

Health Bites: Don't Wait — Hydrate

Video: [Health Bites: Let's Make a Smoothie](#)

Stay refreshed and energized this summer

Drinking enough fluids is essential — especially during the hot summer months. Our bodies lose water constantly through sweat, breathing, and bathroom breaks, so it's important to sip fluids throughout the day to help with digestion, body temperature, and overall health. Older adults and children may not always recognize when they're thirsty. For older adults, their sense of thirst fades. Kids can get caught up in play and forget to drink. That's why it's important to drink regularly, even if you don't feel thirsty.

Water is a top choice, but it's not your only option. Other healthy options like milk (skim, 1%, 2%), or fortified soy beverage, unsweetened coffee and teas help keep you hydrated. Certain foods — like cabbage, celery, lettuce, strawberries, tomato, and watermelon, add to your daily fluid intake because they are mainly water. And don't forget smoothies. They're a delicious and refreshing way to cool down and — especially after being outdoors or getting active.

Here is how much fluid you should aim to drink in a day. Keep in mind, when it's hot outside or if you are extra active, you will need to drink more.

Age	Fluid per day
Children 2–8 years old	4–5 cups (0.9–1.2 L)
Children 9–13 years old	6–7 cups (1.6–1.8 L)
Children 14–18 years old	7–10 cups (1.8–2.6 L)
Adults	9–12 cup (2.25–3 L)
Older Adults	6–8 cups (1.5–2 L)

For more information:

- [Drinks for Children and Youth: 2–18 Years](#)
- [Older Adults Nutrition and Hydration](#)

