



Nutrition Tips

On Thin Ice

Tips for reducing fluids

- Limit the amount of salty foods in your diet.
- Try drinking cold liquids instead of hot beverages.
- Snack on low potassium fruits and vegetables that are cold. Try chilled sliced pears, apples, or strawberries.
- Try freezing berries or grapes for a cold refreshing snack.
- Sip your beverages slowly.
- Use small cups or glasses for your beverages.
- Try freezing your allowed amount of water into an ice tray. You can also freeze kool-aid, crystal lite, grape, apple, or cranberry juice in cube trays for a special treat.
- Remember to include the ice you consume when tracking your fluid intake.
- Try swallowing pills with cold applesauce instead of liquids.

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

Only ten percent of an iceberg sticks up out of the ocean, the rest is hidden. Your thirst and fluid intake can be like that. Like that iceberg, you may think you are only drinking about a tenth of what you actually consume.

What counts as fluid? The guideline is anything that melts at room temperature. So, besides water, juice, coffee, coffee drinks like lattes, tea, ice tea, alcohol, and soft drinks, be sure you are counting these foods:

Ice? Yes, about half the volume of ice is actually water. While chewing or suck-

Soup Ice Cream Jello Popsicles Ice

ing on ice can be a good way to lessen your thirst, you are still getting fluid from that cup of ice you eat while on dialysis.

Since ice machines, and ice cubes differ in size, if you really want to know how much fluid you are getting, fill a cup of ice up to the top, let it melt, and measure how much water is in the cup. You can also ask your dietitian to help estimate for you. An 8 ounce cup of ice at your unit melts to: _____cup or ____ounces.





How much do they hold?



Cups and glasses are deceiving in size. Get a measuring cup (ask your Dietitian if you don't have one) and measure the amount of fluid your favorite juice glass, coffee cup, travel mug and soup bowl holds. You may be surprised how much fluid you are actually drinking.

**A good goal is
3 to 4 eight ounce cups,
or 24 ounces a day.**

Too much salt?

If you feel thirsty a lot, it is a good sign you are eating too much salt or sodium in your diet. People who only eat about 1,500 mg of sodium a day usually only drink about three 8 ounce glasses of fluid.

So, if you feel thirsty, take a look at the foods you are eating. Try reading labels and writing down how much salt is in each food you eat in a day. Look for lower salt choices at the store, and ask your dietitian for ideas to help you cut down on thirst-making salty foods. Your goal is 1,500 mg/day.

Suck, don't chew

Some people on dialysis may have a strong desire to chew ice. As long as your fluid gains are under control, there is nothing wrong with this, but doctor's suggest you suck on ice instead of chewing it to avoid breaking a tooth.

Safety First!

Remember, eating or drinking at your dialysis is usually not a good thing. If you eat or drink on dialysis, you are at a higher risk of getting a food-borne infection. Your blood pressure may drop during your treatment, causing cramps, headache, vomiting, or low blood pressure. Because of issues of keeping what you eat and drink clean, the staff isn't supposed to get ice for you.