

Increasing Fluid Intake

It is very important to drink plenty of fluids when you are receiving cancer treatment. It may be necessary to drink even when you are not thirsty. Drink at least 8 to 10 cups (2 – 2 ½ litres) of fluid daily.

- Drink fluids throughout the day, such as:
 - Water, sparkling water, juice, soups, popsicles, caffeine-free soft drinks
- Carry a water bottle with you.
- Limit caffeine or alcohol containing beverages.
- Drink most of your fluids between meals so you will not be replacing food with fluid.
- If you are having difficulty maintaining your weight and getting in enough fluids, try some of the following high calorie fluid ideas:
 - Carnation Breakfast Anytime®
 - Meal replacement drinks (Boost Plus®, Ensure Plus®, Meal Cal Plus®)
 - 2%, whole or chocolate milk
 - Soy milk or almond milk
 - Milkshakes or fruit smoothies
 - Yop® (yogurt drink)
 - Eggnog (store bought)
 - Hot chocolate or café au lait
 - Ovaltine® or Postum® made with milk
 - Strained or blended soups
 - Juices or nectars such as carrot, grape, apple, pear, guava, peach, apricot, cherry or lychee (diluted if necessary)
 - Iced tea or fruit flavoured drinks such as Kool Aid®
 - Carbonated drinks (flat)
 - Popsicles, sherbet, ice cream, frozen yogurt bars

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