

5

## DEHYDRATION

Dehydration means your body does not have as much water and fluids as it should.<sup>1</sup>

Breastfeeding mothers tend to lose a lot of fluid while nursing so it is important to increase how much fluid you consume in order to compensate and prevent dehydration.

Dehydration can also be caused from fever, heat exposure, too much exercise, vomiting, and diarrhea. Mild dehydration can negatively affect your mood and increase feelings of tiredness, tension and anxiety. About 5% of people report having problems concentrating, feeling sleepy or having headaches when dehydrated.<sup>4</sup> Dehydration can slow down your metabolism and make it more difficult to get through workouts.<sup>2,3</sup>



### TIPS OF THE WEEK

- Research suggests that women who are an unhealthy weight need more water to stay hydrated especially while breastfeeding.
- Drink more water when the weather is hot or if you are exercising.
- Drink at least eight 8-ounce glasses of water a day to stay hydrated.

### SIGNS OF GOOD HYDRATION INCLUDE:

- Feeling energetic and refreshed
- Regular urination that ranges from clear to light yellow-colored
- Regular bowel movements

### MILD DEHYDRATION IS COMMON. SOME SYMPTOMS ARE:

- Being more thirsty than usual
- Urine that is darker than usual
- Cracked lips
- Dry mouth
- Being more sleepy or tired than usual

**WHAT YOU CAN DO**

- Dehydration is preventable! By following the Choose Health LA Moms recommendation of drinking at least eight 8 oz. cups of water every day, you can prevent dehydration!
- The best way to beat dehydration is to drink water before you get thirsty. Thirst is a signal your body is getting dehydrated.
- Drink more water when the weather is hot or if you are exercising.
- Plan ahead and take extra water when you leave the house especially if you will be doing something in the heat.
- Try to limit fluids that may cause dehydration<sup>5</sup>:
  - Tea
  - Soda
  - Caffeine
  - Alcohol
  - Cranberry (can pass urine more often), prune and apple juice (can pass loose stools more often) may also cause dehydration.
- Wear light-colored and loose-fitting clothing if you must be outdoors when it is hot outside. This will help prevent excessive sweating (water loss).<sup>2</sup>

**RECIPE OF THE WEEK****CITRUS-CUCUMBER**

- 6 cups of water
- 1 sliced lime
- 1 sliced lemon
- 1 sliced orange
- 1 sliced cucumber

**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

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