

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Fluid and Sodium

B W R Y C J W G D W K O W H O D M  
O R V U E A S P A F R L Y A S X O  
R N J J X L O F O W O U I A Z S H  
C O N J L D D H L U R U E M B H F  
N S D E R D I Z R X U T R C I R U  
M A I A S R U S E D F Q K C M T N  
Q L U T B Y M E V H G C A K U M S  
D T L W R W U C O E E R Y L K P A  
D F F X E E Q I D A K L H N H S S  
T F T E H I T P I N O P F I Z X W  
F S F J E G H S U U B U G U E F L  
B C B R S H C E L W C H Z Z X R N  
M J J Y U T A S F V J P V C J W F  
X D W L S E E U Z D W D Y K V N P  
W F D D A S N O I T C I R T S E R  
G S E C N U O O W T Y T R I H T E  
E S N I A G D I U L F D X F S Q T

**thirty two ounces**  
**fluid gains**  
**four cups**  
**Limits**  
**high**

**fluid overload**  
**use spices**  
**use herbs**  
**Sodium**

**restrictions**  
**Dry weight**  
**no salt**  
**Fluid**