

# Keep Fat at Bay with Water Each Day



If you're looking for a magic potion to help you lose weight, look no farther than your faucet. Water, often taken for granted, is an important addition to a successful diet. It is recommended that adults drink six to eight 8-ounce glasses of water per day. Reducing diets should include plenty of water because:

- Water makes you feel full, thereby suppressing appetite.
- Adequate amounts of water will help rid the body of metabolized fat and waste.
- Water may help to relieve constipation, which is a common problem when dieting.

***Here are some ways to make water more interesting and fun to drink.***

- Garnish a glass of water with an orange slice or a wedge of lemon or lime.
- Drink sparkling water, either plain or mixed with some fruit juice.
- Drink flavored bottled water. (Check the labels; many are calorie-free, but many are not!)
- Drink water from an attractive goblet or wine glass, or use a special coaster under your water glass.
- Take an occasional "water break." Set aside a few minutes at work or home just to relax and drink a refreshing glass of water.