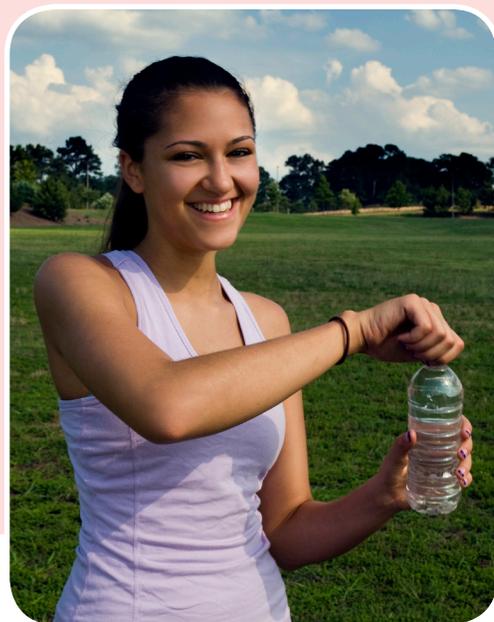


WATER AND BREASTFEEDING

Water is the most essential nutrient that we need every day. You may have noticed that you are more thirsty when you breastfeed. Women at an unhealthy weight need more water to stay hydrated while breastfeeding.¹⁻³ Daily water intake is important for you and your baby to stay healthy and hydrated.

While you are breastfeeding your body is in need of more fluids. The best way to increase your fluid intake is to increase your water intake.



HOW MUCH WATER?

The recommendation for drinking water is at least eight 8 ounce (oz.) glasses a day.^{2, 3}

- That is the same as drinking four 16oz water bottles a day!

TIPS OF THE WEEK

- Women of an unhealthy weight need more water to stay hydrated while breastfeeding.
- Keep water nearby when you are breastfeeding in order to stay hydrated.
- The recommendation for drinking water is at least eight 8 ounces (oz) OR four 16 oz bottles of water a day.

Drinking more water will not increase your milk supply. But, drinking water will keep you from becoming dehydrated.⁴

WHAT CAN I DO?

Keep water nearby when you are breastfeeding, so you can stay hydrated.⁶ Carry your water bottle with you at all times to sip on whenever you feel thirsty. A good way to check your hydration level is by looking at the color of your urine:⁷

- Clear or light colored = you have had enough water.
- Yellow or dark colored = you should drink more water.

To spice up it up, soak fresh fruit in your water to give it flavor. Your body can also get water from other sources:

- Vegetables
- Fruit
- Soup
- Fruit & vegetable juices
- Milk

Refer to other lessons on Water for more information.



RECIPE OF THE WEEK

BLUEBERRY ORANGE

- 6 cups of water
- ½ a cup of blueberries
- 1 sliced orange



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:

choosehealthla.com

breastfeedingbasics.com/articles/nutrition-exercise-and-weight-loss

kellymom.com/nutrition/mothers-diet/mom-calories-fluids/

lli.org/nb/nbmarapr04p44.html

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

fitmencook.com/real-vitamin-waters/

baby.about.com/od/breastfeeding/f/Does-Drinking-Lots-Of-Water-Increase-Mothers-Breast-Milk-Supply.htm

BLOGS:

www.eatright.org

APPS:**WATERLOGGED**

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

TRACKER SAVVY WATER LOG

play.google.com/store/apps/details?id=com.alportela.water.widget&hl=en

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