

Fluids and Sodium

Sodium

A mineral found in common foods and beverages

Avoid gaining fluid weight between your dialysis sessions by following these tips:

- Too much sodium increases thirst and can put you into fluid overload
- Choose entrees with less than 400 mg of sodium per serving
- For most other items, choose those with less than 100 mg of sodium per serving

Nutrition Facts	
Per 1 cup (350 ml)	
Calories 140	% Daily Value*
Fat 5 g	6 %
Saturated Fat 1.5 g	5 %
+ Trans 2 g	
Carbohydrate 25 g	
Fiber 3 g	8 %
Sugars 2 g	8 %
Protein 6 g	
Cholesterol 0 mg	
Sodium 1130 mg	56 %
Potassium 400 mg	7 %
Calcium 60 mg	5 %
Iron 2.5 mg	9 %
*The % Daily Value (DV) tells you how much a nutrient serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

REDUCE SODIUM IN YOUR DIET, AVOID THIRST!



X Adding table salt to food

INSTEAD

Use fresh herbs like onion powder, dried herbs, curry powder, basil, and rosemary

(Skip salt substitutes, as many contain large amounts of potassium)

X Salty canned foods and condiments

INSTEAD

Low-sodium or no salt added versions

X Processed foods

INSTEAD

Baked chicken/fish, steamed vegetables, and fresh fruits



X Snacks like chips and nuts

INSTEAD

Low-sodium or no salt added versions

Double check the labels on "low sodium" foods to make sure they do not contain potassium additives

Fluid

Any food or beverage that is liquid at room temperature



- Ask your dietitian how much fluid you should have daily
- Weigh yourself every morning
- Measure any item that is liquid at room temperature



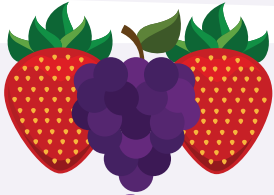
TIPS TO FIX DRY MOUTH!

X Drinking hot beverages
INSTEAD
Drink cold liquids

X Caffeinated beverages
INSTEAD



Decaffeinated beverages: coffee, clear sodas, chamomile tea



X Juice
INSTEAD

Eat frozen fruits: grapes, strawberries, and blueberries

X Drinking more when you are thirsty
INSTEAD

Quench your thirst by sucking on sugar-free candies or rinsing your mouth with mouthwash

