

# Food and Fluid Intake: Determining Potential Points

## Food Intake

All foods are worth 1 point, with the exception of:

- Water
- Coffee
- Tea
- Condiments, such as jelly
- Creamer, etc

To determine potential points: If  $\frac{3}{4}$  of an item is eaten, give 1 point for that item. If  $\frac{1}{2}$  of an item is eaten, count as  $\frac{1}{2}$  point. If  $<\frac{1}{2}$  of an item is eaten, count as 0 points.

Total all points for foods eaten and divide by total possible points.

Example: 2 points eaten out of 8 possible points =  $\frac{2}{8}$  or  $\frac{1}{4}$  of tray eaten.



To record a patient's food and fluid intake consistently, follow protocols based on a point system.

## Fluid Intake

Totals are the usable or standard fill portion of the container. Container may hold more if filled to overflowing.

CONVERSION GUIDE		
<i>(first number represents number of portions consumed; second number represents amount to record)</i>		
$\frac{1}{4} = \frac{1}{4}$	$\frac{2}{6} = \frac{1}{4}$	$\frac{6}{7} = \frac{3}{4}$
$\frac{2}{4} = \frac{1}{2}$	$\frac{3}{6} = \frac{1}{2}$	$\frac{7}{7} = \text{all}$
$\frac{3}{4} = \frac{3}{4}$	$\frac{4}{6} = \frac{1}{2} - \frac{3}{4}$	$\frac{1}{8} = <\frac{1}{4}$ or 0
$\frac{4}{4} = \text{all}$	$\frac{5}{6} = \frac{3}{4}$	$\frac{2}{8} = \frac{1}{4}$
$\frac{1}{5} = \frac{1}{4}$	$\frac{6}{6} = \text{all}$	$\frac{3}{8} = \frac{1}{4} - \frac{1}{2}$
$\frac{2}{5} = \frac{1}{4} - \frac{1}{2}$	$\frac{1}{7} = <\frac{1}{4}$	$\frac{4}{8} = \frac{1}{2}$
$\frac{3}{5} = \frac{1}{2}$	$\frac{2}{7} = \frac{1}{4}$	$\frac{5}{8} = \frac{1}{2} - \frac{3}{4}$
$\frac{4}{5} = \frac{3}{4}$	$\frac{3}{7} = \frac{1}{4} - \frac{1}{2}$	$\frac{6}{8} = \frac{3}{4}$
$\frac{5}{5} = \text{all}$	$\frac{4}{7} = \frac{1}{2}$	$\frac{7}{8} = \frac{3}{4}$
$\frac{1}{6} = <\frac{1}{4}$	$\frac{5}{7} = \frac{1}{2} - \frac{3}{4}$	$\frac{8}{8} = \text{all}$

Note: Offer food substitute if  $<\frac{3}{4}$  is eaten before supplement is offered. Record supplement intake separately.

FLUID OUNCES
Milk carton: 8 fl oz = 240 mL; if $\frac{3}{4}$ consumed = 180 mL, $\frac{1}{2}$ = 120 mL, $\frac{1}{4}$ = 60 mL
Juice container: 4 fl oz = 120 mL; if $\frac{3}{4}$ consumed = 90 mL, $\frac{1}{2}$ = 60 mL, $\frac{1}{4}$ = 30 mL
Coffee/tea in mug: 6 fl oz = 180 mL; if $\frac{3}{4}$ consumed = 120 mL, $\frac{1}{2}$ = 90 mL, $\frac{1}{4}$ = 60 mL
Soup/cereal bowl: 6 fl oz = 180 mL; if $\frac{3}{4}$ consumed = 120 mL, $\frac{1}{2}$ = 90 mL, $\frac{1}{4}$ = 60 mL
Health shake: 6 fl oz = 180 mL; if $\frac{3}{4}$ consumed = 120 mL, $\frac{1}{2}$ = 90 mL, $\frac{1}{4}$ = 60 mL
Medical nutritional: 8 fl oz = 240 mL; if $\frac{3}{4}$ consumed = 180 mL, $\frac{1}{2}$ = 120 mL, $\frac{1}{4}$ = 60 mL
Water pitchers: 32 fl oz = 960 mL