

Fluids



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Fluids

Use up to _____ millilitres (ml) of fluid per day

1 cup = 8 fluid ounces = 250 mL

Fluid includes anything that is a liquid.

Some examples of fluid are:

Water

Tea or Coffee

Milk, Cream

Juices and Fruit Drinks

Soda Pop

Soup

Jello

Ice cream, Sherbet

Popsicle

Ice Cube

Alcoholic drinks

Liquid Nutrition Supplements (Ensure[®], Boost[®])



Helpful Tip:

With a measuring cup, measure the amount of fluid held by your drinking glasses, tea or coffee cup, and soup bowl. Knowing how much liquid they hold will help you to plan how much fluid you can drink for the day.



Tips To Help Control How Much Fluid You Drink & Your Thirst

How to limit the fluid you drink:

- Plan ahead to spread out the fluid you drink over the day (i.e. skip tea at lunch to save fluid for punch at the party).
- If possible, swallow your pills along with meals or with soft food, like applesauce. Save your fluid for something you enjoy. Check with your doctor or pharmacist about which pills can be taken with meals.
- Use a small cup and glass. Learn to sip fluids slowly.
- Measure out part of the amount of fluid you are allowed to drink each day as ice. Store it in a special container in the freezer. Most people find ice more pleasing than the same amount of water, since it stays in the mouth longer. Be sure you know how much fluid is in one ice cube. Try melting one cube and measure how much fluid it contains.
- Freeze some of your fruit juice or soda pop in an ice cube tray. Use the cubes as part of your daily fluid amount.
- Drink your liquid very hot or cold. This may be more pleasing to you.
- Post some paper on the fridge. Each time you drink, measure it first and mark down the amount on the paper.

How to feel less thirsty:

- Brush teeth more often or rinse your mouth with water, but do not swallow it. (Be sure not to over-brush!)
- Keep your mouth cool and fresh by rinsing with cold mouthwash.
- Lemon wedges, hard sour candies, chewing gum, breath mints or breath spray may help to keep your mouth from drying out.
- Add lemon or lime to your water or ice. The sour taste will help you feel less thirsty.
- Eat fruits and vegetables ice cold. Frozen grapes or strawberries are very nice.
- Try licking a lemon or a lime.
- Use a humidifier to moisten the air. This will help your mouth feel less dry.