

Fluid Restriction - Chinese Foods

Some people with kidney disease need to restrict fluid intake. Please talk to your dietitian about your personal fluid needs.

- Large weight gains between dialysis runs. Aim for less than ____ kg fluid weight gain between dialysis runs.

Why do I need to limit my fluid intake?

If you make very little or no urine, the fluid you drink stays in your body.

Too much fluid can cause:

- High blood pressure
- Fluid in the lungs, making it hard to breathe
- Puffy hands, face and feet
- Extra work for your heart which can lead to heart failure
- Cramping on dialysis

How much fluid can I drink?

No more than ____ cups of fluid each day.
(1 cup = 8 fluid ounces = 250 mL)

The amount you can drink depends on how much urine you make.

What counts as fluid?

If the food can melt or is liquid at room temperature, it is part of your daily fluid intake.

Fluids Include:



Water



Ice (1 cup of ice = 2/3 cup water)



Tea and coffee beverages



Milk and plant-based beverages



Juice



Congee, soups, and dessert soups



Soda pop



Alcoholic beverages



Ice cream and ice cream bars



Jell-O®



Popsicle and shaved ice desserts



Nutritional supplements such as Ensure®, Glucerna®, and Nepro®

Tips to reduce fluid intake:



- Choose lower-sodium foods to reduce thirst



- Maintain good blood sugar control as high blood sugars will cause thirst



- Measure and record your fluids for a few days to see how much you are drinking



- Choose smaller cups. Your usual cup may hold more than you think



- Sip fluids slowly. Try using a straw



- Use small amounts of water or soft foods to take pills



- Suck on ice chips, lemon slices, lime slices, or frozen fruit such as strawberries, blueberries or grapes



- Chew sugar free gum or sugar free sour candy



- Brush your teeth often



- Rinse your mouth with water or alcohol-free mouthwash

Note: This handout does not replace consultation with your kidney dietitian or health care provider.