



## Nutrition Tips

### Cool Tips For Hot Weather

### What counts as a fluid?

Anything that is liquid at room temperature

- Water
- Sparkling water
- Ice chips or cubes
- Juice
- Fruit drinks
- Milk
- Milkshakes
- Coffee, Tea, cocoa
- Soda pop
- Beer, wine, liquor
- Soup
- Ice Cream, Sherbet
- Popsicle
- Jell-O

**Try keeping a daily log of how much fluid you drink.**

When you are on dialysis, drinking to cool off is not the best way to stay cool. Here are some ideas to help you keep your fluid gains down to avoid excess buildup of fluid in your body.

Your goal is to leave dialysis at your dry weight. If you are unsure what your dry weight, ask your technician or nurse. You can weigh yourself at home to see how you are doing on your fluid gains. For most people, a good weight gain is 4-6 pounds, (2-3 kg). If you don't know what a good amount of fluid gain for you is between your treatments, check with your technician, nurse, dietitian, or MD.

Because most dialysis patients don't urinate or urinate very little, you are usually not in danger of dehydration during hot spells, especially if you eat and drink normally. Staying inside and keeping cool during hot weather is a good way to avoid serious heat exhaustion or heat stroke, but drinking more fluid than usual may cause fluid overload. Talk with your dietitian about your fluid goals or grab the Fluid Guidelines brochure.





## Check the ideas below that will work for you to keep cool:

- Salty foods make you thirsty. To help control your thirst, limit salty foods you eat.
- Use frozen treats like Popsicles and ice cream to slow down the amount you drink.
- Try drinking cold liquids instead of hot ones.
- Snack on low potassium vegetables and fruits that are ice cold, like chilled sliced pears, apples, grapes or strawberries.
- Try freezing berries or grapes for a cold refreshing snack.
- Sip your beverages slowly. Sipping will let you savor the liquid longer.
- Use small cups or glasses for your beverages.
- Freeze your allowed water in an ice cube tray.
- Freeze Kool-Aid, grape, apple, or cranberry juice in an ice cube tray.
- Try swallowing pills with cold applesauce instead of liquids.
- If you enjoy swimming (and don't have a catheter), find a kiddie pool, local pool or lake to cool down in.
- Wet and freeze washcloths to put on your neck to keep you cool.
- Place a bowl of ice in front of a fan to help cool the air.
- Go somewhere with air conditioning, a church, restaurant, mall, grocery store, community center, or movie theater.
- Try running cold water over your wrists. If your access is in your arm, run the water over your forearms for a few minutes.
- Use a bandana or gel-filled neck cooler. Soak in water and lay around your neck.
- Take a cool shower and be sure to get your hair wet. You lose 10% of your heat through your head. Keeping your hair wet will act like an air conditioner.
- Wear a hat when you have to go out in the sun.