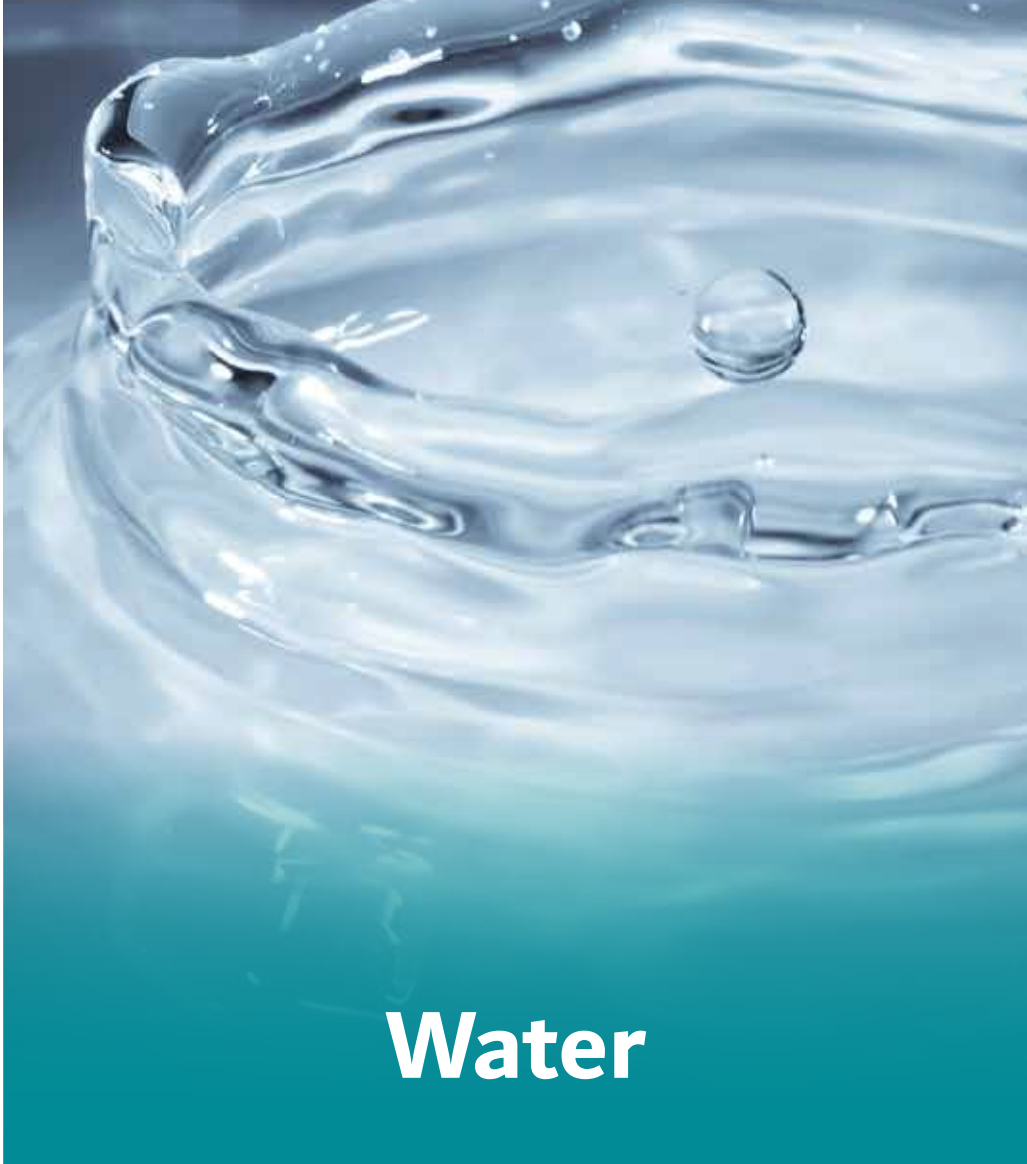


# Water





**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