

# Drink this to feel better



Try as you might to stay healthy, avoiding a cold or other illnesses in the cooler weather feels like an impossibility.

When you're under the weather, feeling better is the priority. It is important to stay hydrated, especially if you have a fever or are breathing out of your mouth because you're congested.

## Dehydration could make your illness worse.

Some consequences of dehydration include:

- Headache
- Fatigue
- Dizziness
- Electrolyte imbalances
- Kidney issues
- Shock and more

**Did you know?**  
Up to  
**78%**  
of your body  
is made of water.<sup>1</sup>



**The best source of hydration when you're sick is water.** Jazz it up with a slice of fruit or a sprig of an herb for a little taste. If you're looking for variety, consider:

**Decaffeinated green or herbal tea.**

**Bone broth.** Either prepared or homemade, it gives you some nutrients, including protein.

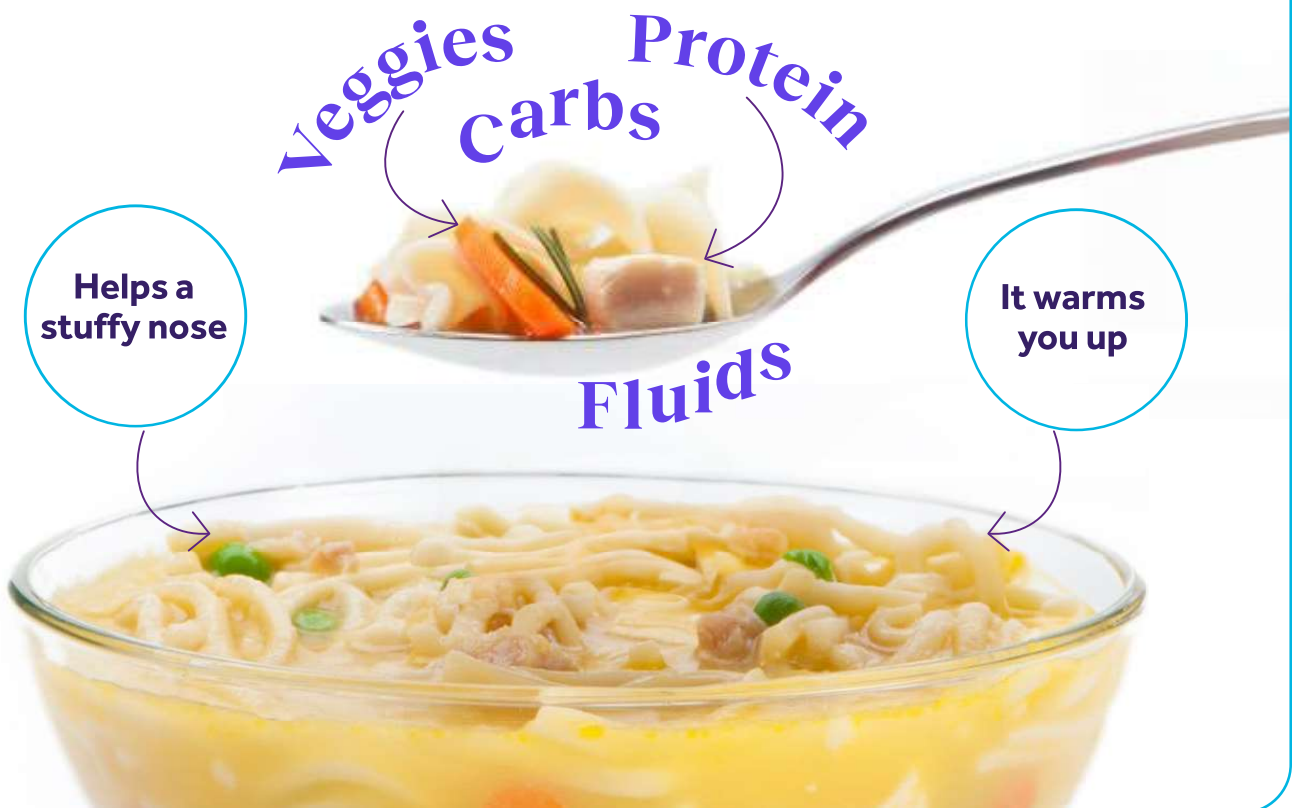
**Tomato or vegetable juice.** Choose a low-sodium option and enjoy the vitamins.

**Coconut water.** It's refreshing and full of electrolytes.<sup>2</sup>

**Frozen melon, berries, peach slices or fruit bars.**<sup>3</sup> They feel cooling if you're feverish and can help soothe a sore throat.

It's a good idea to consume beverages throughout the day. Drink with each meal if you're up for eating. Sip between meals and whenever you feel thirsty.

If you feel well enough to eat, **chicken noodle soup** is a great choice.



**It's delicious!**

Makes 6 servings | Prep: 10 min | Cook time: 35 min



## Classic chicken noodle soup

To make **gluten-free** soup, substitute 6 ounces of rice noodles for egg noodles and reduce your cooking time to 6 minutes or when the noodles are tender.

To make **vegan** soup, use low-sodium vegetable broth instead of chicken broth, sub in 1 cup of cubed firm tofu instead of chicken and use 6 ounces of plain, not egg, noodles or even rice noodles.

### Ingredients

- 1 teaspoon olive oil
- ½ cup minced onion
- ½ cup diced carrots
- ½ cup sliced celery
- 2 garlic cloves, crushed
- 2 tablespoons cornstarch
- ¼ teaspoon dried oregano
- 1 bay leaf
- 3 cups reduced-sodium chicken broth
- 1 cup chopped cooked chicken breast
- 6 ounces medium egg noodles, uncooked
- Black pepper to taste

### Preparation

In a large saucepan over medium heat, heat the olive oil. Add onion, carrots, celery and garlic. Sauté until tender, about 5 to 6 minutes. Sprinkle the cornstarch and dried oregano over the vegetables and stir to combine. Cook for 1 minute. Stir in chicken broth and bay leaf. Bring to a boil and reduce heat. Simmer, covered, for 20 minutes. Add chicken and noodles. Cook, covered, for another 10 minutes or until the noodles are tender. Discard the bay leaf. Add black pepper to taste.

### Nutrition information | Serving size: 1 cup



Calories: 117 | Total fat: 3 g | Saturated fat: 1 g | Sodium: 69 mg | Cholesterol: 28 mg  
Total carbs: 13 g | Fiber: 1 g | Sugars: 2 g | Protein: 9 g | Potassium: 92 mg

Learn how we can help support you on your wellness journey.

To sign up or learn more, go to  
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<sup>1</sup><https://my.clevelandclinic.org/health/diseases/9013-dehydration>

<sup>2</sup><https://www.eatright.org/health/wellness/diet-trends/coconut-water-is-it-what-its-cracked-up-to-be>

<sup>3</sup><https://www.eatright.org/health/wellness/healthful-habits/feeding-children-when-they-are-sick>