

HOW MUCH WATER SHOULD I DRINK?

Formula: your body weight in pounds divided by two = ounces of non-caffeinated fluids you should drink

_____ pounds / 2 = _____ oz of water daily



= 16 ounces



= 16 ounces



= 20 ounces

WHAT ELSE CAN I DRINK?



Lemon water



Sparkling water



Herbal tea, such as hibiscus tea, peppermint tea, Nettle leaf tea, and chamomile tea



Coconut milk, almond milk, and other milk alternatives

The
Unconventional
DIETITIAN

Daphne Olivier
www.theunconventionaldietitian.com
(337) 296-1628