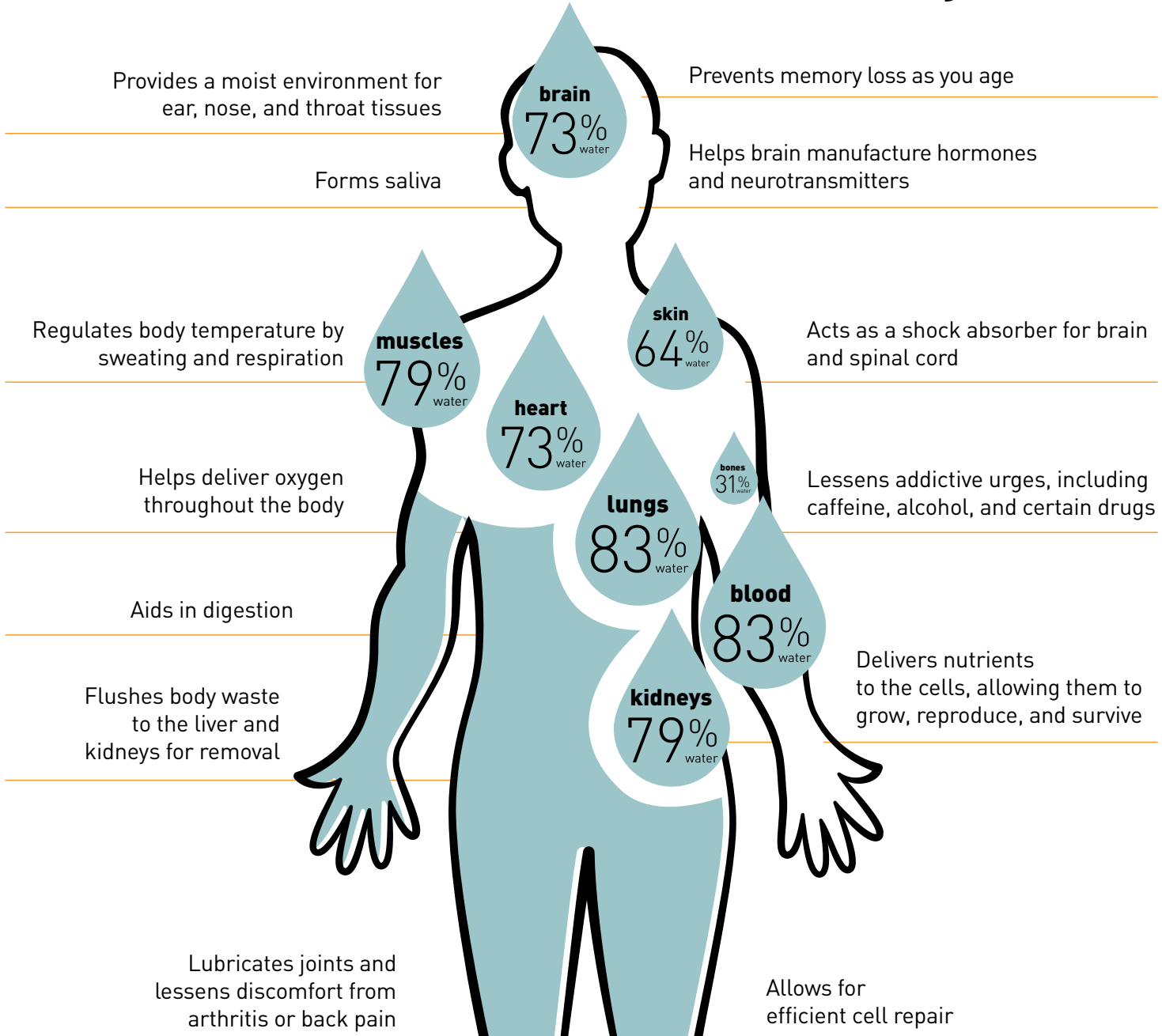


What does **water** do for you?



Water
makes up
about

60% of
your total
body weight

Sources:
The Mayo Clinic
Stayinghealthy.org
U.S. Geological Survey Water Science School

How **much** is enough?



The average adult male needs about 13 cups (3 liters) of fluid a day; the average female needs about 9 cups (2.2 liters).



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

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

