

## FLUID INTAKE

- Concentrate on drinking fluids throughout the day. Fluid goal – 64 or more ounces
- **DO NOT DRINK** – calorie containing or sweetened beverages
  - Soda
  - Juice
  - Lemonade
  - Sweet Tea
  - Smoothies
  - Punches
  - Sports Drinks
  - Energy Drinks
  - Gourmet Coffee Beverages
  - Alcoholic Beverages
- **ALLOWED** - calorie free beverages
  - Water
  - Crystal Light
  - Mio
  - Unsweetened or Diet Tea – you may use Splenda/artificial sweeteners
  - Sugar Free Kool Aid
  - Diet Ocean Spray Juice
  - Diet Snapple
  - Fruit 2 O
  - Vitamin Water Zero, Power Aid Zero
- Calorie filled beverages will inhibit or limit our weight loss success
- Discontinue Drinking Carbonated Beverages
  - Carbonated beverages may lead to discomfort
- Eliminate caffeine
  - Caffeine can contribute to dehydration when daily fluid intake is low
- Eliminate straws
  - The use of straws may cause discomfort and increase sensations of gas or bloating