**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
- Cramps
- Shortness of breath
- High blood pressure
- Headaches
- 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 diettitian will tell you how much you can have.

**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

Samoan and everyday Foods containing suavai

- Fa’olifu fa’i (green bananas with coconut cream)
- Fa’olifu 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)

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

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.

For further information please email us at: access&capacity@health.qld.gov.au