

# KEY TIPS ON HYDRATION

## FOR ADOLESCENTS AND ADULTS

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

The body requires water to survive and function properly. Humans cannot live without drinking for more than a few days – depending on weather, activity levels and other factors- whereas other nutrients may be neglected for weeks or months. Although commonly it is treated rather trivially, no other nutrient is more essential or is needed in such large amounts.

Water requirements vary between individuals and according to diet, environmental conditions, activity levels and a range of other factors. As a reference, the adjacent table shows the values for total water intake for each age group, as issued by the Panel on Dietetic Products, Nutrition and Allergies from the European Food Safety Authority (EFSA)<sup>1</sup> on 2010.



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

\* Some groups are at a higher risk of dehydration (elderly people) or are special cases that need higher quantities of water (pregnant and lactating women). Please read our special advice for these groups at: [http://www.europeanhydrationinstitute.org/elderly\\_people.html](http://www.europeanhydrationinstitute.org/elderly_people.html) and [http://www.europeanhydrationinstitute.org/pregnancy\\_a\\_lactation.html](http://www.europeanhydrationinstitute.org/pregnancy_a_lactation.html)

## IT IS IMPORTANT TO TAKE INTO ACCOUNT...

- That the amount of water that is deemed adequate includes not only water from drinking water, **but also beverages of all kinds and from food moisture.**
- That the reference values included in this recommendation only apply to conditions of **moderate environmental temperature and moderate physical activity levels.**
- That **thirst appears in the middle-stage of dehydration** so it's better to drink on a regular basis.

To know more about the water requirements of your body, please visit us at:

[http://www.europeanhydrationinstitute.org/hydration\\_needs.html](http://www.europeanhydrationinstitute.org/hydration_needs.html)



# WHERE CAN I GET THE WATER FROM?



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



**20-30%**  
typically comes from food and  
**70-80%**  
from beverages (all types, not just plain water)<sup>1,2</sup>

However, this may vary greatly depending of the diet that an individual chooses.<sup>1,2</sup>

The following are the average water contents of different kinds of non-alcoholic beverages and foods, which may give you an idea of the water intake you get according to your own food choices.

Type of beverage / food	Water content
<b>Non-alcoholic beverages*</b>	
Water, tea, coffee, light refreshments, sports drinks, soft drinks, lemonade, vegetable juice	90% to 100%
Milk, fruit juice, juice beverages	85% to 90%
<b>Soups</b>	
Including consommé and creams made with milk, etc.	80% to 95%
<b>Fruits and vegetables</b>	
Strawberry, melon, grapefruit, grape, peach, pear, orange, apple, cucumber, lettuce, celery, tomato, pumpkin, broccoli, onion, carrot	80% to 95%
Banana, potato, corn	70% to 80%
<b>Dairy products</b>	
Fresh whole milk	87 to 90%
Yoghurt	75% to 85%
Ice creams	60% to 65%
Cheese	40% to 60%
<b>Cereals</b>	
Rice (boiled)	65% to 70%
Pasta (spaghetti, macaroni, noodles)	75% to 85%**
Bread, cookies	30% to 40%
Breakfast cereals (ready to eat)	2% to 5%
<b>Meat, Fish, Eggs</b>	
Fish and seafood	65% to 80%
Eggs (scrambled, fried, poached), omelette, egg substitute	65% to 75%
Beef, chicken, lamb, pig, veal	40% to 65%
Cured meat, bacon	15% to 40%

Adapted from: Holland B. *et al* (1991) McCance and Widdowson. The Composition of Foods 5th ed. The Royal Society of Chemistry Cambridge, UK.

\* Softer alcoholic beverages such as beer may have an important cultural weight in some countries. Beer and wine contain 85% to 95% of water whereas distilled alcoholic drinks typically contain only 57% - 70% water.

\*\*Note that these values are approximations only and values will depend on source of the food, cooking method, etc. For example pasta cooked "al dente" (Italian style) will have a slightly lower water content than shown here\*\* and is between 50 and 60%. There are many good online databases that will give food composition values for a much wider range of foods.

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]