

# RATE-A-PLATE

*Is your patient eating enough?*









Name of patient: .....

Date: ..... Week number: .....

Screening score: .....

Fluid intake (ml): .....

A health professional (a 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.

 <b>6pt</b> A full plate, hot meal	 <b>3pt</b> A half plate, hot meal	 <b>2pt</b> A quarter plate, hot meal	 <b>2pt</b> Per slice of bread with cheese or meat products	 <b>1pt</b> Per slice of bread with other spreads	 <b>2pt</b> Breakfast cereal and oral nutritional supplements (ONS)	 <b>1pt</b> Other dairy products	 <b>1pt</b> Other in between meals
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	Breakfast		In-between meal (morning)		Cold meal		In-between meal (afternoon)		Hot meal		In-between meal (evening)		Total score	Total fluids
	Offered	Eaten (score)	Offered	Eaten (score)	Offered	Eaten (score)	Offered	Eaten (score)	Offered	Eaten (score)	Offered	Eaten (score)		
<b>Mon</b>	1 sandwich, cheese	...												
Fluids	1 glass of juice	... ml												
<b>Tue</b>														
Fluids														
<b>Wed</b>														
Fluids														
<b>Thu</b>														
Fluids														
<b>Fri</b>														
Fluids														
<b>Sat</b>														
Fluids														
<b>Sun</b>														
Fluids														

Notes: .....

16 points or more = sufficient intake  
10-15 points = moderate intake  
9 points or less = poor intake