



Water World

Different types of water and their health benefits

The biggest health benefits from hydration come from drinking water itself regardless of what type of water it is. The truth is that any type of water is good for you as long as it is clean and free of impurities.

TAP WATER is the type of water that comes out of your water faucet. In most countries, it is usually supplied and controlled by a local government authority.

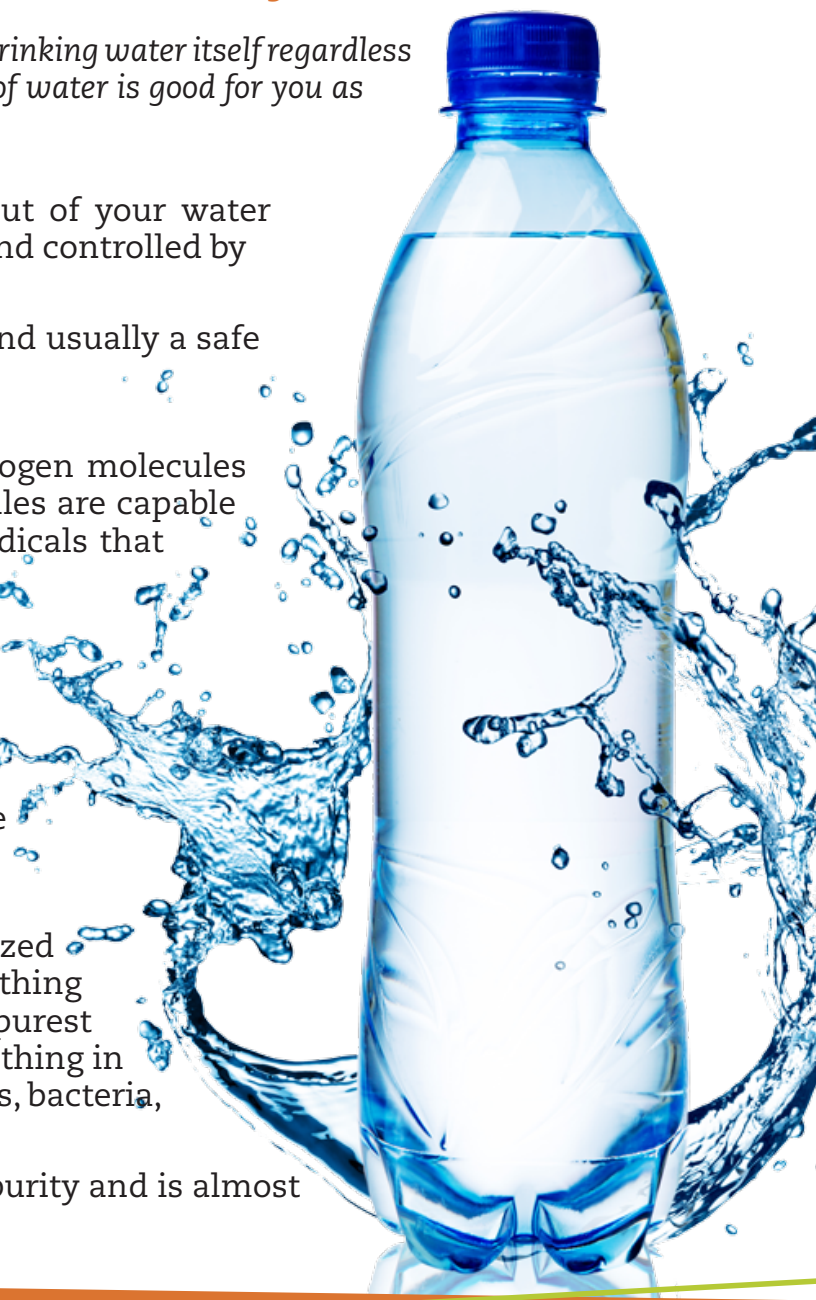
Benefits: Cheap, easy to access for most people and usually a safe source of water.

HYDROGEN WATER is water that contains hydrogen molecules that act as powerful antioxidants. These molecules are capable of helping your body neutralize harmful free radicals that contribute to disease development, reduce inflammation and slow down aging.

Benefits: The hype around hydrogen water is based on a series of studies conducted on mice. The studies appear to show that this type of water has mild anti-inflammatory effects, particularly in the development of diseases, like Parkinson's.

DISTILLED WATER is sometimes called demineralized or deionized water. It is water that has everything removed including ions and minerals. It's the purest form of water that you can get. It literally has nothing in it (*good or bad*). This means it has no contaminants, bacteria, minerals or nutrients.

Benefits: Distilled water has the highest level of purity and is almost sterile.



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Water World (continued)

BOTTLED WATER is portable purified water that you can easily and conveniently buy whenever you're thirsty.

Benefit: Very convenient way to access clean safe drinking water.

ALKALINE WATER is water that is at a pH level of 8 or above. This is higher than the pH of regular water. It has become more popular because

research shows that an alkaline diet is generally good for health.

Benefit: The human body thrives when it is able to maintain a slightly alkaline pH. Consuming alkaline water may be able to help in this regard.

Developed by Lisa Weber, SNAP-Ed Nutrition Educator
References: George, L. The ultimate guide to drinking for better health, retrieved from lifehack.org

Activity

Word Scramble

Put the letters in the right order to complete the sentence!

All living things need _____ to live.
t a w e r

When water evaporates, it travels into the air and becomes part of a _____.
d l o c u

Less than 1% of all the water on the earth is _____ water.
s e f r h

We _____ water in the liquid form.
i k r d n

Check for leaks and save hundreds of _____ of water a day.
a l l o g n s

You'll save water by taking a quick _____.
h o w s e r

Wash bikes and cars with a _____ and sponge instead of a running hose.
k e c b u t

Ask your _____ to look for ways to save water.
m f a i y l

Resource: www.epa.gov/safewater



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