

Water

Water is critical to life! Staying hydrated helps your body in many ways:

- **Body temperature regulation**
- **Blood pressure regulation**
- **Manages appetite and digestion**
- **Joint cushioning and flexibility**
- **Electrolyte balance**
- **Keeps skin clear and hydrated**
- **Rids body of waste and germs**
- **Carries nutrients and oxygen to your cells**
- **Prevents constipation**

WATER - How much you and your kids should drink each day

| | | |
|--------------|----|-------------------|
| Nursing | 13 | (13 cups, 3.1 L) |
| Men 19+ | 12 | (12 cups, 3.0 L) |
| Boys 14-18 | 11 | (11 cups, 2.6 L) |
| Pregnant | 10 | (10 cups, 2.4 L) |
| Women 19+ | 9 | (9 cups, 2.2 L) |
| Girls 14-18 | 8 | (8 cups, 1.9 L) |
| Boys 9-13 | 8 | (8 cups, 1.9 L) |
| Girls 9-13 | 7 | (7 cups, 1.7 L) |
| Children 4-8 | 6 | (6 cups, 1.4 L) |
| Toddlers 1-3 | 5 | (4.5 cups, 1.0 L) |

Based on Total Water Adequate Intake, as set by the Institute of Medicine.
"Dietary Reference Intakes for Water, Potassium, Sodium, Chloride and Sulfate", Washington DC, The National Academies Press, 2005

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Your body is 50-70% water.

Water makes up the majority of every cell in your body.

Consume more water -heavy foods like fruits or vegetables, and hydrating drinks like milk, juice, or tea.

Limit dehydrating substances like excess sodium or added sugar.

