

Foods With High Fluid Content

Calculate fluid measurements (ounces = oz)

8 oz = 1 cup

6 oz = 3/4 cup

5 1/3 = 2/3 cup

4 oz = 1/2 cup

2 2/3 oz = 1/3 cup

2 oz = 1/4 cup

1 oz = 2 Tablespoons

1/2 oz = 1 Tablespoon

1 medium Apple	4 oz
1/2 cup Applesauce	4 oz
1/2 cup Cabbage, cooked	2 1/2 oz
2 small Celery, stalks	2 2/3 oz
1/2 cup Cereal, hot	3 1/2 oz
3/4 cup. Cream, heavy	3 2/3 oz
1/2 medium Cucumber	5 oz
1/3 cup Custard, homemade	3 oz
3.25 oz. Fruit Ice	2 1/2 oz

½ medium Grapefruit	4 oz
½ cup Half-n-Half	3 ½ oz
½ cup Ice Cream	3 oz
½ cup Jell-O	3 oz
1 medium Lemon	2 oz
½ cup Lettuce	1 oz
½ cup Macaroni, cooked	1 2/3 oz
½ cup Milk	4 oz
½ cup Noodles, Egg, cooked	2 oz
1 small Orange	4 oz
1 medium Peach, fresh	2 2/3 oz
½ medium Pear, fresh	2 ½ oz
1 small Pepper, green	2 ½ oz

1 medium Plum, fresh	2 oz
3.35 oz. Popsicle	2 2/3 oz
1 small Potato, baked	5 oz
1 small Potato, boiled	6 1/3 oz
1/2 cup Potato, mashed	3 oz
1 small Potato, Sweet, baked	3 oz
1/2 cup Potato, Sweet, boiled	4 oz
1/2 cup Pudding	3 oz
1/2 cup Rice, cooked	2 1/3 oz
1/2 cup Sherbet	3 oz
3/4 cup Soup, average	5 1/3 oz
1/2 cup Spaghetti, cooked	1 2/3 oz
1/2 cup Squash, Summer, cooked	3 oz

½ cup Squash, Winter, cooked	3 oz
1 medium Tangerine	2 2/3 oz
1 small Tomato	4 oz
½ cup Watermelon	2 ½ oz
½ cup Yogurt, plain	3 1/3 oz