Nutrition, Food, and Fitness
Chapter 10  Water: The Forgotten Nutrient—Terms and Definitions

dehydration. A state in which the body contains a lower than normal amount of body fluids.
diuretic. A substance that increases urine production.
extracellular water. The water outside the cells.
intracellular water. The water inside body cells.
lubricant. A substance that reduces friction between surfaces.
reactant. A substance that enters into a chemical reaction and is changed by it.
Solvent. A liquid in which substances can be dissolved.
water intoxication. A rare condition caused by drinking too much water and consuming too few electrolytes.