

Amounts of Fluid in Common Foods and Drinks

 <p>Custard ½ cup = 100ml</p>	 <p>Yoghurt 200g tub = 160ml</p>	 <p>Ice cream 2 scoops = 30ml</p>
 <p>Fruit (orange or pear or apple) 1 medium = 80ml</p>	 <p>Watermelon ½ cup = 100ml</p>	 <p>Rockmelon or Honeydew ½ cup = 100ml</p>
 <p>Porridge 1 cup = 160ml</p>	 <p>Jelly ½ cup = 125ml</p>	 <p>Gravy 2 Tablespoons = 40 ml</p>
 <p>Soup (tinned, packet or homemade) 1 cup = 250ml</p>	 <p>Tea or Coffee 1 mug = 300ml</p>	 <p>Flavoured milk 1 carton = 600ml</p>
 <p>Soft drink or sports drink 1 bottle = 600mls</p>	 <p>Fruit juice 1 cup or tetra pack = 250ml</p>	 <p>Icy pole = 90ml</p>
 <p>Soft drink or Beer 1 can = 375ml</p>	 <p>Wine 1 standard glass = 100ml</p>	 <p>Spirit 1 nip = 30ml</p>

Your Fluid Restriction is _____

Contact your Dietitian for the fluid content of other foods

Information sources:

1. Queensland Health. (2007) Logan Hospital, Dietary management of Heart Failure booklet
2. Queensland Health. (2005) http://www.health.qld.gov.au/nutrition/resources/renal_fluidctrl.pdf
3. Australian Government. (2010) <http://www.health.gov.au/internet/alcohol/publishing.nsf/Content/drinksguide-cnt>