

What foods count as a liquid?



Besides the everyday liquids, remember a food counts if it is a liquid at room temperature

Ice Cream

Ice cream counts toward a fluid restriction as it melts and becomes a liquid at room temperature

Popsicles

Like ice cream, popsicles melt at room temperature and count as a liquid

Jello

Jello also counts towards a fluid restriction

Soups

You may not think about it but broths and non water liquids count as well