Food Intake Tracker

Record What Was Offered, What Was Eaten, and What You Noticed

A caregiver log for describing food intake clearly and preparing better questions for the care team.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

thecaregivingconcierge.com

Food Intake Tracker

Print it · write it down · keep it handy

THIS RESOURCE IS FOR (NAME)

PRIMARY CAREGIVER

DATE STARTED

LAST UPDATED

1 START HERE

- [ ] Write the meal or food as it was served.
- [ ] Use practical descriptions such as 'about half' or 'three bites' when exact measurement is not needed.
- [ ] Record skipped meals or repeated refusals.
- [ ] Keep caregiver observations separate from medical conclusions.

2 WORKSHEET / TRACKER

TIME	FOOD / MEAL	AMOUNT EATEN	APPETITE	NOTES

Note: This is an observation and organization tool. It does not set nutrition or fluid goals or replace individualized professional guidance.

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Food Intake Tracker

Notes · patterns · caregiver handoff

3 NOTES, PATTERNS & FOLLOW-UP

CHANGES OR PATTERNS NOTICED:

FOODS THAT WERE ACCEPTED MORE EASILY:

QUESTIONS FOR THE HEALTHCARE PROFESSIONAL:

OTHER CAREGIVER NOTES:

Sources & further reading

- USDA MyPlate - Healthy Eating for Older Adults
- National Institute on Aging - Healthy Aging Tips for Older Adults

Educational and organizational only. Follow individualized instructions from qualified professionals.

Everything about your loved one's care, organized in one place.
The Caregiving Concierge™ helps families organize care details in one secure workspace.
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