What are Fluids?

Anything that is liquid at room temperature counts as a fluid. The pictures below are examples of fluids. Talk to your dietitian about how much fluid is right for you to drink every day.

You can drink up to _____ cups or _____ mL of fluid in 24 hours.

1 cup = 8 fluid ounces = 250 mL

Water	Coffee and tea	Juice	Pop and sports drinks
Ice	Soup, low salt	Gravy and sauce, low salt	Juice from canned fruit
Gelatin dessert	Frozen ice pops	Ice cream and sherbet	Wilk and soy beverage
Nutrition supplement drink	Coffee drinks and blended drinks	Alcohol (ask your healthcare team about it)	

Measure up!



Do you know how much fluid your drinking glasses, tea or coffee cup, and soup bowls hold? Fill them with water, then pour the water into a measuring cup.

Knowing how much liquid they hold will help you plan your fluid intake for the day.



Limit salt and foods higher in salt (sodium)

Eating less salty foods and sodium can help you manage thirst.



Limiting fluids may help you feel better

Ask your healthcare team if limiting fluids every day is right for you.

If you need to limit fluid, here are tips to help with thirst and dry mouth:



Take your pills with soft foods like applesauce, instead of liquid.



Suck on sugar-free hard sour candies or chew sugar-free gum.



Suck on a few ice chips or a sugar-free frozen ice pop.



Brush and floss your teeth more often to keep them clean.



Manage your blood sugar if you have diabetes.



Eat frozen fruits like grapes, berries, peaches, or pineapple chunks.



Eat crunchy vegetables and fruit like carrots, peppers, celery, cucumber, or apples.



Ask your doctor or pharmacist for products that help with dry mouth.



Drink from a small glass or cup.



Practice sipping fluids slowly.

What are Fluids

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