

## Guide to managing your fluid levels in chronic kidney disease

Many people who have chronic kidney disease need to limit the amount of fluid they drink and eat. This is because as you pass less urine your body holds onto fluid.

If you have more fluid than your body can get rid of, this can:

- Make your legs and hands become swollen and painful
- Make it more difficult to breathe
- Make it more difficult to walk and do your daily activities
- Increase your blood pressure
- If you are on dialysis too much fluid can cause symptoms such as headaches and cramping and mean you need more hours on dialysis

To help keep you healthy and feeling well you will be asked to limit the amount of fluid you drink and eat each day.

<b>Your fluid allowance is:</b> _____
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As well as limiting how much fluid you have, you also need to **limit the amount of salt (also known as sodium) in your diet**. This is because having too much salt:

- **Makes your feel thirstier.** This makes it harder for you to stick to your fluid allowance.
- **Makes your body hold onto fluid.** This makes it harder for your body to get rid of fluid, even if you are limiting your fluid intake.

## Tips for limiting your fluid intake

### What foods and drinks count as fluid?

Anything that becomes liquid or melts at room temperature.

### All drinks



Water



Tea, coffee



Milk



Juice



Cordial,  
Soft drinks



Alcohol

### Foods or items made with water



Ice



Ice blocks,  
Icey pole



Jelly



Gravy,  
Sauces



Soups,  
Sauce in stews/casserole

### Foods with a high water content



Fruit



Yoghurt,  
Custard

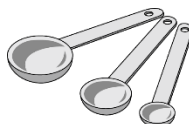


Ice cream,  
sorbet, gelato

You **do not** have to count foods that are cooked with water that do not melt at room temperature. This includes foods such as cooked pasta, rice and oats.

## Common volumes used to measure fluids

1 tablespoon = 20ml  
 1 metric cup = 250ml  
 1 litre = 1000ml



To help you monitor your fluid intake, the fluid content of some common foods are listed below.

<b>Drinks</b>	
Coffee, small takeaway	230ml
Coffee, medium takeaway	340ml
Coffee, large takeaway	450ml
Tea cup	150-250ml
Household mug	250-350ml
Juice, 1 tetra or popper	250ml
Soft drink or beer, 1 can	375ml
Soft drink, 1 bottle	600ml
Water, 1 bottle	600ml
<b>Foods or items made with water</b>	
Ice cube, 1	15ml
Icey pole / ice block	75ml
Jelly, ½ cup	100ml
Gravy, 2 tablespoons	40ml
<b>Foods with high water content</b>	
Fruit, 1 piece or ½ cup	100ml
Yoghurt, 200g tub	160ml
Custard, ½ cup	100ml
Ice cream, 1 scoop	15ml

### Tips to reduce your fluid intake

- Know your fluid allowance. Monitor your intake throughout the day.
- Spread your fluid allowance over the whole day.
- Measure the volume of your cups and glasses.
- Use spoons or cups to measure out gravies, sauces or soups

### If you have a dry mouth, try:

- Sucking on ice cubes. 1 cup of ice = ½ cup fluid. Try adding lemon or lime juice to ice.
- Sucking on wedges of chilled fruit (e.g. grapes, wedges of lemon or orange). The acid in fruit helps to make more saliva.
- Chewing on sugar free gum
- Sucking on hard peppermints or sweets.
- Rinsing your mouth out regularly. Don't swallow this water.
- Brushing your teeth to refresh your mouth
- Using lip balm to moisten your lips

## Tips to reduce your salt (sodium) intake

If you have been asked to reduce your fluid intake it is important that you also reduce your salt intake.

### What foods are high in salt?

The majority of salt comes from pre-packaged, canned and take-away foods. Limit your intake of foods such as:

- Canned or packet soups
- Instant noodles or pastas
- Pre-made meals (e.g. frozen meals)
- Processed, cured or corned meat (e.g. deli meats such as ham, devon, salami, chicken loaf, spam)
- Salted fish e.g. anchovy, fish paste
- Cheeses
- Sauces (e.g. tomato, BBQ, fish, soy, oyster), gravies and stocks
- Salad dressings, pickle, relish, pesto, dips
- Breads and cereals
- Snack foods (e.g. potato chips, corn chips, crackers, biscuits)

When using these foods, look for options that are lower in salt.

### Label reading

It is important to know how to read food labels. This is the only way to know how much salt is in a food.

	Average quantity per serve (40g)	Average quantity per 100 g
Energy	390 kJ	977 kJ
Protein	3.9 g	9.7 g
Fat, total	1.2 g	3.1 g
- saturated	0.2 g	0.5 g
Carbohydrate	15.0 g	37.0 g
- sugars	1.2 g	3.1 g
Dietary Fibre	3.4 g	8.5 g
Sodium	155 mg	390 mg

← Always compare products by looking at the per 100g column

Look for foods that contain **less than 400mg per 100g**

↘ Foods that contain more than this should only be used in small amounts or had occasionally.

## What foods are low in salt?

When possible it is best to prepare your meals using fresh, unprocessed foods. Foods that are naturally low in salt include:

- Fresh fruits
- Fresh vegetables
- Fresh meats, chicken, fish, seafood and eggs
- Milk and milk products (e.g. yoghurt, custard)
- Plain rice, couscous, quinoa, pasta and noodles

## Can I add salt to my meals?

It is best to avoid adding salt to meals or in cooking. To add flavour to your meal, try adding:

- Garlic, ginger
- Fresh or dried herbs
- Spices
- Pepper
- Chilli
- Lemon or lime juice
- Honey
- Vinegars (e.g. balsamic, red wine, malt)
- Olive oil or infused oils (e.g. garlic infused oil)
- Wine for cooking

It takes about 4 weeks to lose a taste for salt.  
Keep persevering with other flavours.

## Recommendations for fluid and salt management:

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**Name:**

**Date:**

**Dietitian:**