

FOOD ACCEPTANCE METHODS OF MEASUREMENT

PURPOSE

Determining food intake by facility staff, family, or by volunteers is an important part of monitoring the food/fluids consumed by residents. Comparing food/fluid intake over time is a way to evaluate trends in a resident's nutritional status such as, low intake and the possibility of changes in weight. Part of the survey process is to observe the facility practice in determining the amount of food consumed.

There are several methods for calculating the amount of food consumed by a resident. The method the facility uses must be consistently applied by all the staff, family, or volunteers. The facility should choose the best practice/system for calculating consumption based upon the resident population and staff. The system chosen should be applied not only at mealtime but also for snacks, nourishment's, or supplements consumed.

SYSTEMS

POINT METHOD

1. How to Calculate

☞ Coffee, water, tea, and condiments equal no points

☞ Breakfast

Food Item	Points
Toast	20
Juice	20
Milk	20
Eggs	20
Cereal	20
	<hr/>
	100

Good = 75 - 100 points
Fair = 50 - 74 points
Poor = 0 - 49 points

☞ LUNCH Dinner

Food Item	Points
Bread	10
Meat/Entree	50
Vegetable or Soup	20
Dessert	20
	<hr/>
	100

Good = 75 - 100 points
Fair = 50 - 74 points
Poor = 0 - 49 points

NOTE: Lunch and Dinner use the same point system

2. How To Record

- Count the number of points consumed.
- Record the points as a percentage on the meal intake sheet.
- If residents intake is below 50% (points) for more than 3 meals in three days, report it to the nurse and the Dietary Manager for evaluation.
- Add the resident's name to the "Low Intake" (below 50%) list. These residents require additional observation and possible assistance during meals. Resident's names are removed if intake increases above 50% for 3 meals.
- Report to the nurse and dietitian if the resident name remains on the Low Intake list for 3 days
- Report any concerns/problems related to the resident not receiving enough nutrition intake.

PERCENT METHOD

1. How to Calculate

☪ Coffee, water, tea and condiments equal no points

☪ Breakfast, Lunch and Dinner

- When the meal is complete, visually evaluate the tray
- Estimate the percent of food eaten based on the amount of food remaining
- Record in increments of 0 - 25 - 50 - 75 - 100%

2 How To Record

- Record the percentage on the meal intake sheet.
- If resident's intake is below 50% for more than 3 meals in three days, report it to the nurse and the Dietary Manager for evaluation.
- Add the resident's name to the "Low Intake" (below 50%) list. These residents require additional observation and possible assistance during meals. Resident's names are removed if intake increases above 50% for 3 meals.
- Report to the nurse and dietitian if the resident name remains on the Low Intake list for 3 days
- Report any concerns/problems related to the resident not receiving enough nutrition intake.

Examples

Breakfast: Juice, coffee, milk, toast, eggs, oatmeal. The resident drinks all the fluids and eats the eggs and toast. The percentage would be 75% intake for the breakfast meal.

Lunch: Tea, milk, potatoes, chicken, bread and dessert. The resident eats all of the potatoes and dessert. The percentage would be 50% intake for the lunch meal.

POINT METHOD - Example Per Survey Procedures

1. How to Calculate

- ☪ Coffee, water, tea and condiments equal no points
- ☉ Each food item served equals one point.
- ☉ If the resident consumes all four items in the amount served, the resident consumes 100% of the meal
- ☉ If the resident consumes two of the four food items served, then 50% of the meal is consumed
- ☉ If partial amounts of an item is consumed, use the following for giving points:
 - three-fourths of a food item is consumed, give one point
 - for the one-half consumed, give .5 points
 - for the one-fourth or less, give no points
- ☉ Total the points consumed x 100
- ☉ Divide by the number of given for that meal to give the percentage of meal consumed

2. How To Record

- Record the percentage on the meal intake sheet.
- If resident's intake is below 50% for more than 3 meals in three days, report it to the nurse and the Dietary Manager for evaluation.
- Add the resident's name to the "Low Intake" (below 50%) list. These residents require additional observation and possible assistance during meals. Resident's names are removed if intake increases above 50% for 3 meals.
- Report to the nurse and dietitian if the resident name remains on the Low Intake list for 3 days
- Report any concerns/problems related to the resident not receiving enough nutrition intake.

Examples

Breakfast: Juice, cereal, milk, bread and butter, coffee (no points). Meal equals a possible 4 points. The resident consumes the entire meal: $4 \times 100 = 400$ divided by $4 = 100$ percent.

Lunch: Tea (no points), milk, rice, enchilada, tortilla, and dessert. Meal equals a possible 5 points. The resident drinks none of the milk, eats half of the rice, the entire enchilada and dessert and none of the tortilla. Point total consumed: $2.5 \times 100 = 250$ divided by $5 = 50\%$

NOTE: Whatever method the facility chooses to monitor food, please be sure to allow the residents enough time to finish the meal before calculating the amount consumed.

BREAKFAST MEAL ACCEPTANCE CHART POINT METHOD

TOAST
20 points

JUICE
20 points

MILK
20 points

EGGS
20 points

CEREAL
20 points

GOOD = 75 - 100 points
FAIR = 50 - 74 points
POOR = 0 - 49 points

LUNCH & DINNER MEAL ACCEPTANCE CHART - POINT METHOD

BREAD
10 points

DESSERT
20 points

ENTRÉE
50 points

VEGETABLE
or
SOUP

GOOD = 75 - 100 points
FAIR = 50 - 74 points
POOR = 0 - 49 points