

KIDNEY DIET TIPS



Recipes, tips and news for those on a kidney diet

Fluid Calculation Tips For Renal Patients Following a Fluid Restriction Diet

Following a dialysis diet fluid restriction is easier if a person has a plan to keep up with the amount of liquids consumed each day. Keeping a running list of fluids consumed is the best way for kidney patients to track fluid intake. These helpful steps will increase awareness of fluids consumed:

1. Start each day by recording the prescribed fluid goal on a piece of paper, in a notebook, on a computer or PDA—a source with easy access throughout the day.
2. Next, record all the planned fluids for the day's meal plan. These can be checked off as the fluids are consumed.
3. After each meal or snack and before bedtime, check off the planned fluids consumed, and record any unplanned fluids consumed.
4. At the end of the day, total the daily fluid intake and compare it to the daily goal. If exceeded, consider ways to adjust planned fluids the following day.

Fluids may be recorded as a measure of fluid ounces (oz), milliliters (ml) or cubic centimeters (cc). Milliliters and cubic centimeters are equal.

The following conversion table is helpful for measuring daily fluids.

1/2 oz	=	1 tbsp	=	15 ml or cc
1 oz	=	2 tbsp	=	30 ml or cc
2 oz	=	1/4 cup	=	60 ml or cc
4 oz	=	1/2 cup	=	120 ml or cc
8 oz	=	1 cup	=	240 ml or cc

Common Liquid Portion Sizes

- 840mL patient pitcher (28oz without ice)
- 270mL patient glass
- 195mL small styrofoam cup
- 330mL large styrofoam cup
- 210mL coffee mug
- 195mL soup bowl
- 240mL milk (1/2 pint)
- 120mL juice boxes
- 105mL jello
- 52.5mL popsicles (singles)
- 120mL ice cream cup
- 105mL fruit ices
- 163mL Nubasics fruit juice beverage
- 165mL tomato juice (canned from concentrate)
- 225mL tomato soup (canned)
- 165mL chicken noodle soup (canned)
- 75mL vegetable soup
- 240mL Ensure, Boost Plus (8oz cans)
- 120mL milkshakes (4oz)



Which foods count as fluid for those following a renal diet and fluid restriction?

Visible fluids

- All beverages
- Alcoholic drinks
- Coffee, tea, water
- Juice, juice drinks, lemonade
- Milk, milk substitutes, liquid creamer
- Nutrition drinks
- Soup
- Soft drinks
- Sports drinks

Hidden fluids

- Gelatin
- Gravy
- Ice chips or cubes
- Ice cream
- Popsicle
- Sherbet
- Sorbet
- Watermelon also contains lots of fluid