



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

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™
Balanced 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
18g 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

**United States. Department of
Agriculture**



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