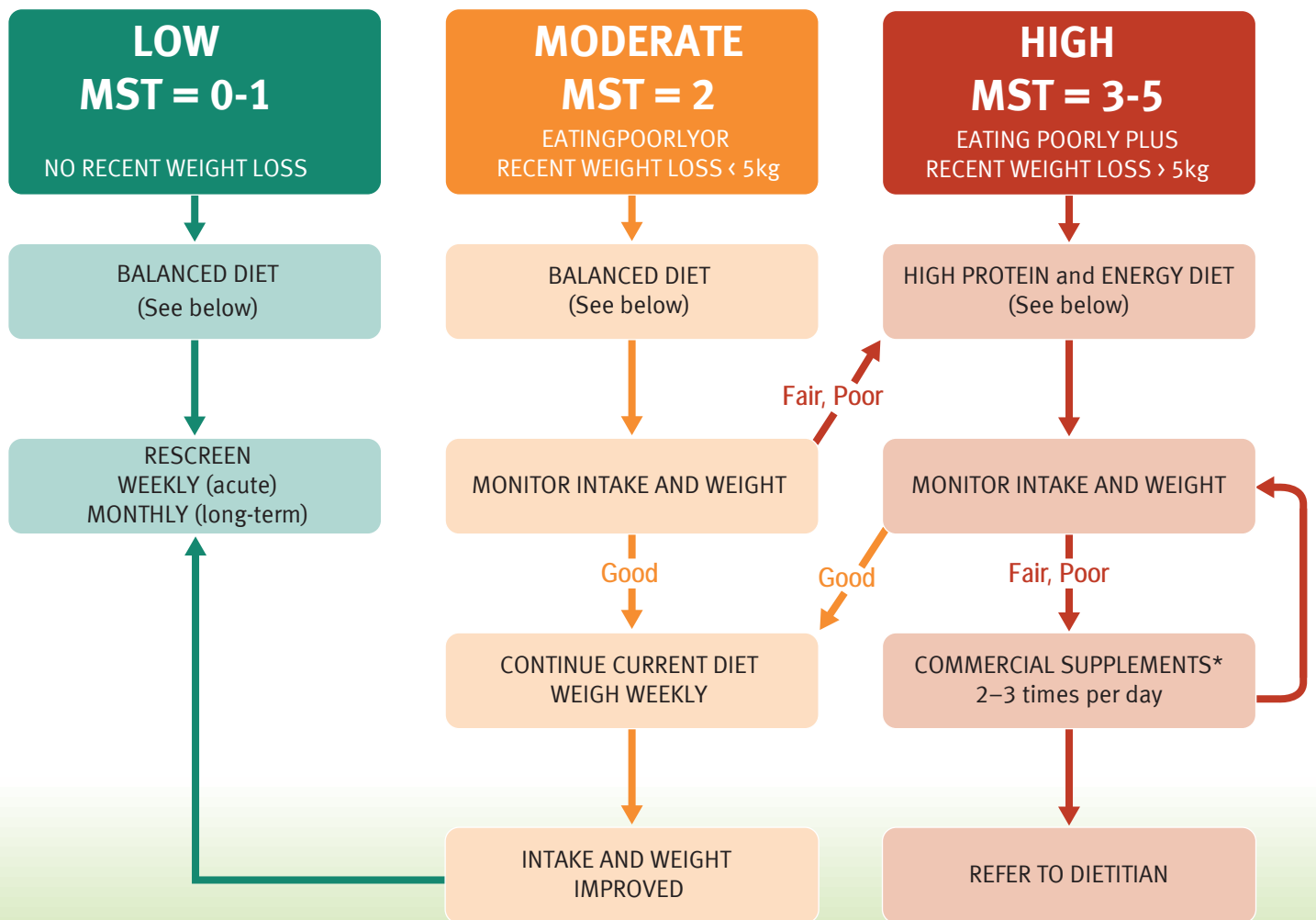


Malnutrition Action Flowchart (MAF)

What is your patient's malnutrition risk?

Malnutrition Screening Tool Score:



Balanced diet**	High protein and energy diet
<p>Australian Guide to Healthy Eating Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.</p> <p>Vegetables and legumes/beans Grain Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/pulses Milk, yogurt, cheese and/or alternatives, energy reduced fat Use small amounts Only sometimes and in small amounts</p>	<ul style="list-style-type: none"> Try serving six smaller meals per day Include 3–4 extra serves of protein and energy-rich foods or drinks daily. Some examples include: <ul style="list-style-type: none"> Extra serves of meat, eggs, baked beans, cheese Milk or soy-based drinks, eg milk shakes Extra desserts, eg ice cream, custard, cakes, biscuits Dried fruit, nuts, chocolate bars, chips Fortify foods by adding milk powder, eggs, cream, butter Extra foods are consumed better if given between main meals For more ideas, contact your Dietitian or refer to your facility's policies

*Commercial supplements with additional vitamins and minerals are recommended if poor variety/volume of foods/fluids is being consumed.

Consult a Dietitian regarding most suitable types for individual.

** Source: National Health and Medical Research Council.