

# Measuring adequate fluid intake

April 21 2016

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A study from the *Journal of the American College of Nutrition* (JACN) discusses fluid intake adequacy in detail and a simple tool is reviewed that may help healthy, active, low-risk populations answer the question, "Am I drinking enough?" The article "Am I Drinking Enough? Yes, No, and Maybe" by Samuel N. Cheuvront PhD, RD and Robert W. Kenefick PhD is made available with Free Access in *JACN* Issue 35(2) 2016, the official publication of the American College of Nutrition.

Adequacy of [fluid](#) intake for replacing meaningful water losses (dehydration) can be assessed simply, inexpensively, and with reasonable fidelity among healthy, active, low-risk individuals. A wide range of fluid intakes are compatible with euhydration ([drinking](#) enough), whereby total body water varies narrowly from day to day by 600 to 900 mL (

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