

# BEAT THE HEAT!

## Stay hydrated without overdoing fluids

### FLUID INTAKE

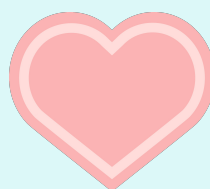
When you are on dialysis, fluid (water) builds up in your blood between treatments. Here's some helpful info on fluid management.

Ask your dietitian how much fluid you should have each day.

### Things to keep in mind . . .



Extra fluid in your body can make your dialysis treatments more difficult.



Too much fluid can cause swelling, high blood pressure, trouble breathing and heart failure.



Salty foods like chips and pretzels make you thirsty.

### CHILL

or freeze fruit for a refreshing snack.



### FREEZE

juice in an ice cube tray and eat it like a popsicle.



### CHOOSE

unsalted snacks.



### SUCK

on a lemon slice or sugar-free sour candy.



### REMEMBER!

Ice cream, Jell-o, soup and other liquid-based foods count as fluids, too--be careful to watch your intake of fluids.

### DROPS OF ADVICE

