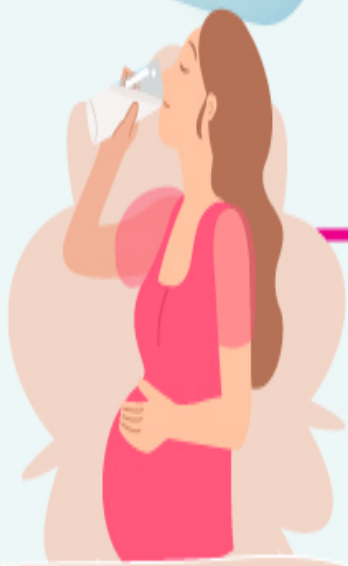
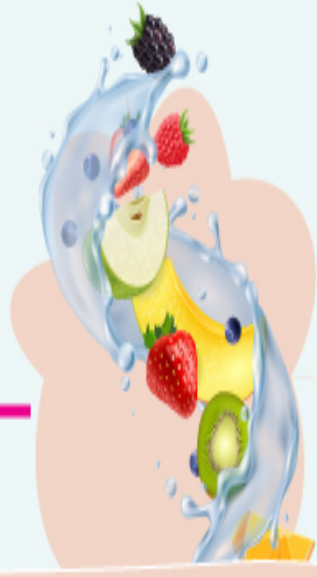


How To Prevent Dehydration In Pregnancy



Drink a cup of water every hour that you are awake.



Add slices of fruit to your water to make it delicious and nutritious.



Include healthy soups, fresh juices, and smoothies.



Take extra care to stay hydrated during exercise or hot weather.



Avoid or limit caffeine, processed fruit juices, and sodas.



Try drinking herbal tea and decaffeinated tea or coffee.