

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Limit Sodium

If you eat too much sodium in your diet, it can cause fluid build up in your body and put extra work on your heart and kidneys.

The sodium in our diets comes from these main sources:

- **Table salt** is the most common source of sodium in our diet. Salt is a combination of sodium and chloride. One teaspoon of salt has about 2300 milligrams or 2.3 grams of sodium.
- **Processed foods** have large amounts of sodium, which should be avoided. These include easy to prepare box mixes, frozen dinners, lunch meats and many canned items. Also, processed foods like ready to eat cereals, breads and baked goods can also be high in sodium.
- Many **non-prescription drugs** such as antacids, laxatives, aspirin, cough medicines and mouthwash have sodium. Ask your doctor or pharmacist for more information.
- **Water softening equipment** will add a large amount of sodium to the water.

Control Your Fluids

Drinking too much fluid may cause a build-up of fluid in the body, which can be harmful to your heart. The following fluids should be measured and counted in your daily fluid allowance:

- Water and ice (1 cup crushed = ½ cup fluid)
- Beverages
- Soup
- Gelatin (½ cup = ½ cup fluid)
- Ice cream, sherbet, yogurt or pudding (½ cup = ¼ cup fluid)
- Popsicles (1 twin bar = 1/3 cup fluid)
- Fruit (1/2 cup watermelon, ½ cup orange = ½ cup fluid)

Remember:

- To be less thirsty, avoid salty foods.
- Use sliced lemon wedges to stimulate saliva and moisten your mouth.
- Use hard candies and chewing gum to moisten your mouth if allowed on your diet.
- Rinse your mouth with water, but do not swallow. This helps ease dry mouth problems.
- Don't forget to weigh yourself daily. You should weigh yourself at the same time of day everyday and wear the same amount of clothing. Write down your weight to show to your doctor on your next visit.

Limit Caffeine

Caffeine is a stimulant to the heart. It increases the heart rate, which increases the amount of oxygen the heart needs. Some foods that contain caffeine that should be avoided are:

- Regular coffees and teas
- Energy drinks
- Regular and diet cola soft drinks

Chocolate may be consumed in moderate amounts. Also, ask your pharmacist if you are not sure if a particular non-prescription drug you are taking contains caffeine.

IMPORTANT NOTICE