Dietary Intake Guide

A helpful resource to help measure meals, liquids, or supplements consumed

Record amount of the total meal or supplements consumed using the following guidelines. Overestimating total consumption is a common error, especially when food is pushed around on the tray. Avoid letting how much a resident normally consumes influence your estimate.

Patient _____

Room Number _____

Date _____

Food Consumption

0% Refused—0%

Refused meal completely, or consumed only one or two bites of each item.

25% Poor—25%

Approximately 25% of entree, or 50% of one item consumed.

50% Fair—50%

Approximately half of food is consumed. (eg, 50% of entree, 25% of vegetable and soup left). If total entree is consumed but no other food is touched, record as Poor/25% -- not Fair/50%.

75% Good—75%

Majority of the meal is consumed, but a significant amount of one or more items is left (eg, 25% of entree or 75% of vegetable left).

100% All—100%

Entire meal is consumed except for a minimal amount of food (eg, less than 25% of vegetable left).

THERE'S MORE THAN ONE WAY TO SUPPORT GOOD NUTRITION

Dietary Intake Guide was developed by Jennifer Bowes, DTR, Mercy Multiservice Center, Cincinnati, Ohio.

Supplement Recommended

☐

Ensure® Clear™
19 Essential Vitamins and Minerals
200 Cal/8.7 fl oz
7g protein/8.7 fl oz

☐

Ensure® Original
Therapeutic Nutrition
250 Cal/8 fl oz
9g protein/8 fl oz

☐

Ensure® Complete™
Balanced nutrition for targeted muscle, heart, immune system, and bone support
350 Cal/8 fl oz
13g protein/8 fl oz

☐

Glucerna® Therapeutic Nutrition Shake
220 Cal/8 fl oz

Recommended Intake _____

FIND™ your patients at nutritional risk

FEED™ your patients targeted nutrition

FOLLOW™ your patients progress

Use under medical supervision.

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Meal Consumption Charting Guide

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