How Much Water Should Kids Drink?

That is a difficult question to answer because it depends on their age, where they live, and even how much they exercise.

Drink water when you feel thirsty or play outside in the sun.

Drink at least 5 cups of water for every cup of juice or soda.

To read more about water, check out:

A Cool Drink of Water
Barbara Kerley

A Drop of Water
Walter Wick

It Starts With A Raindrop
Michael Smith
We get about 20% of the water we need from food. Here are some foods that can help keep you hydrated.

- Cucumber: 96% water
- Celery: 95% water
- Lettuce: 95% water
- Tomato: 94% water
- Mushroom: 92% water
- Soup: 92% water
- Strawberry: 92% water
- Watermelon: 92% water
- Peach: 89% water
- Milk: 89% water
- Apple: 84% water
- Pear: 83% water
- Orange: 88% water
- Carrot: 87% water
- Pineapple: 87% water
- Milk: 89% water

To learn more about hydrating foods, check out:

- 7 Foods for Thirst
  Cleveland Clinic
- Hydrating Foods
  Food Network
- Water Footprint
  National Geographic
Doctors can learn a lot about your health by looking at your pee! Check out the chart to see different urine colors the human body can make. Be sure to contact your doctor if you start peeing any unexpected colors of the rainbow.

- **Clear**: Overhydration or Water Intoxication
- **Pink**: Beet Consumption
- **Red**: Blackberry Consumption or Blood in Urine
- **Brown-Orange**: Medication, Muscle Injury, or Liver Issues
- **Orange**: Medication or Carrot Consumption
- **Orange-Yellow**: Severe Dehydration
- **Yellow**: Early Dehydration
- **Light Yellow**: Optimal Hydration
- **Green**: Medication, Food Dye, or Urinary Tract Infection
- **Blue**: Medication, Food Dye, or Hypercalcemia
- **Violet**: Purple Urine Bag Syndrome
- **Dark Purple**: Porphyria or Kidney Failure
- **Black**: Medication or Blackwater Fever

To find out more about urine color, check out:

- Urine Color: Mayo Clinic
- The Color of Pee: Cleveland Clinic
- Purple Urine Syndrome: Hindawi Journal
Totally Awesome Tap Water

Help protect the environment and save money by choosing to drink your local tap water.

Tap Fact #1
Tap water costs less than a penny per gallon. That is over 1,000 times cheaper than bottled water. *Data from the AWWA

Tap Fact #2
A single reusable water bottle can replace as many as 1,500 plastic bottles per year, while still keeping you hydrated. *Data from Penn State University

Tap Fact #3
64% of bottled water is simply municipal tap water put into bottles. *Data from Food and Water Watch 2018 Report

Tap Fact #4
Tap water in Utah and Idaho comes from a mix of surface sources (lakes, rivers, and reservoirs) and subsurface sources (aquifers and springs). Regardless of where your drinking water comes from, water treatment and distribution operators in your community work hard 365 days a year to make sure you have clean, safe water flowing out of your faucet. *Data from the AWWA

To find out how tap water gets to your house, check out:

You Wouldn’t Want To Live Without Clean Water
Roger Canavan

The Magic School Bus At The Waterworks
Joanna Cole

Plain Talk About Drinking Water
Dr. James Symons
How Much Water Should Adults Drink?

A good rule of thumb is to drink water at meals and when you feel thirsty. Having a water bottle nearby will encourage you to drink enough; while monitoring the color of your urine can help you know when you are drink too much.

<table>
<thead>
<tr>
<th>Symptoms of Dehydration</th>
<th>Symptoms of Overhydration</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Dark Yellow Urine</td>
<td>• Clear Urine</td>
</tr>
<tr>
<td>• Infrequent Urination</td>
<td>• Frequent Urination</td>
</tr>
<tr>
<td>• Increased Thirst</td>
<td>• Nausea</td>
</tr>
<tr>
<td>• Headache</td>
<td>• Headache</td>
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<tr>
<td>• Dizziness</td>
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Symptoms of Dehydration:
- Dark Yellow Urine
- Infrequent Urination
- Increased Thirst
- Headache
- Dizziness
- Confusion
- Muscle Weakness
- Muscle Cramps

Symptoms of Overhydration:
- Clear Urine
- Frequent Urination
- Nausea
- Headache
- Dizziness
- Confusion
- Muscle Weakness
- Muscle Cramps

To learn more about healthy hydration, check out:

- Get the Facts: Drinking Water
  CDC
- Trade Sports Drinks for Water
  Harvard
- Hydration: In Depth
  Boston Children’s Hospital

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