

HYDRATION TIPS

INFANTS AND CHILDREN

ARE YOU AWARE OF HOW MUCH WATER THEY NEED?

Age range	Daily adequate water intake ¹
Infants	
0-6 months	680 mL / day or 100-190 mL/kg/day . From human milk / infant formula.
6-12 months	0.8-1.0 L / day . From human milk/infant formula and complementary foods and beverages.
1-2 years	1.1-1.2 L / day
Children	
2-3 years	1.3 L / day
4-8 years	1.6 L / day

The total water consumed by **children** comes from both **food** and **beverages**. As they grow up and in adulthood, it is estimated that...



20-30% typically comes from food and
70-80% from beverages (all types, not just plain water),^{1,2}

However, this may vary greatly depending of the diet that an individual chooses.^{1,2}

THESE ARE PRACTICAL TIPS TO KEEP ACTIVE CHILDREN HYDRATED, ESPECIALLY IN HOT ENVIRONMENTS:



- Have children drink before heading out to play and call them in frequently for drinks.
- To avoid overheating, encourage regular breaks in the shade when the sun is hot.
- Keep drinks cool whenever possible and offer beverages that your child enjoys. All beverages, including water, milk, juice, soft-drinks, and other fluids, can help meet a child's hydration needs.
- Remember that many foods have a high water content and contribute to total fluid intake. Fruits, vegetables, and some other foods are high in water content.

To know more about the water requirements of the body and the sources of water, please visit us at:
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].