

Facts/Myths about Tap and Bottled Water

Questions and answers for the water spin wheel.

- Q1. The price of bottled water is more than 1,000 times the price of tap water. Fact or myth?**
- Fact – Tap water costs about a penny per gallon which works out to be 1/8th of a cent per 16-ounce serving. Let's say you pay \$2.00 for a 16-ounce bottled water at a convenience store. You are paying 1600 times more for that \$2.00 bottled water than for the tap water at home. And remember, if you drink tap water at school, you're drinking for free.
- Q2. Bottled water is cleaner, and thus safer, than tap water. Fact or myth?**
- Myth – In testing, many brands of bottled water were found to have higher levels of contaminants than tap water. Also, the standards of cleanliness are much higher for tap water (tested by the EPA) than bottled water (tested by the FDA). Bottled water that does not meet FDA standards can still be sold as long as it is labeled to indicate "excessive chemical substances."
- Q3. What percentage of your body weight is water? Your brain?**
- The adult body is composed of nearly 60% water, on average. The brain is nearly 70% water and the lungs 90% water.
- Q4. When you feel thirsty, you are already in the early stages of dehydration. Fact or myth?**
- Fact – when you are first feeling thirsty your body is already 1% dehydrated. This level of dehydration can result in poor mental capacity (thinking), headaches, feelings of being tired, stomachaches, decreased athletic performance, and moodiness.
- Q5. When you feel thirsty, what percentage does your "brain power" (mental capacity) declines?**
- 10% of your ability to think and concentrate is lost when you are even slightly dehydrated. Academic performance will improve if you maintain good hydration. That afternoon fogginess and sleepiness may be due to not drinking enough water.
- Q6. Water bottles are environmentally-friendly because they can be recycled. Fact or myth?**
- Myth – The fact is that about 86% of plastic water bottles are not being recycled; they end up in the trash. This is dangerous because producing as many plastic water bottles that are consumed by Americans each year uses the same amount of oil that it takes to keep 100,000 cars on the road for one year.
- Q7. Name a few things that increase your daily need for water.**
- Exercise (+8oz per ½ hour activity); illness, such as fever or vomiting; hot weather.
- Q8. How does drinking enough water help your body maintain a healthy body weight?**
- Aids digestion, suppresses appetite, replaces other caloric-rich drinks, helps metabolize fat for energy
- Q9. Calculate your body's water needs (WN) in ounces using this formula: $WN = (\text{body weight})/2 + (8\text{oz for every } 1/2 \text{ of exercise})$**
- You need to replenish your body's water supply against losses from urine, sweat, metabolic processes, and breath. An easy formula is to divide your body weight in half to get the number of ounces needed per day and then add in 8 ounces for every half hour of exercise. If the weather is hot you need even more water. 8 ounces of water = 1 cup. One way to know you are getting enough water is to make sure your urine is clear or pale yellow; dark colored urine means dehydration or you are taking a multi-vitamin (B-complex darkens the urine as excess vitamins are excreted).