

Canllaw i Gyfeintiau Hylif

Fluid Volume Guide



Llywodraeth Cymru
Welsh Government

Diben yr wybodaeth hon yw eich helpu i roi gwybodaeth gywir am yr hylif a gymerir ar Siart Bwyd a Hylif Cymru Gyfan ar gyfer Lleoliadau Cymunedol. Cyfeiriwch at y lluniau isod wrth lenwi'r Siart. Rhaid cofnodi pob hylif a gymerir yn gywir.

This information is designed to help you with accurate documentation of fluid intake on the All Wales Food and Fluid Chart for Community Settings. Please refer to the photographs below when completing the Chart. All fluid intake must be recorded accurately.

www.cymru.gov.uk



Cwpan Llawn /
Full Cup = 150ml



Cwpan Plastig Llawn /
Full Plastic Cup = 150ml



Bicer Llawn /
Full Beaker = 200ml



Bicer Llawn /
Full Beaker = 200ml



Bicer Llawn /
Full Beaker = 200ml



Mwg Llawn /
Full Mug = 200ml



Gwydraid Llawn /
Full Glass = 200ml



Llond Jwg /
Full Jug = 1000ml

Hylif o Ffynonellau Eraill / Other sources of fluid

Ychwanegion maethol /
Nutritional Supplements

Hufen iâ / Ice Cream



Cawl / Soup

Jeli / Jelly