

Suavai = Fluid



Information for people with heart failure

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 manage my suavai intake?

Heart failure means that the heart muscle isn't pumping the blood around the body as well as it used to. This can cause your body to hold on to too much suavai, making it even harder for your heart to pump blood. It is important to watch the amount of suavai you take in from food and drink to help manage symptoms such as puffy legs and feet.

If you have heart failure, too much suavai can cause:

- ◆ Shortness of breath
- ◆ Swollen legs, ankles, feet and hands
- ◆ High blood pressure
- ◆ Strain on heart
- ◆ Cramps and headaches

These can make you feel washed out **BUT some people may still feel well.** 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 **heart failure**, you may need to be careful with how much suavai you consume

Tips for managing suavai intake

Drink from a small cup or have half cups rather than a big cup. This way 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 for you to take healthy steps to ensure your community stays well. If you have heart failure this may mean watching your suavai intake.

Let's do it for our aiga!



Liquid/drinks containing suavai



Taro, sapasui, kale, and salad



Kale



Palusami/lu'au

- 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 (eg. soy sauce in *sapasui* (chop-suey) or stir fry)
- Coconut milk and coconut cream
- Ice and ice blocks



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)



Vaisalo



Koko Samoa

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



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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Swap

big for small

Swap

a large cup for a small cup when drinking