



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

FLUID GUIDE

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ACHIEVING 2 LITRES + MORE



SMALL GLASS = 160ML



MUG = 260ML



CUP = 160ML



TALL GLASS = 300ML



1 PINT = 568ml



SUPPLEMENT = 220ml



FEED = 500 or 1000ml



JUG = 1000ml

OTHER SOURCES OF FLUID INCLUDE:

SOUPS

JELLY

ICE CREAM