

Fluid Totals

How much fluid am I drinking a day?

To help you keep track of how much fluid you are drinking and eating each day, use the pictures in this handout to help you add up your fluid totals. Share this information with your health care team.

Fluid sizes

Hospitals use the metric system to measure fluids, such as liters and milliliters, instead of cups or ounces.

Check the size of your water pitcher. Most of our water pitchers hold **600 milliliters (ml)** of fluid. This is the same as 20 ounces or 2½ cups.

Your health care provider may recommend drinking up to 4 of these pitchers a day. Ask about your goal for fluid totals.



Your daily fluid goal

Your health care provider may have a specific goal for your fluid totals each day.

My daily fluid goal is _____ milliliters or _____ ounces each day.

Tell your provider how well you are able to meet your daily fluid goal.

Fluid Conversion Table

Fluid Conversion Table		
1 quart (qt)	32 ounces (oz) or 4 cups	960 milliliters (ml)
2½ cups (c)	20 oz	600 ml
1 pint (pt)	16 oz or 2 cups	480 ml
1 cup	8 oz	240 ml
¾ cup	6 oz	180 ml
⅔ cup	5⅓ oz	158 ml
½ cup	4 oz	120 ml
⅓ cup	2⅔ oz	79 ml
¼ cup	2 oz	60 ml
1 tablespoon (tbsp)	½ oz	15 ml
1 teaspoon (tsp)	⅙ oz	5 ml



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Products

Most product labels identify how many milliliters or ounces of fluid are in the product. If you do not know how many milliliters or ounces are in a product, compare your product to a photo on these pages. If you need help, ask a member of your health care team how many milliliters or ounces you are drinking or eating.



½ cup of fruit
60 ml



small popsicle
90 ml



½ cup of ice cream
120 ml



½ cup of gelatin (Jell-O)
120 ml



small cup of juice
120 ml



can of tomato juice
160 ml



medium box of
Ensure Clear 240 ml



medium box of
Ensure Plus 240 ml

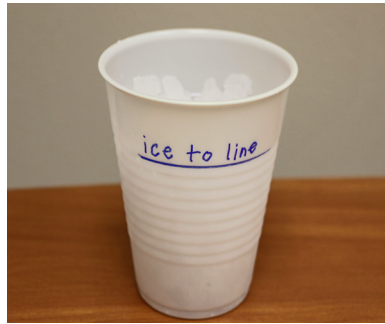


medium box of
Glucerna 240 ml

Cup and bottle sizes



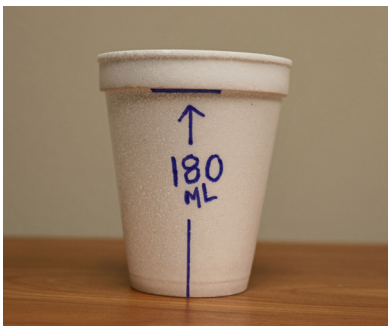
½ cup or small glass
120 ml



ice filled to line of
large white plastic cup
120 ml



plastic cups:
large 240 ml
small 120 ml



styrofoam cup
180 ml



small carton of milk
240 ml



hard plastic cup
240 ml



check if water bottles are:
600 ml (20 oz) or
500 ml (16.9 oz)



check if **bottles** are:
600 ml (20 oz) or
500 ml (16.9 oz)
cans are 355 ml (12 oz)



large café cup
600 ml

