WATER

- The largest single component of our diet and our body.
- Basic requirement of all living things.
- Functions: provides a medium for chemical reactions, participates in energy formation, transports nutrients and waste products, help regulate body temperature.
- The proportion of water in body tissue varies: blood-83%, muscle-75%, bone-22%, fat cells-10%.
- Most beverages are more than 85% water, fruits & vegetables are 75-90%, meats: 50-70% water.
- On average, adults consume about 6 cups of water/day from fluids and 4 cups of water from foods.
FUNCTION OF WATER IN THE BODY FLUIDS

- Carries nutrients and waste products throughout the body
- Maintains the structure of large molecule such as protein and glycogen
- Participates in metabolic reactions
- Serves as the solvent for minerals, vitamins, amino acids, glucose and many other small molecules
- Acts as a lubricant and cushion around joints and inside the eyes, the spinal cord and in pregnancy, the amniotic sac surrounding the fetus in the womb.
Aids in the regulation of body temperature
Maintains blood volumes

THANK YOU