



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

M Woodhall



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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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