

# HABIT #3: HYDRATE

Creating a new habit of drinking enough water can help your body detoxify, increase digestion, and make your skin glow.

by Erin Donley M.Ed NTP



## 1 PROPER WATER INTAKE

To be adequately hydrated, one should drink half the body weight in ounces of water per day.

For instance, for a 150 lb person, he/she should drink 75 ounces of water per day.

One should not exceed 100 ounces of water per day so not to deplete minerals.

How much do you weigh?

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What is half of your weight?

That is how many ounces of water to drink per day.

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## 2 WHAT ABOUT CAFFEINE?

The recommendation for caffeine during pregnancy is no more than 200 mg per day. Add up all the caffeine you drink in a day.

What caffeinated drinks do you drink? Include coffee, tea, soda, energy drinks, etc.

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Caffeine is very dehydrating. Add as many ounces of water as caffeinated beverages to your total for the day to make up for the dehydrating effects of caffeine.

## 3 WHAT ABOUT ALCOHOL?

Alcohol is dehydrating and can derail your weight loss goals. It is best to stick to only 1-2 drinks per week and to make sure you drink enough water to stay hydrated. One drink is 4 oz of wine, 12 oz beer or 1 oz of hard liquor.

## 4 HEALTHIER SWAPS



- Soda (or even diet soda) for unsweetened seltzer (with juice if need some sweet)
- Sweet Tea for unsweetened tea with lemon (and stevia)
- Mocha/Latte/Frappe for regular or decaf coffee with cream or Americano/unsweetened latte
- Gatorade for plain water flavored with fruit or citrus with a pinch of sea salt