

Health & Wellbeing

January – Be smart, choose tap



How much water should I drink each day?

Approximate adequate daily intakes of fluids (plain water) in litres per day include:

- infants 0–6 months – 0.7 l (from breastmilk or formula)
- infants 7–12 months – 0.9 l (from breastmilk, formula and other foods and drinks)
- children 1–3 years – 1.0 l (about 4 cups)
- children 4–8 years – 1.2 l (about 5 cups)
- girls 9–13 years – 1.4 l (about 5-6 cups)
- boys 9–13 years – 1.6 l (about 6 cups)
- girls 14–18 years – 1.6 l (about 6 cups)
- boys 14–18 years – 1.9 l (about 7-8 cups)
- women – 2.1 l (about 8 cups, 9 cups in pregnancy and lactation)
- men – 2.6 l (about 10 cups)

Water requirements may increase in hot climates and with increased levels of physical activity.



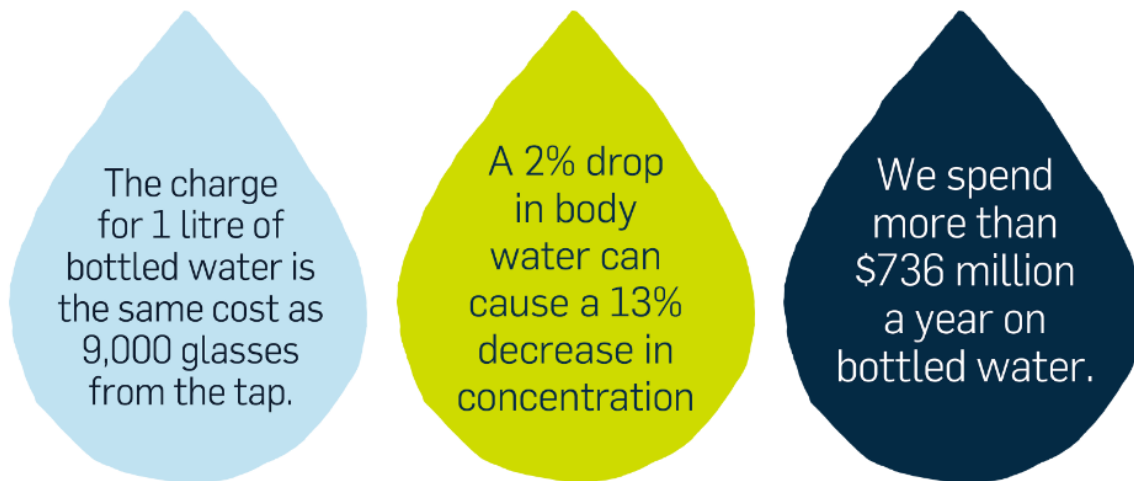
Did you know?

- It takes more than three litres of water to produce one litre of bottled water
- Over 90% of the cost of a bottle can be traced back to the bottle, lid or label
- More than 40% of plastic bottles end up as landfill or litter

- Our bodies are around 70% water
- Staying hydrated is essential for good health
- Drinking water is essential for a healthy heart and kidneys

Why choose tap?

Tap water is the best choice for your health, your hip pocket and the environment.



Choose Tap app

The Choose Tap app helps you find tap water in certain locations across Victoria.

Features include:

- Browse and locate nearby taps on a map and get directions
- Filter by features including dog bowls, refill stations, BBQs and public toilets
- Search by suburb
- Report the location of a new tap
- Report a fault with an existing tap



Available on the App store (for iPhone users) and on Google Play (for Android users).