

Title:
Drink Up

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Summary:
Most Americans get plenty of fluids, according to a report by the Institute of Medicine (IOM),

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Article Body:
Americans are big drinkers of water, that is. We keep bottles of water in our cars, at t
Most Americans get plenty of fluids, according to a report by the Institute of Medicine (IOM),
The IOM recommends a total of about nine daily cups of fluid for women and about 13 cups for m
"Use thirst as your guide," advises Jo Ann Hattner, R.D., a nutrition consultant in San Franci
Include foods that are high in liquid to help keep your body hydrated. Start the day off with
Ask Mindy

Q: Do coffee and tea count? I am a coffee drinker and was told to drink extra water since coff

A: Coffee and tea do count. Contrary to popular belief, coffee, tea and other caffeinated beve

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