



Water

Recommended Dietary Intake

Women: 11.5 cups/day

Men: 15.5 cups/day

- from food and beverage

Function

- Aids in digestion
- Helps your body to remove waste
- Prevents dehydration
- Promotes optimal brain function
- Keeps your cardiovascular system healthy
- Lubricate and cushion joints
- Helps your body keep a normal temperature

How It Gets Depleted

- The amount of water you need depends on factors like the climate, physical activity, how much you sweat, and illness.
- Your body loses water through breathing, sweating, and digestion, so it's important to rehydrate by drinking plenty of fluids and eating foods that contain water.
- You can assess your hydration status by checking your urine color, pale yellow meaning that you are hydrated and darker yellow being a sign of dehydration.

Food Sources

Water
Coffee
Tea
Low-fat milk
100% fruit juices
Fruits
Vegetables

