

# Heart Failure Fluid Tracker

If you have heart failure, one key to managing it is restricting sodium (salt) and limiting fluids, as part of a heart failure diet. Limiting fluids can ease edema (swelling) and lighten the workload on your heart. Generally, limit your fluid intake to 2 liters (2,000 mL) per day. (Check with your healthcare provider to be sure.)

Use the tracker below to monitor how much fluid you drink. Also, use these tips for limiting your fluids:

- Sip a small bottle of water throughout the day (record it in the table as part of a snack).
- Fight thirst by using lip salve/gloss, sucking on ice chips, eating frozen grapes or hard candies, chewing sugar-free gum, or using mouth swabs.

Common amounts	Ounces	mL
2 tablespoons	1 ounce	30 mL
1 small juice glass	4 ounces	120 mL
1 cup	8 ounces	240 mL
1 cup of ice chips <i>(Ice chips melt to half the fluid.)</i>	4 ounces	120 mL
1 can of soda	12 ounces	360 mL
<b>TARGET:</b> Daily amount less than	<b>64 ounces</b>	<b>2,000 mL</b>

Record fluids using the same units of measure, so you can easily add up your daily amount. The table above shows ounce and mL equivalents for common amounts.



## Example

On Sunday, Evelyn had the fluids shown below and tracked them as shown in the table below.

To track her fluids, she first wrote down the fluid ounces for each meal and snack, and then converted them to mL. (Remember, for common amounts such as a cup or a can of soda, you can use the conversion table above as a reference. You can also use the formula “1 ounce = 30 mL” to figure the mL for any amount in ounces.)

Fluids	Ounces	mL
<b>Breakfast:</b> 1 cup of milk with cereal	8 ounces	240 mL
<b>Snack:</b> 2 cups of watermelon <i>(Ice cream, sherbet, and soup count as fluid, as well as fruits and vegetables with a lot of water, such as watermelon.)</i>	16 ounces	480 mL
<b>Lunch:</b> 1 can of soda	12 ounces	360 mL
<b>Snack:</b> 1 cup of ice cream	8 ounces	240 mL
<b>Dinner:</b> 1 cup of soup, 10-ounce glass of water	18 ounces	540 mL
<b>DAILY TOTAL</b>	<b>62 ounces</b>	<b>1,860 mL</b>

## Fluid tracker

Use the tables below to track your daily fluids. Each table covers a week, and the entire page lets you track your fluids for 3 weeks. You may want to make a photocopy of the blank sheet before you get started, so you can make more copies as you need them.

### To help you keep track:

Measure the cup you drink from most often. How much does it hold? \_\_\_\_\_ ounces (or \_\_\_\_\_ mL)

How many times can you fill your cup in a day and still stay under 64 ounces (or 2000 mL)? \_\_\_\_\_

Week:	Sun		Mon		Tues		Wed		Thurs		Fri		Sat	
	oz	mL	oz	mL	oz	mL	oz	mL	oz	mL	oz	mL	oz	mL
Breakfast														
Snack														
Lunch														
Snack														
Dinner														
<b>DAILY TOTAL</b> <i>(2,000 mL or less)</i>														

Week:	Sun		Mon		Tues		Wed		Thurs		Fri		Sat	
	oz	mL	oz	mL	oz	mL	oz	mL	oz	mL	oz	mL	oz	mL
Breakfast														
Snack														
Lunch														
Snack														
Dinner														
<b>DAILY TOTAL</b> <i>(2,000 mL or less)</i>														

Week:	Sun		Mon		Tues		Wed		Thurs		Fri		Sat	
	oz	mL	oz	mL	oz	mL	oz	mL	oz	mL	oz	mL	oz	mL
Breakfast														
Snack														
Lunch														
Snack														
Dinner														
<b>DAILY TOTAL</b> <i>(2,000 mL or less)</i>														