



How to Follow Your Fluid Restriction

This diet is prescribed by your doctor as part of your care.

What is considered a fluid?

1. Liquids (like soup and juice)
2. Foods that become liquid at room temperature (e.g. ice-cream, fruit ice)
3. Foods that are mostly water, such as gelatin
4. Thickened fluids

Your fluid restriction is ordered in milliliters (mL).

There are 30 mL in 1 ounce (oz.) of fluid. For example: 240 mL = 8oz. (1 cup)

How many mL of fluid are in foods and drinks?

- Non-dairy creamer 10 mL
- Ice cream (4oz) 50 mL
- Gelatin (4oz.) 105 mL
- Juice (4oz) 120 mL
- Ginger Ale (8 oz./12oz) 240 mL /360 mL
- Milk (4 oz./8 oz.) 120 mL /240 mL
- Soup (5oz) 150 mL
- Hot beverages (6 oz./8 oz.) 180 mL/240 mL
- Lactose-free oral supplement (such as Ensure®) 240 mL (see container for other supplements)
- Fruit ice (4 oz.) 120 mL
- Crushed Ice (1 cup/8oz.) 120 mL

How much fluid do I get with each meal while I am in the hospital?

Prescribed Daily Fluid Restriction Total	500 mL	750 mL	1000 mL	1200 mL	1500 mL	Other
Breakfast	120 mL	120 mL	240 mL	240 mL	240 mL	
Lunch	60 mL	120 mL	120 mL	240 mL	240 mL	
Dinner	60 mL	120 mL	120 mL	120 mL	240 mL	
Total amount of Fluid Provided with Meals	240-250 mL	360-375 mL	480-500 mL	600 mL	720-750 mL	

Why don't I get all of my fluid with my meals in the hospital?

The remaining fluid prescribed will be provided by nursing to help you take your medications.