Abstract

Introduction: An adequate hydration is critical for a series of body functions, including proper regulation of core body temperature, elimination of waste metabolites by the kidney and maintenance of normal physical and cognitive functions. Some institutions have set recommendations for adequate intake of water, but these recommendations vary widely. Objective: To estimate the usual daily consumption of fluids (water and all other beverages) by a selective sample of Mexican population. Methods: Cross-sectional sample of 1,492 male and female adults between 18-65 years of age, drawn from 16 cities throughout Mexico. Self-reported fluid intake data collected over a 7-day consecutive period, recording intake of water, milk and derivatives, hot beverages, sugar sweetened beverages (SSB), alcoholic beverages and others. Results: We found that 87.5% of adult males and 65.4% of adult females reported drinking below their recommended daily fluid intake (3 L for males and 2 L for females), and in 80% of the population SSB, not including hot beverages or milk and derivatives, accounted for a larger amount and proportion of fluid intake than plain water. Sixty-five percent of adult males and 66% of adult females consumed more than 10% of their estimated daily caloric intake from fluids. Fluid intake did not differ significantly by gender, but showed a declining trend with age. Conclusion: Our findings may have important implications for policy recommendations, as part of comprehensive strategies to promote the adoption of healthy lifestyles, in this case, promoting consumption of plain water while discouraging excessive consumption of caloric beverages.

Keywords

Fluid intake, Water, Sugar sweetened beverages, Adults, Mexico.