

Nutrition Tips

On Thin Ice

Tips for reducing fluids

Limit the amount of salty foods in your diet.

Try drinking cold liquids instead of hot beverages.

Snack on low potassium fruits and vegetables that are cold. Try chilled sliced pears, apples, or strawberries.

Try freezing berries or grapes for a cold refreshing snack.

Sip your beverages slowly.

Use small cups or glasses for your beverages.

Try freezing your allowed amount of water into an ice tray. You can also freeze kool-aid, crystal lite,



