

# Healthy Drinking

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We often hear how important healthy eating is during illness. We need high nutrient foods to help our immune systems fight off diseases and to help heal from the disease and treatment. But how important is healthy drinking?

Getting enough to drink makes a huge difference. Treatments like chemotherapy and radiation can leave you dehydrated. It is also important to keep your kidneys flushed, especially if taking certain drugs. If side effects such as vomiting or diarrhea occur, it is crucial to get enough fluids. Here are some ideas to help you stay hydrated:

- Keep a big water bottle or cup with you at all times to remind you to drink.
- If water tastes strange, add some flavor. Flavored waters, lemonade, Crystal Light or Gatorade may be more palatable.
- Chicken soup and broth also provide lots of fluid.
- Jello and popsicles are easily tolerated if you experience nausea.
- Avoid too much coffee, tea or caffeinated drinks