

# APPENDIX

## DAILY WATER CONSUMPTION RECOMMENDATIONS

### English units version

Body Weight (pounds)	Recommended Range per Day (8-ounce cups)
10	2 to 3 cups
25	4 to 6 cups
30	5 to 8 cups
45	6 to 9 cups
55	7 to 10 cups
75	8 to 11 cups
100	9 to 13 cups
130	10 to 15 cups
150	11 to 17 cups
175	12 to 18 cups

### Metric units version

Body Weight (kilograms)	Recommended Range per Day (liters)
5	0.5 to 0.7
10	1.0 to 1.4
15	1.2 to 1.8
20	1.4 to 2.2
25	1.5 to 2.3
30	1.7 to 2.5
35	1.8 to 2.7
45	2.0 to 3.0
55	2.3 to 3.4
65	2.5 to 3.8
75	2.8 to 4.1

Platt, A. F., Eckman, J., & Hsu, L. L. (2016). *Hope and destiny: The patient and parents guide to sickle cell disease and sickle cell trait* (3rd ed.). Chicago, IL: Hilton Publishing Company.

