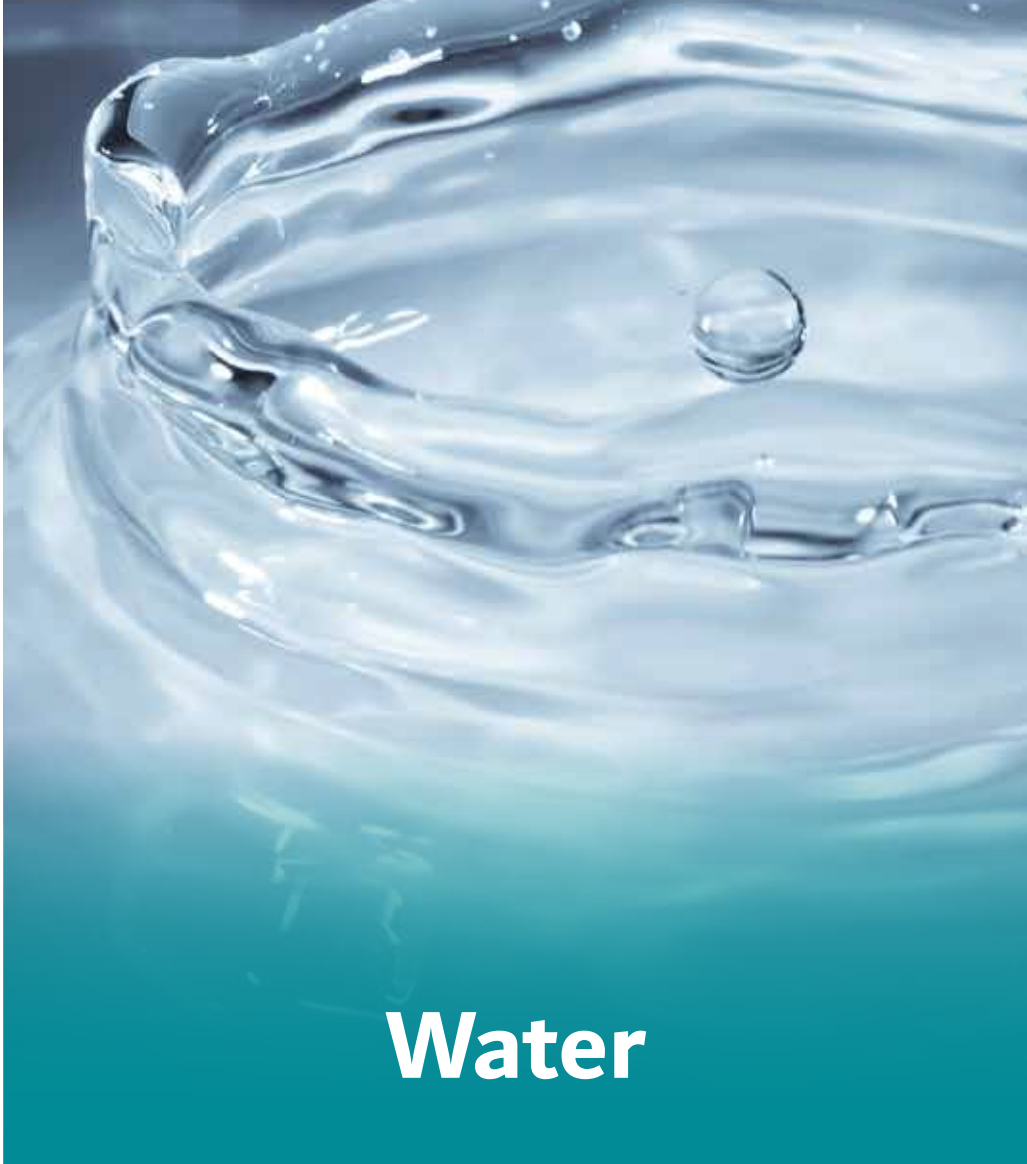


Water





Water is the most abundant substance in the human body, our body consists of 45% to 75% of water.

Role of water in the human body:

- To improve muscle performance
- Important for kidney health
- To fight infections
- To remove toxins
- For healthy skin



General advice to increase water intake during the day:



Put the water bottle somewhere you usually sit



Add lemon or other natural flavors to your water




Use smart programs on your smartphones or tablets to remind you to drink water



Eat foods rich in water, such as watermelon, cantaloupe, strawberries, and cucumber etc



Drink a glass or few sips of water before, during, and after eating any meal, even if you are not thirsty









Your need to drink water according to your weight:



The amount of water that the human body needs varies from one person to another according to weight, age, and physical activity. The amount of water by weight is multiplying a person's weight by 30 to determine the amount of water in milliliters. A person may need to drink more water in some exceptional cases, such as pregnancy, lactation, during and after exercise and when the weather is hot.



Your daily requirements for water by age group

	Group	Age	Total water (L/d)
	Infants	6 - 12 months	0.8
	Children	1-3 years	1.3
		4-8 years	1.7
	Males	9-13 years	2.4
		14-18 years	3.3
		19-30 years	3.7
		31-50 years	3.7
		51-70 years	3.7
		>70 years	3.7
	Females	9-13 years	2.1
		14-18 years	2.3
		19-30 years	2.7
		31-50 years	2.7
		51-70 years	2.7
		>70 years	2.7
	Pregnancy	14-18 years	3.0
		19-30 years	3.0
		31-50 years	3.0
	Lactation	14-18 years	3.8
		19-30 years	3.8
		31-50 years	3.8