

JUST A REMINDER:



Dietitian Kinjal Khona

HOW MANY GLASSES OF WATER SHOULD YOU DRINK IN A DAY?

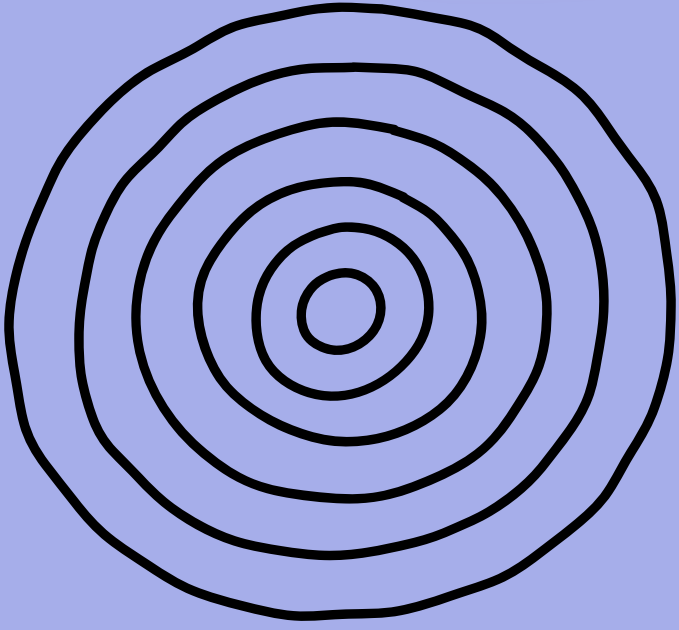


Drink 6-8 glasses of water a day

- Drinking hot water has a lot of benefits
- You can also drink chamomile tea, peppermint tea, ginger lemon tea
- Drink more water if you are physically active
- Set reminders for drinking water



WHAT ARE THE SYMPTOMS OF DEHYDRATION?



lack of focus



fatigue



headache



dizziness



may faint



WHAT CAUSES DEHYDRATION?



