Your 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 milliters, instead of cups or ounces.

Check the size of your water pitcher. Most of our water pitchers hold 600 milliters (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 goals
Your health care provider may have a specific goal for your fluid totals each day.

My daily fluid goals are: ___________milliters.

This is the same as ___________ounces.

Tell your health care provider how well you are able to meet your daily fluid goals.

Fluid Conversion Table

<table>
<thead>
<tr>
<th>1 quart (qt)</th>
<th>32 ounces (oz) or 4 cups</th>
<th>960 milliters (ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2½ cups</td>
<td>20 ounces</td>
<td>600 milliters</td>
</tr>
<tr>
<td>1 pint (pt)</td>
<td>16 ounces or 2 cups</td>
<td>480 milliters</td>
</tr>
<tr>
<td>1 cup (c)</td>
<td>8 ounces</td>
<td>240 milliters</td>
</tr>
<tr>
<td>¾ cup</td>
<td>6 ounces</td>
<td>180 milliters</td>
</tr>
<tr>
<td>⅔ cup</td>
<td>51/3 ounces</td>
<td>158 milliters</td>
</tr>
<tr>
<td>½ cup</td>
<td>4 ounces</td>
<td>120 milliters</td>
</tr>
<tr>
<td>¼ cup</td>
<td>2 2/3 ounces</td>
<td>79 milliters</td>
</tr>
<tr>
<td>1 tablespoon (T)</td>
<td>1/2 ounce</td>
<td>15 milliters</td>
</tr>
<tr>
<td>1 teaspoon (tsp)</td>
<td>1/6 ounce</td>
<td>5 milliters</td>
</tr>
</tbody>
</table>
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.

1/2 cup of fruit
60 ml

small popsicle
90 ml

1/2 cup of ice cream
120 ml

1/2 cup of gelatin (Jello)
120 ml

small cup of juice
120 ml

can of tomato juice
160 ml

medium box of Ensure
200 ml

medium bottle of Ensure
240 ml

medium can of Glucerna
240 ml
Cup and bottle sizes

1/2 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)
## Daily fluid record

Use this chart to write down what and how much you drank or ate today that had fluids. Please ask a member of your health care team for more copies of this page to help you keep track of your daily fluid totals.

**Date ____________**

<table>
<thead>
<tr>
<th>Time</th>
<th>Product</th>
<th>How much fluid?</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am</td>
<td>small juice</td>
<td>120 ml</td>
</tr>
<tr>
<td>7:30 am</td>
<td>cereal with milk (1 carton)</td>
<td>240 ml</td>
</tr>
</tbody>
</table>

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**Talk to your doctor or health care team if you have any questions about your care.**

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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