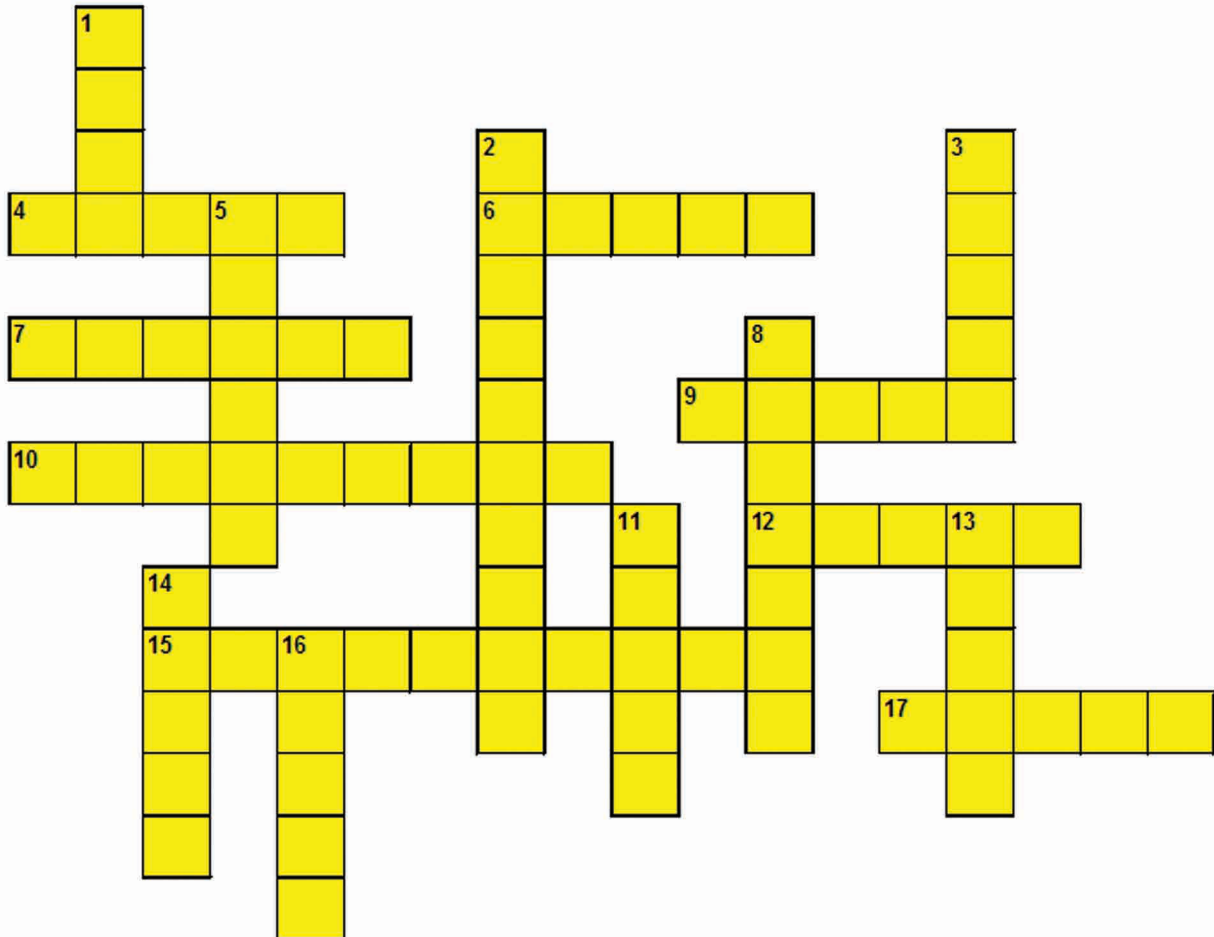




# Kidney Diet

*promoting a healthy renal diet*

## Tips for managing a fluid allowance



### ACROSS

- 4 **SHUBR** your teeth often  
6 Use **OMELN** wedges to freshen your mouth  
7 **EFZERE** small pieces of fruit from your daily allowance such as grapes.  
9 Stay cool by staying in the **EDAHS**  
10 Rinse your mouth with chilled **WOTAMHSUH**  
12 Fill a container with your advised amount of **TRAW**  
15 Take **ONDEATMICI** with mealtime liquids  
17 Avoid **ATLSY** foods

### DOWN

- 1 Use **OSRU** sweets to moisten your mouth  
2 If diabetic control your thirst by keeping your **GLUDBSOOAR** under control  
3 **ESNIR** out your mouth with cold water  
5 Keep boiled **EWSTES** in the fridge  
8 **GIWHCEN** gum can help to reduce thirst  
11 **HIGWE** yourself at home  
13 When taking fluid pour an **UQALE** amount of water into a measuring jug to keep track of what you've drank in the day.  
14 Use **ALMSL** cups and glasses  
16 Keep a fluid **YRIDA**

ANSWERS:  
Across: 4 Brush, 6 Lemon, 7 Freeze, 9 Shade, 10 Mouthwash,  
11 Water, 15 Medication, 17 Salty  
Down: 1 Sour, 2 Blood sugar, 3 Rinse, 5 Sweets, 8 Chewing,  
11 Weigh, 14 Small 16 Dairy