

Your Fluid Allowance

_____ cups = _____ ounces = _____ mL/cc

What are the primary guidelines?

- Keep track of the amount of fluids recommended for your daily needs.
- Count all beverages: water, juice, pop, formula, tea, coffee
- Count all soups (select low sodium only)
- Count all watery foods that melt: ice, jello, sherbet, popsicles
- Count juicy fruits beyond 4 half-cup servings: (Melons, citrus, grapes, etc)
- Eat a low sodium diet (2,000mg Sodium/day or less)
- Avoid using: Salt, Seasoning Salts, and foods with added Salt
- Keep track of your weight. If swelling occurs, decrease fluid intake by 1 ½ cups per day.

What is a simple way for keeping track of my fluid intake?

- **Measure** _____ cups of water into a clear plastic container with a lid - an empty large pop bottle works well. Place this container on your kitchen counter.
- **Each time** you eat or drink, count the amount of fluids coming from beverages and food.
- **Pour an equal amount** of fluid out of the stored water-container after each meal, snack, or beverage break. This will give you an idea about how much fluid you have consumed and how much is left over from your daily allowance.

What are some helpful tips to reducing dry mouth?

- Snack on **frozen** grapes or strawberries.

- Gargle with alcohol-free mouthwash. Gargles with alcohol can make your mouth feel dry. Swish with water and spit it out.
- Suck on hard sugarless candies and chew sugarless gum. Chew on fresh peeled ginger.
- Apply Vaseline to lips if they are dry.
- Try artificial saliva.

What do I need to remember about fluids and taking medications?

- Take medications with allowed amount of fluids, or take with food.
- Save fluids from your meals to take pills. Some medicines say to take with a full glass of water – check with your nurse or doctor first.
- You may feel thirsty or think you need more fluids when your lungs and body have too much fluid. Why? A dry mouth can be due to mouth breathing. Also, chemicals/hormones can stimulate the thirst centers of the brain. You may also have fluid in the legs or other parts of the body, related to gravity.

Why do I need to follow a fluid restriction?

- To prevent excess fluid collection in your body.
- Extra fluid causes many of your symptoms, such as shortness of breath and swelling, so avoid extra fluids beyond your prescribed limit.
- Proper fluid balance puts less stress on your heart and kidneys.

Menu Planner for Fluids For a 1.5 Liter (1500 mL) daily limit:	Remember to count the fluids in soups and watery foods that melt as part of these fluids. Don't forget to take all allowed medications with these.	Menu Planner for Fluids For a 2 Liter (2000 mL) daily limit:
Breakfast: 1 ¼ cups fluid		Breakfast: 2 cups fluid
AM Snack: 1 cup fluid		AM Snack: 1 ¼ cups fluid
Lunch: 1 cup fluid		Lunch: 2 cups fluid
PM Snack: 1 cup fluid		PM Snack: 1 cup fluid
Supper: 1 cup fluid		Supper: 1 cup fluid
Night Snack: 1 cup fluid		Night Snack: 1 cup fluid

What are some tips for healthy eating habits while limiting sodium and fluids?

- Select nutrition rich fluids, like Skim Milk plus Carnation Instant Breakfast or Boost, if your appetite is low. Note that one can of Boost or Ensure = ½ Meal.
- Snack on a variety of fresh vegetables anytime.
- Eat well balanced meals by selecting a variety of grain products, Vegetables, Fruits, Low Fat Dairy, and Lean Meats.
- Improve food flavor by using lemons, citrus rind, vinegars, mustard, pungent vegetables (onions & garlic), fresh herbs and dry spices, spicy hot peppers or hot sauces, wine, or flavoring extracts.
- Eating salty foods will increase your thirst as well as cause you to retain more fluids, so follow a low sodium diet.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

CVC control #60

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Keeping Track of Your Fluids – Written Method

Time	Type	Amount
Breakfast		
Midmorning		
Lunch		
Mid-afternoon		
Dinner		
Evening (6pm to midnight)		
Midnight to 6AM		
TOTAL		

Fluid Equivalents for Inpatients		
Food Products, Serving Size	Amount of Water per Serving	
Beverages		
Juice Box, individual, 4 ounces	120 cc	½ cup
Milk, 8 ounce carton	240 cc	1 cup
Soy Milk, 8 ounces		
Carbonated Soda Pop, 8 ounces		
Coffee and Tea, 8 ounces		
Water, 8 ounces		
Alcoholic beverages, 8 ounces		
Oral Supplements		
Mighty Shakes, 4 ounces	120 cc	½ cup
ReGen, 4 ounces	165 cc	2/3 cup
Nestle Berry/Orange Drink, 5.5 ounces		
Boost, 8 ounces		
Boost Plus, 8 ounces		
Carnation Instant Breakfast, 8 ounces		
Nutren Renal, 8 ounces		
Scandishake, 8 ounces	240 cc	1 cup
Suplena, 8 ounces		
Frozen Foods		
Sherbet, ½ cup	60 cc	¼ cup
Ice cream, ½ cup	60 cc	¼ cup
Popsicle, 2 ounce	60 cc	¼ cup
Popsicle, Patriotic	120 cc	½ cup
Lemon Ice	120 cc	½ cup
Hot Foods		
Soup, ½ cup	120 cc	½ cup
Juicy Fruits		
Melon, Orange, Grapes, 1 cup diced	120 cc	½ cup
UM Disposable Drinking Containers		
Small clear plastic cup	210cc	¾ cup
Small Styrofoam cup	300cc	1 ¼ cup
Large Styrofoam cup	480cc	2 cups
Small clear plastic cup filled with ICE only	100cc	1/3 cup
Small Styrofoam cup filled with ICE only	150cc	2/3 cup
Large Styrofoam cup filled with ICE only	220cc	1 cup