

Restricting Fluid

You have been asked to limit the amount of fluid you consume every day. You can still have fluids that you enjoy, but now you need to keep track of the amount you consume. Sudden weight gain can be a sign of fluid retention (edema), this could happen as quickly as overnight. Weight gain from fat or muscle happens slowly, over weeks or months. Weigh yourself at the same time every morning and notify your health care team if your weight is suddenly increasing (3 or more pounds in a day or 5 or more pounds or more in a week).

How much fluid can I have each day?

Limit fluid to no more than _____ cups or _____ mL every day (24 hours).

Which foods and drinks do I count as part of my fluid intake?

You need to keep track of any food that is liquid at room temperature. Circle any food or drinks in the lists below that you consume.

Drinks:

- Water
- Milk, coffee creamers
- Milkshakes, smoothies
- Juice, crystal drinks, pop, slushes, sport drinks
- Coffee, tea, latte, hot chocolate
- Soy and rice beverage
- Alcoholic drinks (hard liquor, beer, wine)
- Liquid nutritional supplements.
- Any drink thickened to help with swallowing problems



Foods that count as fluid:

Half a cup (125 mL) of the foods below is the same as a half cup of fluid.



- Ice cream
- Sherbet
- Sauces/gravies
- Jello
- Soups/broth
- Popsicle
- Canned fruit syrup or juice
- Ice counts as fluid. Melt one ice cube from your freezer and measure the melted fluid. Most ice cubes are 1-2 Tbsp. (15-30 mL) of fluid. When crushed, 1 cup (250 mL) of ice equals about 2/3 cup (150 mL) of fluid.

How can I avoid drinking too much fluid?

- Sip fluids slowly & drink only when thirsty.
- Take pills with yogurt or applesauce instead of water.
- Drink from a frosted glass or use reusable ice cubes instead of ice.

Tips for when your mouth is dry:

- Suck on hard, sour, sugar-free candies, or chew gum.
- Chew on frozen fruits (such as grapes, strawberries, peaches, pineapple etc.).
- Ask your doctor or pharmacist for products that help with dry mouth.

How do I keep track of the fluid that I eat or drink?

Write down (track) how much fluid you drink each day. Bring your fluid tracking record to your next doctor or dietitian visit to discuss how your fluid restriction is working.

Tracking your fluid:

One example of how to track your fluids:

1. Pour water, equal to the amount of fluid you are allowed in a day, into an empty water bottle. Mark the bottle and empty the bottle.
2. Every time you consume fluids, **add the same amount of water to the empty bottle you marked.** Stop consuming fluids when the bottle is filled to the line.



