

# TABLETALK

MAY, 2016 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

## WATER

Attention all Houstonians! Summer is approaching, which means our infamous high temperatures are right around the corner. Be sure to drink plenty of water if you're going to be outside. **And don't forget to let us know your Summer Field Trip schedule!**

### How much water does one person need?

In the past, we used to say everyone needs to drink at least 8oz of water a day, but this is no longer accurate. Every person is different. Depending on your body size and weight, as well as your activity level and where you live, you need to drink ½ to 1 ounce of water for every pound you weigh. This means a person who weighs 150lbs should be drinking 75 – 150 ounces of water a day! And the more active you are, the more water you need to consume in order to remain cool.

### How much water does a child need?

Children need water just as much as adults do, if not more. But unlike adults, their intake **also** depends on their age, weight, and gender. As a good rule of thumb, each child should consume at least 6 – 8 cups of water a day **while** eating the recommended number of fruits and vegetables. However, if they are going to be active in hot weather, they will need to drink ½ to 2 cups of water every 15 – 20 minutes. Keep this chart for future reference when providing for your children.

A Child's Daily Water Intake Requirements

Age Range	Gender	Total Cups Per Day
4 to 8 years	Girls & Boys	5
9 to 13 years	Girls	7
	Boys	8
14 to 18 years	Girls	8
	Boys	11

### What are the symptoms of dehydration?

(listed for infants, children, and adults)

- Headaches or constipation
- Dizziness or lightheadedness
- Thirsty
- Fever
- Dark, aromatic urine; the darker or smellier, the more dehydrated you are.
- Dry or sticky mouth
- No tears when crying
- Rapid heartbeat or breathing
- Extreme fussiness

**"Water, water everywhere, and not a drop to drink!"**

Even if you're planning to spend time in the pool, be sure to bring plenty of water to drink. The water in a pool or ocean isn't consumable, and you need to drink to stay hydrated.

### Are caffeinated drinks okay?

Soft drinks do not replace the water you lose. Aside from adding unnecessary sugars into your body, caffeinated drinks actually make dehydration worse! Caffeine is a natural diuretic that causes your body to excrete fluid through urine, sending you to the bathroom more frequently. If you are exercising, or are in hot weather, constantly using the restroom puts you at a higher risk for dehydration. Furthermore, the more caffeine beverages you consume, the more likely you are to suffer from thirst and fatigue. By drinking water, you are hydrating yourself and reversing these effects, allowing you to spend more time exercising or playing in the sun.

### Did you know?

- One glass of water can shut down midnight hunger pangs.
- Preliminary research indicates that 8 – 10 glasses of water a day could significantly ease back and joint pain.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and possibly make you 50% less likely to develop bladder cancer.