



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

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