

# HYDRATION TIPS

ADOLESCENTS AND ADULTS



## ARE YOU AWARE OF HOW MUCH WATER YOU NEED?

Age range	Daily adequate water intake <sup>1</sup>	
	Males	Females
<b>Adolescents</b>		
9-13 years	2.1 L / day	1.9 L / day
14-18 years	2.5 L / day	2.0 L / day
<b>Adults*</b>		
>19 years	2.5 L / day	2.0 L / day



Water requirements vary between individuals and according to diet, environmental conditions, activity levels and a range of other factors.

These are values for total water intake from all sources, for adolescents and adults under conditions of moderate environmental temperature and physical activity,

\* Some groups are at higher risk of dehydration (elderly) or are special cases that need higher quantities of water (pregnant and lactating women).

## WHERE CAN I GET THE WATER FROM?

**It is calculated that of the total water consumed...**



**20-30%** typically comes from food<sup>1,2</sup>

For example: soups, and fresh fruits and vegetables contain 70%-95% water, yoghurts 75%-85%, pasta 75%-85%, fish and seafood 60%-80%.



**70-80%** typically comes from beverages (all types, not just plain water)<sup>1,2</sup>

For example: juices, soft drinks, milk, coffee and tea contain 80% to nearly 100% water.

To know more about the water requirements of the body and the sources of water, please visit us at: [www.europeanhydrationinstitute.org](http://www.europeanhydrationinstitute.org)

1. EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA); Scientific Opinion on Dietary reference values for water. EFSA Journal 2010; 8(3):1459. Available online: <http://www.efsa.europa.eu/en/efsajournal/pub/1459.htm>

2. Manz F, Johner SA, Wentz A, Boeing H, Remer T. Water balance throughout the adult lifespan in a German population. Br J Nutr 2011; 1-9 [Epub ahead of print].