

WATER CAN HELP YOU STAY HEALTHY

As a new mom, one of the most important things you can do for your baby is to keep yourself healthy. Your body has gone through incredible changes during pregnancy. As you work to regain your body, remember that water is very important for maintaining your health and will help you avoid illness! Drink to your health!

Drinking water helps maintain the balance of body fluids. Did you know that the body is composed of about 60% water? Water is in every cell, tissue, and organ in your body, so it plays a vital role in your health.

In addition to transporting oxygen and nutrients into the bloodstream, water is also responsible for getting rid of wastes, keeping joints healthy, providing a cushion for your internal organs, and regulating body temperature¹.

Water intake can help you stay healthy:

- Prevent dehydration
- Help with weight loss²
- Aid the digestive system^{3,4}
- May decrease the risk of bladder cancer and heart disease⁵⁻⁷
- Increased urination may prevent kidney disease, including urinary tract infections and kidney stones⁸⁻¹⁰
- Give you more energy
- Help you avoid headaches¹¹

TIPS OF THE WEEK

- Water is very important for your health.
- It keeps you hydrated, can help you lose weight, and even prevent disease.
- Water helps transports the nutrients your body needs which is especially important when breastfeeding.

If you don't drink enough water, your body can become dehydrated. Signs you are dehydrated include: dryness in the mouth, headache, feeling dizzy, confused, and fatigue.

If you ignore these signs of dehydration you could become severely dehydrated, which is a life threatening condition. Signs of severe dehydration include: not urinating, convulsions, rapid breathing, weak pulse, and loose skin.

WHAT YOU CAN DO?

- Visit the *How Much Water Should I Drink?* lesson to find out how much water you need daily and tips on how to increase your water intake.
- Make sure you drink plenty of water when Breastfeeding. Visit the *Breastfeeding and Water* lesson.
- You are your baby's first teacher - model healthy habits so your baby will grow up healthy and hydrated!

RECIPE OF THE WEEK

STRAWBERRY-KIWI COOLER

- 6 cups of water
- 1 cup of sliced strawberries
- 1 cup of sliced kiwis
- 2 thinly sliced lemons



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:

CHOOSE HEALTH LA

choosehealthla.com

WEBMD 6 REASONS TO DRINK WATER

webmd.com/diet/features/6-reasons-to-drink-water

CDC – WATER & NUTRITION

cdc.gov/healthywater/drinking/nutrition/index.html

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