

Water... the Forgotten Nutrient

Water is one of the body's most needed nutrients. The body is about 60-75% water. You can live many days without food. You cannot live too long without water. The body needs water **every day** for good health.

How much water do you need every day?

Age (Years)	Gender	Total Water
4-8	Girls and Boys	4-5 cups
9-13	Girls and Boys	8 cups
14-18	Girls and Boys	9 cups
18+	Girls and Boys	10 cups

*Source: Institute of Medicine of the National Academies Dietary Recommendation Intake

This may seem like a lot of water. Total Water is water from all liquids and foods. Water can be found in foods like fruits, vegetables or soups. On very hot days, you may need to drink more water.

*Too much soda and juice can lead to weight gain. The calories add up quickly.

You need water to:

- Keep a normal body temperature
- Carry vitamins, minerals and oxygen in the body
- Keep the joints and tissues healthy
- Keep a healthy weight

Adults who are trying to stay healthy need to drink water in place of soda and juice. Children should be offered milk and water in place of soda and juice.

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