



— *Stay* — HYDRATED

Determining Fluid Needs and the Role of RD in Preventing Dehydration

1 milliliter = 0.033814

An easy method for determining fluid needs is 30ml/kg. This factor is often decreased to 20-25ml/kg when fluid retention is present. convert weight in pounds to kilograms by dividing by 2.2, then multiply by the factor above that is most appropriate for your client.