

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



Xaddididda Cabitaannadaada

Markaad qabto cudurrada qaarkood, waxaad u baahan tahay in aad xaddiddo cabitaannadaada caafimaadkaaga awgiis. Cabidda cabitaanno fara badan waxay keeni kartaa korrorka cabitaan jidhkaaga ku dhex sameysma kaasoo wax kuu dhimi karaya. Cabidda inta ugu yar oo ah 2 koob oo cabitaan ah oo dheeraad ku ah xadkaaga maalmeed waxay kordhin kartaa miisaanka jidhkaaga 1 rodol. Miisaanka ka sareeya muddo 2 ilaa 3 casho ayaa wuxuu khatar galin kara caafimaadkaaga.

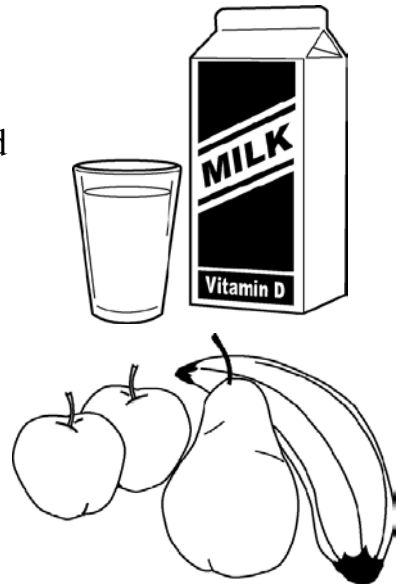
Dhammaan cuntooyinka la shubi karayo ama dareeraha ku ah heerkulka qolka waxaa lagu tiriyaa cabitaanno. Cabitaannada oo dhan ku cabbir heerka 8-wiqiyadood ama 1 koob ee koobka cabbirka. Waxaad koobabka cabbirka ka soo gadan kartaa dukaanka ama dukaanka qiimaha la dhimay.

Qiyaasta dareerahaagu waa _____ wiqiyadood, _____ millilitir, ama _____ koob maalintiiba.

Dhakhtarkaaga ayaa laga yaabaa inuu cabiro qiyaasta kaadida ah eed maalin walba aad samayso. Haddii ay sidaa tahay, dhakhtarkaaga ama kalkaaliyahaaga caafimaadka ayaa ku bari doona sida loo qabto arrintan.

Dheecaanadini waxay u baahan yihiin in la qiyaaso oo la tiriyo inta la oggol yahay dheecaanadaada maalin walba:

- Biyo, sharaab, maraq iyo dhammaan cabitaanka kulul iyo qabow
- Khudaarta: xeerka guud, 1 koob oo khudrad ah = (una dhiganta) $\frac{1}{2}$ koob oo sharaaba
- Baraf: 1 fud oo barafa = (una dhiganta) 2 mulqaacad buuxda ama 30 mili sharaaba ama 1 koob oo baraf la burburiyey ah = (una dhiganta) $\frac{1}{2}$ koob oo sharaaba



- 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 $\frac{1}{2}$ cups	=	20 ounces	=	600 milliliters
1 pint	=	16 ounces or 2 cups	=	480 milliliters
1 cup	=	8 ounces	=	240 milliliters
$\frac{3}{4}$ cup	=	6 ounces	=	180 milliliters
$\frac{2}{3}$ cup	=	5 $\frac{1}{3}$ ounces	=	158 milliliters
$\frac{1}{2}$ cup	=	4 ounces	=	120 milliliters
$\frac{1}{3}$ cup	=	2 $\frac{2}{3}$ ounces	=	80 milliliters
$\frac{1}{4}$ cup	=	2 ounces	=	60 milliliters
1 tablespoon	=	$\frac{1}{2}$ ounce	=	15 milliliters
1 teaspoon	=	$\frac{1}{6}$ ounce	=	5 milliliters

- Jallaatada barafa, jalaato sonkor iyo khudrad laisku qooshay ka kooban, ciir ama labaniyad: $\frac{1}{2}$ koob = (una dhiganta) $\frac{1}{4}$ koob oo sharaaba
- Budada daqiiqda ah ee lagu diyaariyo labaniyada sida jeesh timaha adkaysa oo kale-O: $\frac{1}{2}$ koob = (una dhiganta) $\frac{1}{2}$ koob oo sharaaba
- Popsicles: 1 jab = (una dhiganta) $\frac{1}{3}$ koob oo sharaaba

Hal hab ood ula soconayso qiyaasta lagaaga oggol yahay sharabaabkaaga:

Aroor kasta, ku shub biyo jeeg u dhigma qiyaasta sharaabka ah ee maalin walba lagu oggolyahay. Waqti kasta ood biyo cabto, ka shub qiyaas isku mida jeega. Tan waxaa ku jira sharaabka aad cabto markaad qaadanaysi daawada. Isticmaalka dariiqadan, waxaad oggaan doontaa inta ay leeg tahay sharaabka aad ka tagtay maalintaas.

Shaxda Isku Badalka Sharaabka

1 quart	=	32 wiqiyadood ama 4 koob	=	960 millilitir
2 $\frac{1}{2}$ koob	=	20 wiqiyadood	=	600 millilitir
1 baynt	=	16 wiqiyadood ama 2 koob	=	480 millilitir
1 koob	=	8 wiqiyadood	=	240 millilitir
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1 qaado	=	$\frac{1}{2}$ wiqiyad	=	15 millilitir
1 qaado	=	$\frac{1}{6}$ wiqiyad	=	5 millilitir

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.

Xusuusnow

- Haddii aad ka fogaato cuntooyinka cusbada leh, oon badan ku qaban maayo.
- Si aad u qoyso afkaaga engegan:
 - ▶ Isticmaal gaballo liin la jeexay ah.
 - ▶ Isticmaal nac-nacyada adag ee dhanaan iyo xanjo haddii laguugu oggol yahay cuntada lagu qoray.
 - ▶ Afkaaga biyo iska raaci, laakiin ha liqin.
- Maalin walba is miisaan oo diiwaan geli miisaanka. Waa inaad is miisaantaa isla waqtigii maalin walba aadna xidhataa isla xaddi dhar ah.

Lahadal dhakhtarkaaga ama kalkaaliyaaga caafimaadka haddii aad hayso wax su'aalo ah ama cabasha ah.

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