



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 and modified by Jennifer Brown, DTR, Nova Rehabilitation Center Cincinnati, Ohio.

Supplement Recommended

☐  Ensure® Clear™ 18 Essential Vitamins and Minerals 200 Calories or 17g protein/8.5 fl oz	☐  Ensure® Original™ Therapeutic Nutrition 200 Calories or 17g protein/8.5 fl oz	☐  Ensure® Complete™ Balanced nutrition for targeted muscle, heart, immune system, and bone support 200 Calories or 17g protein/8.5 fl oz	☐  Glucerna® Therapeutic Nutrition Shake 220 Calories or 18g protein/8.5 fl oz
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Recommended Intake



Use under medical supervision.

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Meal Consumption Charting Guide

Connie Will-Black, Judith B. Eighmy



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