

How **much** is enough?



A quick way to figure out how much water you need each day is to drink half your body weight in ounces of water. If you weigh 200 lbs., you need 100 oz. of water each day.

It's important to get most of your hydration in water and to drink it before you get thirsty, which is a sign you are already dehydrated. If you exercise, add 12 oz. for every 30 minutes of vigorous activity. If you are pregnant or nursing, increase your water by 24 to 32 oz. per day.

You can get some of the water you need from food.

Here is the water content for 8 ounces of the following foods:

