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Mypyramid The Eatwell  
Guide says we should  
drink 6 to 8 glasses of  
fluid a day. Water, lower  
fat milk and sugar-free



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drinks, including tea and coffee, all count. Find out more about food labels.

Drink plenty of water.

Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no

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Text and photographs

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describe the importance of drinking water, why your body needs water, and ways to enjoy water.

What people are saying -

Write a review. ... Pebble

Plus; Healthy Eating

With Mypyramid, Mari

C. Schuh: Authors: Mari

C. Schuh, Gail Saunders-

Smith, Barbara J. Rolls:

Contributors: Gail

Saunders-Smith, Barbara

J. Rolls:

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~~Drinking Water—Mari  
G. Schuh, Gail Saunders—  
Smith ...~~

Waterpebble is a revolutionary device designed to take the effort out of saving water.

Water Pebble is a world ' s first. Paul Priestman a director of design company Priestmangoode was inspired by a sign in a

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hotel bathroom to,  
“ Please Use Water  
Sparingly ” and he  
started developing the  
concept on his return  
home.

~~Waterpebble – Your Cute  
Little Water Saver~~

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Mypyramid Author: ww  
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1 Subject: Drinking

Water Pebble Plus

Healthy Eating With

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## Plus Healthy Drinking

too much water is rarely a problem for healthy, well-nourished adults.

Athletes occasionally may drink too much water in an attempt to prevent dehydration during long or intense exercise. When you drink too much water, your kidneys can't get rid of the excess water. The sodium

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The health claims about alkaline water are more about sales than science.

There isn't much research to support them.

Also, your body, on its own, can keep your pH levels at an even keel.

~~Alkaline Water Health~~

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~~Benefits: Is Alkaline~~

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Drinking too much water  
is rarely a problem for  
healthy, well-nourished  
adults. Athletes  
occasionally may drink  
too much water in an

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attempt to prevent  
dehydration during long  
or intense exercise.

When you drink too  
much water, your  
kidneys can't get rid of  
the excess water. The  
sodium content of your  
blood becomes diluted.

~~Water: How much  
should you drink every  
day? — Mayo Clinic~~

Drinking plenty of water

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can help you lose weight.

This is because water can increase satiety and boost your metabolic rate.

Some evidence suggests that increasing water intake can promote weight...

~~7 Science Based Health  
Benefits of Drinking  
Enough Water~~

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no question offer. It is  
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Alkaline water has become a popular drinking water choice over the past few years. Some people say that drinking slightly alkaline water — with a pH between 8 and 9 — can improve your health.

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~~pH of Drinking Water:  
Acceptable Levels and  
More~~

Deionized water aggressively attacks pipes and storage container materials, leaching metals and other chemicals into the water. Drinking DI may lead to increased risk of metal toxicity, both because deionized water leaches metals from

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pipes and containers and because hard or mineral water protects against absorption of other metals by the body.

~~Is It Safe to Drink  
Deionized Water?  
ThoughtCo~~

1. Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60% water. The functions

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of these bodily fluids  
include digestion,  
absorption, circulation,  
creation of...

~~Why Drink More Water?  
See 6 Health Benefits of  
Water~~

Where and how does  
nitrate get into drinking  
water? Nitrate can occur  
naturally in surface and  
groundwater at a level  
that does not generally



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cause health problems.

High levels of nitrate in well water often result from improper well construction, well location, overuse of chemical fertilizers, or improper disposal of human and animal waste.

~~Nitrate and Drinking  
Water from Private Wells  
| Wells ...~~

Drinking Water is a

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picture book and a concept book, and tells readers everything they need to know the benefits of drinking water. It introduces them to the idea of hydration and good health. This would be a good book to read aloud, and talk about during or after reading.

~~Drinking Water by Mari  
Schuh - Goodreads~~

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[Mari C Schuh] --

Simple text and  
photographs present  
information about

drinking water and ways  
to drink enough water.

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Drinking water ...

~~Drinking water (Book,  
2006) [WorldCat.org]~~

Drinking Water (Healthy  
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Library Binding –

January 1, 2006 ... Easy to

understand and the

pictures are an added

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Reviewed in the United  
States on November 6,  
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~~Drinking Water (Healthy  
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Mari Schuh ...~~

Essentia Water, Ionized  
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Electrolytes for Taste,  
Better Rehydration, pH

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