
Get the Facts: Drinking Water and Intake

Drinking enough water every day is good for overall health. As plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda.¹⁻³ Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, constipation, and kidney stones.^{4,5}



Adults and youth should consume water every day.

- Daily fluid intake (total water) is defined as the amount of water consumed from foods, plain drinking water, and other beverages. Daily fluid intake recommendations vary by age, sex, pregnancy, and breastfeeding status.⁶
- Although there is no recommendation for how much plain water adults and youth should drink daily, there are [recommendations \(http://www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx\)](http://www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx) for daily total water intake that can be obtained from a variety of beverages and foods.
- Although daily fluid intake can come from food and beverages, plain drinking water is one good way of getting fluids as it has zero calories.

Plain water consumption varies by age, race/ethnicity, socioeconomic status, and behavioral characteristics.

- In 2005-2010, U.S. youth drank an average of 15 ounces of water and U.S. adults drank an average of 39 ounces of water on a given day.^{7,8}
- Among U.S. youth, plain water intake is lower in younger children, non-Hispanic black, Mexican-American.⁷
- Among U.S. adults, plain water intake is lower in older adults, lower-income adults, and those with lower education.^{8,9}
- U.S. adolescents who drink less water tended to drink less milk, eat less fruits and vegetables, drink more sugar-sweetened beverages, eat more fast food, and get less physical activity.¹⁰

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Resources

- [Water and Nutrition Basics \(https://www.cdc.gov/healthywater/drinking/nutrition/index.html\)](https://www.cdc.gov/healthywater/drinking/nutrition/index.html)
- [Frequently Asked Questions about Drinking Water \(https://www.cdc.gov/healthywater/drinking/public/drinking-water-faq.html\)](https://www.cdc.gov/healthywater/drinking/public/drinking-water-faq.html)
- CDC Water Toolkits for Early Care and Education settings and Schools

- [Increasing Access to Drinking Water and Other Healthier Beverages in Early Care and Education Settings](https://www.cdc.gov/obesity/downloads/early-childhood-drinking-water-toolkit-final-508reduced.pdf) [PDF-3.68MB] (<https://www.cdc.gov/obesity/downloads/early-childhood-drinking-water-toolkit-final-508reduced.pdf>)
- [Increasing Access to Drinking Water in Schools](https://www.cdc.gov/healthyyouth/npao/pdf/Water_Access_in_Schools.pdf) (https://www.cdc.gov/healthyyouth/npao/pdf/Water_Access_in_Schools.pdf)
- [Nutrition and Obesity Policy Research and Evaluation Network \(NOPREN\) Water Access Working Group](http://nopren.org/working_groups/water-access/) (http://nopren.org/working_groups/water-access/) :
This site provides information on this working group who focus on policies and economic issues regarding free and safe drinking water access.
- [Environmental Protection Agency \(EPA\) – Lead in Drinking Water at Schools and Childcare Facilities](http://water.epa.gov/infrastructure/drinkingwater/schools/guidance.cfm) (<http://water.epa.gov/infrastructure/drinkingwater/schools/guidance.cfm>) :
This site provides information about lead in drinking water at schools and child care facilities.
- [Environmental Protection Agency \(EPA\) – Find Your Local Consumer Confidence Report](http://ofmpub.epa.gov/apex/safewater/f?p=136:102:::) ([http://ofmpub.epa.gov/apex/safewater/f?p=136:102:::~:](http://ofmpub.epa.gov/apex/safewater/f?p=136:102:::)) :
This site provides information on annual drinking water quality reports from local water suppliers.

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CDC Publications

Youth

- [A water availability intervention in New York City public schools: influence on youths' water and milk behaviors, February 2015](http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2014.302221?url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub%3Dpubmed) (http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2014.302221?url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub%3Dpubmed).
- [Student-reported school drinking fountain availability by youth characteristics and state plumbing codes, April 2014](https://www.cdc.gov/pcd/issues/2014/13_0314.htm) (https://www.cdc.gov/pcd/issues/2014/13_0314.htm).
- [Perceptions of tap water and school water fountains and association with intake of plain water and sugar-sweetened beverages, March 2014](http://onlinelibrary.wiley.com/doi/10.1111/josh.12138/abstract;jsessionid=4681598CF2192D5DB38E758A5F1B940E.f01t01) (<http://onlinelibrary.wiley.com/doi/10.1111/josh.12138/abstract;jsessionid=4681598CF2192D5DB38E758A5F1B940E.f01t01>).
- [Factors associated with low water intake among U.S. high school students – National Youth Physical Activity and Nutrition Study, 2010, September 2012](http://www.sciencedirect.com/science/article/pii/S2212267212005540) (<http://www.sciencedirect.com/science/article/pii/S2212267212005540>).

Adults

- [The relationship of perceptions of tap water safety with intake of sugar-sweetened beverages and plain water among U.S. adults, January 2014](http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=9098158&fileId=S1368980012004600) (<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=9098158&fileId=S1368980012004600>).
- [Behaviors and attitudes associated with low drinking water intake among U.S. adults, Food Attitudes and Behaviors Survey, 2007, April 2013](https://www.cdc.gov/pcd/issues/2013/12_0248.htm) (https://www.cdc.gov/pcd/issues/2013/12_0248.htm).

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4. Manz F. Hydration and disease. *J Am Coll Nutr.* 2007;26(5 Suppl):535s-541s.
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6. Institute of Medicine. *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Institute of Medicine Panel on Dietary Reference Intakes for Electrolytes and Water, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes* Washington, D.C. National Academies Press 2005.
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