

How much water do I need to drink?

- Children 4-8 5 cups or 40 oz
- Children 9-13 7-8 cups or 56-64 oz
- Children 14-18 8-11 cups or 64-88 oz
- Men 19 and older 13 cups or 104 oz
- Women 19 and older 9 cups or 72 oz
- Pregnant women 10 cups or 80 oz
- Breastfeeding women 13 cups or 104 oz

