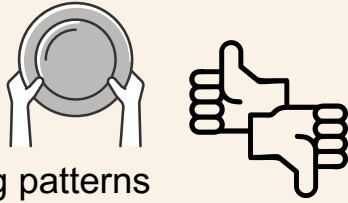


## Why do we need food and fluid charts?

They allow us to:

- Monitor oral intake
- Establish any eating patterns
- Review how much a resident is eating
- Establish preferences such as likes and dislikes, and best times to offer foods and fluids



## How are food and fluid charts related to MUST step 5?

The MUST Step 5 pathway involves completing daily food and fluid charts. This should continue as long as the MUST step 5 is active.



## When should we fill them in?

If somebody is on food and fluid record charts, then these should be completed each time a resident is offered food or fluid, even if it is small amounts. Try to record as soon as possible after the food or fluid, to prevent forgetting what they had!



## Remember!

- Food and fluid charts are vital to assess what and how much residents are eating and drinking
- Communication between all care home staff is important for the needs of the residents
- The more specific and detailed the food and fluid charts, the better










## What to include on food and fluid charts:

- Date and time
- Name of resident and name of staff member documenting
- Detailed documentation of meal provided – e.g. mince, potatoes and peas
- Include details of starter, dessert and snacks offered, as well as fortification used
- Detailed documentation of amount eaten e.g. half bowl
- Any fluids consumed- amount given and amount taken
- Amount **offered** and amount taken – document any alternatives provided
- Information about the texture of diet and fluids offered e.g. IDDSI level 4 Pureed



## Issues that can be recognised from food and fluid charts:

-  Meals being refused/ declined
-  Poor intake at certain times of day
-  Preference for savoury over sweet or vice versa
-  Poor fluid intake
-  No snacks during the day
-  Diet is lacking a particular food group or nutrient e.g. protein, fibre etc
-  To show if there are long gaps between eating e.g. 5pm until 9am

## Texture modified diets

Please note: If somebody is on a texture modified diet you may be asked to complete a speech and language therapist (SLT) specific food and fluid chart - this would be emailed to you by your SLT to complete if required.

