

Fluid And Your Heart

Fluid Facts

When you are in Heart Failure, excess fluid in the body is not pumped correctly because of the weakened heart muscle, causing the fluid to build up in the lungs and tissue. Excess fluid can exacerbate your heart failure causing shortness of breath, weight gain, swelling and difficulty sleeping. It is important to restrict fluid to avoid weakening the heart muscle further.

Fluid In Your Diet

Talk to your healthcare provider about how much fluid is right for you.

The recommended fluid allowance is 1 to 1.5 litres (4 to 6 cups) per day or 24-hour period. Fluid is described as anything that becomes liquid at room temperature.

1 cup = 8 fluid ounces = 250 mL 

Managing Fluid Restriction

Fluid can often be hidden in the foods we consume, such as fruits and vegetables.

- 1 medium orange = ¼ cup of juice
- 1 medium grapefruit = 2/3 cup of juice
- Watermelon = 93% water



Kawartha Cardiology
327 Charlotte Street
Peterborough, ON K9J 0B2
Kawarthacardiology.com

Plan Ahead

- Plan your day ahead to spread your fluid allowance over the course of the day.
- Consider taking medications with meals or soft food (applesauce).
- Use small cups and drink slowly.
- Freeze water and juice in ice cube trays. Frozen cubes help stretch the time the liquid will stay in your mouth.
- Keep track of the fluid consumed in an accessible location, such as the fridge

Fluid Tips

Large Styrofoam cup = 2 cups or 500 mL

Small Styrofoam cup = 200 mL

* Tip: fill cup with ice and then add water = 175 mL

- Use a measuring cup to measure the amount of fluid that fits in your glass, cups and bowls. Knowing how much fluid is held in your dish and glassware will help you plan the fluid you consume in a day.
- Weigh yourself daily at the same time, first thing in the morning. If weight increased by 2 lbs overnight or 5 lbs in a week, call us #(705) 740-2043 x252

*Information provided by UHN

Fluid Examples

Types of fluid can include:

- Water
- Tea or coffee
- Juice and fruit drinks
- Milk and cream
- Juices and fruit drinks
- Soft drinks
- Soup
- Jell-O®
- Ice cream and sherbet
- Popsicles and ice cubes
- Alcoholic drinks
- Liquid nutrition supplements

What these examples equal:

- 1 can of pop = 355 mL
- 1 small bottle of water = 500 mL
- 1 popsicle = 75 mL
- 1 can of liquid nutrition supplement = 230 to 250 mL
- 1 box of juice = 250 mL
- 1 small coffee = 300 mL

Tips and Tricks

- Brush your teeth frequently or rinse your mouthwash.
- Rinse mouth with water but do not swallow.
- Sugar-free hard candies, chewing gum or breath mints may help moisten your mouth.
- Add lemon or lime to ice water, the sour with help quench your thirst.
- Eat frozen fruits and vegetables.
- Use a humidifier to moisten the air.



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Resources

Heart Failure Matters	https://www.heartfailurematters.org/
Heart Failure Patient Education Site	www.tedrogersheartfunction.ca
Heart and Stroke Foundation	https://www.heartandstroke.ca/

*Information provided in part by UHN and the Peter Munk Cardiac Care Centre.

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