



### Food Chart

**Instructions for completing Food Chart:**

1. Start food charts if there are concerns about intake or weight loss
2. Food charts to be completed for 3-days, unless otherwise requested
3. Food charts to accompany all referrals to the Dietitian
4. In column 1, record meal and type of food eaten
5. In column 2, indicate amount eaten
6. In column 3 document any relevant information, e.g. resident not well
7. Beverages: Remember to include hot drinks, juice, cordial and nutrition supplements
8. Keyworker / responsible RN to sign
9. Scan and email completed 3-day food charts to [admin@dietitians.com](mailto:admin@dietitians.com)

1. Meal & Type of food	2. Amount of food eaten	3. Comments
<b>Breakfast</b>		
<b>Morning Tea</b>		
<b>Lunch</b>		
<b>Afternoon Tea</b>		
<b>Dinner</b>		
<b>Supper</b>		
<b>Keyworker / RN</b>	<b>Name:</b>	<b>Signed:</b>