

|                              |                  |                               |                        |                         |
|------------------------------|------------------|-------------------------------|------------------------|-------------------------|
| <b>B</b>                     | <b>I</b>         | <b>N</b>                      | <b>G</b>               | <b>O</b>                |
| Water                        | 32<br>ounces     | Heart<br>Problems             | Shortness<br>of Breath | Measure<br>Liquids      |
| Frequent<br>Hospitalizations | Target<br>Weight | Puddings                      | Cramping               | Shortened<br>Treatments |
| Sugar<br>Free<br>Candies     | Watermelon       | <b>FREE</b>                   | Cramping               | Jello                   |
| Lemon                        | Soup             | Low/High<br>Blood<br>Pressure | Ice<br>Cream           | Missed<br>Treatments    |
| Ice<br>Chips                 | Edema/Swelling   | Reducing<br>Salt              | Weight<br>Gains        | Frozen<br>Grapes        |

|                               |                      |                          |                              |                         |
|-------------------------------|----------------------|--------------------------|------------------------------|-------------------------|
| <b>B</b>                      | <b>I</b>             | <b>N</b>                 | <b>G</b>                     | <b>O</b>                |
| Watermelon                    | Cramping             | Shortness<br>of Breath   | Frequent<br>Hospitalizations | Puddings                |
| Heart<br>Problems             | Weight<br>Gains      | Measure<br>Liquids       | Edema/Swelling               | Shortened<br>Treatments |
| Lemon                         | Cramping             | <b>FREE</b>              | Jello                        | 32<br>ounces            |
| Ice<br>Cream                  | Reducing<br>Salt     | Water                    | Frozen<br>Grapes             | Soup                    |
| Low/High<br>Blood<br>Pressure | Missed<br>Treatments | Sugar<br>Free<br>Candies | Target<br>Weight             | Ice<br>Chips            |

|                    |                      |                         |                           |                 |
|--------------------|----------------------|-------------------------|---------------------------|-----------------|
| <b>B</b>           | <b>I</b>             | <b>N</b>                | <b>G</b>                  | <b>O</b>        |
| Edema/Swelling     | Reducing Salt        | Cramping                | Missed Treatments         | Cramping        |
| Water              | Lemon                | Low/High Blood Pressure | Target Weight             | Measure Liquids |
| Sugar Free Candies | Frozen Grapes        | <b>FREE</b>             | Soup                      | Ice Cream       |
| Watermelon         | Shortened Treatments | Shortness of Breath     | Weight Gains              | Heart Problems  |
| Jello              | 32 ounces            | Puddings                | Frequent Hospitalizations | Ice Chips       |