Choose Health LA Moms

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HOW MUCH WATER SHOULD I DRINK?

Your water needs depend on many factors, including the climate, your health, how active you are, and whether you are pregnant or breastfeeding. You can get 80% of your water through the water and beverages you drink, and you can also get 20% through the foods you eat.[1] For example, some soups, fruits, and vegetables such as celery, tomatoes, oranges, and melons are made up of 85-95% water.[2]

Water is calorie free, inexpensive, and easy to get, so it is still the best way to get your daily requirements!

Experts usually recommend drinking at least six to eight 8-ounce glasses of water each day, even though everyone's exact needs will differ.[3] In general, it is best to drink at least eight- 8oz glasses a day, and to increase this amount as needed if you are in hot weather, exercising, or breastfeeding. The more you weigh, the more water you need to drink more water to keep yourself hydrated. Those who weigh more, will also need to drink more water to keep their body hydrated.

Remember you are your baby's first teacher. If you develop healthy habits, so will your child. Now that you have a newborn, it's the perfect time to start!

YOU MAY BE WONDERING:

- What happens if you don't drink enough water?
  - If you do not drink enough water each day, your body fluids will be out of balance and you can become dehydrated. If you become severely dehydrated, it can be life-threatening and is a serious medical condition.

TIPS OF THE WEEK

- You can get water from various beverages and foods, but drinking water is the best source!
- Try to drink at least eight-8oz glasses per day.

- What happens when you drink the recommended amount of water?
  - If you are drinking at least eight-8oz glasses a day and stay hydrated, your body will feel and function better.
- What happens if you drink too much water?
  - Drinking too much water results in low sodium levels in the blood and a condition called hyponatremia. It is uncommon, but it is possible. In general, healthy adults do not need to worry about this because it typically only happens to endurance athletes such as marathon runners.[5]
- Ways to tell if you are getting enough water:
  - Your urine is clear or pale yellow
  - You go to the bathroom frequently throughout the day
  - You are not experiencing the early signs of dehydration: thirst, dry, sticky mouth, headache, decreased urine output, fatigue.[6]

WHAT CAN YOU DO?

Tips to increase your water intake:

- Carry a water bottle for easy access when you are at home with the baby or running errands. Having your water bottle at arm's reach will remind you to keep drinking!
- Use a water tracker app to make sure you are drinking enough throughout the day (see the resources section).
- Every time you breastfeed, drink up.
- Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.
- Make water fun! Add slices of lemon, lime, cucumber, or watermelon, or drink sparkling water. Visit the Recipes or Sparkling Water lessons for more tips. This may improve the taste and you just might drink more water than you usually do.
- Choose water instead of sugar-sweetened beverages. This will also help you cut calories. Visit the *Trading Sugary Drinks for Water* lesson for more tips on how to make the switch.

RECIPE OF THE WEEK

PINEAPPLE MINT

- 6 cups of water
- 1 cup of sliced pineapple
- 1/3 cup of fresh mint

Directions:

1. Add all ingredients into a large pitcher
2. Using a wooden spoon, gently mash ingredients and mix
3. For best results, let it sit in refrigerator overnight or for a couple hours before drinking

RESOURCES:

CDC - WATER: MEETING YOUR DAILY FLUID NEEDS

cdc.gov/nutrition/everyone/basics/water.html

MAYO CLINIC – WATER: HOW MUCH SHOULD YOU DRINK EVERY DAY

mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256?pg=1

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WEBMD – DRINKING ENOUGH WATER

webmd.com/a-to-z-guides/drinking-enough-water-topic-overview

APPS:

WATERLOGGED (FREE):

Charts and reminders to track daily water intake.

itunes.apple.com/us/app/waterlogged-drink-more-water/id352199775?mt=8

CARBODROID (FREE):

Motivation to help you change your water drinking habits.

play.google.com/store/apps/details?id=de.jooce.water

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