

NUTRICIA CARE

FOOD & FLUID INTAKE RECORD

If one of your residents has a MUST score ≥ 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 & fluid intake record

1. Record all food and fluids intake for 3 consecutive days.
2. Ensure that all meals, fluids and snacks are recorded.
3. Record quantity and portion size of meals consumed in as much detail as possible.
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.

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Name: _____ Date: _____

Please Tick: 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 food and fluid consumed	Quantity consumed				Completed by
		1/4	1/2	3/4	All	
Breakfast:						
Mid-Morning Snack:						
Lunch:						
Mid-Afternoon Snack						
Tea/Dinner:						
Evening Snack:						

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