**Tips to Help Control Thirst and Fluid Intake**

Are you trying to decrease the amount of fluid (eg. water, juice, soup) you have each day?

**Helpful Hint 1:** Try each tip below and place a check mark in the box (✔️) if the tip works for you! Once you find your most helpful tips, keep up the great work!

---

**Controlling Thirst**

- Use less salt and avoid salty foods.
- Brush your teeth often.
- Rinse your mouth with water or mouthwash. For an extra fresh feeling, keep the mouthwash in the fridge. *Remember, use it as a rinse, do not swallow it.*
- Moisten your mouth with:
  - a lemon wedge
  - breath mints
  - hard sour candies
- Add a little lemon or lime to your water or ice. The sour taste will help control your thirst. Try mineral or soda water instead of water for an even better effect.
- Eat your fruits and vegetables ice cold. Frozen grapes, strawberries and bananas make a great snack!
- Try licking a lemon or lime!
- Use a humidifier to moisten the air.

**Controlling Fluid Intake**

Controlling your fluid intake can be tricky to do. Fluid can be anything from water to Jello. This is because any type of food or drink that becomes a liquid in the body counts as a fluid.  

**Helpful hint 2:** An easy way to remember this is to always think of ice cream as a fluid.

- Plan ahead! Plan your fluid intake for the whole day.
- Use a small cup or glass.
- Try to sip fluids slowly.
- Try freezing your fluids! Freeze your *water, fruit juice or soda pop* in an ice cube tray. Be sure to know how much fluid is in one ice cube. Try melting one cube and measure it.
- Drink your fluids very hot or very cold.
- If you can, swallow your pills along with meals or soft foods like applesauce. Be sure to check with your doctor about which pills you can take with meals.
**Daily Fluid Goal & Tracker**

**Daily Fluid Goal**

Use up to _____ fluid per day (24 hours).

1 cup = 8 fluid ounces = 250 mL

*Remember:* A fluid includes anything that melts in the body.

Examples:

- Water
- Soup
- Tea
- Jello
- Coffee
- Ice cream, sherbet
- Milk
- Popsicle
- Cream
- Ice cube
- Juices and fruit drinks
- Liquid nutrition supplements
- Soda pop
- (eg. Ensure)
- Alcoholic beverages

**Daily Fluid Tracker**

Each day, mark down the food or drink you ate, the amount of the food, how much fluid it contained. In the last column keep adding your daily fluid intake so that you can keep track throughout the day.

<table>
<thead>
<tr>
<th>Date</th>
<th>Food</th>
<th>Amount of food</th>
<th>Fluid amount</th>
<th>Daily total sum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eg.</td>
<td>Vegetable Soup</td>
<td>1 bowl</td>
<td>300 mL</td>
<td>300 mL</td>
</tr>
<tr>
<td>Jan</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eg.</td>
<td>Fruit juice ice cube</td>
<td>2 cubes <em>(when melted, 1 cube was measured to be 75mL)</em></td>
<td>150 mL <em>(2 cubes each 75ml)</em></td>
<td>450 (300 ml soup + 150 ml ice cube)</td>
</tr>
</tbody>
</table>