

# Tracking Resident Meal Intake

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## Why track intake at every meal?



To prevent and treat malnutrition.



Malnutrition is linked to delayed healing and decreased independence.

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## How to track resident meal intake?

- 1 Before the meal, ask the resident if you can provide help with their meal tray (e.g. open packages).
  - 2 Note how much food and drink is on the tray.
  - 3 After the meal, estimate how much was eaten and document percentage on flow sheet. Fluids without nutritional value such as coffee, tea, or water can be recorded for hydration, but do not contribute to the meal intake.
  - 4 Refer to the images on the next page to help you assess the intake.
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## What if resident meal intake is low?



Ask residents their reasons for the low food intake. Also:

- Offer mealtime assistance.
- Consult pharmacy if medications are affecting appetite.
- Update preferences if the resident does not like the food they received.
- Inform the case manager of consistent poor intake.



## When to inform case manager to start Advanced Nutrition Care?

- If the resident's meal intake is less than 50% for > 2 meals/day for 3 days in a row.

For more information, visit [ahs.ca/malnutrition](https://ahs.ca/malnutrition)

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