

# Fluids and Hydration

## Fluids are important to:

- hydrate your body following chemotherapy
  - prevent dehydration and constipation
- allow your body to process nutrients effectively
  - provide your body with energy

## Signs you are not getting enough fluids:

- dizziness and fatigue
- dark yellow urine
- dry mouth and skin

## What counts as a fluid?

Anything that is liquid at room temperature, counts as a fluid. It's OK to drink 1-2 caffeinated beverages each day. Start your day with coffee or tea and switch to decaf drinks the rest of the day.

water	ice cream	sorbet
decaf coffee/tea	fruit flavored drinks	lemonade
caffeine-free sodas	pudding	pasteurized eggnog
fruit juice	popsicles	soup
vegetable juice	Italian ice	milkshakes
sports drinks	milk, soy, rice milk	smoothies
jello	sherbet	liquid supplements (Ensure, Boost, Carnation, etc)

Don't wait until you are thirsty to take a drink,  
always keep a drink with you to prevent dehydration.

**An easy way to calculate your fluid needs is to divide your body weight in half.  
This is an estimated amount, in ounces, that you should drink each day.  
8 ounces = 1 cup**

**My fluid goal is: \_\_\_\_\_ ounces/day**

# Shakes and Smoothies

Milkshakes and smoothies are a great way to add extra calories, protein, and fluids to your daily intake. Drink them as a snack or as a meal replacement.

## Tips:

- NEVER use raw eggs in a smoothie (pasteurized egg substitutes are OK)
  - Wash all raw fruit and vegetables before using
  - Instead of cow's milk, try soy milk, rice milk, almond milk or oat milk
  - For a less-sweet shake, add frozen cranberries, lemon or lime juice
- For extra calories and protein add a commercial supplement (Ensure, Boost, Carnation, soy, whey or pea protein powder)
- Or use fortified milk (1/3 cup dry, powdered milk mixed with 8-10 oz. milk)
  - Make it easy by using frozen fruit

### Standard Milkshake

½ cup ice cream  
1 cup milk

### Orange Julius

1 cup frozen orange juice concentrate  
1 cup dried milk powder  
2 cups Water  
½ cup sugar  
1 tsp Vanilla extract

### Hawaiian Float

2 tbsp orange-pineapple juice  
¼ pkg. Vanilla Instant Breakfast  
¼ cup ice water  
½ cup evaporated milk  
¼ cup lime sherbet

### Enriched Milkshake

½ cup ice cream  
1 cup milk  
1 cup commercial supplement

### Berry Smoothie Delight

1 ripe banana  
1 cup milk or juice  
1 cup frozen berries  
½ cup plain yogurt or soy yogurt

### Chocolate Peanut Butter Smoothie

1 cup chocolate commercial supplement  
3 tbsp smooth peanut butter  
½ banana  
ice cubes  
1 cup milk (or more for desired consistency)

### Spruce up your smoothie

- Protein- whey protein, Greek yogurt
  - add a dollop of honey or vanilla
- almond butter, coconut or avocado to add calories
  - mix green vegetables with fruit