

Water

-Vital for Life

Hydration & You

Water, the most essential nutrient in the body, is a basic need for all living things. It's part of every cell, tissue, and organ in our bodies; it makes up 60 percent of our body weight. If you're thirsty - drink water. Other fluids, like milk and 100% juice, or foods that contain a lot of water, like soup, can help meet your need for water too.

Is Our Drinking Water Safe?

Yes! Winnipeg's water supply is safe and of good quality. Over 80 rules are in place to make sure drinking water is safe in our city and across Canada.

Facts About Bottled Water

- The Canadian government regulates and enforces health and safety standards for bottled water sold in Canada.
- Unlike tap water, bottled water may not contain enough fluoride to protect against tooth decay.
- Washing and reusing water bottles many times may speed up the breakdown of the plastic. This could lead to potentially harmful chemicals dissolving in the water.
- Bottled water is best stored in a cool dry place. Check the "best before" date on the bottle. Drink it while it's fresh.
- Opened bottled water should be refrigerated in case harmful bacteria have been introduced.
- Avoid sharing water bottles. Germs that cause both mild and serious illness can be spread.



**nutrition
nipples**

Brought to you by:
The Community Nutritionists at the
Winnipeg Regional Health Authority
and the Registered Dietitians at
Dairy Farmers of Manitoba.