

WIDE WORLD OF Watermelon



IMPORTANCE OF HYDRATION:

MEETING NEEDS WITH FLUIDS AND FOODS (LIKE WATERMELON)



We've all heard the advice: people should drink 8 glasses of water every day. While this common and well-known recommendation is an easy formula to follow, it's not necessarily grounded in science.

In fact, according to the Centers for Disease Control and Prevention (CDC), there is no recommendation for how much plain water everyone should drink daily¹. However, there are recommendations for how much daily total water intake should come from a variety of beverages and foods, for people to be well hydrated.

Daily total water intake (fluid) is defined as the amount of water consumed from foods, plain drinking water and other beverages.

WHAT IS 'GOOD' HYDRATION?

Daily total water intake recommendations vary by age, sex, pregnancy status, and breastfeeding status. In general, according to the Recommended Dietary Allowances²:

ADULTS: Most adults should aim for 1 ml water/kcal energy expenditure (2000 kcal = 8.45 cups); this would be increased to 1.5 ml water/kcal energy expenditure for people with higher activity levels, those that sweat more and those that have a higher solute load.

OLDER ADULTS: Special attention must be given to the water needs of the elderly whose thirst sensation may be blunted. Even though these people may be less physically active, they may still have a high water requirement, especially during the summer.

PREGNANT WOMEN: Pregnancy is associated with an increased need for water—30 ml/day—because of the expanded extracellular fluid space, the needs of the fetus and the amniotic fluid.

LACTATING WOMEN: A lactating woman requires an increased volume of water to match that secreted in the milk. Since milk is 87% water and average milk secretion is 750 ml/day for the first 6 months, the extra fluid required would be less than 1,000 ml/day.

INFANTS: Infants must be treated as a separate category given their size, growth and organ limitations; an average water intake of 1.5 ml/kcal of energy expenditure is recommended.

For specific hydration recommendations, visit the U.S. Department of Agriculture's DRI Calculator³ for Health Professionals. It can calculate details on water (and other nutrient) needs based on specific characteristics of each patient.

WHO IS MOST AT RISK FOR NOT MEETING HYDRATION NEEDS?

When water needs are not met it will lead to dehydration, a condition caused by the loss of too much fluid from the body. According to the National Institutes of Health⁴:

Certain people have a higher risk of dehydration—and as a health professional it's important to recognize at-risk populations like:

OLDER ADULTS.

Some people lose their sense of thirst as they age, so they don't drink enough fluids

INFANTS AND YOUNG CHILDREN,

who are more likely to have diarrhea or vomiting

PEOPLE WITH CHRONIC ILLNESSES

that cause them to urinate or sweat more often, such as diabetes, cystic fibrosis, or kidney problems

PEOPLE WHO EXERCISE OR WORK OUTDOORS during hot weather

MEETING HYDRATION NEEDS:

ARE PEOPLE GOOD 'WATER DRINKERS'? A CLOSER LOOK AT BEHAVIORAL SCIENCE

Surprisingly (or not), most consumers aren't great plain water drinkers. Findings from a cross-sectional study that included data from a nationally representative sample of 3,397 US adults who participated in the National Cancer Institute's 2007 Food Attitudes and Behaviors Survey show⁵:

7%

Seven percent of adults reported **no daily consumption of drinking water**

36%

Thirty-six percent of adults drink **3 cups or less/day of water**

The likelihood of drinking less than **4 cups of water daily was significantly higher among participants aged 55 years or older** than among those aged 18 to 34

Low fruit and vegetable intake, which epidemiologic studies link to higher risk of chronic disease, **was associated with drinking significantly less water**

While this research is based on cross-sectional data and the survey results can show only an association between factors, not a causal relationship, it does provide rationale for health professionals to elevate this conversation with patients and provide realistic solutions.



FOODS AND HYDRATION: FILLING THE GAPS WITH NUTRIENT DENSE, WATER-FULL WATERMELON

It's clear, authoritative nutrition organizations agree—daily total water recommendations should be met through both fluids and whole foods, like fruits and vegetables.

HOW DOES WATERMELON FIT?

Watermelon is a year-round, nutrient dense fruit that contains **92% water**, making it a delicious recommendation for (re)hydration—and so much more.

92% Water

When consumers choose watermelon as a source of hydration, they are getting similar benefits as plain water plus so much more:



WATERMELON HELPS INCREASE PRODUCE INTAKES.

According to the CDC, in 2019, 12.3% and 10.0% of surveyed adults met fruit and vegetable intake recommendations, respectively⁶.

WATERMELON HELPS CLOSE GAPS IN NUTRIENTS OF PUBLIC HEALTH CONCERN.

Each 2-cup serving of watermelon provides 6 percent of daily potassium and 4 percent of daily fiber needs—two nutrients significantly under consumed across all age groups in America.

WATERMELON HELPS SUPPORT A HEALTHY IMMUNE SYSTEM.

Each 2-cup serving of watermelon provides 25 percent of daily vitamin C needs, and according to the National Institutes of Health, due to its function as an antioxidant and its role in immune function, vitamin C has been promoted as a means to help numerous health conditions⁷.

REFERENCES:

- 1 https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html
- 2 <https://www.ncbi.nlm.nih.gov/books/NBK234935/#:-:text=For%20practical%20purposes%2C%201%20ml%20of%20energy%20expenditure,average%20conditions%20of%20energy%20expenditure%20and%20environmental%20exposure>
- 3 <https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator>
- 4 <https://medlineplus.gov/dehydration.html>

- 5 Goodman AB, Blanck HM, Sherry B, Park S, Nebeling L, Yaroch AL. Behaviors and Attitudes Associated With Low Drinking Water Intake Among US Adults, Food Attitudes and Behaviors Survey, 2007. *Prev Chronic Dis* 2013;10:120248. DOI: <http://dx.doi.org/10.5888/pcd10.120248> .
- 6 <https://www.cdc.gov/mmwr/volumes/71/wr/mm7101a1.htm>
- 7 <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>



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