

# FLUID

## LIMIT THE FLUID YOU EAT AND DRINK TO 4 CUPS PER DAY

**Measure what you drink everyday.**

**4 cups = 1 quart = 1 liter = Weight Gain:  
1 Kilogram  
= 2.2 pounds**



A healthy kidney can get rid of extra fluid. When you have chronic kidney disease and you drink too much fluid it will build up in your body. This can cause your feet, hands and face to swell, high blood pressure and trouble breathing. It may also cause you to have muscle cramps during dialysis. Too much fluid can damage your heart.

## WHAT COUNTS AS FLUID?

**Anything that pours:** coffee, water, juice, smoothies, soup, etc.

**Anything that melts:** ice cream, popsicles, ice, etc.



## EAT LESS SALT!

Eating less salt and salty foods will make you less thirsty and help you gain less fluid between dialysis treatments.

**SPEAK WITH YOUR DIETITIAN ABOUT YOUR INDIVIDUAL NEEDS.**