



# Increasing Fluid Intake

**I**t 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. Drink at least 8 to 10 cups (64 to 80 ounces) of clear fluids each day. To prevent dehydration, be sure to replace fluids lost from vomiting and diarrhea.

- ◆ Drink fluids throughout the day, even when you don't feel thirsty.
- ◆ Take a water bottle along whenever leaving home.
- ◆ Add foods and liquids to your diet that contain lots of fluid—for example, soups, broth, frozen fruit pops (such as Popsicles), flavored ices, and gelatin.
- ◆ Limit your use of caffeine, including colas and other caffeinated soft drinks, coffee, coffee drinks, and tea (both hot and cold).
- ◆ Try to drink most of your liquids after and/or in 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, pineapple juice, tomato juice, melons, and boiled or baked potatoes.
- ◆ Clear liquid nutritional supplements may be helpful during this time. Your doctor, nurse, or dietitian may have samples and suggestions about which supplements would be best for you.
- ◆ Talk to your doctor about taking medications to help control diarrhea or nausea and vomiting.

## Hydrating Fluids

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



# Recipes Recipes Recipes

## Homemade Electrolyte Replacement Drink\*

1 teaspoon salt  
1 teaspoon baking soda  
1 tablespoon corn syrup  
 $\frac{3}{4}$  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.*

## Fresh Citrus Cooler\*

1 cup fresh orange juice  
 $\frac{1}{2}$  cup fresh lemon juice  
 $\frac{1}{2}$  cup fresh lime juice  
 $\frac{1}{3}$  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.*

\*Reprinted from Weihofen DL, Marino C. *The Cancer Survival Cookbook*. New York, NY: John Wiley & Sons; 1998. This material is used by permission of John Wiley & Sons, Inc.



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