

Daily Fluid Intake Recommendations¹



<i>If you are...</i>	<i>Your daily fluid needs are about...</i>	<i>Subtracting the fluid content of foods, your daily fluid needs are about...</i>
Adult male	13 cups	10.5 cups
Adult female	9 cups ²	7 cups ²
Child, 1-3 years old	4 cups	3 cups
Child, 4-8 years old	5 cups	4 cups
Child, 9-13 years old	8 cups (boys); 7 cups (girls)	6.5 cups (boys); 5.5 cups (girls)
Teenager, 14-18 years old	11 cups (boys); 8 cups (girls)	9 cups (boys); 6.5 cups (girls)

¹ Adult fluid intake recommendations are from the [Mayo Clinic](#); child/teenager recommendations are from the [Institute of Medicine](#)

² Pregnant and nursing mothers require additional fluid

