



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. (e.g., 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 (e.g., 25% of entree or 75% of vegetable left).



100%
All—100%

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



THERE'S MORE THAN ONE WAY TO SUPPORT GOOD NUTRITION

Supplement Recommended



Ensure® Clear™
10 Essential Vitamins
and Minerals
2000 Cal/8.7 fl. oz.
13g protein/210g



Ensure® Original
Therapeutic Nutrition
2000 Cal/8.7 fl. oz.
14g protein/210g



Ensure® Complete™
Balanced nutrition for strength
muscle, heart, immune system,
and bone support
3000 Cal/10 fl. oz.
15g protein/210g



Glucerna® Therapeutic
Nutrition
2000 Cal/8.7 fl. oz.
13g protein/210g

Recommended intake _____



Use under medical supervision.

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Meal Consumption Charting Guide

CH Cherryholmes

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personal author corporate author title and media index **American Dietetic Association Complete Food and Nutrition**
Guide Roberta Larson Duyff,2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food
at the supermarket to eating well at every stage in life Being a Long-Term Care Nursing Assistant Connie
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Stats Index ,1993 Bulletin of the Public Affairs Information Service Public Affairs Information Service,1989 They
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Information Service Bulletin ,1988 *Guide to U.S. Government Publications* ,2008-08 This comprehensive yet concise
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