

Fluid Restriction

Sometimes it is important to limit fluids. Here are some examples of how to limit fluids to 1½ litres per day.

How to limit your fluid to 1 ½ litres every day

500ml = fluid from soup, ice-cream, custard, some fruits & milk on cereal



100ml



200ml



100ml=125gm



100ml=1 cup

All of this = 1 ½ litres of fluid



200ml



150ml



200ml



150ml



150ml



150ml