

# Ways to Control the Liquids in Your Diet

Limit your liquids to \_\_\_\_\_ cups each day.  
This is equal to \_\_\_\_\_ ounces or \_\_\_\_\_ ccs.

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

## How to Control Liquids

First, measure how much all of your cups and glasses hold. Second, measure your liquid intake and keep a record of how much you actually drink. Third, plan ahead and spread out your liquids during the day for medicines, meals and snacks.

The following tips will help you control the liquids in your diet.

- Take any medicine you can with liquids at meals.
- Drink from small cups and glasses.  
For example, 4 ounces of juice will look like more in a 6-ounce glass than it will in a 12-ounce glass.
- Use ice cubes instead of liquids. Ice may satisfy your thirst more than the same amount of another liquid.
  - Remember to count ice as part of your liquid intake.
  - 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, or try frozen flavored ice on a stick. If you have diabetes you should use sugar-free versions or remember to 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 desire for liquids.
- Chill your fruit or vegetable servings to help quench your thirst.
- 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

- It is a good idea to 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.
- Avoid foods high in sodium (salt). They will increase your thirst.
- If you have diabetes, you should avoid sweets. Good blood sugar control will reduce your thirst.

## Foods to Include in Your Liquid Intake

The chart on the back side of this sheet lists foods you will need to include in your liquid intake.

*(over)*

Food	Serving Size	Liquid
Cooked cereal	½ cup	3 ounces
Custard	½ cup	4 ounces
Frozen flavored ice on a stick	twin bar	3 ounces
Fruit ice	½ cup	4 ounces
Gelatin (plain or fruit-flavored)	½ cup	4 ounces
Ice cream	½ cup	4 ounces
Malt or milkshake	1 cup	8 ounces
Pudding	½ cup	4 ounces
Sherbet	½ cup	4 ounces
Soups (cream or broth)	½ cup	4 ounces
Watermelon	1 cup	4 ounces

Remember to include all other beverages listed below as part of your total liquids for the day.

- coffee
- tea
- milk
- pop
- juice
- non-dairy creamer
- half and half
- ice cubes
- wine\*
- beer\*
- liquor.\*

\*Talk with your health care provider about alcoholic beverages.

## How to Track Your Liquids

1. Fill a large clear bottle (½ gallon- or 2 liter-size) with the number of cups/ccs you are allowed to drink.
2. Using a permanent marker, draw a line around the bottle at the water level. Pour the water out of the bottle.
3. Each time you drink, add that amount of water to the bottle.
4. Just before going to bed, empty the bottle so it is ready for the next day.

## Whom to Call With Questions

Call your dietitian if you have questions about how to control the liquids in your diet.