



# Water

## Sources of Water

Water doesn't just come from a tap; virtually all food has some water in it too. Fruit and vegetables contain between 80 and 98% water.

The amount of water in our bodies varies from person to person according to gender, age and fitness, but is between 50 and 75%. Water is required to **keep cells working effectively**. It **helps us to regulate our body temperature** and it acts as a solvent that **dissolves nutrients**.

## Consequences of Imbalances in the Diet

Water is lost from the body when we sweat, exhale or urinate. We start to feel thirsty when we have lost around 2% of our body's water. Not drinking enough water leads to dehydration. Symptoms of dehydration include headaches, inability to concentrate and lack of energy.

