



# Thick & Easy™ Clear Ready Reckoner

Fluid is essential to good health, an increase or decrease in a patient's fluid needs is based on a number of factors. Clinical judgment should be used to assess individual fluid requirements. The tables below provide guidance on approximate quantities of Thick & Easy™ Clear required to thicken fluids to a safe consistency for a range of recommended fluid intakes. Guidance on average adult fluid intake is also provided; however, this is not based on an individual patient assessment and must be therefore used with caution.

Scoops per drink Amount of fluid 200ml	Number of Thick & Easy™ scoops (1.4g) required per drink**			
	Level 1*	Level 2*	Level 3*	Level 4*
	1	2	3	6
Tins per month Amount of fluid per day 1000ml	Number of Thick & Easy™ tins (126g) required per month based on average adult fluid requirements <sup>1,2,3</sup> (approximately 6-10 250ml cups)			
	Level 1*	Level 2*	Level 3*	Level 4*
	2	3	5	9

NB: Approximate figures based on recommended usage of Thick & Easy Clear™ (BDA/RCSLT 2009).  
\*IDDSI Framework for texture modification in adults. \*\*28 days

#### References

1. Campbell S (2004) Hydration: Fluids for Life. ILSI North America
2. Thomas B (Ed) (2002) Manual of Dietetic Practice - Third Edition. Chapter 3.8 Older Adults. Blackwell Science: Oxford
3. Thomas B (Ed) (2002) Manual of Dietetic Practice - Third Edition. Chapter 2.8 Fluid and Blackwell Science: Oxford 4 British Dietetic Association (2007) Fluid - why you need it and how to get enough. <http://www.bda.uk.com/foodfacts/fluid.pdf>  
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