



Fluid Management During the Holidays

Kidney Diet & Nutrition



The holiday season will be here before we know it, and with the holidays come many opportunities for temptation beyond your usual diet and fluid limits. So many festivities revolve around food and drinks that it can feel overwhelming learning to navigate the “dos and don’ts”. When choosing a kidney-friendly holiday menu, we know to watch our intake of foods high in potassium, phosphorus, and sodium to help feel our best; but these guidelines also extend to the drinks that we choose. We want to ensure the drinks that we choose are delicious without damaging our health.

Tips for Holiday Fluid Management

- Stick to your fluid guidelines.
- Remember that sodium intake makes a big difference in your thirst.
- Savor drinks by sipping them slowly during your meal.
- Use small cups and mugs.
- Suck on a piece of hard candy or chew sugar free gum.
- Consult your doctor about safely.



consuming alcohol, if okay:

- Select low potassium mixers.
- Ask for less alcohol in mixed drinks.
- Ask about mocktail alternatives.
- Avoid mixers with dairy milk and cream.
- Festive beverage choices: Lemon lime soda, ginger ale, flavored sparkling water, hot tea, coffee, apple cider, sparkling cider, cranberry cocktail.

Drink This, Not That

Poor Drink Options	Better Drink Options
Eggnog	Silk Nog
Mocha Latte	Vanilla Latte with Almond Milk
Hot Toddy	Homemade Apple Cider
Root Beer Float	Lemon-Lime Sorbet Punch



Talk to your dietitian about your fluid goals and tips on making your holiday healthy and happy!



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