

Roughage and Water



The fibrous part of the food is called as roughage. This is very essential for the regular functioning of the digestive system. It is very essential for the removal of waste material from the body. Roughage is present in our food

We all know that water is the necessity of life. Without water we cannot live. Water helps us to stay healthy. An adult needs about 3 liters of water daily. Almost two-third of our body weight consists of water. Water helps in the digestion of food, removal of waste material and use of the nutrients properly.

