

TOP TIPS



Helping you manage
your fluid intake

Name:

- Avoid salty or sugary foods; these can increase your thirst
- Distribute your fluid intake throughout the day
- Have an ice cube instead of a cold drink (but remember to include this as part of your total daily intake)
- Instead of adding salt to your cooking, add wine and reduce down or use herbs

- Sip your drinks slowly
- Suck on a boiled sweet, lemon slice or mints to help combat dry mouth
- Take any pills with a small amount of iced water
- Use small glasses instead of large ones (or fill a large one full of reusable ice cubes before pouring in your drink)

Date commencing: _____

