

# Water

**Suggested daily intake:** Minimum 8 – 10 cups/day

## **Benefits of Water:**

- Helps develop fetal body cells & circulatory system.
- Helps delivery nutrients to baby, as well as excrete waste.
- Adequate intake will help avoid constipation in mother.
- Helps to avoid bloating and water retention in mother.
- Helps to reduce risk of urinary tract infection in mother.

## **Good Water Sources:**

- water (bottled, safe tap water, or purified)
- herbal teas
- watermelon

## **Tips:**

- During hot weather or after exercise, you will need to drink more water.
- If your urine is dark, you're not drinking enough water.
- Some headaches can be attributed to lack of enough water intake.