

### Fluid Retention

- Follow a **low sodium diet=2000 mg** per day or less
- Eat **foods with diuretic properties** such as **celery, parsley, lettuce, carrots, onion, asparagus, tomato and cucumber.**
- Drink plenty of water** if you are aware that your fluid retention is due to premenstrual syndrome, too much salt in your diet or another minor cause. You may feel that you have enough water in your body already, but being well hydrated will help you flush out excess water instead of storing it in your body.
- Eat fewer carbohydrates. When carbs break down in the body, they create water that gets retained. **Limit starchy foods like breads, pasta, and rice.** When reading food nutrition labels, **avoid the ones with words such as “refined” or “enriched”** in the ingredients. **Add more lean protein** to your plate. Try to get **fifteen grams of protein in each meal.**

<i>protein</i>	<i>serving</i>	<i>protein grams</i>
beans	1 cup cooked, dry	16
beef	3 oz, lean round steak	27
beef	3 oz, lean roast beef	24
eggs	3 oz egg whites	10
fish	3 oz, cod	15
fish	3 oz, canned tuna in water	26
fish	3 oz, salmon	17
grain	1 cup cooked, lentils	18
pork	3 oz, lean ham	18
pork	3 oz, lean pork loin	28
poultry	3 oz, lean, boneless, skinless white meat	26
soy	soy beans ½ cup, cooked	10
soy	4 oz tofu	9
yogurt	1 cup, Greek	22

- Exercise** often acts to release excess body fluid and increase circulation. Exercise can greatly help with fluid retention problems because the body will heart up and sweat out excess water. It will also improve your circulation and that will reduce and prevent fluid retention in the future.
- Avoid drinks that will dehydrate your body such as tea, coffee and alcohol.** Although caffeine and alcohol are diuretics, consuming them will only dehydrate you and worsen fluid retention.
- Take the **vitamins, minerals, herbs, and supplements** that the physician specifically recommends to you during your visit daily to reduce fluid retention.

vitamin/minerals/herbs	taken for
Vitamin B6	reduces the effects of fluid retention, especially in mild cases such as fluid retention due to premenstrual syndrome. Large quantities of Vitamin B6 can also be found in foods such as red meat, salmon, tuna, bananas and brown rice
Vitamin B5, Vitamin B1, and Vitamin D	will reduce water retention and can also be found in foods such as fresh fruits and low-fat dairy
Calcium, magnesium, manganese	can help with water retention as well, and are known to act as mild diuretics to help the body release excess water. Calcium is also found in yogurt, milk and dark leafy greens like spinach.
potassium	Potassium helps stabilize the amount of sodium in your body as well as helping to get rid of excess fluid. Potassium can be found in fruit such as citrus and melons.
dandelion leaf, parsley, corn silk, hawthorn, aescin from horse chestnut, cleavers and horsetail	may help to “flush out” the excess fluid in your body’s tissues.
Butcher’s broom extract	could help to treat edema
Bilberry and grape seed extract	could help to treat edema and provides antioxidant actions; grape seed may be especially helpful in treating edema related to chronic venous insufficiency.
Gingko	in supplement form or drink in a tea; Gingko can help with circulation so it may benefit you if you have water retention due to circulation problems
Omega-3 fatty acids (fish oil, alpha-lipoic acid or vitamin C)	Vitamin C and alpha-lipoic acid provide antioxidant actions, while fish oil can reduce inflammation.
Flavonoid (quercetin)	could help to treat fluid retention
selenium	if water retention is caused by a problem with your lymphatic system such as lymphedema, selenium may help