

# STAYING HYDRATED DURING CANCER TREATMENT

Ridley-Tree Cancer Center, Oncology Nutrition

## Hydration options - fluids are not just your water intake

*Tea, juice and liquid foods like soups, smoothies and yogurt can count towards your fluid goal. Try some of the following options which have the benefits of both hydration from fluids AND nutrients from food.*

- Try coconut water, cactus water or aloe vera water. These waters are the clear liquid found inside coconuts, cacti or aloe vera plants.
- Drink electrolyte beverages as they contain water enhanced with minerals like sodium, potassium, and calcium.
- Choose juices, milks, lemonade, iced tea and even popsicles that are either unsweetened or lightly sweetened.
- Have protein shakes, smoothies and bottled nutritional supplements.
- Eat healthy snacks like bone broth, soups, yogurt and frozen yogurt.

## Overcoming barriers to staying hydrated

*Since fluid requirements may increase during cancer treatment, it is helpful to count all fluids toward your daily fluid goal. Perhaps you don't feel thirsty, you simply don't like the taste of water or you have a feeling of fullness. These tips can help overcome barriers to staying hydrated.*

- Drink fluids throughout the day. Set a timer and try to drink 4 to 6 ounces every hour while you are awake until you meet your fluid goal.
- Divide your day into 3 parts. If you need 100 ounces of fluid per day, plan to drink at least 32 ounces or one liter in each part of the day.
- At the start of every day, measure out your daily water intake into a pitcher. Keep it on your kitchen counter or in your fridge and drink water from that pitcher throughout the day until it's empty.
- Bring a water bottle with you when you leave the house and regularly sip from it.
- Keep a fluid journal or use a smart phone app to track how much you are drinking.
- When you aren't eating a lot of solid food, make some of your fluids calorie-containing, like soups and smoothies.
- If water tastes funny or bad to you, try adding lemon, cucumber or watermelon to enhance the flavor of your water.

## ELECTROLYTE PRODUCTS

There are many brand name electrolyte replacement products on the market. Depending on your health situation, you may require certain amounts of electrolytes. Consult with your health care provider or Oncology Nutritionist to identify what is best for you. Below is a sample of some products currently available.

Brand	Type	Serving size	Calories	Sodium (mg)	Chloride (mg)	Potassium (mg)	Magnesium (mg)	Calcium (mg)	Total carbohydrates (g)	Added sugars* (g)
<b>Nuun Instant</b>	Powder	1 pack	25	520	250	385	8	20	7	5
<b>DripDrop</b>	Powder	1 stick	35	330	0	185	39	0	9	7
<b>Pedialyte® CLASSIC (unflavored)</b>	Bottle	12 fl oz	40	370	550	280	0	0	10	9
<b>Bolt 24 (Gatorade)</b>	Bottle	16.9 oz	40	230	0	60	0	0	11	8
<b>Liquid IV Hydration Multiplier</b>	Powder	1 stick	45	500	0	390	0	0	11	11
<b>Powerade</b>	Bottle	12 oz	80	150	0	0	0	0	21	21
<b>Harmless Harvest Coconut Water</b>	Bottle	12 oz	90	55	0	812	29	69	23	0
<b>Cera (Ceralyte 90)</b>	Powder	50g packet	160	2070	2832	800	0	0	40	8
<b>NOOMA Organic Sports Hydration Mix</b>	Powder	1 pack	25	180	0	300	0	0	6	0

*\*No added sugar or the least amount of added sugar is optimal. All product information and nutrition facts were pulled from company websites. Ridley-Tree Cancer Center will not be held responsible for any damages as a result of using these services and does not endorse any of these products.*

# HEALTHY SMOOTHIE RECIPES

**Directions:** For all recipes below, combine ingredients in a blender and blend until smooth. Adjust liquid amounts for desired consistency.

## The Basic Smoothie

1 banana  
1 cup frozen fruit  
8 oz plain yogurt

## Veggie Smoothie

½ avocado  
½ medium cucumber  
1 stalk celery  
1-2 handfuls of greens (spinach, swiss chard)  
Add water to desired consistency

## Groovy Green Smoothie

1 banana, cut in chunks  
1 cup grapes  
6 ounce plain Greek yogurt (full fat)  
1 tsp vanilla extract  
½ apple, cored and chopped  
½ cups fresh spinach leaves

## Chocolate-Covered Strawberry Smoothie

1 cup of strawberries (fresh or frozen)  
½ cup Greek yogurt  
½ avocado  
1 serving chocolate whey protein powder

For more information about Oncology Nutrition at Ridley-Tree Cancer Center, visit our website at <https://nutrition.ridleytreec.org>.

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