



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



Recommended Intake



Use under medical supervision.

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Meal Consumption Charting Guide

SA Adler

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the SA Adler text.

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Handbook of Nutrition and Food Carolyn D. Berdanier,2001-10-30 With a clear and concise format Handbook of Nutrition and Food presents the quantitative and qualitative data and information needed by nutritionists dieticians and health care professionals It proceeds from human development to body systems and disease to micro macro nutrients and concludes with nutrition counseling and community nutrition See **List of Available Publications of the United States Department of Agriculture** United States. Department of Agriculture, Quick Bibliography Series ,1976

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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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