Weight loss goals?

ZERO SUGAR Crystal light

Make hydration part of your plan!

Hydration looks different for everyone especially when using certain weight loss medications. Work with your healthcare team and registered dietitian to build a plan that fits your needs.

Hydration is personal!

Everyone's hydration needs are different! Hydration goals should account for body weight, physical activity levels, and environmental conditions. Need a starting point? About 2-3L/day can serve as a goal.



Boost flavor to boost intake

If plain water feels dull, add fruit slices or a low-calorie, low sodium beverage flavor mix. Personalize flavor intensity to meet changing taste preferences.

Make it convenient

Keep water close by. The easier water is to reach, the more likely you'll take a sip!

Make it functional

Some low-calorie beverages include added vitamins and minerals. If you are eating less, these might help bridge nutrient deficits. Ask your dietitian what is right for you!



Keep it consistent

Regular fluid intake throughout the day helps maintain hydration.

Almandoz, J. P. et al. Obesity **32**, 1613–1631 (2024).
NASEM, Dietary Reference Intakes for Sodium and Potassium, (2019).