Bottoms Up

Water isn’t the only way to quench your thirst.

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We need eight glasses a day—but not necessarily of water. Any healthful liquid can keep us hydrated. And guzzling certain fluids can help with another daily challenge for some HIV-positive people: keeping the pounds on. *POZ* asked Jennifer Sachs, an HIV dietitian at University of California, San Diego’s Owen Clinic, to recommend her top picks for daily hydration. She offers these for nutrition and wholesome calories:

- Horizon organic milk. Lactose intolerant? Try soy or rice milk. Treat your taste buds to chocolate, vanilla and other flavors too.
- Fruit smoothies with yogurt—make your own or sample Stonyfield Farm’s.
- Lakewood organic fruit and vegetable juices.

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