

Rate-a-Plate

Is your patient eating enough?

The nutritional status of many patients deteriorates during treatment or during a stay in a hospital or nursing home. The best way to identify patients at risk of worsening nutritional status is to record their intake of foods and fluids.

Recording food intake

The Rate-a-Plate intake list can be used to record the intake of a patient, indicating the proportion of a meal that has been eaten (full, half, quarter, none) and the amount of fluid that has been drunk. The number of points corresponding to a patient's intake is recorded.

One point equates to approximately 200 kcal and 10 grams of protein. The allocation of points is based on the average adult requirement of 1800 to 2200 kcal and 80-120 grams of protein per day.

Intake of fluid

By separately noting the amount of fluid the patient has drunk you will gain an impression of the total daily fluid intake. The target is 1500-2000 ml per day. Patients who have a restricted fluid intake will not be included here, and any medical advice can be recorded on the list.

One point equates to approximately 200 kcal and 10 grams of protein.



A full plate, hot meal:

- 2-3 potatoes
- 2-3 tablespoons of vegetables (150 g)
- serving of meat (75-100 g)
- regular size dessert (milk based) (150 ml)



A full plate, cold meal:

- 2 pieces of bread spread with margarine
- 2 x meat/cheese
- a dairy based product



A half plate, hot meal:

- 1-2 potatoes
- 2 tablespoons of vegetables (100 g)
- a small portion of meat (50 g)
- a small dessert (milk based) (100 ml)



A half plate, cold meal:

- 1 piece of bread spread with margarine
- sweet sandwich filling
- a dairy based product



A quarter plate, hot meal:

- 1 potato
- a small amount of vegetables
- no meat, but a dairy based product as dessert OR a small piece of meat and no dessert



A quarter plate, cold meal:

- 1 sandwich or rusk or cracker
- sweet sandwich filling
- no dairy product



Dairy products and in-between meals:

- in-between meal of approximately 200 kcal and 10 g protein = 1 point
 - a dairy product/milk(drink)/yoghurt (150 ml) = 1 point
 - a serving of an oral nutritional supplement = 1 point
- (Except Resource 2.0, Nutridrink protein and Fortimel = 2 points)

Examples of adequate in-between meals: ragout, chocolate milk, a cracker with a boiled egg, chunks of cheese or sausage, nuts, almond pastry, pancake, ice cream. You can find more examples at www.fightmalnutrition.eu

Assessment and advice from nursing and care staff

A member of nursing or care staff will assess if a patient's intake is adequate. When necessary, he/she will ensure a timely intervention with in-between meals or referral to the dietitian.

The diagram indicates which patients should have their nutritional intake recorded, who will keep the records, when and for how long.

	Hospital	Care and Nursing Homes	Home care
For whom?	Preferably all patients	All residents	Patients at risk of malnutrition
By whom?	The diet aide / nurse together with the patient	Care staff together with client and/or family and volunteer carers	Patients together with family and volunteer carers
When?	From admission	On admission and subsequently before the Multidisciplinary Consultation, when the care plan is amended and/or if nutritional intake is expected to be insufficient	When nutritional intake is expected to be insufficient, when the care plan is amended or at the request of the dietitian.
For how long?	During period of admission	1 week	1 week

As a member of nursing or care staff you can do the following:

- Provide information about the consequences of eating too little and the importance of good nutrition
- Recommend standard quantities, full fat products and in between meals (6 small meals x per day)
- Consult with the GP or dietitian if necessary
- Provide the leaflet "A kilogram more please"
- Discuss whether different meals can and should be provided
- Provide advice about hygiene



With thanks to
The Malnutrition Steering Group



Intake list

Rate-a-Plate

is your patient eating enough?

Name of patient: _____ Date: _____ Week number: _____

Score screening: _____

Fluid intake (ml): _____

1 A full plate, hot meal

2 A half plate, hot meal

3 A quarter plate, hot meal

4 A full plate, cold meal

5 A half plate, cold meal

6 A quarter plate, cold meal

7 Milk products and between-meal meals

The diet aide or nurse may note the points scored on the table below, or write down what the patient has eaten or drunk. The total score provides a daily overview.

	Breakfast		In-between meal (morning)		Cold meal		In-between meal (afternoon)		Hot meal		In-between meal (evening)		Total	Total Fluids
	offered	eaten	offered	eaten	offered	eaten	offered	eaten	offered	eaten	offered	eaten		
Mon	1 sandwich, cheese													
Fluids	1 glass of juice													
Tue														
Fluids														
Wed														
Fluids														
Thu														
Fluids														
Fri														
Fluids														
Sat														
Fluids														
Sun														
Fluids														

Screening and treatment for malnutrition

Instituut voor Zilveren Ringen

The intake list can be downloaded from:
www.fightmalnutrition.eu

Score and action points

The patient is allocated a score for each day, with the following cut-off points:

Total score per day

- 8 or more points = good intake
- 5 or more points = moderate intake
- 4 points or fewer = poor intake

Care and nursing homes/Home care

In-between meals when there are:

≥ 3 days of moderate intake

The dietitian should be involved when there are:

≥ 3 days of poor intake

≥ 5 days of moderate intake

Hospitals

In-between meals when there are:

≥ 2 days of moderate intake

The dietitian should be involved when there are:

≥ 2 days of poor intake

≥ 4 days of moderate intake

For more information:

About the Rate-A-Plate method: www.fightmalnutrition.eu

About Dairy as a in between: FrieslandCampina Instituut,
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