

Food and Fluid Consumption Chart

DATE _____	DESCRIPTION OF FOOD/MEAL	TICK CORRECT BOX					FOR DIETITIAN	
		0	¼	½	¾	All	kJ	Prot (g)
Breakfast								
	Cereal							
	Bread/toast							
	Spread (type)							
	Fruit (type)							
	Yoghurt (type)							
	Cooked (list)							
	Juice							
	Tea/coffee/drink							
	Supplement (type)							
Morning Snack								
	Cookies/crackers (type)							
	Cake (type)							
	Fruit (type)							
	Sandwiches (# points)							
	Tea/coffee/drink							
	Supplement (type)							
Lunch								
	Bread/roll							
	Soup							
	Sandwiches (points)							
	Salad (type)							
	Cooked main (type)							
	Dessert/fruit (type)							
	Tea/coffee/drink							
	Supplement (type)							
Afternoon Snack								
	Cookies/crackers (type)							
	Cake (type)							
	Fruit (type)							
	Sandwiches (points)							
	Tea/coffee/drink							
	Supplement (type)							
Evening Meal								
	Bread/roll							
	Soup							
	Sandwiches (points)							
	Salad (type)							
	Cooked meal (type)							
	Dessert/fruit (type)							
	Tea/coffee/drink							
	Supplement (type)							
Evening Snack								
	Cookies/crackers (type)							
	Cake (type)							
	Sandwiches (points)							
	Fruit (type)							
	Tea/coffee/drink							
	Supplement (type)							

Dietitian _____

