



# 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%	<h3>Refused—0%</h3> <p>Refused meal completely, or consumed only one or two bites of each item.</p>		
25	<h3>Poor—25%</h3> <p>Approximately 25% of entree, or 50% of one item consumed.</p>		
50	<h3>Fair—50%</h3> <p>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%.</p>		
75	<h3>Good—75%</h3> <p>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).</p>		
100	<h3>All—100%</h3> <p>Entire meal is consumed except for a minimal amount of food (eg, less than 25% of vegetable left).</p>		

## THERE'S MORE THAN ONE WAY TO SUPPORT GOOD NUTRITION

Dietary Intake Guide used and modified by Jennifer Rosen, DTR, Area Nutrition Center Director, Ohio.

### Supplement Recommended

-  **Ensure® Clear™**  
18 Essential Vitamins and Minerals  
200 Calories | 8 oz | 7g protein/8.7 g fat
-  **Ensure® Original**  
Therapeutic Nutrition  
200 Calories | 8 oz | 9g protein/9.9 g fat
-  **Ensure® Complete™**  
Additional nutrition for surgical meals, heart, immune system, and bone support  
200 Calories | 8 oz | 13g protein/13 g fat
-  **Glucerna® Therapeutic Nutrition Shake**  
200 Calories | 8 oz

### Recommended Intake

  
**FIND™**  
your patients' nutritional needs

  
**FEED™**  
your patients' nutritional preferences

  
**FOLLOW™**  
your patients' progress

Use under medical supervision.

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# Meal Consumption Charting Guide

**SA Adler**



## **Meal Consumption Charting Guide:**

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