

WATER: HOW MUCH DO KIDS NEED?

Water is one of the body's most essential nutrients. The daily amount of water that a child needs depends on factors such as age, weight and gender. Air temperature, humidity, a person's activity level and his or her overall health affect daily water requirements, too.

RECOMMENDATION FOR TOTAL WATER INTAKE

Total water refers to water from all sources i.e. drinking water, beverages and foods. Fruits and vegetables contain a much higher level of water than other solid foods that is the main reason why their caloric content is also lower as compared to other foods.

As a rule of thumb, to get enough water, your child should drink at least six to eight cups of water a day and eat the recommended number of servings of fruits and vegetables every day.

Kids Total Daily Beverage and Drinking Water Requirements

Age range	Gender	Total water (Cups/day)
4 to 8 years	Girls & boys	5
9 to 13 years	Girls	7
	Boys	8
14 to 18 years	Girls	8
	Boys	11

WATER INTAKE WHILE EXERCISING:

Special attention to water consumption needs to be paid when kids are physically active. Plenty of water should be consumed before, during and after any physical activity especially in hot weather. The goal is to drink a half cup to two cups of water every 15 to 20 minutes while exercising.