

Choose healthy beverages *while breastfeeding.*

Drink fluids to satisfy your thirst, especially water. Try drinking one glass of water each time you breastfeed your baby.

Ideas to drink more water:

- **Keep water cold.** Store water in a pitcher. Keep it in sight in your refrigerator.
- **Flavor water** with a splash of 100% fruit juice.
- **Add flavor to water with fresh** fruits, vegetables or herbs.



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