisiana Department of Health and Hospitals / Office for Citizens with Developmental Disabilities

HEALTHY LIFESTYLES SERIES

## Resource Center on Nutritional, Physical & Nursing Supports

P.O. Box 5191 • 100 Pinecrest Drive  
Pineville, Louisiana 71360

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RESOURCE CENTER

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WATER AND ME

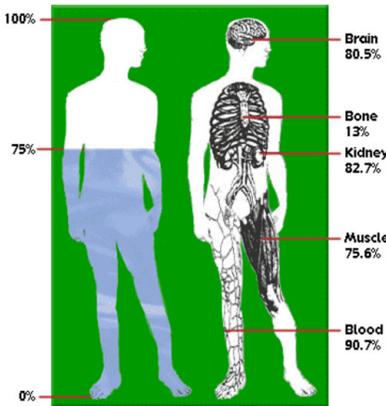
# WHY DO I NEED WATER?



Water is a nutrient (noo' tree-ent). A nutrient is a substance in food and water that helps keep the human body healthy and growing. Water is the most important and necessary nutrient for the body to work right; water is also the most neglected nutrient in our diet. Water helps dissolve other nutrients so they can be used by the body to keep us healthy. The six nutrients are: **Water, Vitamins, Minerals, Carbohydrates, Proteins and Lipids (fats)**. Of all these nutrients, I need water the most.

## Why do I need water?

I am made up of lots of things. The main thing I am made of is water. The average human body is 55-75% water. I have to have water to live just like my dog and the tree in my yard.



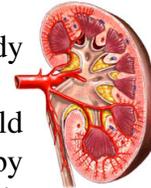
## I need water for my medication

I need water to take my medication. Water also helps my medication dissolve and work right in my body.



## Water cleanses my body systems and prevents dehydration, which is not having enough water.

Water prevents damage to my body organs, such as my **kidneys**.



It prevents acid build up in my **stomach** by neutralizing/diluting stomach acid.



Water helps my **heart** pump better.



## How much water do I need?

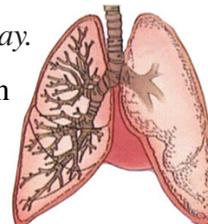
My body is mostly water, however, I loose water during my everyday activities. I loose water when I breathe, exercise, sweat, and use the bathroom. This water must be replaced daily. Therefore, my body needs at least eight 8-oz. glasses of water every day to stay healthy. I should drink at least eight 8-oz. glasses of water each day.



## Why do I need so much water?

*My body looses water everyday.*

My lungs can lose between two and four cups of water each day when I breathe - even more on a cold day.



If my feet sweat, I may loose a cup of water.

If I go to the bathroom a lot during the day, I could loose up to six cups of water.



Water is a lubricant for body systems such as the eyes and joints.

## Water Helps Me When I Exercise!

Water reduces friction on my joints

Prevents arthritic-type pain

Keeps my circulation flowing

Keeps my body cool



*Water balances "what comes in" with "what goes out".*

## How do I get the Water I need?

Water comes from foods like oranges, corn, watermelon, and lettuce.

