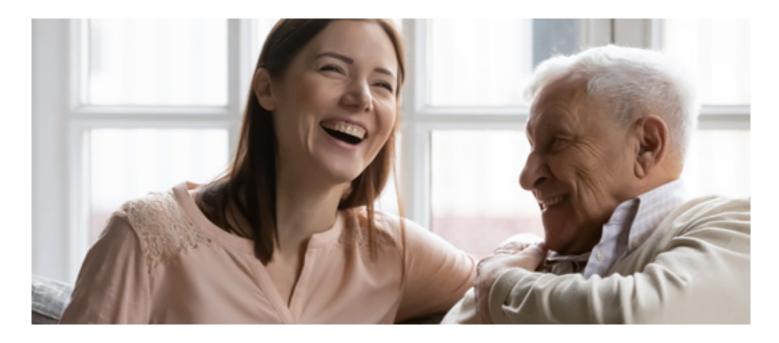
## Food And Fluid Intake Record Chart For Nursing Home Residents





If any of your residents have a MUST score of ≥ 1 (medium or high risk), it is recommended that a 3-day food and fluid intake record is kept. Below are a few tips on how to complete this record.

## Tips to complete an accurate food and fluid intake record

- 1. Record all food and fluids consumed over 3 consecutive days.
- 2. Ensure that all meals, fluids and snacks are recorded, even if it's just a handful of sweets.
- 3. Record quality and portion size of meals consumed in as much detail as possible, for example; bowl of porridge with milk and sugar or two slices of white bread with full fat butter.
- 4. Fill in records at the end of each meal time, not at the end of the day. This way you can see what food is left on the plate, and you will be recording more accurately.
- 5. If any oral nutritional supplements are taken, record the amount consumed as opposed to the amount given.

When form is completed please send with dietetic referral form to dieteticreferrals@fresenius-kabi.ie

## Food & Fluid Intake Record



Name						Date	
Day	Day 1	Day 2	Day 3				

Record all food and fluid intake, including supplements. Give a careful description of quantities of portion sizes e.g. bowl of porridge, medium potato, slice of bread etc.

Meal	Please list all the food and fluid consumed	Qu	antity	consur	ned	
		1/4	1/2	3/4	All	Completed by
Breakfast						
Brea						
bu						
Mid-Morning Snack						
Mid-I S						
Lunch						
Mid-Afternoon Snack						
Mid-A						
Tea/Dinner						
Everning Snack						