

Amounts of fluid in common foods and drinks

Your fluid restriction is: _____

Fluid in drinks

For all drinks the amount of fluid is as listed on the pack (if it is a single serve item) or it can be measured. You must measure all drinks, including water, cordial, soft drink, juice, milk drinks, tea and coffee, alcoholic beverages.





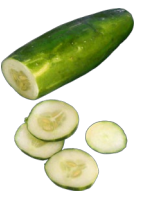





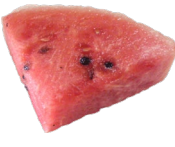



Fluid in Ice

The best way to find out how much fluid is in your ice cubes is to measure it once and write it down. The average ice cube has 15ml of fluid.

Fluid in food

Depending on your fluid restriction, you may need to count the fluid in your foods. The fluid in food can be hard to estimate, use this resource as a guide.

	Soup 1 cup = 200ml		Rice/pasta 1 cup = 100ml		Porridge 1 cup = 160ml
	Yoghurt 200g tub = 160ml		Juicy Vegetables e.g: cucumber, tomato 1 cup = 125ml		Gravy and Sauce 2 Tablespoons = 40 ml
	Custard ½ cup = 100ml		Jelly ½ cup = 125ml		Ice cream ½ cup = 100ml
	Tinned fruit 1 medium tub or ½ cup = 80ml		Juicy fruit: e.g: melons, oranges ½ cup = 100ml		Icy pole / icecream on stick = 90ml