

# KEEPING IT OFF!

## Lesson #4: Fluid Intake

**A**t this stage of the “Keeping It Off!” program, we want to congratulate you on all of your progress thus-far. You should be ready to direct your attention to refining behavioral changes and to concentrate on specific aspects of lifestyle and health.

### 1. New Behaviors

Continue to adhere to the desired behaviors from lessons one, two, and three. Remember, while you will lose weight by following the proper diet alone, to sustain the weight loss and keep it off permanently, behavioral change is imperative.

To help both you and us realize the ways in which you have changed certain behaviors thus far, fill out the *New Behaviors* sheet included for this week. *New Behaviors* should also include the thought processes behind your actions since these may represent a heightened awareness of your use of food.

### 2. Liquid Intake

Good nutrition involves paying attention to water intake. Water plays a vital role in the functioning of your body. It acts both as a catalyst for certain metabolic processes and as a transport medium.

Inadequate water intake aggravates a weight problem.

Without enough water, the liver must take over some of the kidney’s work and, therefore, loses its maximal effectiveness in metabolizing fat. A restricted water intake can actually cause fat to be deposited in the body. This, in turn, leads to an even greater need for water because the body must then handle the much larger metabolic load required by excessive and abnormal fat deposits.

Many overweight individuals claim that they retain water. This is very possible because of the heightened need for water when extra fat is in the body. When your body retains water, this means you are not drinking enough! Your body is holding on to all the water that it can because your intake is inadequate for its needs. Therefore, drinking less makes fluid retention worse. Drinking more water will usually solve the problem.

Adequate water intake is especially important during weight reduction. Waste products are increased during weight reduction as fat is broken down and used for energy. Urine (water) is required to flush away the end products of metabolism; when insufficient water is present this function cannot be performed efficiently.

In addition, as fat is lost, water is needed to maintain a smooth skin tone. A major cause of wrinkles and sagging skin after weight loss is that weight reduction is taking place without the body being in adequate fluid balance.

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Approximately 40% of the water your body needs comes from the solid foods in a normal diet. Therefore, as food is decreased during a weight reduction diet, water must be increased in order to keep intake the same.

Beginning with this lesson, fill out a *Liquid Intake* sheet keeping track of what you drink, as well as how much, when, why, and where you are drinking. Keep a small notebook with you and each time you take a drink, mark down the appropriate answer for each of the above categories. Each night, just before going to sleep (so that it is safe to assume that you won’t be drinking anything else) review your notebook for the day and transcribe the totals onto the *Liquid Intake* sheet. A typical entry summarizing the day’s liquid intake should look something like this:

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DAY	LIQUID	AMOUNT	TIME	REASON
Monday 3/15	water	2 glasses	7:00 A.M.	With vitamins, etc.
	decaff.	2 cups	7:30 A.M.	With breakfast
	water	2 glasses	8:30 A.M.	Thirsty
	water	1 glass	9:30 A.M.	Midmorning break
	water	2 glasses	noon	Lunch
	Fresca	12 oz	3:30 P.M.	Thirsty
	water	1 glass	5:30 P.M.	Wanted to eat; drank water instead
	water	2 glasses	6:30 P.M.	With dinner
	water	1 glass	8:00 P.M.	Wanted to eat; drank water instead

*Remember, try not to have anything (food or liquid) after dinner, except for water.*

## Homework

Continue filling out the *Eating Place Record* you began with Lesson 3. Re-read the section from that lesson explaining the importance of where you eat. Fill out the *New Behaviors* sheet. Follow the instructions for keeping track of liquid intake and keep the appropriate records.



## WEEK FOUR CHECKLIST

- I spend at least 20 minutes on each meal.
- I am recording new behaviors that I have established over the past few weeks.
- I am recording the amounts of coffee, soft drinks, and water that I am drinking as well as when I drink them.
- I am keeping accurate Eating Place records.
- I have at least one week's food supply on hand, wrapped and stored distinctively for me.
- I am maintaining the Daily Eating Habits established in Lesson 3.

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Keeping It Off!

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Name: \_\_\_\_\_

Week of: \_\_\_\_\_

**LIQUID INTAKE SHEET**

	<b>LIQUID</b>	<b>AMOUNT</b>	<b>TIME (with meal?)</b>	<b>REASON</b>
<b>DAY 1:</b>				
<b>DAY 2:</b>				
<b>DAY 3:</b>				
<b>DAY 4:</b>				
<b>DAY 5:</b>				
<b>DAY 6:</b>				
<b>DAY 7:</b>				

Name: \_\_\_\_\_

## NEW BEHAVIORS SHEET

List new behaviors both directly and indirectly related eating habits on the left, and an explanation of the changes / old behaviors that have been replaced on the right:

<b>New Behavior</b>	<b>Old Behavior</b>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	