sodas



alcohol



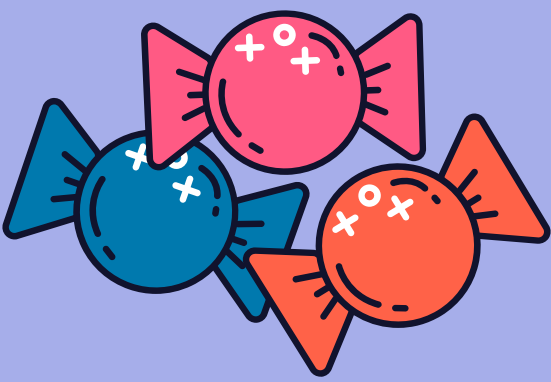
juice



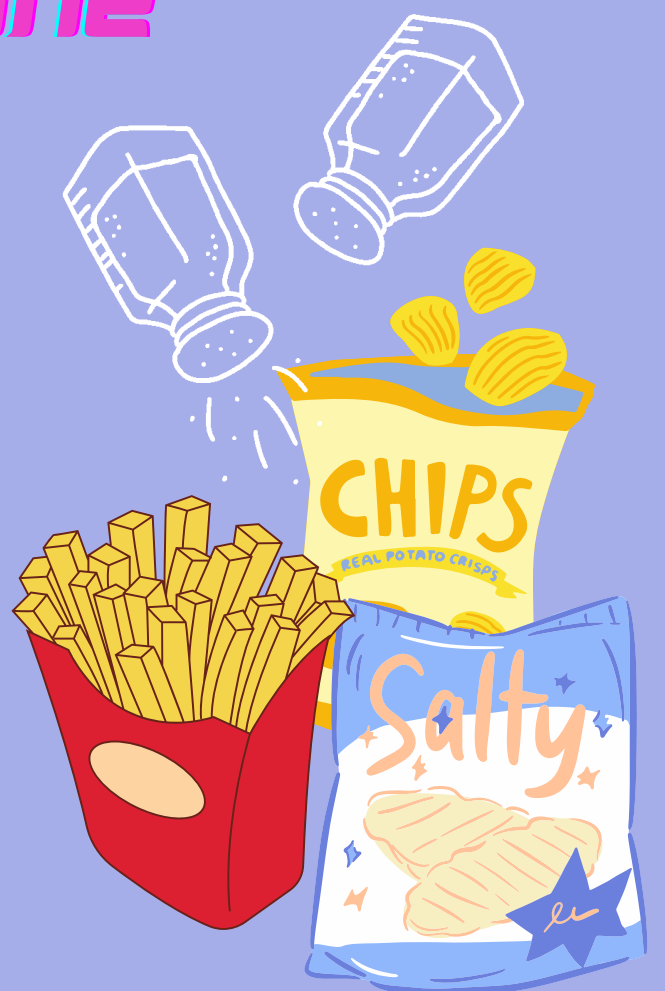
sugar



caffeine



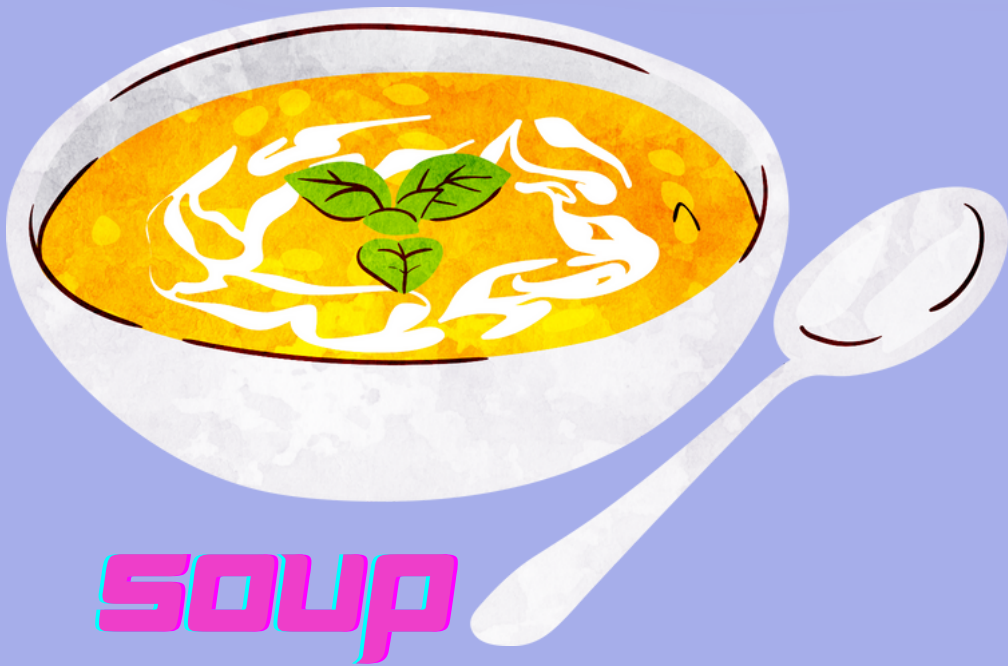
candies



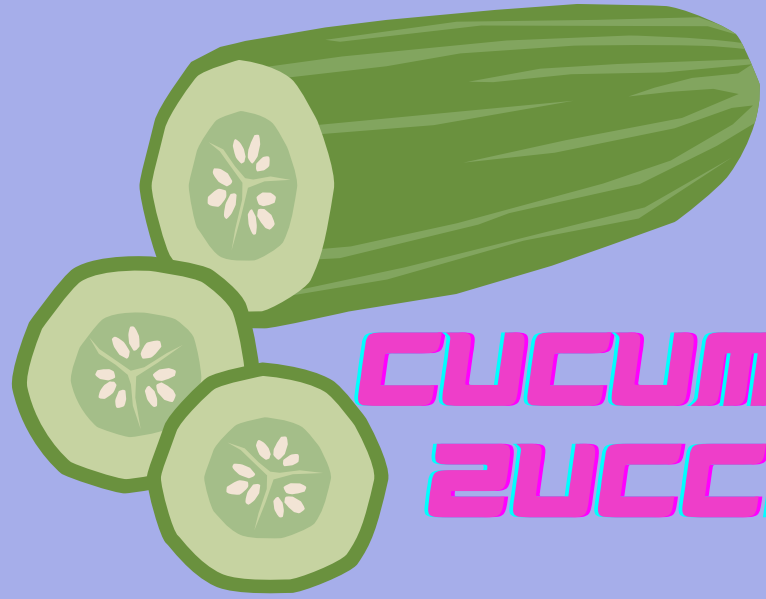
salty foods



EAT FOR HYDRATION



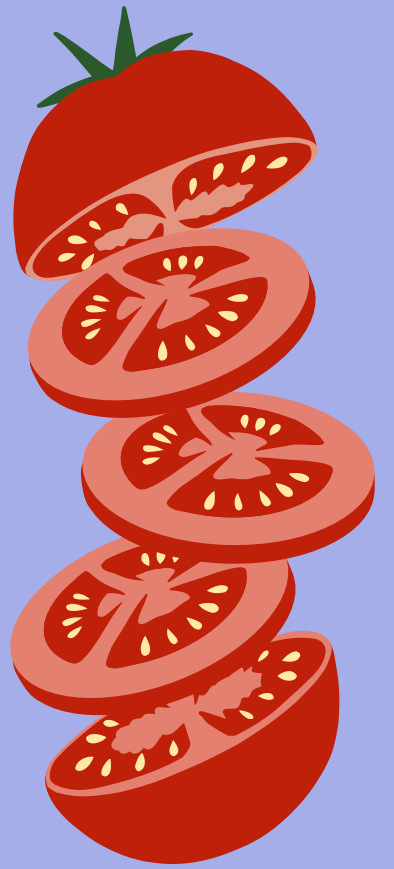
soup



*cucumber,
zucchini*



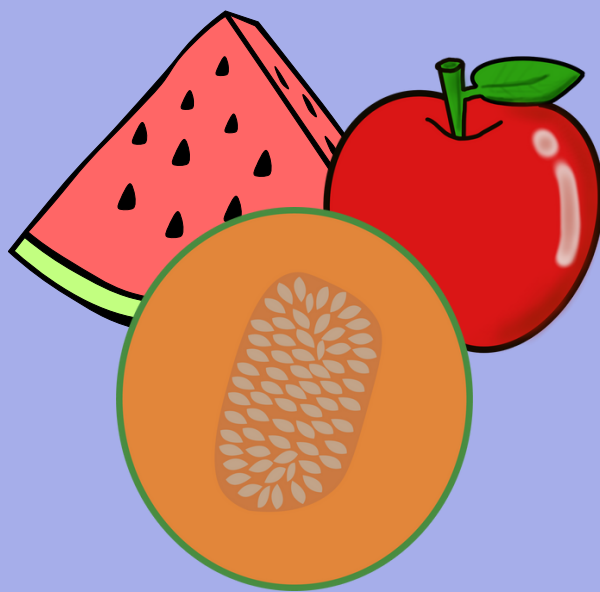
celery



tomato



smoothies



*watermelon,
cantaloup, apples,
berries*



These guidelines are meant to be general, if you have any specific needs please contact the surgery