

### How much water should my child be drinking daily?

Childs age	Sex	Recommended water intake
1-3 years of age	Boys	4.5 cups / 36 ounces
1-3 years of age	Girls	4.5 cups / 36 ounces
4-8 years of age	Boys	6 cups / 48 ounces
4-8 years of age	Girls	6 cups / 48 ounces
9-13 years of age	Boys	8 cups / 64 ounces
9-13 years of age	Girls	7 cups / 56 ounces
14-18 years of age	Boys	11 cups / 88 ounces
14-18 years of age	Girls	8 cups / 64 ounces

1 cup = 8 ounces

### How much fiber should my child consume daily?

Children age 1 year and up should consume 10 grams plus their age per day.

Example: 10 grams + 3 = 13 grams per day for a 3 year old

Example: 10 grams + 12 = 22 grams per day for a 12 year old

Adults should consume 21-38 grams per day.



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