

ENERGY INTAKE CALCULATOR

The Energy Intake Calculator is a tool that allows easy estimation of a resident's energy intake. Energy intake is based on food intake and a low energy intake can lead to weight loss. The Energy Intake Calculator uses a point system to estimate energy intake:

1 serve of energy = 300kj = 4 points


An average woman (61kg) should have a minimum total of approximately 6000Kj / day ... therefore they should have a minimum total of 80 points.¹

An average man (76kg) should have a minimum total of approximately 8000kj / day ... therefore they should have a minimum total of 106 points.¹

Using the Energy Intake calculator you are able to record how much of each meal a resident is consuming. By adding up the total point score, you are able to work out if the resident is eating enough food to maintain their weight.

It is best to observe the resident at meal times over 3 consecutive days in case their appetite is less one day due to an 'off' day, however observing the resident over a 24 hour period will also provide a fair estimation of how much they are eating. The Energy Intake Calculator estimates mainly foods provided by the food service of the facility. It does not account for food items they or family and friends purchase however the majority of their intake is provided by the facility's food service and is most important to observe.

STEPS TO COMPLETING THE ENERGY INTAKE CALCULATOR

1. Use the Energy Intake Calculator to record the amount of food the resident did not eat at the meal i.e. leaves on their plate. The resident will not receive every item listed on the Energy Intake Calculator. Only record those meal items given to the residents.
2. Place resident ID sticker on Energy Intake Calculator.
3. Observe the resident at each meal time. Record how many serves of the meal item the resident receives. For example if the resident is given one bowl of cold cereal, in the 'No. serves' column, record a '2' in the 'cold cereal' row.
4. For each meal item the resident is given, circle the amount you estimate to be left on the plate when the resident has finished eating. For example, if the resident is given a bowl of cereal but one quarter of the cereal is left in the bowl not eaten, in the '1/4' column, circle the relevant point score  in the 'cold cereal' row.
5. Once you have recorded the number of serves the resident has been given and the amount of food left on the plate you can total the number of points for each meal item. Simply multiply the 'points for the amount of food NOT eaten' by the 'no. serves' the resident was given.
Therefore if the resident was given a bowl of cereal did not eat 1/4 the multiplication would look like this...
6 (points for 1/4 cereal not eaten) x **2** (no. serves) = **12** Points
Record this number in the 'Total points' column.
1. Continue this process at every meal time observed.
2. Once you have observed each meal for the day you can add up all the points for each meal item and achieve the grand total.
3. Depending on the resident, circle the relevant 'OPTIMAL NUMBER OF POINTS', either 80 (female) or 106 (male).
 - If the resident's GRAND TOTAL is equal to or greater than the OPTIMAL TOTAL then their intake is adequate.
 - If the resident's GRAND TOTAL is less than the OPTIMAL TOTAL then their intake is not adequate.
 - If a resident's GRAND TOTAL is inadequate for more than 3 consecutive days alternate meal options and snacks should be considered (See information sheet 14 Energy Dense-snacks).










An alternative energy intake calculator is available at:
www.health.gov.au/internet/healthyactive/publishing.nsf/content/healthy-eating-calculator

See the tool kit for a completed sample.

1. National Health and Medical Research Council. *Nutrient Reference Values for Australia and New Zealand*. Canberra: Commonwealth of Australia; 2005.

SAMPLE

affix sticker here

Meal	Points for amount of food NOT eaten ie food left on the plate					No. serves eg 2 slices toast = 2 serves	Total points <i>points x no. serves</i> eg half toast eaten (ie 1 slice = 4 points) x number of serves (2) = 8 points
	ALL LEFT 	3/4 	1/2 	1/4 	NONE LEFT 		
BREAKFAST							
Cold cereal	0	2	4	6	8	/	4
Hot cereal	0	6	12	18	24		
1 slice toast w condiments	0	2	4	6	8	2	16
Hot breakfast	0	4	8	12	16		
Juice	0	1	2	3	4	/	1
Piece fruit / 1/2 C tinned fruit	0	1	2	3	4		
Supplement / milkshake	0	6	12	18	24		
Tea / coffee / cordial	0	0	0	0	0	/	0
MORNING TEA							
1 cream biscuit	0	1	2	3	4	2	8
2 plain biscuits	0	1	2	3	4		
1 Tim Tam®	0	1	2	3	4		
Tea / coffee / cordial	0	0	0	0	0		
Supplement / milkshake	0	6	12	18	24	/	12
Cake / muffin	0	2	4	6	8		
LUNCH							
Hot meal / puree meal (standard)	0	4	8	12	16	/	8
Dessert	0	4	8	12	16	/	16
1 slice bread	0	1	2	3	4	/	4
Tea / coffee / cordial	0	0	0	0	0	/	0
Supplement / milkshake	0	6	12	18	24		
Juice	0	1	2	3	4	/	3
AFTERNOON TEA							
1 cream biscuit	0	1	2	3	4	/	4
2 plain biscuits	0	1	2	3	4		
1 Tim Tam®	0	1	2	3	4		
Tea / coffee / cordial	0	0	0	0	0		
Supplement / milkshake	0	6	12	18	24	/	6
Cake / muffin	0	2	4	6	8		
DINNER							
Sandwich	0	3	6	9	12		
Salad	0	1	2	3	4		
Finger food (ie chicken nuggets)	0	1	2	3	4		
Soup	0	1	2	3	4	/	4
1 slice toast w condiments	0	2	4	6	8	2	16
Puree meal (small)	0	1	2	3	4		
Tea / coffee / cordial	0	0	0	0	0	/	0
Juice	0	1	2	3	4		
Supplement / milkshake	0	6	12	18	24		
SUPPER							
1 cream biscuit	0	1	2	3	4	/	4
2 plain biscuits	0	1	2	3	4		
1 Tim Tam®	0	1	2	3	4		
Tea / coffee / cordial	0	0	0	0	0		
Supplement / milkshake	0	6	12	18	24	/	6
Cake / muffin	0	2	4	6	8		
GRAND TOTAL OF POINTS							112
OPTIMAL NUMBER OF POINTS (circle relevant number)							80   106

(tick relevant box)



Grand total is equal to or greater than the optimal total = adequate food intake



Grand total is less than the optimal total = inadequate food intake = ACTION REQUIRED