

Suavai = Fluid

Information for people with kidney disease

What is suavai?

Suavai is a fluid, which is water or other liquids you eat or drink that flows freely.



Why do I need to reduce my suavai intake?

If your kidneys don't work as well as they used to (kidney disease), you won't urinate as much suavai as you used to. Dialysis or fluid tablets help to take some of the extra fluid out of your body, however they can only do so much.

If you have kidney disease, too much suavai can cause:

- ◆ Swollen face, hands and legs
- ◆ High blood pressure
- ◆ Cramps
- ◆ Headaches
- ◆ Shortness of breath
- ◆ Strain on heart

These can make you feel washed out **BUT some people may still feel well.** For this reason, it is important to know where suavai is in the food and drink that you have each day. Your doctor or dietitian will tell you how much you can have.

If you've got **kidney disease**, you may need to be careful with how much fluid you consume

Tips for managing suavai intake

If you can, drink from a small cup as you will have less.

It's best not to have salty foods or add salt at the table as this will make you thirsty.

If you are thirsty, brush your teeth or chew a mint/gum instead of drinking to refresh your mouth.

Spread your suavai allowance out over the day, do not drink all at one time!

Suavai DAILY ALLOWANCE =
(vai and other fluids) _____



It is important to take healthy steps to ensure your community stays well. If you have problems with your kidneys, this may mean watching your suavai intake. Let's do it for our aiga!



Liquid/drinks containing suavai

- Water, cordial, juice – coconut, orange, pineapple, watermelon, *vai tipolo* (lemon fruit drink)
- *Vai meleni* (watermelon with coconut milk), *vai fala* (coconut milk with pineapple), *vai mago* (mango with coconut milk)
- Coffee, hot chocolate, tea - green, black and herbal, *laumoli* (tea with orange leaves), *moegalo* (lemon grass tea)
- Fizzy drinks such as cola and lemonade or energy drinks
- Milk, cream, milkshakes, thick shakes, flavoured milk and iced coffee
- All alcohol including wine, beer, spirits and kava
- *Koko Samoa* (Samoan chocolate milk drink)
- Gravy, meat drippings and sauces (e.g. soy sauce in *sapasui* (chop-suey) or stir fry)
- Coconut milk and coconut cream
- Ice and ice blocks



Taro, sapasui, kale, and salad



Kale



Palusami/lu'au



Samoan and everyday Foods containing suavai

- *Fa'alifu fa'i* (green bananas with coconut cream)
- *Fa'alifu talo* (taro with coconut cream)
- *Koko alaisa* (cocoa rice)
- *Sapasui* (chop-suey beef with vermicelli noodles)
- Vegetable and meat broth, stews and *supo* (soup)
- *Kale* (curry)
- *Palusami* (coconut cream and onion cooked in taro leaves)
- *Paifala* (half moon pineapple pie)
- Custard, ice cream and jelly
- *Vaisalo* (Samoan coconut tapioca porridge)



Koko Samoa



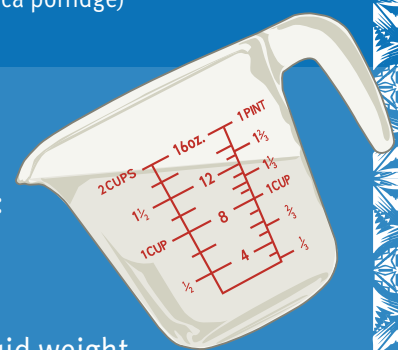
Vaisalo

Fluid content

- 2 scoops ice cream = 40mL
- 1/2 cup jelly = 100mL
- 1 can fizzy drink = 375mL
- 1 cup Koko Samoa = 250mL

Use measuring cups to accurately measure suavai:

- 1 tablespoon = 20mL
- 1 cup = 250mL
- 1 litre = 1000mL = 1kg in fluid weight



Swap

big for small

Swap

a large cup for a small cup when drinking



This resource has been produced by the Access and Capacity-building Team, Metro South Health and QUT Nutrition and Dietetics students.

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