

## What Can I Do if My Mouth or Throat is Dry?

- Try ice cubes or ice chips – but remember, 1 cup (250 mL) of cubes or chips is equivalent to  $\frac{3}{4}$  cups (185 mL of fluid)
- Snack on fresh vegetables between meals
- Check out exotic fruits such as passionfruit or lychee or longans – they are moist but do not contain high levels of fluid.
- Chew sugarless gum or suck on a sugarless candy
- Moisten your mouth with a breath spray, a wedge of lemon or lime or a couple frozen grapes or berries
- Brush your teeth
- Rinse your mouth with cold water without swallowing
- Freeze a favorite sugar-free beverage in an ice cube tray for flavored ice cubes



If you have any question or concerns about your fluid intake, please contact the Heart Function Nurse:

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## Monitoring Your Fluid Intake



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If you have congestive heart failure, drinking too much fluid can put a lot of stress on your heart and lungs. The liquid that you drink is absorbed into your blood stream and increases your total blood volume.

Because your heart is weaker than usual, it cannot pump this extra fluid as well as it should. As a result, you may have higher blood pressure and fluid may collect in your hands, feet and legs (edema), or in your lungs (making it harder to breath).

### What is Considered Fluid?

All beverages and any food that is liquid at room temperature is considered fluid:



Water	Coffee	Beer	Jell-O	Soups
Juices	Tea	Wine	Sherbet	Popsicles
Milk & Yogurt	Soft Drinks	Hard Liquor	Ice Cream	Ice Cubes

### Can I Eat Vegetables and Fruits?

Yes! Fruits and vegetables do contain fluid but that Does Not mean you need to avoid these foods altogether!

A healthy goal is a minimum of 3 servings of fruit and 4 servings of vegetables each day. They are an important source of fibre, minerals and vitamins!

However, you need to include certain fruits as part of your fluid intake.

## Monitoring Fluid Intake

### How Much Fluid is in Fruit



Use the following chart as a guide:

Fruit	Serving Size	Fluid Content
Canned Fruit or Applesauce	1 cup	1 cup (250 mL)
All Melons, All Berries, Mango, Papaya, Grapes, Pineapple	1 cup	½ cup (125 mL)
Apple, Orange, Tomato, Peach, Nectarine, Pear, Pomegranate, Persimmon	1 medium	½ cup (125 mL)
Grapefruit	½ large	½ cup (125 mL)
Tangerine, Kiwi, Guava, Plum, Lemon, Lime	3 medium	½ cup (125 mL)
Apricot	4 medium	½ cup (125 mL)

- Bananas and dried fruits do not contain significant amounts of fluid.
- Whole fruits are always a better choice than fruit juices because they contain more fibre, more nutrients and few calories!
- Dried fruits are healthy snacks, but remember that too many can quickly add up to a lot of calories.

### How Can I Control Thirst?

- Reduce your salt intake! The sodium in salt increases your thirst.
- Maintain a healthy blood sugar level – high blood sugars also increase thirst. If you have diabetes or high blood sugars due to medications, talk with your health care team about how to maintain healthy blood sugar levels. And avoid sweet beverages like regular pops and juices.
- Reduce or avoid alcohol – it dehydrates your body and makes you thirsty!
- Sip liquids slowly throughout the day rather than drinking them by the glass. It may help to sip water from a one litre bottle so that you know exactly how much you have drank.

### Other Tips

- Measure the amount of fluid your regular cups and glasses hold – it may be more than you think!
- Use smaller cups and glasses to help control fluid portions.
- If possible, take your pills with meals or with soft foods such as regular cream of wheat cereal or mashed potatoes. Save your fluids for when you are thirsty!

