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## Certain properties of the natural mineral water suitable for hydration in children

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The importance of hydration in maintaining good health has been increasingly recognized by the professional and scientific community. Daily requirement for sufficient intake of fluids differs from person to person and depends on the type of activity, climatic conditions in the immediate environment, eating habits, lifestyle, general health and age. Low daily fluid intake can adversely affect the health, and this is especially true in the most vulnerable groups. Mainly children but also for athletes, adults of working age and the elderly we compared basic physical and chemical characteristics including some of trace elements of analysed samples of natural mineral water and drinking water from public water supply system to investigate potential benefits for consumption during childhood. Our results obtained show that except as a method for compensation of fluid loss, consuming natural mineral water in children may provide input of some mineral substances necessary for proper growth and development, which cannot be found in the same quantities in processed and purified drinking water. For these reasons it is important to consider and properly interpret all aspects of the water analysis in accordance with the applicable regulations, and to take into consideration the possible positive impact on the health of certain properties of the natural mineral water.

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