

Fluid-Restricted Diet

Guidelines to follow

This handout gives basic guidelines for a fluid-restricted diet. It includes a list of foods that should be counted as part of fluid intake, and tips to help with fluid control.

Your doctor has placed you on a fluid-restricted diet.

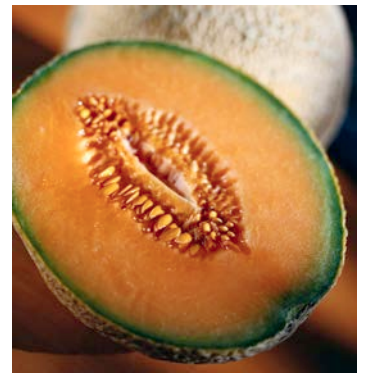
- **You may have ONLY _____ milliliters (mL) of fluid in 24 hours. This is about _____ ounces (oz), or _____ cups.**
- **Continue on this restricted diet until your doctor tells you it is OK to drink the amount of fluids you normally drink.**

Some Foods Count as Fluids

Some foods may not seem like liquid, but you still must count them as a part of your fluid intake. This is because:

- They are liquid at room temperature,
OR
- A liquid is the main ingredient in the food,
OR
- The food naturally contains a lot of liquid.

Here is a helpful tip to remember: **If a food melts at room temperature, it counts as a fluid.**



Most fruits contain a lot of water. They count as a fluid when you are on a fluid-restricted diet.

Examples of Foods that Count as Liquids

These foods count as fluids:

- Cooked cereal
- Custard
- Gelatin (Jell-O)
- Ice and ice chips
- Ice cream and sherbet
- Milkshakes
- Most fruits and some vegetables
- Popsicles
- Pudding
- Sauces and gravies
- Soup and broth
- Yogurt

Measuring Fluids

The amount of fluid you are allowed to have in 24 hours is measured in milliliters (mL). Use this table to help figure out how many mL are in other measurements you may use.

Number of mL	Equals	Equals	Equals
15 mL	3 teaspoons	1 tablespoon	
30 mL	1 fluid oz	2 tablespoons	
120 mL	½ cup	4 oz	
180 mL	¾ cup	6 oz	
240 mL	1 cup	8 oz	
500 mL	2 cups	16 oz	
960 mL	4 cups	32 oz	1 liter
1,200 mL	5 cups	40 oz	1.2 liters
1,500 mL	6¼ cups	50 oz	1.5 liters
2,000 mL	8⅓ cups	67 oz	2 liters

Tips for Fluid Control

- Use a liquid measuring cup to measure the amount of fluid that your regular cups and glasses hold. This will help you plan and count your fluids for the day.
- Be sure to include the liquid you will use for taking your medicines or for sips of water between meals.
- Do not guess at your fluid intake. Keep a “liquid log”:
 - Write down how much fluid you can have in 24 hours.
 - Each time you have some fluid, measure it and write it in your log.
 - Subtract that amount from your daily allowance so that you know how much you have left for the rest of the day.
- Drain all canned fruits and vegetables before you eat them so the juices do not count toward your allowance.
- Make sure to count soups, broths, popsicles, ice cream bars, and other foods that contain liquid as part of your intake.
- Avoid salty foods. They can make you more thirsty.
- Drink only when you are thirsty.

- If your mouth is dry, try:
 - Sucking on a lemon wedge, ice cubes, or hard candy
 - Chewing gum
 - Rinsing your mouth out with water, but do not swallow the water

Fluids in Some Foods

Here are some foods and the amount of fluid they contain:

Food	Amount of Food	Fluid It Contains
<ul style="list-style-type: none"> • Cooked cereal • Gelatin dessert (Jell-O) • Ice cream • Juice • Pudding • Sherbet • Soup • Yogurt 	<p>All in this group: ½ cup (4 oz)</p>	<p>All in this group: 120 mL (4 oz) fluid</p>
<ul style="list-style-type: none"> • Fruit • Ice chips 	1 cup	120 mL (4 oz) fluid
<ul style="list-style-type: none"> • Popsicle 	1	90 mL (3 oz) fluid
<ul style="list-style-type: none"> • Soda 	12 oz	360 mL (12 oz) fluid
<ul style="list-style-type: none"> • Milkshake 	16 oz	480 mL (16 oz) fluid

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Dietitian/Diet Technician:
