

Heart Failure: *Tracking Your Fluids*

When you have heart failure, you need to limit the sodium (salt) and fluids that you drink and eat each day. This is especially true for people who retain fluid and need to take water pills. This sheet will show you simple ways to track your fluids each day.

Why do I need to track my fluids?

Limiting fluids can ease swelling (edema) and lighten the workload on your heart. **Generally, limit the amount of fluids that you drink or eat to around 2 liters (2,000 milliliters) per day.** (Check with your healthcare provider to be sure.)

Use these tips to help limit your fluids:

- **Sip a small bottle of water** throughout the day (record it in your diary 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 rinses or swabs.

Use the table on the right to learn how to convert ounces to milliliters.

Know how much you drink

Take a look at the cup you drink from most often. How much does it hold? Fill it up to the level that you usually use. Pour that amount into a measuring cup. Then use the conversion formula (1 ounce = 30 mL) to figure how much you are drinking and write it here. My cup holds _____ ounces (or _____ mL).

How many times can you fill your cup in a day and still stay under 64 ounces (or 2,000 mL)? _____.

See the other side of this sheet for an easy way to track your 2 liters of fluid.

Conversion Table


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

Track your fluids using the same units of measure each time. This will make it easy to add up your daily amount. The table above shows ounce (oz) and milliliter (mL) equivalents for common amounts. Use the formula "1 oz = 30 mL" to figure the mL for any amount in ounces.

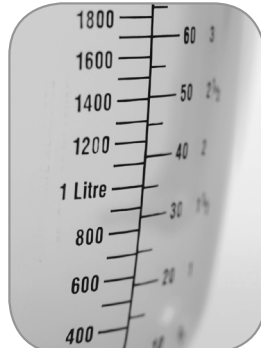


Tracking your 2 liters of fluids


Follow the steps below to help you keep track of how many fluids you take in each day.



Step 1: Fill a 2-liter bottle with 64 ounces (1.9 liters) of water and set it next to your kitchen sink. Place a measuring cup nearby.



Step 2: Each time you eat or drink, figure out how much fluid you had. This can be from something you drank or from food that you ate (see examples below).



Step 3: Pour that amount of water from the 2-liter bottle into your measuring cup and then pour it out. When your 2-liter bottle is empty, you have reached your limit.

Other sources of fluid

Common meal and snack items often count as fluid. Some examples are listed in the table below. Ask your dietitian to help you list a few of your favorites in the blank spaces at the bottom of the table.



Fluids	Ounces	mL	Fluids	Ounces	mL
Watermelon, 1 cup	4.7 oz	140 mL	Chicken noodle soup (low sodium) 1 cup	7.5 oz	222 mL
Strawberries, 1 cup,	4.6 oz	138 mL	Spaghetti sauce (low sodium), ½ cup	4 oz	117 mL
Romaine lettuce, 1 cup (shredded)	1.5 oz	45 mL	Celery (raw), 1 cup	3.2 oz	96 mL
Tomato, 3 medium slices	2 oz	57 mL	Cottage cheese, 1 cup	4 oz	117 mL
Cucumber slices, 1 cup	3.3 oz	100 mL	Jello, ½ cup	3.8 oz	113 mL
Ice cream, ½ cup	1.5 oz	45 mL	Popsicle, 1	1.75 oz	52 mL
Yogurt, 6 oz container	4.3 oz	128 mL	Pudding, ½ cup	3.7 oz	108 mL
My foods:			My foods:		
My foods:			My foods:		