



Bluewater



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Drinking More Water May Help People Manage Their Weight Better

Stockholm, Sweden, April 17, 2016 – After looking at the dietary habits of over 18,300 U.S. adults a new study found the majority of those people taking part who increased their consumption of plain water from a tap or a bottle by 1 percent reduced both their total daily calorie intake as well as their consumption of saturated fat, sugar, sodium and cholesterol.

Carried out by University of Illinois kinesiology and community health professor Ruopeng An, the [study](#) found that people who increased their consumption of water by one, two or three cups daily decreased their total

energy intake by 68 to 205 calories daily and their sodium intake by 78 to 235 milligrams. Those taking part in the study, published recently by the Journal of Human Nutrition and Dietetics, also reduced their sugar usage by 5 - 18 grams and decreased their cholesterol consumption by 7 to 21 milligrams daily.

"This study confirms yet again how beneficial water is to helping people maintain a healthier lifestyle and its importance to helping our bodies function properly," said Mr. Bengt Rittri, founder of Sweden's [Bluewater](#) water purification technologies company. He added that for maximum benefit people need to ensure the water they drink is free of toxins, microbes and other contaminants that can pollute residential water supplies by using devices such as the [Bluewater Spirit](#) water purifier.

According to ScienceDaily, Professor An calculated the amount of plain water each person consumed as a percentage of their daily dietary water intake from food and beverages combined. Beverages such as unsweetened black tea, herbal tea and coffee were not counted as sources of plain water, but their water content was included in An's calculations of participants' total dietary water consumption.

On average, participants consumed about 4.2 cups of plain water on a daily basis, accounting for slightly more than 30 percent of their total dietary water intake. Participants' average calorie intake was 2,157 calories, including 125 calories from sugar-sweetened beverages and 432 calories from discretionary foods, which are low-nutrition, calorie-dense foods such as desserts, pastries and snack mixes that add variety to but are not necessary for a healthy diet.

A small but statistically significant 1 percent increase in participants' daily consumption of plain water was associated with an 8.6-calorie decrease in daily energy intake, as well as slight reductions in participants' intake of sugar-sweetened beverages and discretionary foods along with their consumption of fat, sugar, sodium and cholesterol.

Story source:

University of Illinois at Urbana-Champaign. "Drinking more water associated with numerous dietary benefits, study finds." ScienceDaily. ScienceDaily, 1 March 2016. <www.sciencedaily.com/releases/2016/03/160301174759.htm>.

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Founded 2013 in Stockholm, Sweden, Bluewater has set its sights on being the world's most planet-friendly water purification and beverage company by innovating and marketing disruptive hydration solutions for home, work, and play. Bluewater products are available globally to consumers, hotel and catering operations, event and venue organizations, and educational institutions. www.bluewatergroup.com[IG1]

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