

Food and Fluid Record Chart

If resident identified at Medium or High risk of malnutrition e.g. MUST score 1 or more please complete a 3-day food a fluid record chart.

Tips on how to complete a food and fluid chart:

- ✓ Record all food and fluids taken for 3 consecutive days
- ✓ Record all meals, snacks and fluids taken even if it is just a few chocolates.
- ✓ Complete chart in as much detail as possible. Record quantities of meals eaten e.g. ½ bowl of porridge with milk and 1 sugar or 2 slices of white bread with full fat margarine.
- ✓ Fill in records at the end of each mealtime, not at the end of the day. This way you can see what is left on the plate and you will be recording more accurately.
- ✓ If any supplements are taken, record the amount taken.

