MY DAILY FLUID ALLOWANCE

1200ml=5 8oz cups 1500ml=6.25 8oz cups 1800ml=7.5 8oz cups 2000ml=8.3 8ozcups

Date & Time	Fluid	Amounts in milliliters (multiply ounces by 30)

Jello 150 ml melts to 75 ml	**Dietary Styrofoam cup 360 ml**
Yogurt 180 ml melts to 90 ml	**Coffee cup 240 ml**
Ice Cream / sherbet 118 ml melts to 60 ml	**Soup bowl 240 ml**
Popsicle (single) 50 ml	**Italian Ice 118 ml melts to 60 ml**
Popsicle (double) 70 ml	**Milk 236 ml**
Small Styrofoam cup 240 ml	**Ensure 236 ml**
Large Styrofoam cup 480 ml	**Boost 236 ml**
Juice 118 ml	**Activia 236 ml**
A full cup of ice any size cup melts to ½ of the mls (480 -240 or 240 -120)	