

Eight glasses a day

Our body loses 2-3 litres (3-5 pints) of fluid every day. We are approximately three quarters water, with the brain being approximately 85% water. It is no wonder then that if we don't have water in our food for a week, we die.

Water is hidden in the foods we eat. For example fresh fruit and vegetables and many other foods contain water. For example, tomatoes are 95% water, watermelons, 97%, and even an egg is 74% water. Experts recommend that we should consume no less than 1.5 litres (2½ pints) of water every day. Yet recent statistics show that few of us drink enough water. Drinking a bit more water each day would make us feel healthier. It might combat headaches, tiredness and heartburn. Water helps the blood to carry oxygen to the brain and can make us more alert generally.

The amount of water we require is determined by the activities we do. If we were working on physical activities outdoors on a hot sunny day we would need more water than if we were sitting indoors at a desk in a more humid workplace.

Children can become dehydrated very quickly in hot weather.

Water is available to consume direct from our taps or can be bought bottled.

Purchases of bottled water have grown considerably in recent years and it is now available through most outlets that sell food items. Water comes in many forms: tap, table (filtered tap water), spring, mineral, sparkling, flavoured. Special filter jugs are available so that you can filter your own tap water if you are not too keen on its taste.