

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Drink more water

How much do we need?

Men = 2.6L

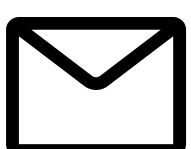
Women = 2.1L

**The
human body is
70% water**

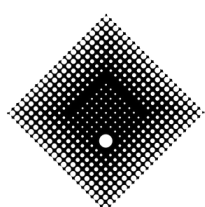
Why do we need it?

- prevents dehydration
- more energy
- regulates temperature
- aids digestion
- helps us to concentrate

What should I drink?



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WESTERN VICTORIA
An Australian Government Initiative

Supporting People with an Intellectual
Disability to Access Health (SPIDAH)

