

# LET'S DRINK PLAIN WATER!

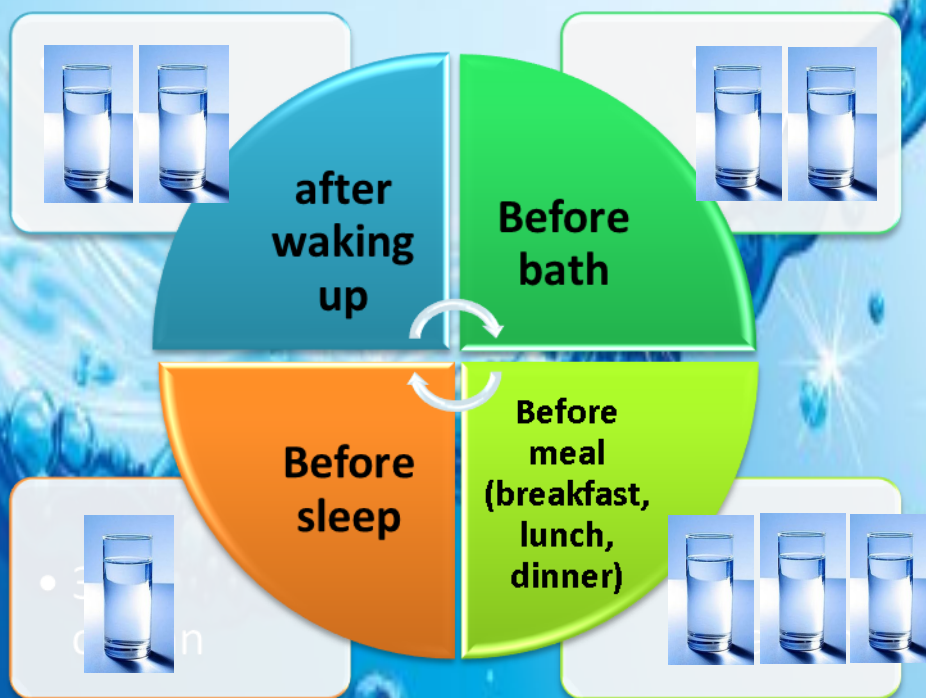
Water is a major component of the human body. The drinking water is available either in the form of plain water, sweet beverage, fruit juice or soup. However, it is encouraged to drink more plain water throughout the day.

*Malaysian Dietary Guidelines 2010 recommend*

*6 to 8 glasses of plain water in a day.*

- \* Always carry water with you
- \* Sip on water even when you are not thirsty.
- \* During high heat and exercise, drink extra plain water to compensate for the lost fluids.

*Tips on how to achieve the recommendation*



## THE MIRACLE OF PLAIN WATER

- \* An essential medium for physiological function
- \* Protects body against dehydration/heat stroke
- \* Aids in regulating body temperature
- \* Helps in boost metabolism
- \* Help to maintain pH balance
- \* Helps weight loss by suppressing appetite
- \* Helps your skin glowing and clear
- \* Helps in digestion and

