

What Are Some Advantages of Bottled Water?

by Krista Sheehan



Bottled water is a quick and convenient way to keep your body hydrated.

While some people might argue that it's silly to spend money on something you can get for free, buying bottled water actually has its benefits -- especially if you have a picky palate or feel a little lazy.

Convenience

Keeping your refrigerator stocked with bottled water is a quick and convenient way to fulfill your body's hydration needs. Although it doesn't take much time or effort to fill a glass with water from the tap or a pitcher, grabbing a bottled water from the refrigerator is even quicker. Bottled water can be easily tossed in your purse or workout bag, and it provides a more spill-proof option than traditional cups when working at your desk. And when you're finished, simply toss the empty glass or plastic bottle in a recycling bin to maintain earth-friendly hydration habits.

Track Your Intake

To keep the body properly hydrated, MedlinePlus recommends drinking six to eight 8-ounce glasses of water per day. And while that recommendation seems quite simple to follow, it can be a bit challenging to keep track of how much water you're actually drinking. But a bottle of water's label clearly indicates the volume of water you're drinking -- so you can easily track your intake in ounces. Bottled water is available in a variety of sizes, from handy half-liter bottles to larger gallon-sized containers.

Taste- and Odor-Free

Water from the tap occasionally has an unpleasant taste or odor, such as a metallic taste or sulfurous odor. These smells and flavors can be imparted on drinking water from chemical treatments, plants or animals inhabiting the original water source or the plumbing materials used to deliver water into your home. While these subtle scents and tastes may not bother everyone, people with discriminating tastes may be displeased. Typically, bottled water has no recognizable aromas or flavors.

Variety

If plain water isn't your preference, bottled water manufacturers offer an array of options. Flavored waters may tantalize your taste buds with essences of fruit, mint, cucumber or coconut -- just be sure the sweetened beverages aren't packed with sugars or calories. Sparkling water adds a little carbonation to the otherwise boring beverage; this process makes the water bubbly and fizzy, similar to soda. And for health-minded individuals, electrolyte-enhanced bottled waters may be the best option. Since electrolytes enhance the body's ability to absorb water, these types of bottled waters are particularly helpful in preventing dehydration after vigorous workouts.

Emergency Preparation

The Federal Emergency Management Agency recommends that every household set aside at least three days' worth of bottled water for each member of the family. In an emergency or disaster situation, such as a tornado, winter storm or hurricane, access to clean water may be limited. According to FEMA, a typical person needs about 1 gallon of water per day; a three-day supply would equal 3 gallons. Buy commercially bottled water, store it in its unopened, original containers in a cool and dark place and replace when

expired.

What's your dietary preference?

Gluten Free

Omnivore

Paleo

Vegetarian

Vegan

References

About the Author

Krista Sheehan is a registered nurse and professional writer. She works in a neonatal intensive care unit (NICU) and her previous nursing experience includes geriatrics, pulmonary disorders and home health care. Her professional writing works focus mainly on the subjects of physical health, fitness, nutrition and positive lifestyle changes.

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