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| --- | --- | --- | --- |
| Date & Time | Fluid | | Amounts in milliliters  (multiply ounces by 30) |
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| **Jello 150 ml melts to 75 ml** | | **Dietary Styrofoam cup 360 ml** | |
| **Yogurt 180 ml melts to 90 ml** | | **Coffee cup 240 ml** | |
| **Ice Cream / sherbet 118 ml melts to 60 ml** | | **Soup bowl 240 ml** | |
| **Popsicle (single) 50 ml** | | **Italian Ice 118 ml melts to 60 ml** | |
| **Popsicle (double) 70 ml** | | **Milk 236 ml** | |
| **Small Styrofoam cup 240 ml** | | **Ensure 236 ml** | |
| **Large Styrofoam cup 480 ml** | | **Boost 236 ml** | |
| **Juice 118 ml** | | **Activia 236 ml** | |
| **A full cup of ice any size cup melts to ½ of the mls (480 -240 or 240 -120)** | | | |