



We're not watering  
this down



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Getting enough of your daily H<sub>2</sub>O is important for your health. After all, water is your body's main component and makes up on average about 60 percent of your weight.

**How much do you need?** The Institute of Medicine advises that men consume roughly 13 cups of total beverages a day, and women need about nine cups a day. It's okay to consume other healthy beverages and foods that contain water to help you get your daily requirement.

So, go ahead and drink up. You'll find that water is the clear choice for keeping you hydrated and healthy.

Source: Mayo Foundation for Medical Education and Research

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