

Water and Dietary Guidelines

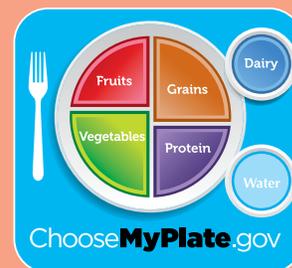
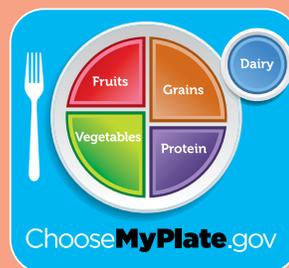
When it comes to health and weight loss, most people focus on what they eat. Likewise, the government's recommendations for healthy eating—called the *U.S. Dietary Guidelines for Americans*—focus primarily on foods.¹

Water: An Important Nutrient For Life

Increasing evidence shows that what you drink is as important as what you eat. With little guidance on what to sip, it's no surprise that many children and adults are choosing high-calorie beverages that increase added sugars in their diet.

Take a look at these startling statistics: half of all children and adults drink at least one sugar-sweetened beverage per day and those beverages are the leading source of added sugars in the diet.² What's more, about 20 percent of our total daily energy intake is from beverages alone.^{3,4,5}

Meanwhile, many individuals—especially older adults—don't get enough water or total fluids for optimal health.⁶ One study



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In many countries, such as, Switzerland, Argentina, China and Germany, water is shown as an essential part of daily intake in their graphic equivalent of ChooseMyPlate.gov in the U.S. Dietary Guidelines for Americans.¹⁰

found that adults drank, on average, just over 1 liter or about four, 8-ounce glasses of water (bottled and tap) per day. And, the total fluid intake from all beverages failed to meet the Institute of Medicine's recommendations for water among 95 percent of men and 83 percent of women over 70 years old.⁶ The Institute of Medicine recommends about 2 Liters and 3 Liters of water (from all beverages) for women and men respectively. (2L = 68 oz. and 3L = 101 oz.)⁷

Two out of three American adults and one out of three children are overweight or obese.^{8,9} Urging people to drink more zero-calorie beverages, like water and unsweetened sparkling water, in place of sugar-sweetened beverages may be key strategy to help people meet the recommendations outlined in the *U.S. Dietary Guidelines for Americans*.

What Are Health Authorities Recommending?

| Organization | Beverage and Added Sugar Recommendations |
|-----------------------------------|---|
| American Heart Association* | Sugar-sweetened beverages: ≤ 450 kcal (36 oz.) per week for a 2,000-kcal diet. *Lloyd-Jones DM et al. Defining and setting national goals for cardiovascular health promotion and disease reduction: the American Heart Association's strategic Impact Goal through 2020 and beyond. <i>Circulation</i> . 2010 Feb 2;121(4):586-613. |
| American Diabetes Association** | Avoid sugary drinks like regular soda, fruit punch, fruit drinks, energy drinks, sweet tea, and other sugary drinks. These will raise blood glucose and can provide several hundred calories in just one serving. **American Diabetes Association. What can I drink? 2014; Available at: http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/what-can-i-drink.html . |
| American Academy of Pediatrics*** | Water, not sports or energy drinks, should be the principle source of hydration for children and adolescents. 100% fruit juice should be limited to 4 to 6 oz. per day for children 1 to 6 years old and 8 to 12 oz. for 7 to 18 years old. ***Committee on Nutrition and the Council on Sports Medicine and Fitness. Sports drinks and energy drinks for children and adolescents: are they appropriate? <i>Pediatrics</i> . 2011 Jun;127(6):1182-9. |
| World Health Organization**** | Limiting intake of free sugars to less than 10% of total energy is part of a healthy diet. A further reduction to less than 5% of total energy is suggested for additional health benefits. Sugar intake can be reduced by limiting the consumption of foods and drinks containing high amounts of sugars (i.e. sugar-sweetened beverages, sugary snacks and candies) ****World Health Organization. Healthy diet fact sheet. January, 2015. Available at: http://www.who.int/mediacentre/factsheets/fs394/en/ . |

References:

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4 Ng SW1, Slining MM, Popkin BM. Turning point for US diets? Recessionary effects or behavioral shifts in foods purchased and consumed. *Am J Clin Nutr*. 2014 Mar;99(3):609-16.

5 Duffey KJ, Popkin BM. Shifts in patterns and consumption of beverages between 1965 and 2002. *Obesity*. 2007;15:2739–2747.

6 Drewnowski A1, Rehm CD, Constant F. Water and beverage consumption among adults in the United States: cross-sectional study using data from NHANES 2005–2010. *BMC Public Health*. 2013 Nov 12;13:1068.

7 Institute of Medicine: Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, D.C.: National Academies Press; 2004.

8 Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of obesity and trends in the distribution of body mass index among US adults, 1999–2010. *JAMA*. 2012;307(5):491–497.

9 Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of obesity and trends in body mass index among US children and adolescents, 1999–2010. *JAMA*. 2012;307(5):483–490.

10 Warnert, Jennifer E. "Scientists Ask USDA to Add Water to MyPlate." *Food News from the UC Division of Agriculture and Natural Resources*. University of California, 7 Jan. 2015. Web. 03 Mar. 2015

