

Water

Last, but certainly not least, is water – the most important nutrient that humans cannot live without. More than 50 per cent of our bodies are made of water and, along with oxygen, it is considered a 'life source'. Water helps the body process certain vitamins, regulates body temperature and keeps you hydrated. It ensures the body maintains homeostasis, transports nutrients to cells, and helps the body remove waste products. As an approximate guideline, adult men should drink about 2 liters of water per day and women should consume 1.6 liters. This, of course, varies depending on the amount of energy you use, how much you sweat and the climate you live in. Water can be consumed directly, and part of your daily intake can also be **consumed through food**, like watermelon, cucumber, celery, lettuce and cantaloupe.