

How Much Water Should One Drink Daily?

Water in freshly cooked food provides 20-25% of the daily requirement of water. That is not true for dry packaged foods and energy-dense foods such as baked goods and sweets. Raw vegetables (fresh salads) and fresh fruits are abundant in the water content, fiber, essential minerals, vitamins, and disease-fighting immune-boosting antioxidants.

The US Institute of Medicine has the following recommendations for water intake:

- Women about 2.5 liters/day
- Men about 3 liters/day
- Children 4-8 years about 1-1.5 liters/day
- Children 9-13 years about 2-2.5 liters/day
- Children who are higher than 13 years should consume the same as adult men and women.

One medium-sized glass is about 8-10 ounces, and the standard rule for minimal water drinking is Rule of 8 x 8—that is, eight times 8-ounce glasses, which is a total volume of 2.5 liters. That rule would be higher in the hot tropical climate of India: 8 X 10 or 8 X 12. Athletes engaged in intense physical activity and competitive sports have specifically higher requirements of up to one liter/ hour for 5-6 hours. Drinking plain water meets the water needs of moderate physical activity. However, replenishing water loss following intense exercise/sporting activity or physical labor will require water with electrolytes and sugar for energy (see the recipe for homemade sports drink below).