

# 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.

Have no more than \_\_\_\_\_ mL or \_\_\_\_\_ cups of fluid in 24 hours.

1 cup = 8 fluid ounces = 250 mL



Water



Coffee and tea



Juice



Pop



Ice



Soup



Alcohol



Syrup



Jell-O®



Popsicle



Gravy and sauce



Ice cream and sherbet



Canned fruit



Milk and soy beverage



Nutrition supplement drink

## Measure up!



With a measuring cup, measure your drinking glasses, tea or coffee cup, and soup bowls. Fill them up 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.

## Fluid control hints

Below is a list of tips to control your thirst. Ask your dietitian which tips are right for you.

### Try these tips to decrease your thirst:

- suck on sugar-free hard sour candies
- chew sugar-free gum
- use water from a spray bottle
- suck on a few ice chips or a sugar-free popsicle
- eat frozen fruits (such as grapes, strawberries, peaches, or pineapple chunks)\*
- eat crunchy vegetables and fruit like celery, cucumber, green peppers, or apples\*
- brush and floss your teeth more often to keep them clean
- use a cold air humidifier, especially at night
- to keep lips from drying out, use a lip balm with no petroleum in it
- ask your doctor or pharmacist for products that help with dry mouth



\*If you have kidney problems, choose fruit and vegetables low in potassium such as those listed above. Ask your dietitian which fruits and vegetables you should choose.

### Try these tips to cut down on the fluid you drink:

- drink only when you are thirsty
- drink from a small glass or cup
- drain liquid from canned fruit
- learn to sip fluids slowly
- use less salt from the salt shaker
- don't eat foods that have a lot of salt in them
- control blood sugars if you have diabetes
- take your pills at meal time

