

# Wellness

## CAMPUS



### MODULE 5 WATER & NUTRITIOUS BEVERAGES



## PART 1

**One way to make good nutritional decisions is to be aware of fallacies related to water and beverages.**

## FACT OR MYTH?

**Which is better: distilled water or mineral water?**

**Mineral water**

**Distilled water**

## FACT OR MYTH?

**Which is better: distilled water or mineral water?**

**Mineral water**

**Distilled water**

Drinking distilled water on a regular, daily basis is potentially dangerous to one's health. Distillation is the process in which water is boiled, evaporated and the vapor condensed. Distilled water is an active absorber and promotes discharge of some minerals from the body.

## FACT OR MYTH?

Which is better: distilled water or mineral water?

Mineral water

Distilled water

This, in turn, may lead to electrolyte imbalance resulting in irregular heartbeat, blood pressure changes and weakness. While more studies are needed to investigate this, filtered mineral water is deemed safer to drink.

## FACT OR MYTH?

Which is better: distilled water or mineral water?

Mineral water

Distilled water

Filtered mineral water can also help increase intake of some minerals such as calcium, phosphorus and magnesium, which are usually dissolved in water.

## FACT OR MYTH?

**Lactose intolerance is common in the country.**

**Fact**

**Myth**

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**Lactose intolerance is common in the country.**

**Fact**

**Myth**

Lactose intolerance refers to an inability to digest lactose, a substance found in milk. There is a higher incidence of lactose intolerance among Asians, compared to Americans and Europeans.

## FACT OR MYTH?

**Lactose intolerance is common in the country.**

**Fact**

**Myth**

A person with lactose intolerance may experience bloating, abdominal pain, and diarrhea whenever he or she drinks milk. Because of the resulting discomfort, a person suffering from lactose intolerance tends to reduce his or her consumption of dairy products, which may increase their risk for

## FACT OR MYTH?

**Lactose intolerance is common in the country.**

**Fact**

**Myth**

osteoporosis. To improve milk tolerance, individuals suffering from lactose intolerance should gradually re-introduce milk into their diet. They can also compensate by consuming dairy products with low lactose content, like yogurt and cheese.

## FACT OR MYTH?

**Milk is the best source of calcium.**

**Fact**

**Myth**

## FACT OR MYTH?

**Milk is the best source of calcium.**

**Fact**

**Myth**

Milk is the best source of calcium because each serving contains about 2/3 of the recommended daily calcium intake. In addition, milk contains other nutrients, such as protein and vitamin D, which facilitate the body's absorption of calcium.

## FACT OR MYTH?

Milk can be fattening.

Fact

Myth

## FACT OR MYTH?

**Milk can be fattening.**

**Fact**

**Myth**

Milk and other dairy products are not fattening. Some studies even show that milk drinkers tend to stay within healthy weight ranges compared to non-drinkers. Weight gain is a result of excess energy intake from food coupled by a sedentary lifestyle.

# PART 2



# WATER

It is important to  
drink enough  
water every day.



# WATER

Drinking water helps to cool down our body. When our body feels hot, we perspire, and the evaporation of sweat cools us down.



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Drinking water helps to cool down our body. When our body feels hot, we perspire, and the perspiration cools us down.



# WATER

**Drinking water helps to remove waste (i.e. urine and stool) from our body.**



# WATER

Water can be found in our blood, so water actually helps in bringing nutrients all over our bodies.



# WATER

Water helps our skin and eyes from becoming dry.



# WATER

Children and adolescents should drink the recommended amount of water daily:

- 6-9 years old: 6 glasses or more each day
- 10-12 years old: 8 glasses or more each day
- 13-18 years old: 9 to 12 glasses of water or more each day.



# WATER

**If you feel thirsty, it means that your body needs some more water. Do not wait until you feel thirsty before you drink water.**



# WATER

If we do not get enough water, we may experience the following:



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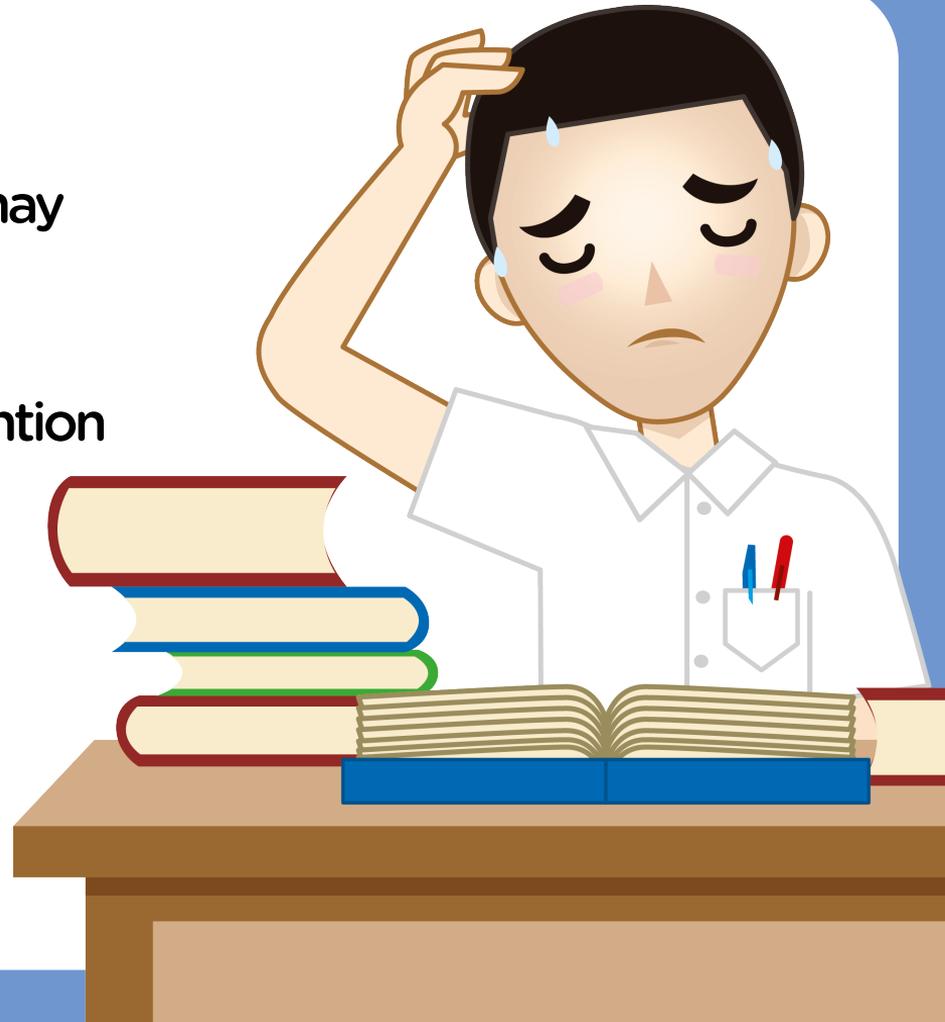
- headaches



