

# Your daily fluid allowance

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It is important to keep to your daily fluid allowance so that extra fluid does not build up in your body.

Name: \_\_\_\_\_ Your daily fluid allowance: \_\_\_\_\_

## What counts as a fluid?

Milk, water, juice, soup, pop, coffee, tea and alcohol are common fluids. Anything that melts at room temperature is also a fluid. This includes ice cubes, Popsicles<sup>®</sup>, Jell-O<sup>®</sup>, ice cream and sherbet.

The water you drink with your medications is also a part of your daily fluid allowance. You can use apple sauce instead of water to help swallow any medications that you take with meals.

## Tips to help you keep to your daily fluid allowance ...

1. Limit your intake of salty foods. Eating salty foods will make you thirsty.

### **Foods high in salt include:**

- processed meats
- canned/ packaged soups
- sauerkraut
- pickles
- salted snack foods
- condiments such as soya sauce and steak sauce
- salt added in cooking and at the table
- seasoning salt, sea salt
- restaurant and take out food
- frozen convenience foods such as lasagna or chicken fingers

2. Avoid spicy foods – they will make you thirsty.

3. Often a dry mouth is confused with thirst. Here are some ways to help moisten your mouth:

- Suck on sour candies or chew gum.
- Try lemon wedges.
- Try ice cubes or frozen juice instead of water as these last longer in your mouth.
- Rinse your mouth with water without swallowing.
- Try eating fresh or frozen fruits such as frozen grapes, or fresh vegetables.
- Add jam, jelly or apple sauce to breads.
- Brush your teeth more often.
- Use a humidifier to moisten the air.

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**please turn over →**

## When should I take my fluids?

Spread your fluid allowance over the whole day to help control your thirst. Plan ahead and keep track. Each time you drink, measure it first and write it down.

Drink small portions of fluid each time. Use small cups or glasses and sip slowly. Measure how much fluid your favourite glass, cup, or ice cube tray holds.

## Your fluid allowance

Your Dietitian or Dietetic Assistant will talk to you about what types of fluids to have.

<b>Breakfast</b>	_____
<b>Morning Snack</b>	_____
<b>Lunch</b>	_____
<b>Afternoon Snack</b>	_____
<b>Supper</b>	_____
<b>Evening Snack</b>	_____

## Dietitian's or Dietetic Assistant's suggestions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Conversion: ½ cup = 125 ml, 1 cup = 250 ml, 4 cups = 1 litre**