



PROBLEMS

WATER: There is as much water on earth today as there ever was or ever will be. Because of nature's water cycle, it is simply cleansed and used over and over again.

Without food, we can live for several weeks; without water we would die in a few days. Almost two-thirds of the weight of the adult human body is water, the basic element in all body fluids. All cellular processes and all organic functions depend on it.

You need water for digestion, healing and cell maintenance. Poor-quality water may taste, smell or look unappealing. Now you and your family can enjoy fresh, clean-tasting water—right in your home—with **RENA WARE's** water filtration system.

Pollution threatens the quality of water

NUTRITION: We eat to satisfy the nutritional requirements of our bodies, to nourish body processes and to sustain our health. Getting adequate nutrition from our diet helps us withstand illness, cope with stress and have the energy to support our lifestyles.

No matter how much we eat, if the food lacks the necessary elements to provide the energy and nutrients we require, we can't stay strong and vigorous. Also, if food doesn't look or taste good, it is harder to develop an appreciation of the food's values.

Nothing is more fundamental to good health than full-power nutrition. Now you have a beautiful, high-quality resource to improve the effectiveness of your menu planning and meal preparation with **RENA WARE's** kitchen utensil system.

Your family's nutritional requirements go unfulfilled

WHY?

WATER:

Every day, your body needs good-quality drinking water to maintain its healthy functioning. Water is second only to air in importance to the body. Loss of even 10 percent of the body's water weight can be dangerous.

NUTRITION:

You must eat to provide energy for your body. You also eat because you like the appearance and taste of certain kinds of food. If you do not maintain a proper diet, your body may become weak and vulnerable to illness.

NUTRITION

We know the nutrients in food affect the body's functions and thus affect health. The human body can't produce the nutrients needed for growth and activity—it must absorb these from the foods we eat.

Many people are confused and anxious about the impact of their eating habits on their health; they are also concerned about the quality and safety of their foods.

The six nutrient groups—carbohydrates (with their effect on fiber), fats, pro-

teins, vitamins, minerals, and water—contain chemical substances that furnish the body with heat and energy, provide material for growth and repair of body tissues and assist in the regulation of body processes.

The natural nutrients in foods form a complex and vital balance with your body's needs and can't be reproduced by pills or heavily-refined products.

Since we cook the majority of our foods, the method of cooking has a

major impact on the nutrition we receive.

When we cook foods immersed in excess liquid, the nutrients are leached out, lowering the nutritional content. High temperatures

in cooking also cause organic nutrients to break down into unabsorbable components.

And who wants to eat food that doesn't taste or look good? Even the most nutritional diets are ineffective if food isn't prepared with an understanding of people's likes and dislikes.

PROBLEM SOLVED:

To preserve the essential nutrients, **RENAWARE**'s kitchen utensil system uses the "minimum-moisture" method of cooking. Your foods retain full nutritional value, because you don't drain away wasted liquids. Meal preparation saves energy, because you cook with low heat.

CARBOHYDRATES

Are available to the body in three forms:

Simple carbohydrates—occurring naturally in fruits, milk, certain vegetables and honey; *Complex* carbohydrates (or starches)—found in breads, pasta, rice, cereals, legumes and certain vegetables; *Refined* (or processed) carbohydrates—present in sugars and syrups, as well as products made with these ingredients, such as cookies, cakes, pies and candies. Carbohydrates can reduce some health risks by increasing the body's absorption of fiber. They can also lower undesirable cholesterol. These are the most efficient sources of energy because they can be broken down by the body almost instantly. At least 55 percent of the body's total daily calories should come from carbohydrates.

FIBERS

Are a group of compounds which aid in the later stages of the digestive process. Fibers are recognized as reducing the risk of chronic diseases, including heart disease, cancer and diabetes. Fibers come from whole grains, fruits and vegetables.

FATS

Are compounds which won't dissolve in water. Fats provide energy but not as readily as carbohydrates. Saturated fats raise blood cholesterol, which has been linked to heart disease and cancer. However, fat is the only source of some compounds essential to body functions, such as controlling blood pressure and blood clotting, and helping reduce inflammation. Fat should be less than 30 percent of the body's calorie source, with

saturated fat limited to less than 10 percent of the body's calorie source.

PROTEINS

Are the source of amino acids used for many body functions. Without dietary protein, growth and all body functions would not take place. Still, only 15 to 20 percent of the body's total calories should come from protein.

VITAMINS

Are found in a wide variety of common foods. They regulate the chemical processes which take place in the body. They aid with good vision, help form healthy blood cells, strong bones and teeth, and improve the functioning of the heart and nervous system. Vitamins should always be obtained from foods, not from supplements.

MINERALS

Are also found in many common foods. They are important to body maintenance, particularly in formation of new tissue such as bones, teeth and blood cells. They also assist vitamins in regulating the body's chemical processes. Minerals should also always be obtained from foods, not from supplements.

WATER

Is a basic component of all foods and is essential to life. It is a lubricant, as well as being critical to regulating body temperature. The recommended daily water intake level is 30 milliliters (one fluid ounce) of water per kilogram (2.2 pounds) of body weight.

WATER

Water is the most common substance on earth. Water is everywhere. It's in the air we breathe, the food we eat, the ground below us, and in our oceans, rivers and lakes. Two-thirds of the human body is made up of water.

Water is a universal solvent. Almost all substances can be dissolved in water or will remain suspended as they are carried by water.

Water covers 70 percent of the earth's surface. About 97 percent of earth's water is in the oceans. Only three percent is fresh (not salty), and two-thirds of the fresh water is locked in glaciers and ice caps.

Of the fresh water available for home and industrial water supply, only three percent exists in inland lakes and streams: 97 percent is underground water within one-half mile of the earth's surface.

The water treatment processes used in the water-quality-

improvement industry to cleanse and purify water are often the same techniques found in nature. Engineers simply copy and enhance them to be more effective and efficient.

Filtration is the natural treatment process that water goes through when moving into the ground and flowing to wells, springs or other sources of ground water. However, ground water can come into contact with contaminants from many natural sources.

Today, many people are

seeking ways to improve the quality of the water they drink. One option has been the use of bottled water. However, in many areas, regulated standards for bottled water have not been firmly established and therefore, the quality of bottled water may fluctuate greatly.

Another option is to control the quality of domestic drinking water by using a water-filtration system at home. With a home water-filtration system, consumers can effectively reduce the chlorine in municipally-treated tap water right at the point of use—thus assuring a steady supply of freshly-filtered water upon demand.

CONCERNS ABOUT WATER QUALITY:

Taste

Smell

Discoloration

Mineral build-up

or residue

Corrosion

PROBLEM SOLVED:

RENAWARE's water filtration system uses the latest technology to screen out solid particles such as sediment and rust. No expensive plumbing is necessary and the units are easy to clean.

WATER FROM ITS SOURCE TO YOUR TAP

