

# What can I drink?

There are many drinks that may not be healthy for you. Always ask your dietitian before trying a new drink. Some drinks that may seem healthy for you may be high in minerals like sodium, potassium and phosphorus which can build up in your blood. Dialysis may not be able to clear high amounts of these minerals from your body. Here are some drinks that are safe for most patients:

Water (plain, not flavored)- Sparkling ICE® water- Club Soda- Gingerale- Sprite- Fresh brewed tea- Lemon-Lime Soda- Fresh made lemonade or limeade- Cranberry Juice- Apple Juice- Grape Juice- Zevia Colas- Sierra Mist- Orange Slice- - Boost High Protein Shake- Nepro Shake- Novasource Renal Shake- Rice Milk- Almond Breeze Milk- [A&W, Mug and Barq's Root Beer only]-Arizona®, PureLeaf® and Honest Tea® True Lemon®

### How much to drink?

It is also important to watch how much you drink to make sure you do not drink too much or too little. Your nurse and dietitian can tell you how much to drink. Certain foods have water in them so they count towards how much fluid you are drinking. Here are some below:

Watermelon- Apples- Pineapple- Plums- Strawberries- Lettuce- Peaches- Grapes- Celery- Soups- Gravies- Gelatin- Popsicles-Frozen Desserts- Protein Shakes- Pudding

### What NOT to drink

Milk (1%, 2%, Low or no fat milk, Chocolate, Lactose-free, Soy, Coconut, and Cashew Milk)

Mineral waters (Dasani®, Propel®, Aquafina®, Vitamin water®, Sobe®)

Energy drinks (Gatorade®, Powerade®, Pedialyte®, Monster®)

Powdered drinks (Kool-Aid®, Country Time Lemonade®, Jell-O®, Crystal Light®, hot chocolate, Lipton Iced Tea and Lemonade®, Carnation Instant Breakfast®)

Dark colas (Coke®, Diet Coke®, Dr. Pepper®, Diet Dr. Pepper®, Pepsi®, Diet Pepsi®, root beer)

Some bottled teas and coffees (Starbucks Iced Coffee®, Lipton Brisk®, Brisk Pink Lemonade®, Nestea®)

All bottled fruit and vegetable drinks (All V-8® drinks, FruitWorks®, Tropicana®, Hawaiian Punch®, Vita®, Goya®, Bai® Coconut Water)