

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.

You can drink up to _____ cups or _____ mL of fluid in 24 hours.

1 cup = 8 fluid ounces = 250 mL

 Water	 Coffee and tea	 Juice	 Pop and sports drinks
 Ice	 Soup, low salt	 Gravy and sauce, low salt	 Juice from canned fruit
 Gelatin dessert	 Frozen ice pops	 Ice cream and sherbet	 Milk and soy beverage
 Nutrition supplement drink	 Coffee drinks and blended drinks	 Alcohol (ask your healthcare team about it)	

Measure up!



Do you know how much fluid your drinking glasses, tea or coffee cup, and soup bowls hold? Fill them 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.

Limit salt and foods higher in salt (sodium)

Eating less salty foods and sodium can help you manage thirst.



Limiting fluids may help you feel better

Ask your healthcare team if limiting fluids every day is right for you.

If you need to limit fluid, here are tips to help with thirst and dry mouth:



Take your pills with soft foods like applesauce, instead of liquid.



Eat frozen fruits like grapes, berries, peaches, or pineapple chunks.



Suck on sugar-free hard sour candies or chew sugar-free gum.



Eat crunchy vegetables and fruit like carrots, peppers, celery, cucumber, or apples.



Suck on a few ice chips or a sugar-free frozen ice pop.



Ask your doctor or pharmacist for products that help with dry mouth.



Brush and floss your teeth more often to keep them clean.



Drink from a small glass or cup.



Manage your blood sugar if you have diabetes.



Practice sipping fluids slowly.