

**FLUID ITEMS FOR CALCULATING FLUID INTAKE**

Ice Cream	4 oz	120 mL
Italian Ice	4 oz	120 mL
Sherbet	4 oz	120 mL
Popsicle	1 each	120 mL
Jello	4 oz	120 mL
1 creamer	½ oz or 1 tbsp	15 mL
Broth/soup	6 oz	180 mL
Hot Tea	6 oz	180 mL
Iced Tea	6 oz	180 mL
Coffee	6 oz	180 mL
Ice	6 oz 6 oz of ice melted = 3 oz/90 mL of liquid	180 mL
Soda	12 oz	360 mL

Hot cereal, pudding, and yogurt are not counted as a fluid.

Source: NBHD