HYDRATION TIPS

FOR PREGNANT AND BREASTFEEDING WOMEN

european hydration institute

DURING PREGNANCY AND BREASTFEEDING WATER NEEDS INCREASE:

• **During pregnancy**, 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.

• **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. Proper hydration during breastfeeding helps to ensure an adequate milk supply.

This is why additional water intake is required on top of the 2 L per day recommended by EFSA for all women.[1]

Status	EFSA Recommendation[1]	Total daily adequate intake
Pregnant	Additional water intake of 300 mL on top of the 2 L per day adequate intake recommended for non-pregnant women.	**2.3 L**
Breastfeeding	Additional water intake of 600 – 700 mL per day on top of the 2 L per day adequate intake recommended for non-breastfeeding women.	**2.7 L**

TAKE INTO ACCOUNT THAT:

- The risk of dehydration can increase during pregnancy due to food aversions and/or avoidance of fluid intake when morning sickness appears. Not ensuring a proper liquid intake 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.
- The risk of dehydration may also increase during breastfeeding if additional water lost in the breast milk is not replaced. When choosing food and beverages it is important to take into account that small amounts of food or beverages can pass to the baby through to the breast milk. Your paediatrician can provide you with advice on this.

WHAT TO DRINK?

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

about
20-30%
typically comes from food[1,2]

and about
70-80%
from beverages (all types, not just plain water).[1,2]
However, this may vary greatly depending of the diet that an individual chooses.[1,2]

1. EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA); Scientific Opinion on Dietary reference values for water. EFSA Journal 2010; 8(3):1459. Available online: http://www.efsa.europa.eu/en/efsajournal/pub/1459.htm

2. Manz F, Johner SA, Wentz A, Boeing H, Remer T. Water balance throughout the adult lifespan in a German population. Br J Nutr 2011; 1-9 [Epub ahead of print].