

# KEY TIPS ON HYDRATION

FOR PREGNANT AND  
BREASTFEEDING WOMEN

FOR HEALTHCARE PROFESSIONAL  
DISTRIBUTION ONLY

## WATER NEEDS INCREASE DURING PREGNANCY AND BREASTFEEDING:



- **Pregnancy** Increased water needs in pregnancy arise because of the weight gained (typically 10-15 kg), the higher energy intake, the increase in blood volume, the formation of amniotic fluid and because of increased water output which can occur as a result of morning sickness.

Meeting water needs through diet may be more difficult in pregnant than in non pregnant women because of food aversions and/or avoidance of fluid intake when morning sickness appears. It follows that pregnant women may be more vulnerable to dehydration.

- **Breastfed babies** take in an average of about 750 mL of milk per day (600-900 mL) between the ages of 1 and 6 months. Breastfeeding mothers therefore lose significant amounts of fluid during nursing and need to increase their fluid intake to compensate.

Mild dehydration does not affect milk supply, but moderate to severe dehydration may have an effect, including changing the composition of the milk and decreasing the amount of milk produced. Dehydration will also add to feelings of tiredness at what can be a very stressful time.

## WATER INTAKE RECOMMENDATION

The European Food Safety Authority (EFSA)\* has made the following recommendations for adequate intakes of water for pregnant and breastfeeding women:

Status	EFSA Recommendation	Daily adequate intake of water from all sources
<b>Pregnant</b>	An additional water intake of 300 mL on top of the 2 L per day adequate intake recommended for non-pregnant women.	<b>2.3 L</b>
<b>Breastfeeding</b>	An additional 600 – 700 mL per day on top of the 2 L per day adequate intake recommended for non-breastfeeding women.	<b>2.7 L</b>

# HOW TO ENSURE PROPER HYDRATION WHILST PREGNANT OR BREASTFEEDING

Drink plenty of fluids:

- During pregnancy hydration plays an essential role since an adequate supply of water is essential for meeting the water needs of your body and of the baby (water represents 94% of the baby's weight at the end of the first trimester). Water is also needed for the renewal of amniotic fluid, the baby's living environment. Not drinking enough water can lead to constipation and then to haemorrhoids which are a common complication during pregnancy.
- Proper hydration during breastfeeding ensures milk supply. It is always good practice to have a beverage nearby whilst breastfeeding.
- When choosing food and beverages it is important to take into account that small amounts of food or beverages can pass to the baby via the breast milk. Drinks containing caffeine can affect your baby and may keep them awake. While your baby is young, drink caffeinated drinks occasionally rather than every day. Caffeine occurs naturally in many foods and drinks, including coffee, tea and chocolate. It's also added to some soft drinks and energy drinks, and to some cold and flu remedies.

## WHAT TO DRINK?

Good choices include water (mineral or tap), fruit juices, herbal teas, soft drinks, and decaffeinated tea and coffee.



It is calculated that of the total water needed...

**20-30%**  
typically comes from food and

**70-80%**

**from beverages (all types, not just plain water),**

but this may vary greatly depending on the diet that an individual chooses and also on the weather conditions and the extent to which the individual is active.



To know more about the sources of water, please visit us at:

[http://www.europeanhydrationinstitute.org/nutrition\\_a\\_beverages.html](http://www.europeanhydrationinstitute.org/nutrition_a_beverages.html)