

**TABLE 16-3 Average Daily Water Gain and Loss in Adults**

**Intake**

In liquids	1200 ml
In food	1000 ml
Metabolically produced	350 ml
<b>Total</b>	<b>2550 ml</b>

**Output**

Insensible loss (skin and lungs)	900 ml
Sweat	50 ml
In feces	100 ml
Urine	1500 ml
<b>Total</b>	<b>2550 ml</b>