

Amounts of Fluid in Common Foods and Drinks

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

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.gld.gov.au/nutrition/resources/renal_fluidctrl.pdf
 3. Australian Government. (2010) https://www.health.gov.au/internet/alcohol/publishing.nsf/Content/drinksguide-cnt

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO team. Disclaimer: http://www.health.qld.gov.au/masters/copyright.asp

Developed: January 2014 Due for Review: January 2016