

## **Hidratación: Líquidos para la Vida**

2006\_\_Title: Hidratación: Líquidos para la Vida\_\_Authors: Ann Grandjean, EdD and Sheila Campbell, PhD, RD\_\_Published by ILSI Press\_\_Supported by the ILSI North America Technical Committee on Hydration and ILSI Mexico\_\_Abstract: This concise monograph gives readers an overview of current knowledge related to the functions of water; methods of determining water status; sources of water in the diet; and specific hydration considerations for infants, children, physically active individuals, and the elderly. Reference intakes are also covered. For additional reading and more detailed explanations of the science, a list of references is provided.\_\_FREE COPIES AVAILABLE! Contact Heather Steele ([hsteele@ilsi.org](mailto:hsteele@ilsi.org)) for free hard copies of the concise monograph.