

# Your Liquid Budget

Limit your liquids to \_\_\_\_\_ cups each day.

This is equal to \_\_\_\_\_ ounces.

A liquid is anything that would melt if left at room temperature.

Time of Day, Things to Think About	Liquid Budget (What I Can Have)	What I Actually Drank
<b>Morning</b> <ul style="list-style-type: none"> <li>■ morning pills</li> <li>■ breakfast</li> <li>■ sipping</li> </ul>	_____ morning	_____ _____ _____
<b>Noon</b> <ul style="list-style-type: none"> <li>■ noon pills</li> <li>■ lunch</li> <li>■ sipping</li> </ul>	_____ noon	_____ _____ _____
<b>Evening</b> <ul style="list-style-type: none"> <li>■ evening pills</li> <li>■ dinner</li> <li>■ sipping</li> </ul>	_____ evening	_____ _____ _____
<b>Overnight</b> <ul style="list-style-type: none"> <li>■ bedtime pills</li> <li>■ sipping</li> </ul>	_____ overnight	_____ _____ _____
	_____ total	_____ total

*(over)*

## How to Control Liquids

- Measure how much all of your cups and glasses hold.
- Drink from small cups and glasses.
- Spread out your liquids during the day for medicines, meals and snacks.
- Take medicine with liquids at meals, if you can.
- Avoid foods high in sodium (salt). They will increase your thirst.
- Use ice cubes instead of liquids. Ice may satisfy your thirst more than the same amount of another liquid.
  - Count ice as part of your liquids.
  - Melt one ice cube to measure how much liquid it contains. Ice melts to one-half of its original volume. For example, 12 ounces of crushed ice melts to 6 ounces of liquid.
- Add a little lemon or lime juice to water or ice. The sour taste will help quench your thirst.
- Freeze mineral water or lemonade in ice cube trays. If you have diabetes, use sugar-free versions or count it as part of your carbohydrate intake for the day.
- Use sour, hard candy or gum. This will help moisten your mouth and decrease your thirst.

- Chill fruits or vegetables.
- Try a mouth spray to moisten your mouth.
- Rinse your mouth with water or chilled mouthwash when you are thirsty. Do not swallow it.

## Reminders

- Include all other beverages listed below as part of your total liquids for the day:
  - coffee
  - tea
  - milk
  - pop
  - juice
  - watermelon
  - gelatin
  - cooked cereal
  - non-dairy creamer
  - half and half
  - soup
  - ice cream
  - pudding.
- Weigh yourself each day. One pint (2 cups) of fluid retained will equal 1 pound of fluid weight gained. You should not gain more than 2 pounds in 24 hours.