

Calculating Meal Percentages

Did you know there is actually a way to calculate meals percentages to get the most accurate amount of intake?

Not everything on the tray is included in your calculations. Not included items are: Garnishes, Condiments, Coffee, Water, tea, and Jello

1 serving = $\frac{1}{2}$ cup to a cup if item on slip is listed in oz you will need to convert it to cups if the item is listed as 1 with no measurement it is 1 serving

On our meal trays the green slips breakdown what is on them for example:

Noon Meal

Tues 1/17/17

Diet: Regular

01 Starter

1 each Green Diet Kit

1 pkt Lemon Juice Packet

02 Cold Food

1 Cup Strawberries

03 Entrée

1 Hamburger = would be 1 serving

$\frac{1}{2}$ cup Sweet Peas

$\frac{1}{2}$ cup Mac N Cheese

04 Beverage

12 ounce Sweet Tea

Step 1

So now we need to add up how many serving we started with.

01 Starter DO NOT COUNT COMDIMENTS

1 each Green Diet Kit =0

1 pkt Lemon Juice Packet=0

02 Cold Food

1 Cup Strawberries= 1 serving

03 Entrée

1 Hamburger = 1 serving

½ cup Sweet Peas= 1 serving

½ cup Mac N Cheese= 1 serving

04 Beverage

12 ounce Sweet Tea **DO NOT COUNT TEA**

The total servings we started with is 4 servings

Step 2

When you go get the patients tray he ate the following

01 Starter **DO NOT COUNT COMDIMENTS**

1 each Green Diet Kit

1 pkt Lemon Juice Packet

02 Cold Food

1 Cup Strawberries He ate ½ of his strawberries= ½ serving

03 Entrée

1 Hamburger He finished his hamburger= 1 serving

½ cup Sweet Peas He didn't eat any peas =0

½ cup Mac N Cheese He finished all of it = 1 serving

04 Beverage **DO NOT COUNT TEA**

12 ounce Sweet Tea

The total number of servings he ate is 2 ½

Step 3

Now we need to take the number of serving we started with= 4 and the number of serving eaten= 2 ½ and use the chart provide to calculate the percentage of meal eaten. The answer is 63%

HOW TO CALCULATE PERCENTAGE EATEN

- Count number of servings on the tray listed under "ITEMS TO COUNT". (See List)
- Estimate total servings eaten by adding up the amount eaten of each serving of "ITEMS TO COUNT".
Example: 1/2 meat + 1/4 starchy veg. + 0 veg. + 1/2 milk + 1/3 fruit + 1/2 bread = 2 3/4 servings of "Items To Count"
- Round total servings eaten down to nearest 1/2 serving.
Example: 2 3/4 servings rounded down = 2 1/2 servings eaten.
- To change total number of servings eaten to percentage, (refer to the chart below):
Find the total number of servings eaten (step 3) along the top of the chart.
Locate the total number of servings counted (step 1) along the side of the chart.
The percentage eaten will be found where the two points meet.
Example: 2 1/2 servings eaten / 6 total servings counted = 42% EATEN.
- Record percentage eaten for each resident on appropriate meal record.
- If a milkshake or canned supplement is served with the meal, but is not on the menu, percentage consumed must be recorded separate from the meal percentage.

ITEMS (SERVINGS) TO COUNT	ITEMS (SERVINGS) NOT TO COUNT
MEAT STARCH VEGETABLE FRUIT BREAD ALL DESSERTS MILK, JUICE	GARNISHES COFFEE TEA WATER CONDIMENTS *MILKSHAKES OR CANNED SUPPLEMENTS IF NOT INCLUDED AS PART OF THE MENU

TOTAL NUMBER OF SERVINGS EATEN	1	1 1/2	2	2 1/2	3	3 1/2	4	4 1/2	5	5 1/2	6	6 1/2	7	7 1/2	8	
3	17%	33%	50%	66%	83%	100%	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	
4	13%	25%	38%	50%	63%	75%	88%	100%	XXX	XXX	XXX	XXX	XXX	XXX	XXX	
5	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	XXX	XXX	XXX	XXX	XXX	
6	8%	17%	25%	33%	42%	50%	58%	67%	75%	83%	92%	100%	XXX	XXX	XXX	
7	7%	14%	21%	29%	35%	43%	50%	57%	64%	71%	79%	86%	93%	100%	XXX	
8	6%	13%	19%	25%	31%	38%	44%	50%	56%	63%	69%	75%	81%	88%	94%	100%