

Human Water Cycle

How water enters your body:

- Drinks - water, milk, etc.
- Food - lettuce, watermelon

Water...

... keeps body temperature just right (not too hot, not too cold).

... carries nutrients and oxygen to cells.

Water...

... keeps tissues, like eyes, mouth and nose moist.

... protects organs and tissues.

... helps dissolve minerals and other nutrients so the body can use them.

... lubricates or covers joints.

A large portion of body weight is water — about 60 percent or more — which is more than half of your body weight.

How water leaves your body:

- Respiration - breathing
- Evaporation - sweat

Water...

... helps kidneys flush out waste.

... helps prevent constipation.

How water leaves your body:

- Elimination



Family Nutrition Education Programs

Nutrition and life skills for low-income families

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food?

Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.

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