

make every drop countSM

Drink For Your Health

Thirst is your body's way of telling you it needs fluids. But it can't tell you what to drink. That's up to you. Some beverages simply satisfy your natural taste for sweetness. Some have calories. Some don't. Some relax you. Some energize you. Some give you important nutrients. Some help you perform your best. And some can even help you manage health concerns like cholesterol. That's why it's so important to understand how your beverage choice affects your overall health and wellness – and **make every drop count**.

Cells

Have you ever wondered how all the nutrients in the foods and beverages you eat and drink get to where they need to go? The water in your body is crucial for transporting carbohydrates, vitamins and minerals and other important nutrients to your cells. Your cells then produce energy to help keep you going.



Kidneys

Water is essential for kidneys, helping them to remove waste, toxins and excess nutrients from the body. A well hydrated healthy person's kidneys filter approximately 180L (190 quarts) of water each day.



Skin

Good hydration helps preserve skin's elasticity, softness and coloring. Water bathes skin cells, inside and out.



Temperature

You may already know sweat is your body's way of cooling itself. But did you know that water helps make this possible? Your body's water helps dissipate heat, regulating your overall body temperature.



If your body becomes too hot, water is released by perspiring, thus removing heat from the body. If the water lost through sweat is not replaced, your body can become dangerously overheated.

Brain

Adequate hydration is important for proper functioning of your brain. Mild dehydration – as little as a 1% to 2% loss in body weight due to fluid deficiency – can impair your ability to concentrate. And loss of more than 2% body weight due to dehydration can affect your brain's processing abilities and impair short-term memory.



Heart

Fluids are important for healthy heart function and play a role in normalizing blood pressure. Dehydration decreases cardiac output, which may lead to increased heart rate and reduced blood pressure.



Digestive Tract

Water aids in the digestion of your food – it's found almost everywhere in the digestive tract from the saliva in your mouth to the solution of enzymes of your lower intestine. Water also helps dissolve nutrients so that they may be absorbed into your bloodstream and delivered to your cells.



Muscles and Joints

Muscles and joints, in addition to your bones, help you to stand, sit, move and go about your daily life. Water helps cushion joints and keeps muscles working properly. In fact, approximately 70 to 75 percent of your muscle is actually made up of water.



Hydration Guidelines

Institute of Medicine of the National Academy of Sciences
Total Daily Water Adequate Intake (AI) Summary

Age Range	Daily Water Adequate Intake	
Infants		
0-6 months	3 cups * (0.7 L), assumed to be from human milk.	
7-12 months	3.5 cups (0.8 L), assumed to be from human milk and complementary foods and beverages. This includes ~3 cups (0.6 L) as total fluid, including formula, juices and drinking water.	
Children		
1-3 years	5.5 cups (1.3 L) total water**, including ~4 cups (0.9 L) as total beverages, including drinking water.	
4-8 years	7.5 cups (1.7 L) total water, including ~5 cups (1.2 L) as total beverages, including drinking water.	
Adolescents		
	Males	Females
9-13 years	10.5 cups (2.4 L) total water, including ~8 cups (1.8 L) as total beverages, including drinking water.	9 cups (2.1 L) total water, including ~7 cups (1.6 L) as total beverages, including drinking water.
14-18 years	14 cups (3.3 L) total water, including ~11 cups (2.6 L) as total beverages, including drinking water.	10 cups (2.3 L) total water, including ~8 cups (1.8 L) as total beverages, including drinking water.
19-70+ years	16 cups (3.7 L) total water, including ~13 cups (3 L) as total beverages, including drinking water.	11.5 cups (2.7 L) total water, including ~9 cups (2.2 L) as total beverages, including drinking water.

* 1 cup equals 8 fluid ounces (~240 ml). Figures rounded up to the nearest cup.

** "Total water" includes fluids from all foods and beverages consumed..

Tips for Staying Hydrated

- Have a beverage with every meal and snack.
- Choose beverages that you enjoy. Several studies show that children and adults consume about 45% to 50% more liquid when it's flavored vs. plain water.
- Eat more fruits and vegetables. Fruits and vegetables tend to have a high water content, which makes them a great option for helping you meet your hydration needs.
- Don't exclusively rely on thirst. Sometimes thirst is not a reliable measure of hydration because of medications or other health conditions. Keep a water bottle or beverage at your desk, in your car, in your bag or wherever you will be reminded to drink.
- Keep beverages at moderate temperature. Fluids served at moderate temperatures – temperatures that are neither hot nor cold – tend to be consumed in greater volumes.
- Choose beverages that fit your activity level and lifestyle. If you are watching your calories, consider choosing a low-calorie beverage or create your own refreshing light beverages.