

Health Minute

Water, water everywhere...

Water makes up  $\frac{3}{4}$  of the Earth's surface and 80 percent of the human body. How much do you know about the water you choose to drink? The Food and Drug Administration (FDA) guidelines that ensure the safety of bottled water are basically the same as those set by the Environmental Protection Agency (EPA) for tap water. This means that both bottled and tap water are safe – let your personal preference guide your choice. Unless your doctor has instructed you to limit your fluid intake, you should try to drink 1 quart of water for every 50 pounds of body weight.



Bottled Water	Tap Water
Convenient and portable 1.5 million tons of plastic each year are used – be sure to recycle Extra cost Choose clear plastic bottles – the cloudy plastic type can leach chemicals into the water	Unpleasant taste can be eliminated with filtration systems Contain fluoride, an important mineral for children's teeth Inexpensive and available