

# Limiting Your Fluids

With some diseases, you need to limit your fluids for your health. Drinking too much fluid may cause a build up of fluid in the body that can be harmful. Drinking as little as 2 cups of fluid over your daily limit can increase your body weight by 1 pound. This weight gain can be harmful.

All foods that can be poured or that are liquid at room temperature are counted as fluids. **Measure all fluids in a standard 8-ounce or 1 cup measuring cup.** You can buy measuring cups at any grocery or discount store.

**Your fluid limit is \_\_\_\_\_ ounces, \_\_\_\_\_ milliliters, or \_\_\_\_\_ cups a day.**

**Measure and count all these for your daily fluid limit:**

- Water
- Ice
  - ▶ 1 cup crushed = 1/2 cup fluid
  - ▶ 1 cube = 1 ounce, 1/8 cup, or 30 milliliters fluid
- Juice
- Soup
- Beverages (hot or cold)
- Jell-O
- Ice Cream or Sherbet
  - ▶ 1/2 cup = 1/4 cup fluid
- Popsicle
  - ▶ 1 twin bar = 1/3 cup fluid

# Xaddididda Cabitaannadaada

Markaad qabto cudurrada qaarkood, waxaad u baahan tahay in aad xaddiddo cabitaannadaada caafimaadkaaga awgiis. Cabidda cabitaanno fara badan waxay keeni kartaa korodhka cabitaan jidhkaaga ku dhex sameysma kaasoo wax kuu dhimi karaya. Cabidda inta ugu yar oo ah 2 koob oo cabitaan ah oo dheeraad ku ah xadkaaga maalmeed waxay kordhin kartaa miisaanka jidhkaaga 1 pound. Miisaankaan kugu kordhay waxyeello ayuu keeni karaa.

Dhammaan cuntooyinka la shubi karayo ama dareeraha ku ah heerkulka qolka waxaa lagu tiriyaa cabitaanno. **Cabitaannada oo dhan ku cabbir heerka 8-wiqiyadood ama 1 koob ee koobka cabbirka.** Waxaad koobabka cabbirka ka soo gadan kartaa dukaanka ama dukaanka qiimaha la dhimay.

**Xadka dareerahaagu waa \_\_\_\_\_ wiqiyadood, \_\_\_\_\_ millilitir, ama \_\_\_\_\_ koob maalintiiba.**

**Cabbir ka dibna kuwaan oo dhan u tirso xadka dareeraha maalintiiba:**

- Biyo
- Baraf
  - ▶ 1 koob oo la jajabiyey = 1/2 koob oo cabitaan ah
  - ▶ 1 saddex jibbaaran = 1 wiqiyadood, 1/8 koob, ama 30 millilitir cabitaan ah
- Casiir
- Maraq
- Cabitaanno (kuleyl ama qabow)
- Jell-O
- Jalaato ama sharbeeti
  - ▶ 1/2 koob = 1/4 koob cabitaan ah
- Jalaato
  - ▶ 1 labo qori = 1/3 koob oo cabitaan ah

Limiting Fluids. Somali.

## To keep track of your fluid limit:

- Write down how much you drink throughout each day. This will help you stay within your limit.
- Ask your nurse, dietitian or doctor about how to keep track of your fluids if you are having problems.

## Equal Measures

1 quart	=	4 cups	=	32 ounces
1 pint	=	2 cups	=	16 ounces
1 cup	=	8 ounces	=	240 milliliters
½ cup	=	4 ounces	=	120 milliliters
⅓ cup	=	2⅔ ounces	=	80 milliliters
¼ cup	=	2 ounces	=	60 milliliters
1 Tbsp.	=	½ ounce	=	15 milliliters
1 tsp.	=	1/6 ounce	=	5 milliliters

## Remember

- If you avoid salty food, you will be less thirsty.
- To moisten your dry mouth:
  - Use sliced lemon wedges.
  - Use sour hard candies and chewing gum if allowed on your diet.
  - Rinse your mouth with water, but do not swallow.
- Weigh yourself daily and record. You should weigh yourself at the same time of day each day and wear the same amount of clothing.

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## **Si aad u haysatid xadka cabitaannadaada:**

- Qor inta cabitaan ee aad cabtay maalinta oo dhan. Tani waxay kaa caawin doontaa in aad ku jirto xadkaaga.
- Weydii kalkaalisadaada, cunto qoraha ama takhtarka sida loo xafidanayo inta cabitaanno ah ee aad qaadatay haddii aad dhibaato ku qabto.

## **Cabbirrada Isku midka ah**

1 quart	=	4 koob	=	32 wiqiyadood
1 pint	=	2 koob	=	16 wiqiyadood
1 koob	=	8 wiqiyadood	=	240 millilitir
½ koob	=	4 wiqiyadood	=	120 millilitir
⅓ koob	=	2⅔ wiqiyad	=	80 millilitir
¼ koob	=	2 wiqiyadood	=	60 millilitir
1 Tbsp.	=	½ wiqiyad	=	15 millilitir
1 tsp.	=	1/6 wiqiyad	=	5 millilitir

## **Xusuusnow**

- Haddii aad ka fogaato cuntooyinka cusbada leh, oon badan ku qaban maayo.
- Si aad u qoyso afkaaga engegan:
  - Isticmaal gaballo liin la jeexay ah.
  - Isticmaal nac-nacyada adag ee dhanaan iyo xanjo haddii laguugu oggol yahay cuntada lagu qoray.
  - Afkaaga biyo iska raaci, laakiin ha liqin.
- Maalin walba is miisaan oo diiwaan geli miisaanka. Waa inaad is miisaantaa isla waqtigii maalin walba aadna xidhataa isla xaddi dhar ah.

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