

| <b>Liquid Quantity</b>        | <b>1 Serving – 4 oz. Liquid</b> |              |                |
|-------------------------------|---------------------------------|--------------|----------------|
|                               | <b>Nectar</b>                   | <b>Honey</b> | <b>Pudding</b> |
| <b>Water</b>                  | 1 ½ T                           | 2T           | 2 ½ T          |
| <b>Apple Juice</b>            | 1 – 1 ½ T                       | 2T           | 2 ½ T          |
| <b>Cranberry Juice</b>        | 1 – 1 ½ T                       | 2T           | 2 ½ T          |
| <b>Grape Juice</b>            | 1 – 1 ½ T                       | 2T           | 2 ½ T          |
| <b>Orange Juice</b>           | 1T                              | 1 ½ T        | 2T             |
| <b>Prune Juice</b>            | 1T                              | 2T           | 2 ½ T          |
| <b>Fruit Nectar</b>           | 2 tsp                           | 1T           | 2T             |
| <b>Tomato/Vegetable Juice</b> | 0                               | 2 tsp        | 1 ½ T          |
| <b>Carbonated Sodas</b>       | 1 – 1 ½ T                       | 2T           | 2 ½ T          |
| <b>Lemonade/Punch</b>         | 1 – 1 ½ T                       | 2T           | 2 ½ T          |
| <b>Coffee/Tea</b>             | 1 – 1 ½ T                       | 2T           | 2 ½ T          |
| <b>Broth</b>                  | 1 – 1 ½ T                       | 2T           | 2 ½ T          |
| <b>Skim/1% Milk</b>           | 1 – 1 ½ T                       | 2T           | 2 ½ T          |
| <b>2% Whole Milk</b>          | 1 – 1 ½ T                       | 2T           | 2 ½ T          |

| <b>Liquid Quantity</b>        | <b>1 Serving – 6 oz. Liquid</b> |              |                |
|-------------------------------|---------------------------------|--------------|----------------|
|                               | <b>Nectar</b>                   | <b>Honey</b> | <b>Pudding</b> |
| <b>Water</b>                  | 2T                              | 3T           | 3 ½ T          |
| <b>Apple Juice</b>            | 1 ½ - 2T                        | 3T           | 3 ½ T          |
| <b>Cranberry Juice</b>        | 1 ½ - 2T                        | 3T           | 3 ½ T          |
| <b>Grape Juice</b>            | 1 ½ - 2T                        | 3T           | 3 ½ T          |
| <b>Orange Juice</b>           | 1 ½ T                           | 2T           | 3T             |
| <b>Prune Juice</b>            | 1 ½ T                           | 3T           | 3 ½ T          |
| <b>Fruit Nectar</b>           | 1T                              | 1 ½ T        | 3T             |
| <b>Tomato/Vegetable Juice</b> | 0                               | 1T           | 2T             |
| <b>Carbonated Sodas</b>       | 1 ½ - 2T                        | 3T           | 3 ½ T          |
| <b>Lemonade/Punch</b>         | 1 ½ - 2T                        | 3T           | 3 ½ T          |
| <b>Coffee/Tea</b>             | 1 ½ - 2T                        | 2T           | 3 ½ T          |
| <b>Broth</b>                  | 1 ½ - 2T                        | 3T           | 3 ½ T          |
| <b>Skim/1% Milk</b>           | 1 ½ - 2T                        | 3T           | 3 ½ T          |
| <b>2% Whole Milk</b>          | 1 ½ - 2T                        | 3T           | 3 ½ T          |