

How to Meet Hydration Needs: Ages 5-18 Years

Daily Hydration Needs for Kids and Teens

A child's daily hydration needs will vary based on age, sex, weight, physical activity, and other factors like climate. On average, kids need to drink the following total amounts of fluids per day to avoid dehydration:

- 5-8 year olds need to drink about 40 fluid ounces per day (5 cups)
- 9-13 year olds need to drink about 54-61 fluid ounces per day (~6 $\frac{3}{4}$ – 7 $\frac{1}{2}$ cups)
- 14-18 year olds need to drink about 61-88 fluid ounces per day (~7 $\frac{1}{2}$ – 11 cups)

Beverages Recommended to Meet Daily Hydration Needs

1. **Water:** All of a child's hydration needs can be met by drinking water. Unsweetened, unflavored, and fluoridated water is best. The amount will vary day-to-day based on how active they are, the weather, and how much fluid they get from drinking other beverages.
2. **Milk:** Unsweetened pasteurized milk is also recommended for kids ages 5-18. If a child drinks milk, they can drink less water to meet their hydration needs.

There are a variety of ways a child can meet their daily hydration needs. The following scenarios are examples of how kids of different ages might meet their total hydration needs from beverages.

Children ages 5 to 8 years

If a child in this age group drinks:

Water only:

They will need 40 fl oz of water to meet their total daily hydration needs. This is the same for females and males.

Water and milk:

If a child drinks the maximum recommended quantity of milk (20 fl oz) throughout the day, they will need to drink 20 fl oz of water to meet their total daily hydration needs. This is the same for females and males.

Water, milk, and 100% juice:

While it is recommended that kids aim to meet their fruit and vegetable recommendations each day primarily by eating whole fruits and vegetables, a small amount of 100% juice can fit into a healthy dietary pattern. If a child drinks half of the maximum recommended quantity of milk (10 fl oz) and the maximum quantity of 100% juice (6 fl oz) throughout the day, they will need 24 fl oz of water to meet their total daily hydration needs. This is the same for females and males.



Adolescents ages 9 to 13 years

If an adolescent in this age group drinks:

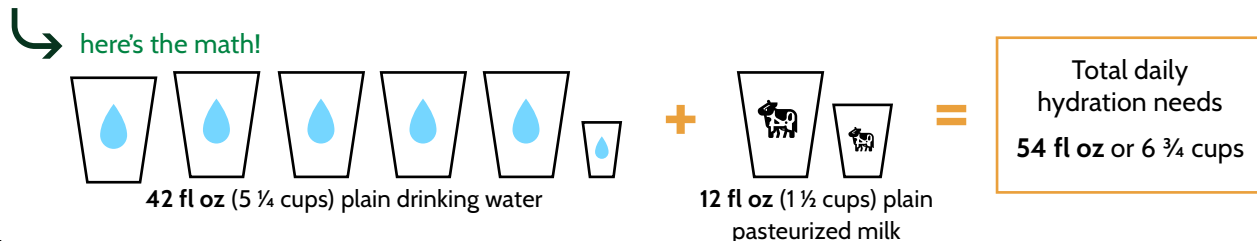
Water only:

A female would need **54 fl oz** and a male would need **61 fl oz** of water to meet their total daily hydration needs.

Water and milk:

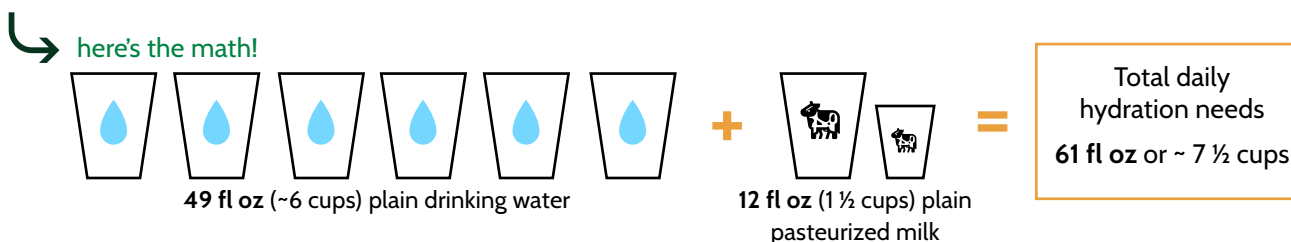
Female

If a female adolescent drinks half of the maximum recommended quantity of milk (**12 fl oz**) throughout the day, they will need to consume **42 fl oz** of water to meet their total daily hydration needs.



Male

If a male adolescent drinks half of the maximum recommended quantity of milk (**12 fl oz**) throughout the day, they will need to consume **49 fl oz** of water to meet their total daily hydration needs.



Adolescents ages 14 to 18 years

If an adolescent in this age group drinks:

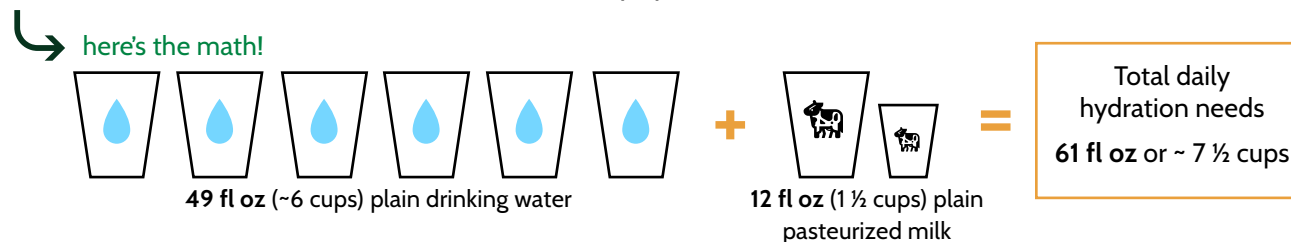
Water only:

A female would need **61 fl oz** and a male would need **88 fl oz** of water to meet their total daily hydration needs.

Water and milk:

Female

If a female adolescent drinks half of the maximum recommended quantity of milk (**12 fl oz**) throughout the day, they will need to consume **49 fl oz** of water to meet their total daily hydration needs.



Male

If a male adolescent drinks half of the maximum recommended quantity of milk (**12 fl oz**) throughout the day, they will need to consume **76 fl oz** of water to meet their total daily hydration needs.

