The Importance of Drinking Water

...s essential to life

2/3 of your body weight is water.

Water helps keep your muscles and skin toned, assists in weight loss, transports oxygen and nutrients to cells, eliminates toxins and wastes from the body, and regulates body temperature. Drinking refreshing, clean water plays a major role in reducing the risk of certain diseases.

For better health, drink at least 8 glasses of clean water a day!

One ounce equals about one "gulp."

Guidelines for Adequate Daily Water Intake for Kids

The chart below, shows approximately how much water kids of different ages and genders need daily for proper hydration. Water can come from beverages such as drinking water, milk and juice, and from foods. Physically active kids need more water, especially in higher temperatures.

Age Group	Total Water (approx. cups)	Water from Beverages (approx. cups)	Water from Foods (approx. cups)
Children 1 – 3	5 ½	4	1 ½
Children 4 – 8	7	5	7
Girls 9 – 13	9	7	2
Boys 9 – 13	10	8	2
Girls 14 – 18	10	8	2
Boys 14 – 18	14	11	3