

HYDRATION WHILE BREASTFEEDING

BREASTFEEDING CAN USE AROUND 25 OUNCE OF WATER PER DAY

FLUID INTAKE RECOMENDATIONS:

During warm summer months, aim to drink 1/2 your weight (pounds) in ounces. So if you weigh 150lbs, try to drink 75 ounces minimum.

It's true, if you are thirsty, you are already dehydrated.

Signs of dehydration: fatigue, headaches, low mood, constipation, dry lips, muscle cramps

QUICK Hydration Test without Counting Ounces:

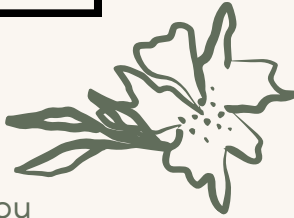
- 1) You aren't thirsty &
- 2) Your urine is pale yellow throughout the day

TIPS TO STAY HYDRATED

- Drink a glass of water first thing when you wake up
- Keep a water bottle where you breastfeed and next to your bed
- Keep it interesting - make "spa water"
- Get a water bottle you like, a flip-top straw can help you use it one handed
- Include hydrating "gel water" foods
- Make smoothies a regular rotation
- Almost all liquids count towards hydration, variety can keep you drinking more. Try tea, sparkling waters, milk, fruit or vegetable juice coconut water, even decaf coffee
- Limit caffeine to less then 200mg per day, alcohol and high sugar drinks

Gel Water Foods: H3O2

Oranges, cucumbers, melon, berries, tomatoes, jicama, bell peppers, pears, kiwi, grapes, celery, iceberg lettuce, cauliflower soup/broth, soaked chia seeds



Winning Spa Water Combos:

- lemon, strawberry and basil
- orange and blueberry
- watermelon and mint
- pineapple, coconut, lime
- rosemary and lemon or orange
- cucumber and citrus



Homemade Electrolyte Drink:



Next time you need to replace electrolytes save money and avoid the neon food dyes and high fructose corn syrup and make your own sports drink.

Ingredients:

1 quart liquid such as water, herbal tea or coconut water
1/8 - 1/4 tsp high quality salt
1 tsp calcium magnesium powder
1/4 cup of 100% juice (optional)
1-2 TBSP sweetener such as sugar, honey or maple syrup

Instructions:

1. Brew tea if using, or slightly warm base liquid.
2. Add sea salt and calcium magnesium mix.
3. Add juice and or sweetener. Mix and shake well until ingredients are dissolved.
4. Cool and store in refrigerator.
5. Will last up to four days in refrigerator.

Electrolyte Supplement Recommendations:

- Skratch Labs Hydration Everyday
- Tailwind Rapid Hydration
- Liquid IV (stevia)
- Recharge (sugar)
- Ultima (stevia)
- Nuun Sport (stevia)

Note:

watch for too high sodium (aim for 200-400mg per serving)

&

added sugar/sweeteners - depends on activity, none is need just for hydration

