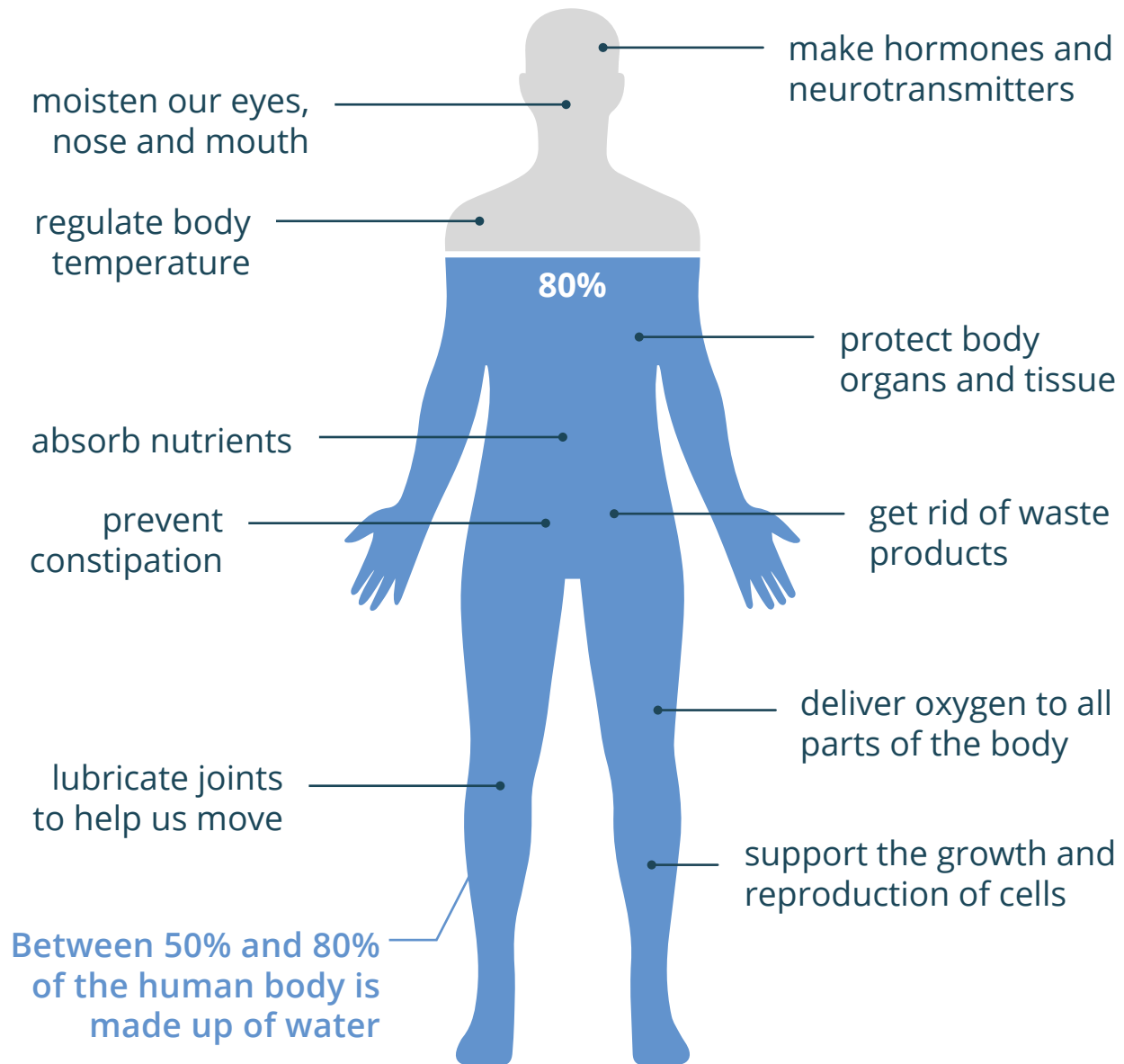




Water and your health

Drinking plenty of water every day is important for good health. Our body relies on it for many of its functions. Water helps to:



We get about one fifth of the water we need from food and the rest from drinking fluids.

Men need about 10 cups* of fluids every day, women need about 8 cups and kids need 4-8 cups depending on their sex and age.

It's a good idea to choose water over other drinks that contain added sugars or alcohol.

*In Australia, 1 cup is equivalent to 250ml.

Sources:

Eat For Health - What is a serve?
Nutrient References Value - Water
Mayo Clinic - Nutrition and health eating

healthdirect