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| **Type of Fluid/container and standard amount****Standard Fluid Amounts for Volunteer/staff****Fluid Balance Chart Documentation** |
| White ceramic cup = **180 mls**cid:4ee011ac-b05c-4255-bcde-1523aef014d2@gsahs.net | Paper cup = **200 mls** |
| Thermal tray mugs for hot drinks and clear soup = **200mls**cid:093bf0d0-6017-43e0-8492-d7af416e87a2@gsahs.net | Fruit juice in portion control containers (Berri) = **110mls**Berri2 |
| Thickened fruit juice (Flavour Creations) = **185 mls**thickened juice | Jelly in portion control containers = **120mls**C:\Users\cath.bateman\Documents\ACI_Volunteer Program\Photo's\Fluid Photos\Fluids & Food.Still010.jpg |
| Soup in portion control containers = **200mls** C:\Users\cath.bateman\Documents\ACI_Volunteer Program\Photo's\Fluid Photos\Fluids & Food.Still011.jpg | **Other measures**1 teaspoon = 5ml1 soup spoon = 15ml1 dessert spoon = 15ml  |

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