

Fluid and Hydration

You can increase your food intake in many different ways.

Any beverage or food that is liquid at room temperature counts as a fluid.

Foods that count as fluids:

- ✓ Ice Cream
- ✓ Italian Ice
- ✓ Jello
- ✓ Popsicles
- ✓ Sherbet
- ✓ Sorbet
- ✓ Soup

Are You Getting Enough?

Signs that you are not getting enough fluids:

1. Dizziness and fatigue
2. Dark Yellow Urine
3. Dry Mouth and Skin

Don't wait until you're thirsty to take a drink!

Stay Well Hydrated for Good Health!

Fluids help your body in many different ways:

- Prevents dehydration
- Clears your kidneys after chemotherapy
- Helps your body use nutrients well
- Prevents constipation

Drink Up!

Try these beverage options to help meet your daily fluid needs.

- Fruit juice
- Fruit-flavored drinks
- Lemonade
- Milkshakes
- Nutrition Supplements
- Pasteurized Eggnog
- Smoothies
- Sports drinks
- Whole Milk
- Decaffeinated drinks

