

Increasing Fluid Intake

It is very important to drink plenty of fluids during your cancer treatment.

- To get enough fluids, it is important to drink even if you are not thirsty.
- To prevent dehydration, be sure to replace fluids lost from vomiting and diarrhea.

Why?

Water in your body performs the following functions:

- Removes waste and toxins
- Transports nutrients and oxygen
- Controls heart rate and blood pressure
- Regulates body temperature
- Lubricates joints
- Protects organs and tissues, including the eyes, ears, and heart
- Promotes saliva production

What to do:

- Drink 8-10 glasses (64-80 ounces) of clear fluids throughout the day, even when you don't feel thirsty.
- Take a water bottle along whenever you leave home.
- Add foods to your diet that contain lots of fluid – for example, soups, broth, flavored ices and fruit pops (such as Popsicles), and gelatin.
- Limit your use of caffeine, including colas and other caffeinated soft drinks, coffee and coffee-based drinks, and tea (both hot and cold).
- Try to drink most of your liquids after and/or between meals. This will help you consume more liquids and solids overall.
- If you have experienced diarrhea or vomiting, you need to replace lost salt. To do this, choose high-salt foods and liquids, such as broth, bouillon, sports drinks, saltine-type crackers, and pretzels.
- To replace potassium lost from diarrhea or vomiting, choose high-potassium foods and liquids, such as bananas, orange juice, coconut water, tomato juice, melons, and boiled or baked potatoes.
- Clear-liquid nutritional supplements might be helpful during this time. Ask your dietitian for suggestions.



What about caffeine?

Drinking caffeine-containing beverages as part of a normal lifestyle does not cause excessive fluid loss. Caffeinated drinks can have a mild diuretic effect; however, moderate intake does not appear to increase the risk of dehydration. Caffeine causes headaches and insomnia in some people, so moderation is usually best.

Hydrating Fluids:

- Water
- Sparkling water, seltzer, and club soda
- Clear fruit juices and fruit drinks
- Sports or electrolyte-replacement drinks
- Clear soups, broth, and bouillon
- Popsicles, fruit ices
- Gelatin
- Caffeine-free soft drinks
- Weak-brewed or caffeine-free tea (hot or cold)

Watch for symptoms of mild to moderate dehydration:

- Increased thirst
- Dry mouth
- Decreased urine volume and decreased frequency of urination
- Darker urine than normal
- Feeling tired or sleepy
- Dry skin
- Dizziness
- Few or no tears

Source: Adapted from Academy of Nutrition and Dietetics; Cancer Guide 6th edition

Fresh Citrus Cooler

- 1 cup fresh orange juice
- ½ cup fresh lemon juice
- ½ cup fresh lime juice
- ⅓ cup sugar
- 1 cup club soda, chilled
- Lime wedges (optional)

Combine the first four ingredients in a pitcher. Stir until the sugar dissolves. Add the chilled club soda.

Add extra club soda for a lighter taste.

Serve over ice.

Garnish with lime wedges if desired.

Makes three servings. Each serving contains 155 calories and 1 gram of protein.

Homemade Electrolyte-Replacement Drink

- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 tablespoon corn syrup
- ¾ cup (6 ounces) frozen orange juice concentrate
- 6 cups of water

Combine all of the ingredients together.

Mix well.

Refrigerate.

Shake well before serving.

Makes six 1-cup servings.