

Leicestershire Nutrition and Dietetic Services

NUTRITION SCREENING TOOL FOOD CHART



NAME..... NHS number WARD.....
 Please Record (a) Type of food e.g. Cottage Pie (b) Circle amount of food eaten, for meals / snacks / supplements

DATE:						DATE:					
BREAKFAST						BREAKFAST					
Cereal	0	1/4	1/2	3/4	All	Cereal	0	1/4	1/2	3/4	All
Toast / bread (no of slices)	0	1/4	1/2	3/4	All	Toast / bread (no of slices)	0	1/4	1/2	3/4	All
Marg () Preserves () tick if yes						Marg () Preserves () tick if yes					
Other	0	1/4	1/2	3/4	All	Other	0	1/4	1/2	3/4	All
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
SNACK						SNACK					
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
LUNCH						LUNCH					
teaplate size portion YES / NO						teaplate size portion YES / NO					
Main course	0	1/4	1/2	3/4	All	Main course	0	1/4	1/2	3/4	All
Potato / rice	0	1/4	1/2	3/4	All	Potato / rice	0	1/4	1/2	3/4	All
Vegetable	0	1/4	1/2	3/4	All	Vegetable	0	1/4	1/2	3/4	All
Dessert / fruit	0	1/4	1/2	3/4	All	Dessert / fruit	0	1/4	1/2	3/4	All
Other	0	1/4	1/2	3/4	All	Other	0	1/4	1/2	3/4	All
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
SNACK						SNACK					
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
EVENING MEAL						EVENING MEAL					
teaplate size portion YES / NO						teaplate size portion YES / NO					
Sandwich	0	1/4	1/2	3/4	All	Sandwich	0	1/4	1/2	3/4	All
Main course	0	1/4	1/2	3/4	All	Main course	0	1/4	1/2	3/4	All
Vegetable	0	1/4	1/2	3/4	All	Vegetable	0	1/4	1/2	3/4	All
Potato / rice	0	1/4	1/2	3/4	All	Potato / rice	0	1/4	1/2	3/4	All
Dessert / fruit	0	1/4	1/2	3/4	All	Dessert / fruit	0	1/4	1/2	3/4	All
Other	0	1/4	1/2	3/4	All	Other	0	1/4	1/2	3/4	All
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
SNACK						SNACK					
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All

EVALUATION

Action taken following evaluation of 4 days intake : Qualified nurse signature.....

- Eating well and no weight loss – discontinue
 Poor intake, refer to screening tool action plan
 Continue to monitor

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Side 1

NAME..... NHS number WARD.....
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Marg () Preserves () tick if yes						Marg () Preserves () tick if yes					
Other	0	1/4	1/2	3/4	All	Other	0	1/4	1/2	3/4	All
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
SNACK						SNACK					
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
LUNCH						LUNCH					
teaplate size portion YES / NO						teaplate size portion YES / NO					
Main course	0	1/4	1/2	3/4	All	Main course	0	1/4	1/2	3/4	All
Potato / rice	0	1/4	1/2	3/4	All	Potato / rice	0	1/4	1/2	3/4	All
Vegetable	0	1/4	1/2	3/4	All	Vegetable	0	1/4	1/2	3/4	All
Dessert / fruit	0	1/4	1/2	3/4	All	Dessert / fruit	0	1/4	1/2	3/4	All
Other	0	1/4	1/2	3/4	All	Other	0	1/4	1/2	3/4	All
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
SNACK						SNACK					
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
EVENING MEAL						EVENING MEAL					
teaplate size portion YES / NO						teaplate size portion YES / NO					
Sandwich	0	1/4	1/2	3/4	All	Sandwich	0	1/4	1/2	3/4	All
Main course	0	1/4	1/2	3/4	All	Main course	0	1/4	1/2	3/4	All
Vegetable	0	1/4	1/2	3/4	All	Vegetable	0	1/4	1/2	3/4	All
Potato / rice	0	1/4	1/2	3/4	All	Potato / rice	0	1/4	1/2	3/4	All
Dessert / fruit	0	1/4	1/2	3/4	All	Dessert / fruit	0	1/4	1/2	3/4	All
Other	0	1/4	1/2	3/4	All	Other	0	1/4	1/2	3/4	All
Drink	0	1/4	1/2	3/4	All	Drink	0	1/4	1/2	3/4	All
SNACK						SNACK					
	0	1/4	1/2	3/4	All		0	1/4	1/2	3/4	All

Continued overleaf.....