

Download Meal Consumption Charting Guide

2 How to take your temperature correctly 1. Take your temperature on waking in the morning, in bed, at the same time (as far as possible) before any activity, cups of tea etc. If it is taken later, the temperature will rise, if taken earlier, it will fall. 2. Digital thermometers are easy to read, usually requiring only a minute, but some can be erratic

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NCP Example Outpatient Setting Nutrition Intervention (what are we going to do about this?)

- Plan with client to determine expected outcomes targeted at the causes
- Large meat portions – decrease portion size and change the types of meat consumed
- Use of solid margarine – instead use olive oil in cooking and eating