



香港紅十字會
HONG KONG RED CROSS

Secret of Water



Adults' body are contain 60% of water. Therefore, adequate water is essential for our survival. In fact, every part of our body needs water to function, such as nutrient delivery, maintenance of blood circulation, etc.

Benefits of water

- Prevent constipation
- Help facilitate digestion
- Expel toxins
- Promote skin health
- Boost immune system
- Help treat kidney stones
- Regulate body temperature
- Protect organs and tissues
- Deliver nutrients and oxygen to cells
- Maintain electrolyte (sodium) balance



Dehydration Symptoms

- Dry cough
- Feel dizzy
- Dry lips and eyes
- Dark yellow urine
- Tiredness
- Headache
- Loss of appetite
- Less urination
- Dry mouth and tongue



← Daily water intake calculation for Adults →

$$\text{Weight (kg) } \times 30 \text{ (ml) } \div 250 \text{ (ml)}$$

$$= \text{Recommended daily intake (cup)}$$

$$\text{E.g : } 70 \text{ kg } \times 30 \text{ ml } \div 250 \text{ ml } = 8.4 \text{ cups}$$

Depends on the amount of sweat from working or doing exercise, more water should be intaken.



Distilled Water Vs Mineral Water

We need to drink not only adequate water, but also in good quality. If drinking water is polluted, or sedimented, the most efficient and convenient solution is to buy bottled water.

However, there are different kinds of bottled water, are their any differences? What should we look out when we choose them?

Distilled water

After filtering and distillation, no nutrient is left in water. All minerals contained are also lost, so it is the purest water.



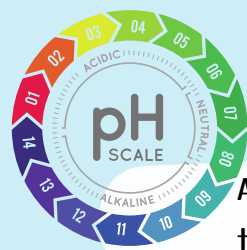
Mineral water

Mineral water usually comes from alpine or underground springs. It contains natural minerals which may contribute to lowering blood pressure and relieving constipation.



pH value

According to the WHO's "Guidelines for Drinking Water Quality", the optimum pH range for drinking water is from 6.5 to 8. pH value indicates the acidity or alkalinity of an aqueous solution. The value ranges from 0 to 14, and 0 to less than 7 is acidic. The smaller the value, the stronger the acidity, and the larger the value, the more alkaline is the solution.



Notes for bottled water:

- We should buy bottled water from reliable shops, and avoid buying or drinking expired bottled water as well as those improperly sealed or with damaged packaging. Bottled water should be consumed as soon as possible after it is opened.
- People with poorer immunity should choose bottled water that has undergone a treatment process such as distillation or reverse osmosis. Drinking water or water from carboy dispensers should be boiled.
- For people taking care of infants, they should boil water from the water dispenser if they use it for preparing infant formula. The temperature of water used for preparation should not be lower than 70 degree Celsius. Reconstituted powdered infant formula should be then cooled to feeding temperature and consumed immediately. Mineral water is not suitable for preparing infant formula.

References :

Centre for Health Protection
Consumer Council
Centre for Food Safety

The above information
is for reference only.

Editor:
Janet Tung

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