

EXAMPLE: Food and Fluid Record Chart

You are required to provide a 7-day food and fluid record to demonstrate how the resident's nutrition action plan has been implemented. They do not need to follow this format, however, **must have this level of detail**. Including how food is fortified – **highlighted in yellow below**.

NAME:			DATE:		
MEAL	DETAILED DESCRIPTION OF FOOD AND DRINK	PORTION SIZE S=SMALL N=NORMAL	HOW MUCH THEY ATE		
			NONE/SOME	1/2	ALL/MOST
A M	Cup of Tea with fortified full fat milk before breakfast	200ml			200ml
BREAKFAST	Weetabix x 2 with full fat fortified milk and raisins	N			All
	Thick & Creamy Yoghurt with 1tbsp extra cream	125g pot		✓	
	Cup of Tea with fortified full fat milk Water	200ml 200ml		100ml 100ml	
MID MOR	Croissant with butter and jam	N	One bite		
	Fortified smoothie using your recipe	250ml		150ml	
LUNCH	Sausages x 2, mashed potato with cream, cheese and milk powder, carrots and peas with butter	N		✓	
	Apple crumble and custard	S		✓	
	Orange juice	200ml		100ml	
	Cup of tea with fortified milk	200ml			200ml
AFTER NOON	Fortified Homemade milkshake using your recipe	250ml	✓ declined		
	Coffee made with cream as an alternative	200ml			175ml
	Victoria sponge cake	Small slice		✓	
EVENING MEAL	Fish pie with added chopped egg and grated cheese on top			✓	
	Bananas with full fat Greek yogurt and chopped nuts			✓	
	High Juice 200mls			100mls	
EVENING	Fortified hot chocolate	200ml			200ml
	Nuts and dried fruit mix	Handful		✓	
DAILY FLUID TOTAL		OFFERED: 1900ml		CONSUMED: 1325ml	

Checked and countersigned by registered nurse or clinical lead before submission:

Name and Job title:
 Contact for queries or support: CHSDiet@berkshire.nhs.uk

Signature.....