

Water and Other Fluids

Your baby is always thirsty! Water is important for you and your baby.

Why?

Water...

- *carries nutrients to your body and to your growing baby,*
- *carries away waste products from your baby and from your own body,*
- *keeps you cool,*
- *helps prevent constipation,*
- *helps control swelling.*

How to get enough fluids...

- *Drink at least 8 cups of fluids every day, including water, milk, real fruit juice and soup.*
- *Limit coffee and strong tea because they make your body lose water.*

Did you know?

...Water makes up about half of our body weight.

A good tip

Fill a 1-litre (4-cup) bottle of water and drink it throughout the day. If you also drink milk and juice with meals and snacks, you will know you are getting the fluids you need.