

BEVERAGES AND FLUIDS

Recommended _____ cups each day.



Milk



Water



Juice



Kool-aid



Ice



Coffee



Tea



Alcohol
(with doctor's permission)



Pop / Soda



Popsicle



Ice Cream & Sherbet



Jello



Soups



Gravy

- Any food that is liquid at room temperature counts as fluid. If it melts or pours at room temperature it is a fluid.
- Measure all fluids with a standard measuring cup and keep track of your fluids each time you eat or drink them.
- Fill a bottle with _____ ounces of fluid. Each time you consume a fluid, remove an amount equal to it from the bottle.
- Limiting salty foods will help control thirst.

COMMON MEASUREMENTS

One cup = 8 ounces

One pint = 2 cups

One quart = 4 cups

One and one-half quarts = 6 cups