



## **WATER AND YOUR HEALTH**

Most adult bodies are about 70 percent water.

**Yet according to the Mayo Clinic, the average adult loses more than 80 ounces of water every day through sweating, breathing, and eliminating wastes**

If you are drinking less than 80 ounces of water a day it will have an impact on your health and brain function.

### **Water and Brain Energy**

The brain is one of the most important organs in your body to keep fueled. It is approximately 85 percent water and brain function depends on having abundant access to water.

**Water gives the brain the electrical energy for all brain functions, including thought and memory processes.**

**Water regulates ALL the functions in the human body.** Just a few of the most important functions include the following:

- The flow of blood and lymph through the body
- The functioning of our brains
- The cushioning and regulation of organs
- The transfer and absorption of nutrients into cells and tissues
- The removal of waste out of the cells
- The movement of nerve impulses through the nervous system
- The balance of hormones
- The regulation of body temperature
- The lubrication and cushioning of joints

**IT'S SIMPLE...DRINK WATER!**



## **Italian Roasted Red Pepper Dip**

Makes 2 1/2 cups or 20 (2-tablespoon) servings.

Prep Time: 5 minutes

Refrigerate: 1 hour

### **INGREDIENTS**

- 1 cup mayonnaise
- 1 cup sour cream
- 1 jar (7 ounces) roasted red peppers, drained and finely chopped
- 1/4 cup grated Parmesan cheese
- 1 teaspoon McCormick® Garlic Powder
- 1 teaspoon McCormick® Perfect Pinch® Italian Seasoning

### **DIRECTIONS**

1. Mix all ingredients in medium bowl until well blended. Cover.
2. Refrigerate at least 1 hour to blend flavors. Serve with cut-up fresh vegetables and/or pita wedges.

### **NUTRITION INFORMATION**

*per serving*

Calories: 107

Fat: 11 g

Carbohydrates: 1 g

Cholesterol: 14 mg