

WATER AND WEIGHT LOSS

If you are trying to lose the baby weight, drinking water may help. Increasing the amount of water you drink along with a meal or incorporating water into your food could help you feel full and curb your appetite.¹⁻³ Once you realize that water helps you feel satisfied, you are more likely to reach for your water instead of an unhealthy snack item or sugar sweetened beverage such as fruit drinks, sports drinks, and sodas.⁴⁻⁶ A study done on women of an unhealthy weight showed that those who drank water lost more weight than those who did not.⁷



Water drinkers consume approximately 200 less calories per day, drink fewer sugar sweetened beverages, and eat more fruits, vegetables, and dietary fiber.^{8,9} In one study, a group of women of an unhealthy weight who drank at least 1 liter of water each day for a year were able to lose up to 5 pounds.¹⁰ Not only does water have the potential to help you lose or maintain weight, but it has everything you need to stay healthy and hydrated!

TIPS OF THE WEEK

- Drink water to lose weight!
- Water can help you feel fuller and consume fewer calories.

WHAT TO EXPECT:

- After your pregnancy, it is safe to lose up to 1 pound a week with a healthy diet and exercise.
- It can take six months or longer to return to your pre-pregnancy weight even if you are breastfeeding.¹¹ Don't get discouraged – it took 9 months to put the baby weight on, so it may take just as long to shed the pounds.
- Don't forget that breastfeeding can burn an extra 500-600 calories a day, which can also help you lose weight.

WHAT YOU CAN DO:

- Carry your water bottle (16 oz) and try to fill it up at least 4 times throughout your day!
 - Substitute water for a beverage such as soda, juices, or energy drinks. This will help you save up to 250 calories.
 - Drink a glass of water before or during every meal. This may help you feel more satisfied or eat fewer calories, especially in comparison with other beverages.
 - Ask for a glass of water when eating out rather than ordering another beverage that will cost you money and calories!
- Eat more water-rich foods, such as vegetables, fruit, and soup.
- Don't buy sugar-sweetened beverages at the store or stock your fridge with sodas. Instead, keep a pitcher or bottles of cold water in the fridge. This will not only help you make the right beverage choice, it will also set a good example for your family!
- Keep water nearby when you are breastfeeding to stay hydrated.
- Visit the Physical Activity lessons to start walking! Adding exercise to your daily routine will also help you lose weight.

RECIPE OF THE WEEK**LEMON CUCUMBER
MINT**

- 1/2 a sliced cucumber
- 1 sliced lemon or lime
- 1/4 cup of fresh mint leaves
- 1/4 tablespoon of grated ginger



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:

CDC RETHINK YOUR DRINK

cdc.gov/healthyweight/healthy_eating/drinks.html

LA LECHE LEAGUE – POSTPARTUM BODY IMAGE AND WEIGHT LOSS

lalecheleague.org/nb/nbsepoct00p156.html

MEDLINE – LOSING WEIGHT AFTER PREGNANCY

nlm.nih.gov/medlineplus/ency/patientinstructions/000586.htm

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