

Hydrate to help with hunger pangs!

Sometimes we can mistake thirst for hunger; drinking a glass of water or another fluid before meals can pull double duty by getting us hydrated, as well as putting a dent in our appetite.

Drinking enough fluid not only helps prevent dehydration, but it promotes good health and provides energy:

- Aids digestion
- Rids the body of waste and maintains bowel regularity
- Carries nutrients throughout the body

Please consult your physician prior to starting any new hydration techniques.



How Much Fluid Do I Need to Stay Hydrated... and Does Only Water Count?

For adults, the recommendation depends on if you are a man or woman, but the old idea that you need 8 glasses per day isn't really true anymore. And other liquids now count toward your fluid intake!

Who?	How Much?	What?
Women (age 19+)	9 cups (or 2.2 litres)	<ul style="list-style-type: none">• Water is the best choice – aim to drink this more often.• Milk or milk alternatives – drink low-fat options, around 2 cups per day.
Men (age 19+)	12 cups (or 3 litres)	<ul style="list-style-type: none">• Juice – choose less often, as it is higher in calories/low in fibre. Get 100% pure juice, not concentrate.• Clear broth/soups.• Coffee/tea – avoid caffeinated options, especially before bedtime!



What Can I Do?

Staying hydrated means more than just drinking when you're thirsty. In fact, if you get to the point where you're thirsty, it is a sign that you're already on your way to being dehydrated. Some people find getting enough fluids can be quite challenging!

Here are some tips for upping your fluid intake and improving your hydration habits:

When?

- **Schedule it in!** Have a glass of water by your bed to drink first thing in the morning, and make sure to drink before and during your meals to help make a dent in your appetite.

Why?

- **Hydration complements other good lifestyle habits** and goes hand-in-hand with getting enough sleep, eating mindfully, and increasing activity as tools to help with weight management.

Where?

- **Fluids are portable!** Carry a container of water with you at all times during the day so it's always at your fingertips.

How?

- **There doesn't have to be anything plain about water!** If you don't like water, experiment with adding fruits or vegetables to a pitcher for added flavour (think lemon, lime, berries, mint or cucumber).



Mind Shift



From here

"I often get hunger pangs around midmorning and afternoon. I have a quick nibble to make them go away."

To here

"I'm learning that if I have water or something else to drink when the hunger pang strikes, I find that I can last until lunch or dinner. I'm going to try sparkling water with lime instead of a snack!"

How to get there

We tend to go for food when we're hungry, but often staying hydrated can lessen those hunger pangs. Drink before you get thirsty.

Make it your mission to never be thirsty and see how it affects your appetite.

When looking to hydrate stay away from soft drinks.

This also applies to diet soft drinks. Just because something is '0-calorie' doesn't make it the best choice. Diet soft drinks still give that craving for sugar.

Also, these drinks and other caffeine-containing beverages should be avoided in the evening as they may affect your sleep.

Talk to your healthcare professional or a **CONTRAVE Support program** nurse counsellor to help get back on track!



Food for Thought

Getting into a healthful drinking habit is a big part of a healthy lifestyle, helping to balance out your food intake. For drinking more fluids, invest in a BPA-free water bottle to carry with you, and chop up some fruits to toss in. Alternatively, you can infuse some mint, parsley, or lavender into your sparkling or still water, or even grate some ginger into it for some zip. Find flavours that inspire you to drink well. What reasons do you fall back on for not drinking enough?



Pro

I cut back on water because it makes me feel bloated.



Con

Not drinking enough can trick me into thinking I'm hungry, when I'm actually thirsty and could derail my weight management program.



By making fluid intake a healthy habit rather than a chore, you help yourself in your weight management plans for the next day, and the day after that.

And remember, if at any time you have questions about your **CONTRAVE** therapy and would like to speak to a nurse counsellor, call **1-855-CNTRAVE (1-855-268-7283)** from 8 a.m. to 8 p.m. Monday to Friday EST.

CONTRAVE is a prescription medicine that is used for weight management:

- in patients who have obesity or;
- in patients with overweight and at least one medical condition associated with their weight (such as high blood pressure that is controlled with medicine, Type 2 diabetes, or a high amount of lipids (cholesterol or other types of fat) in the blood).

CONTRAVE should be used along with a reduced-calorie diet and increased physical activity.

CONTRAVE should be taken exactly as your Healthcare Professional tells you to.

Please refer to the **Patient Medication Information** insert in your product package for important safety information.

Contrave **Support
program**