



# 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.

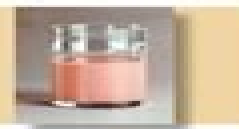
Patient \_\_\_\_\_  
Room Number \_\_\_\_\_  
Date \_\_\_\_\_

## 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 used  
developed by Jennifer Brown, DTR,  
Ruth Alzheimer Center Cincinnati, Ohio

### Supplement Recommended



**Ensure® Clear™**  
18 Essential Vitamins  
and Minerals  
200 Calories or  
17g protein/8.5 oz



**Ensure® Original**  
Therapeutic Nutrition  
200 Calories or  
17g protein/8.5 oz



**Ensure® Complete™**  
Enhanced nutrition for targeted  
muscle, heart, immune system,  
and bone support  
200 Calories or  
17g protein/8.5 oz



**Glucerna® Therapeutic  
Nutrition Shake**  
220 Calories or  
17g protein/8.5 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

**O García**

A decorative red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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## **Table of Contents Meal Consumption Charting Guide**

1. Understanding the eBook Meal Consumption Charting Guide
  - The Rise of Digital Reading Meal Consumption Charting Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Meal Consumption Charting Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Meal Consumption Charting Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Meal Consumption Charting Guide
  - Personalized Recommendations
  - Meal Consumption Charting Guide User Reviews and Ratings
  - Meal Consumption Charting Guide and Bestseller Lists
5. Accessing Meal Consumption Charting Guide Free and Paid eBooks

- Meal Consumption Charting Guide Public Domain eBooks
- Meal Consumption Charting Guide eBook Subscription Services
- Meal Consumption Charting Guide Budget-Friendly Options
- 6. Navigating Meal Consumption Charting Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Meal Consumption Charting Guide Compatibility with Devices
  - Meal Consumption Charting Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Meal Consumption Charting Guide
  - Highlighting and Note-Taking Meal Consumption Charting Guide
  - Interactive Elements Meal Consumption Charting Guide
- 8. Staying Engaged with Meal Consumption Charting Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Meal Consumption Charting Guide
- 9. Balancing eBooks and Physical Books Meal Consumption Charting Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Meal Consumption Charting Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Meal Consumption Charting Guide
  - Setting Reading Goals Meal Consumption Charting Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Meal Consumption Charting Guide
  - Fact-Checking eBook Content of Meal Consumption Charting Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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