

# Drink Water, the Nutrient for Every Cell



Two-thirds of your body is composed of water, making it your body's most vital nutrient. Water:

- Provides a valuable source of minerals, like calcium and magnesium.
- Helps digest food and absorb nutrients into the body.
- Carries nutrients to organs via the bloodstream.
- Moistens mucous membranes and lubricates the joints.
- Carries away bodily waste products.
- Cools the body through perspiration.

Many people underestimate their need for water. The average adult should drink six to eight 8-ounce glasses of water (or its equivalent) a day. You can meet part of that quota by consuming high water content foods.

***Some examples include:***

- Iceberg lettuce (95 percent water).
- Cantaloupe (91 percent water).
- Raw carrots (88 percent water).