







## Reference Guide of Common Types of Fluids

Type of Fluid	Amount of Fluid (mL)	Type of Fluid	Amount of Fluid (mL)
Fluid in cup (such as water or ice)	400 mL	Juice	96 mL
Coffee/Tea mug	180 mL	Milk	125 mL
Fruit purée	100 mL	Soup	180 mL
Fruit sauce	100 mL	Supplements (such as Glucerna®, Ensure®)	235 mL
Ice cream	115 mL	Supplements - Ensure Compact®	118 mL
Jell-O	118 mL	Yogurt	100 mL

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**English:** This information is important! If you have trouble reading this, ask someone to help you.

**Italian:** Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.