

Counting the Amount of Fluid in Your Diet

How much can I drink in a day?

You should have _____ milliliters (mL), _____ ounces (oz), or ____ cups of liquid each day.

What do I count as fluid?

You will need to account for anything that you drink. Any food that you eat that becomes liquid at room temperature must also be counted.

How do I measure what I drink and eat?

The list below will help you convert the fluids that you are drinking into ounces (oz) and milliliters (mL).

1 tablespoon = 1/2 oz = 15 mL

1/4 cup = 2 oz = 60mL

1/2 cup = 4 oz = 120mL

3/4 cup = 6 oz = 180mL

1 cup = 8 oz = 240mL

12 oz can of soda = 360mL

1 liter = 1000mL

1 quart = 1060mL

4 cups = 32 oz = 1 quart = 945mL

8 cups = 64 oz = 2 quarts = 1920 mL

Water, fruit juices, milk, decaf coffee, decaf tea, herbal decaf tea, or caffeine free sodas are great sources of the fluid that you need. Caffeine and alcohol can have a mild diuretic effect. Limit the alcohol and caffeine in your diet. These drinks should be counted toward your fluid total. Talk to your doctor or a registered dietitian if you have questions about caffeine.

Fluids in Common Food/Drinks

30 mL (1 ounce):

- 1 ice cube

80-90 mL (3 ounces):

- Ice cream sandwich
- Popsicle

120 mL (1/2 cup or 4 ounces):

- Fruit juice
- Ice cream
- Jello[®]
- Sherbet
- Sorbet
- Pre-packaged thickened juice
- Soup with vegetables, rice or pasta

180 mL (3/4 cup or 6 ounces):

- Italian ice cups
- Creamed soup
- Clear broth

210 mL:

- Watermelon (1 cup diced)

240 mL (1 cup or 8 ounces):

- Milk, Lactaid[®], soy milk, almond milk
- Kool-aid[®]
- Pre-packaged thickened milk
- High protein milkshake

270-280 mL:

- Soda with ice

You might find it helpful to write down what you are eating and drinking and keep a running total for the day. Plan out the amount of fluid you will have during the day.

Tips to Control Fluids and Thirst

- Avoid salty or high sodium foods, these increase your thirst.
- Spread out fluids over the course of a day.
- Use smaller cups for drinks.
- Make sure you know how much fluid your cups, bowls, mugs and glasses hold.
- Instead of adding ice cubes to your favorite drink, make ice cubes out of your favorite drink.
- Freeze or partially freeze pieces of fruit for a treat between meals to help relieve dry mouth. Try lemon wedges, orange sections, peaches, berries.
- Try sugar-free chewing gum or hard candies to keep your mouth moist.
- Rinse your mouth with water, but do not swallow to help with a dry mouth.
- Do not overheat your home and use a humidifier to increase humidity in the air.

Who to Call

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below.

You can also visit our website at

www.uwhealth.org/nutrition

Nutrition clinics for UW Hospital and American Family Children's Hospital can be reached at: **(608) 890-5500**

Nutrition clinics for UW Medical Foundation can be reached at: **(608) 287-2770**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#475