



# 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

**Rachel Sandford**



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