

Mayo Clinic Minute

Daily Water Goals

Video	Audio
	<i>Pouring water</i>
	If you're feeling down, fill 'er up!
	If you're not well hydrated, chances are you're going to feel a little fatigued, you might have a headache.
Title: KATHERINE ZERATSKY DIETITIAN Mayo Clinic	I think in our busy lifestyles, we run through the day, and we don't drink a whole lot.
Title: JEFF OLSEN MAYO CLINIC NEWS NETWORK Mayo Clinic	Dietitian Katherine Zeratsky says keeping a water bottle nearby can be a great reminder that you should be sipping through more than two liters of water a day.
DAILY WATER GOALS Women 2.7 liters (91 oz.) Men 3.7 liters (125 oz.)	For women, it's about 2.7 liters per day, and for men, it's about 3.7 liters per day.
	For a guy, that's almost a gallon of gulps every day.
	And any type of liquid can count.
	In terms of sports drinks or other beverages, keep in mind that those are going to have calories.
	Zeratsky says plain old H2O is your best bet.
	<i>Sound of knife cutting melon</i>
	And fresh produce is another smart pick.
	Not only will you get a lot of good nutrition, but you'll get a lot of good fluid.
Graphic	For the Mayo Clinic News Network, I'm Jeff Olsen.