

ADEQUATE INTAKES FOR WATER*

Group	Total Water per Day	Total Beverages per Day
Infants 0–6 months	0.7 L**	N/A
Infants 7–12 months	0.8 L	0.6 L (-3 cups)
Children 1–3 years	1.3 L	0.9 L (-4 cups)
Children 4–8 years	1.7 L	1.2 L (-5 cups)
Boys 9–13 years	2.4 L	1.8 L (-8 cups)
Girls 9–13 years	2.1 L	1.6 L (-7 cups)
Boys 14–18 years	3.3 L	2.6 L (-11 cups)
Girls 14–18 years	2.3 L	1.8 L (-8 cups)
Men 19–30 years	3.7 L	3.0 L (-13 cups)
Men 31–50 years	3.7 L	3.0 L (-13 cups)
Men 51–70 years	3.7 L	3.0 L (-13 cups)
Men 70+ years	3.7 L	3.0 L (-13 cups)
Women 19–30 years	2.7 L	2.2 L (-9 cups)
Women 31–50 years	2.7 L	2.2 L (-9 cups)
Women 51–70 years	2.7 L	2.2 L (-9 cups)
Women 70+ years	2.7 L	2.2 L (-9 cups)
Pregnancy (14–50 years)	3.0 L	2.3 L (-10 cups)
Lactation (14–50 years)	3.8 L	3.8 L (-13 cups)

* INCLUDES WATER CONSUMED IN FOODS ** ASSUMED TO BE HUMAN BREAST MILK

SOURCE: DIETARY REFERENCE INTAKES FOR WATER, POTASSIUM, SODIUM, CHLORIDE, AND SULFATE. THE NATIONAL ACADEMIES OF SCIENCES, ENGINEERING, AND MEDICINE WEBSITE. [HTTPS://WWW.NAP.EDU/READ/10925/CHAPTER/1](https://www.nap.edu/read/10925/chapter/1). PUBLISHED 2005.