

Why Do We Need to Drink 8-12 Cups of Water Throughout the Day?

Because Your Body Loses Water In:

Urine	4 to 6 cups
Sweat	2 to 4 cups
Breathing	1 1/2 cups
Feces	2/3 cup
<hr/>	
	8 to 12 cups



Some Ways to Get That 8-12 cups of Water/Day

- ◆ Keep a glass of water handy to sip on all day.
- ◆ Serve water, milk or juice with snacks.
- ◆ When drinking beverages with caffeine, alternate with drinking cups of water.

What Are Some More Ways You Can Increase Your Water Intake?

1. _____
2. _____
3. _____
4. _____



University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.
The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.