

# Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST OF TODAY'S CHAOS

## Hydration - What you need to know...

- Staying hydrated is so important every day, especially on HOT days!
- Water makes up 60-70% of our body and helps regulate body temperature, lubricates and cushions joints and vital organs, and helps the body get rid of waste

The amount of water your body needs varies depending on age, gender, health and physical activity level. How much water do YOU need?

### YOUTH NEEDS:

- MALE: 9-13 yrs old = 10 cups**
- FEMALE: 9-13 yrs old = 9 cups**
- MALE: 14-18 yrs old = 14 cups**
- FEMALE: 14-18 yrs old = 10 cups**



### ADULT NEEDS:

- MALES: 13 cups/day**
- FEMALES: 9 cups/day**
- Note that a Cup = 8 oz water**
- \*\*these are estimates\*\***

Adapted by Courtney Lowe, MS, RDN, Extension Agent Health-Lamb, Castro & Hale Co.

Sources: Rethink Your Drink, Texas A&M AgriLife Extension & Better Living for Texans

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