

**Fluid Restricted Diet:**

- Fluids are adjusted on trays to equal the restricted level **MINUS 500 ml** reserve fluids for nursing use.
- All fluids are counted per ml.

**A fluid is ANYTHING that is liquid at room temperature.** This includes:

- Milk, juice, coffee, tea, ice, soft drinks, alcohol,
- Soup, Jell-O®, popsicles, ice cream, sherbet,
- Thickened beverages and Nutritional supplements (eg. Ensure® /Boost®)
- Items that have ≤ 15 ml/serving will not be counted.

**Standard Fluid Restrictions (Unless marked otherwise on patient’s meal pattern)**

Meal	1000 ml	1200 ml	1500 ml
<b>Breakfast</b>			
Juice	125	125	125
Milk	125	125	125
Coffee/tea		125	250
<b>Lunch</b>			
Coffee/tea/milk/juice	125	125	250
<b>Supper</b>			
Coffee/tea/milk/juice	125	125	250

**NOTES:**

1. Soup is generally eliminated in fluid restricted diets – patients usually need more fluid for thirst.
2. For Diabetics – eliminate coffee or tea first for lunch and supper meals, replacing with allowed amount of milk
3. For Renal/Dialysis diets – milk is allowed at breakfast only, not allowed ice cream or puddings
4. If Jell-O® /Ice Cream is a dessert option on menu rotation, subtract from allowed fluids at that meal. (Eg. 4 oz Ice Cream would replace the fluid at lunch for the 1000 ml fluid restriction)

**Client Meal Tray:**

- For reference

<b>Bowl, rectangular, plastic (Aladdin, blue/red)</b>		<b>Juice, pre-packed.....</b>	125 ml
Cereal.....	175 ml		
Soup, side.....	175 ml		
Soup, entrée.....	250 ml		
<b>Bowl, round, plastic (Aladdin, blue)</b> <b>Soup, clear/full fluids.....</b>	250 ml	<b>Milk, pre-packed.....</b>	120 ml
<b>Creamer.....</b>	10 ml	<b>Mug (Aladdin, brown/blue/red)</b> Coffee/Tea.....	175 ml
<b>Cup, disposable (Aladdin, plastic)</b>		<u>Other</u> (based on how filled on average for patient safety, not what can actually hold)	
Top line (standard fill).....	125 ml		
Bottom line.....	100 ml		
<b>Dish, plastic (Aladdin, red)</b>		<b>Bowl, china.....</b>	300 ml
Applesauce.....	100 ml		
Jell-O®.....	125 ml		
Pudding.....	100 ml		
<b>Ensure/ Plus</b>		<b>Tumbler, plastic, wide-mouth (clear).....</b>	260 ml
Disposable cup.....	117 ml		
Can.....	235 ml		
<b>Ice cream, Dixie.....</b>	75 ml	<b>Water Carafe, stainless steel</b>	1000 ml