

Tips For Drinking More Water

During your pregnancy, be sure to drink plenty of water! Aim for six to eight 8-ounce glasses of water every day. This will help reduce constipation, moisten your skin, and make you feel better.

- Chill one half-gallon of water (64 ounces) each day and try to drink all of it by the end of the day
- Carry a quart-size sports bottle with you and drink from it throughout the day
- Have a glass of water with every meal, and
- Substitute water for coffee, tea, or soda