

# Water & Nutrition

## Basics



Getting enough water every day is important for your health. [Healthy people meet their fluid needs](#) by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake.

Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:



- Carry a water bottle for easy access when you are at work of running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories. For example, during the school day students should have [access to drinking water](#), giving them a healthy alternative to sugar-sweetened beverages.
- Choose water when eating out. Generally, you will save money and reduce calories.
- Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

#### More Information

- CDC. [Plain Water, the Healthier Choice](#)
- CDC. [Water Access in Schools](#)
- CDC. [Toolkit: Increasing Access to Drinking Water in Schools \[PDF – 54 pages\]](#)
- Nutrition.gov. [Nutrition Information for YouExternal](#)

#### References

CDC. [Beverage Consumption Among High School Students — United States, 2010](#). MMWR Morb Mortal Wkly Rep. 2011;60(23):778-780.

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Content source: [Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases \(NCEZID\), Division of Foodborne, Waterborne, and Environmental Disease](#)