

6. Water

- Even though water provides no energy, it is still counted as a nutrient because we can't live without it. Without water, dehydration causes death in only a few days.
- Over half of your weight is water, it is in your cells and in your blood.
- Water is important because it allows other nutrients to be transported to different parts of the body. Water is also needed for the production of saliva and controlling body temperature.
- Because we lose water each day through urination and perspiration (sweating), it is important that we replenish ourselves by consuming foods that are high in water (such as; fruits and vegetables).