

# INCREASE HYDRATION

NUTRITION TIPS TO HYDRATE YOUR BODY DURING TREATMENT

## Fluid Hydration

### Why it is important      How much you need

Regulates body temperature, lubricates joints, delivers nutrients to cells, and keeps organs functioning properly.

8-10 cups per day for women  
11 - 14 cups per day for men  
Drink more when exercising or sweating excessively.

## Tips & Tricks

### What counts as a fluid

Many beverages or frozen liquids can count towards your daily fluid goals including water, seltzer water, coconut water, milk, plant-based milk, broth, gelatin, fruit juice, decaffeinated coffee and tea, herbal tea, and sorbet.



### Avoid sugar-sweetened beverages

While sugar-sweetened beverages can contribute to fluid intake, they are often associated with negative health consequences such as weight gain, heart disease, type II diabetes, tooth decay, and non-alcoholic fatty liver disease.

### Some foods can count towards your water intake

Cucumbers, melon, berries, celery, tomatoes, iceberg lettuce, and a variety of soups are foods that have a high water content and can contribute towards your daily fluid goals.



### Try electrolyte powders

Electrolytes can improve the absorption of water in the body leading to better hydration.

Electrolyte powders are added to your water and come in a variety of flavors and include minerals sodium, potassium, magnesium, and calcium.

Look for low-sugar or naturally-sweetened powders.

ASK YOUR DOCTOR OR DIETICIAN ABOUT YOUR PERSONAL HYDRATION GOAL