

Fluid food cards



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Fluid for one day - food cards



= 1 Litre

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Fluid for one day - food cards



tea



soup



**diet soft
drink**



water

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Fluid for one day - food cards



Orange juice



soup



Ice- cream



water

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Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Use of resource:

Fluid Food Cards - enlarged pictures of information on fluid handout to use in interactive discussion with dietitian

Purpose of resource:

To facilitate interactive discussion & activities to help dialysis patients control the amount of fluid they have and avoid heart problems.

Content

- Examples of food which is mainly fluid.
- Examples of possible options when choosing their daily 4 cups of fluid. These cards can be used with fluid cup cards.

Key skills (Competencies):

A patient should be able to:

- Tell you what happens if they have too much fluid.
- Tell you how they know they are having the right amount of fluid.
- Tell you how much weight they can put on between dialysis days.
- Tell you what too much fluid can do to their heart.
- Show you how many cups of fluid they can have each day.

Key Health Messages

- If you do dialysis drink small.
- Try ways to stop you feeling thirsty.
- Try to gain no more than 2 kg between dialysis days
- If you have problems talk to your dietitian, nurse or doctor.

Target group:

This resource is designed to be used by any Australian who is undergoing (doing) dialysis.

Notes:

This resource is designed to be printed A4 or A3 size , cut out and laminated so they can be used in interactive activities.

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