

d. Water

MODULE 5

While not part of a food group, water keeps your body healthy.

Water helps regulate your body temperature. It moves vitamins and minerals to where your body needs them and helps to keep your bowels regular. Water prevents constipation by helping the fibre in your food do its job.

During your pregnancy, it is important to drink lots of water . You need eight to ten glasses of liquid every day including water. Drink water instead of pop, fruit punch, or coffee.



If your water comes from a city or town water supply, you can almost be sure that it is safe.

If you get your water from a well, it's important to have it tested. It may contain substances that could affect your health and the health of your baby.

Contact your Public Health office for information about testing your well water.