Malnutrition Action Flowchart (MAF)

What is your patient’s malnutrition risk?
Malnutrition Screening Tool Score:

**LOW**
MST = 0-1
NO RECENT WEIGHT LOSS

- BALANCED DIET (See below)

- RESCREEN WEEKLY (acute) MONTHLY (long-term)

**MODERATE**
MST = 2
EATING POORLY OR RECENT WEIGHT LOSS < 5kg

- BALANCED DIET (See below)

- MONITOR INTAKE AND WEIGHT

- CONTINUE CURRENT DIET WEIGH WEEKLY

- INTAKE AND WEIGHT IMPROVED

**HIGH**
MST = 3-5
EATING POORLY PLUS RECENT WEIGHT LOSS > 5kg

- HIGH PROTEIN & ENERGY DIET (See below)

- MONITOR INTAKE AND WEIGHT

- COMMERCIAL SUPPLEMENTS* 2–3 times per day

- REFER TO DIETITIAN

---

**Balanced diet**

- Try serving six smaller meals per day
- Include 3–4 extra serves of protein and energy-rich foods or drinks daily. Some examples include:
  - 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.

**Reproduced with the permission of the Australian Government Department of Health and Ageing. For more information on number of serves of these foods obtain a copy of the Food for Health Booklet, by contacting 1800 020 206, ext 8645, or email phd.publications@health.gov.au.

*Developed by Merrilyn Banks, APD Trademark.