



Healthy kidneys balance the amount of fluid that enters and leaves the body. Limit your fluid intake if your kidneys cannot maintain this fluid balance. The following is a list that can help you monitor the right amount of fluid each day.

When You Drink

Drink only when you are thirsty. Do not drink to be social or out of habit. When you do drink, follow these tips:

- Measure out the amount of water you will drink during the day.

Hints to Control Thirst

You may have a problem controlling thirst if you are limiting liquids. You can feel less thirsty without drinking extra fluids by following the tips listed below.

- Suck on a lemon wedge when you're thirsty.
- Eat sour candy or chew gum to moisten your mouth. Choose sugar-free types if you have diabetes.
- Control your blood sugar level if you have diabetes.
- Eat less salt so you will feel less thirsty. Read food labels to find salt content.
- Rinse your mouth with water but don't swallow it.
- Suck on a few ice chips.

- Put the water in a container, and drink from that container only.
- Drink from a small glass or cup.
- Take medications with mealtime liquids.

What Counts as a Fluid?

Fluids are foods that are liquid at room temperature. All of the foods listed below count toward your fluid intake:

- Water for drinking and taking medications
- Ice cubes and ice chips
- Coffee and tea
- Sodas
- Milk, cream, and liquid creamer
- Juices, both fruit and vegetable
- Soups
- Popsicles
- Ice cream, sherbets, and sorbets
- Gelatin

