

Proper hydration is essential for good health and wellness.

Water plays many important roles in the body and is the major constituent of the human body.

Dehydration occurs when the body loses more water than is taken in. It is also accompanied by disturbances in the body's mineral salt or electrolyte balance.

Are you aware of how much water you need?



Infants and children

0-6 months	680 mL / day or 100-190 mL/kg/day. From human milk /infant formula.
6-12 months	0.8-1.0 L / day. From human milk/ infant formula and complementary foods and beverages.
1-2 years	1.1-1.2 L / day
2-3 years	1.3 L / day
4-8 years	1.6 L / day

Adolescence and adults

	Males	Females
9-13 years	2.1 L / day	1.9 L / day
14-18 years	2.5 L / day	2.0 L / day
>19 years	2.5 L / day	2.0 L / day

Pregnant and breastfeeding women

Pregnant	2.3 L / day
Breastfeeding	2.7 L / day

Dehydration can have many harmful effects on your body, including higher blood pressure, higher cholesterol level, skin and digestion disorders and in cases of severe dehydration can lead to death. That is why it is so important to recognize dehydration in early stage. Symptoms of mild dehydration includes thirst, headache, weakness, dizziness and fatigue. Moderate dehydration is characterized by dry mouth, little or no urine, sluggishness, a rapid heartbeat and lack of skin elasticity. Symptoms of severe dehydration include extreme thirst, no urine, rapid breathing, altered mental state and cold, clammy skin.

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