



TEN STEP TUESDAY

Fluid Intake and Milk Supply

It's Ten Step Tuesday!

How much water do you need when breastfeeding?

Less than you think!

Unless you are dehydrated
(dark yellow urine, dry mouth/lips),
drinking more water will NOT
increase milk production.

“Adequate fluid intake during lactation is desirable to maintain maternal health, but supplemental fluids consumed in excess of natural thirst have no effect on milk volume.”

Institute of Medicine (US) Committee on Nutritional Status During Pregnancy and Lactation. Nutrition During Lactation. Washington (DC): National Academies Press (US); 1991.

Available from: <https://www.ncbi.nlm.nih.gov/books/NBK235593/> doi: 10.17226/1577

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