

Limiting Your Fluids

With some diseases, you need to limit your fluids for your health. Drinking too much fluid may cause a build up of fluid in the body that can be harmful. Drinking as little as 2 cups of fluid over your daily limit can increase your body weight by 1 pound. Weight gain over a 2 to 3 day period could put your health at risk.

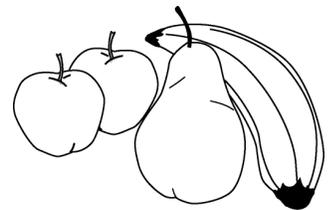
All foods that can be poured or that are liquid at room temperature are counted as fluids. Measure all fluids in a standard 8-ounce or 1 cup measuring cup. You can buy measuring cups at any grocery or discount store.

Your fluid allowance is _____ ounces, _____ milliliters, or _____ cups a day.

Your doctor may also have you measure the amount of urine you make daily. If so, your doctor or nurse will teach you how to do this.

These fluids need to be measured and counted in your daily fluid allowance:

- Water, juice, soup and all hot or cold beverages
- Fruits: as a general rule, 1 cup of fruit = $\frac{1}{2}$ cup fluid
- Ice: 1 ice cube = 2 tablespoons or 30 milliliters (ml) fluid or 1 cup crushed ice = $\frac{1}{2}$ cup fluid
- Ice cream, sherbet, yogurt or pudding: $\frac{1}{2}$ cup = $\frac{1}{4}$ cup fluid
- Gelatin such as Jell-O: $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fluid
- Popsicles: 1 twin bar = $\frac{1}{3}$ cup fluid



One way to keep track of your fluid allowance:

Every morning, pour water into a pitcher that equals your daily fluid allowance. Every time you take a drink, pour the same amount of water out of the pitcher. This includes fluid you drink when taking medicine. Using this method, you will know how much fluid you have left for that day.

Fluid Conversion Table

1 quart	=	32 ounces or 4 cups	=	960 milliliters
2 ½ cups	=	20 ounces	=	600 milliliters
1 pint	=	16 ounces or 2 cups	=	480 milliliters
1 cup	=	8 ounces	=	240 milliliters
¾ cup	=	6 ounces	=	180 milliliters
⅔ cup	=	5 ⅓ ounces	=	158 milliliters
½ cup	=	4 ounces	=	120 milliliters
⅓ cup	=	2 ⅔ ounces	=	80 milliliters
¼ cup	=	2 ounces	=	60 milliliters
1 tablespoon	=	½ ounce	=	15 milliliters
1 teaspoon	=	1/6 ounce	=	5 milliliters

Remember

- If you avoid salty food, you will be less thirsty.
- To moisten your dry mouth:
 - ▶ Use sliced lemon wedges.
 - ▶ Use sour hard candies and chewing gum if allowed on your diet.
 - ▶ Rinse your mouth with water, but do not swallow.

- Weigh yourself daily and record. You should weigh yourself at the same time of day each day and wear the same amount of clothing.

Talk to your doctor or nurse if you have any questions or concerns.

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