# WATER

If we do not get enough water, we may experience the following:

- headaches
- difficulty focusing or paying attention



# WATER

If we do not get enough water, we may experience the following:

- headaches
- difficulty focusing or paying attention
- dizziness



# WATER

If we do not get enough water, we may experience the following:

- headaches
- difficulty focusing or paying attention
- dizziness
- dry skin, lips and mouth



# WATER

If we do not get enough water, we may experience the following:

- headaches
- difficulty focusing or paying attention
- dizziness
- dry skin, lips and mouth
- hard stool



# WATER

If we do not get enough water, we may experience the following:

- headaches
- difficulty focusing or paying attention
- dizziness
- dry skin, lips and mouth
- hard stool
- less frequent urination



# WATER

If we do not get enough water, we may experience the following:

- headaches
- difficulty focusing or paying attention
- dizziness
- dry skin, lips and mouth
- hard stool
- less frequent urination
- darker colored urine



# MILK

Aside from drinking 9 to 12 or more glasses of water each day, drink nutritious beverages such as milk.



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Aside from drinking 9 to 12 or more glasses of water each day, drink nutritious beverages such as milk.

Milk prevents calcium deficiency.



# FUNCTIONS OF CALCIUM

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- maintains strong bones



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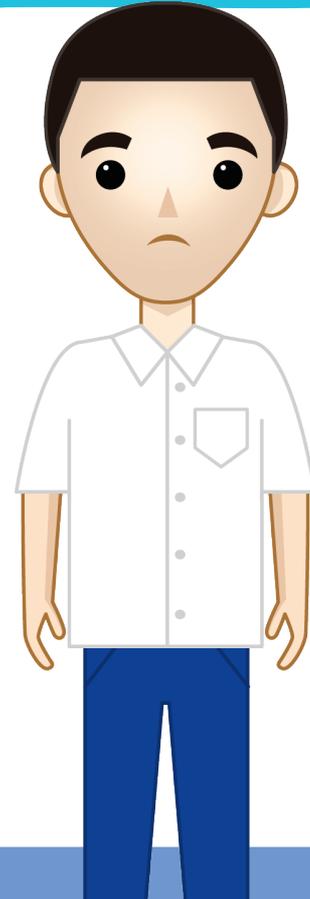
- maintains strong bones
- needed for other body activities such as muscle contraction and blood clotting



# SIGNS & SYMPTOMS OF CALCIUM DEFICIENCY

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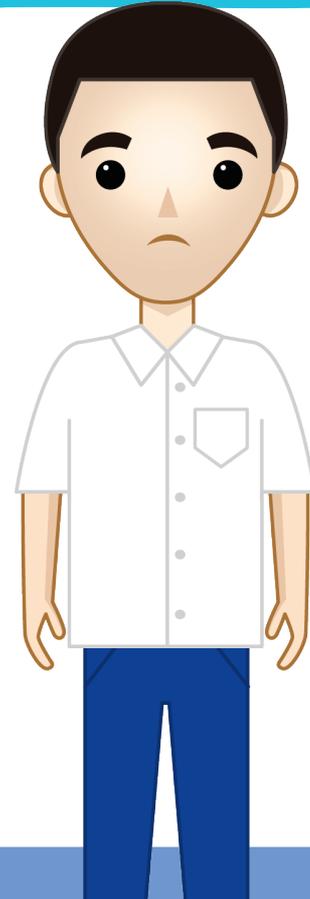
- porous bones, a condition called osteoporosis



# SIGNS & SYMPTOMS OF CALCIUM DEFICIENCY

- porous bones, a condition called osteoporosis.

Individuals with osteoporosis have high risk of bone fracture, limiting quality of life.



# SIGNIFICANT SOURCES OF CALCIUM

- milk and dairy products (e.g. yoghurt and cheese)
- dark green leafy vegetables
- fish with bones eaten (e.g. sardines)

