

Fluid and Hydration

- If your doctor told you to limit fluids, you may want to **track how much you drink each day**.
- Drinking too much can make your body hold extra fluid. This can make your **heart work harder**.

What counts as fluid?

- **Beverages:** water, flavored waters, milk, milkshakes, coffee, smoothies, vegetable and fruit juices, coconut water, tea, sodas, lemonade, sports drinks, energy drinks, alcohol
- **Soups:** cream soup, broth-based soups, bullion
- **Ice:** ice cream, sherbet, frozen yogurt, popsicles, ice cubes
- **Gelatin:** Jell-O, D-Zerta, gelatin molded fruit salad
- **Creamers:** cream, half and half, non-dairy creamer
- **Fruit:** watermelon, juice from canned fruits
- **Other:** liquid medicine, liquid nutritional supplements



How to measure liquids in food:



Item	Quantity	Count as
Crushed Ice	1/2 cup	1/4 cup fluid
Broth	1 cup	1 cup fluid
Soup	1 cup	3/4 cup fluid
Fruit Juice	1/2 cup	1/2 cup fluid
Fruited Gelatin	1/2 cup	1/3 cup fluid
Gelatin, Plain	1/2 cup	1/2 cup fluid
Ice Cream	1/2 cup	1/2 cup fluid
Frozen Yogurt	1/2 cup	1/2 cup fluid
Sherbet	1/2 cup	1/2 cup fluid
Milkshake	1 cup	1 cup fluid
Popsicle	2 halves	1/3 cup fluid

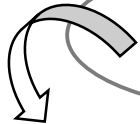
Tips to help drink less:

1. **Follow a low salt diet.** Foods with a lot of salt can make you more thirsty.
2. **Eat more plant foods.** Choose low potassium fruits and vegetables to help your body stay hydrated.
3. **Stay active.** Exercise helps your body lose extra water through sweat.
4. **Stay cool.** Use a fan, a cold cloth, or take a cool shower when it is hot.
5. **Use ice cubes.** Suck on large ice cubes to help your thirst without drinking too much.
6. **Chew gum.** Pick gum with citric acid (like Quench gum) to help your mouth feel less dry.
7. **Add lemon.** Suck on lemon wedges or add lemon to water to help with thirst.
8. **Limit some drinks.** Avoid drinks with caffeine and alcohol. They can make you more thirsty.
9. **Try hard candies.** Sugar-free sour candy or mints can help your mouth feel moist.

Note: If you have been told you need to limit potassium, remember to read labels carefully. Sports drinks, vitamin water, fruit juice, and coconut water can have potassium, sugar, and salt.

Daily Weight Log

Zone	Symptoms	What Should You do?
Green Zone = Good	- No weight gain - No swelling - No shortness of breath - No chest pain - Normal activity level	- Keep taking medications - Keep weighing daily - Continue to follow a low salt diet and fluid restriction - Keep your regular doctor appointments
Yellow Zone = Careful	- Weight gain of more than 2 pounds in one day or 5 pounds in one week - More coughing - More shortness of breath - Waking up with shortness of breath - Extra pillows needed - Swelling of the hands or feet - Stomach bloating	Call your cardiologist or family doctor
Red Zone = Alert!	- Shortness of breath that does not go away - Shortness of breath at rest - Wheezing or chest tightness at rest - Need to sit in a chair to sleep - Feeling confused or disorientated	- See your doctor right away! - If you cannot reach your doctor, go to the nearest Emergency Department. Bring this form with you.

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- Try weighing yourself every morning
 - Empty your bladder before weighing
 - Wear the same amount of clothing
 - Try weighing yourself before you eat or drink anything
 - Try using the same scale

Date	Weight	Blood Pressure	Symptoms

