

Water balance for reference man

	Adult man		Adult woman		Child (10 y)	
	Gains (ml/day)	Losses (ml/day)	Gains (ml/day)	Losses (ml/day)	Gains (ml/day)	Losses (ml/day)
Milk	300	1400 in urine	200	1000 in urine	450	1000 in urine
Tap water	150	100 in feces	100	90 in feces	200	70 in feces
Other	1500	850 insensible loss	1100	600 insensible loss	750	580 insensible loss
Total fluid intake	1950		1400		1400	
In food	700	650 in sweat	450	420 in sweat	400	350 in sweat
By oxidation of food	350		250		200	
Totals	3000	3000	2100	2100	2000	2000