**MEOF-II, Minimal Eating Observation Form-Version II**

Assess how he/she would manage without assistive devices/assistance/compensation. A mark in the grey area indicates problems/difficulties.

<table>
<thead>
<tr>
<th>OBSERVATION during</th>
<th>Manage without problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Between meals</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

**INGESTION**

<table>
<thead>
<tr>
<th>A1</th>
<th>Sitting position; sits normally/without support while eating</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>A2</td>
<td>Manipulation of food on the plate (does not spill, no assistive devices, uses both hands)</td>
<td>No</td>
</tr>
<tr>
<td>A3</td>
<td>Transport of food to the mouth (does not spill/drop, finds the mouth easily, no assistive devices)</td>
<td>No</td>
</tr>
</tbody>
</table>

**DEGLUTUTION**

<table>
<thead>
<tr>
<th>B1</th>
<th>Manipulation of food in the mouth (chewing, regular consistency, does not accumulate food in mouth)</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>B2</td>
<td>Swallowing (does not cough, does not need extra concentration, no/or only small residues left in mouth after swallowing)</td>
<td>No</td>
</tr>
<tr>
<td>B3</td>
<td>Are there difficulties to chew due to problems with teeth, mouth or prosthesis?</td>
<td>Never, Seldom, Now and then, occasionally, Quite often, Very often</td>
</tr>
</tbody>
</table>

**ENERGY AND APPETITE**

<table>
<thead>
<tr>
<th>C1</th>
<th>Eats more than ¾ of served portion 1/1 portion (100%) 3/4 portion (75%) 1/2 portion (50%) &lt;1/2 portion (less than 50%)</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>C2</td>
<td>Energy (fulfils a whole meal without decline/fluctuations in the performance; only stops eating when having satisfied his/her hunger)</td>
<td>No</td>
</tr>
<tr>
<td>C3</td>
<td>Appetite now compared to before Strongly increased Increased Normal Reduced Strongly reduced</td>
<td>No</td>
</tr>
</tbody>
</table>

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A1. Sitting position. For a YES answer it is needed that
• the person can sit independently and move unobstructed and by her/his own will while sitting.

A2. Manipulating food on the plate. For a YES answer it is needed that
• the person uses both hands
• only occasional spillage besides the plate occurs
• no assistive devices are used (for instance high rimmed dishes, adapted cutlery)
• traditional cutlery is used (for instance not spoon for eating meat and potato)
• the person him/herself cuts food and butters a slice of bread.

A3. Transportation of food and beverage to the mouth. For a YES answer it is needed that
• the person is able to move his/her arms
• movements in arms/trunk/head are coordinated when food/beverage is transported to mouth
• no bib is needed
• the person can find his/her mouth directly
• only occasional spillage occurs during transport of food/beverage to the mouth
• the person him/herself holds glass/cup/cutlery/sandwich
• traditional cutlery is used (for instance not soup in mug or using straw).

B1. Manipulating food in the mouth. For a YES answer it is needed that
• mastication includes both vertical and circular movements
• the consistency of food is not adapted due to chewing problems
• food is smoothly and easily transported backward towards the pharynx
• no food is retained in the mouth after eating (especially check the space between teeth and cheek)
• conversation during the meal is possible (between the bites).

B2. Swallowing. For a YES answer it is needed that
• during the meal no or only exceptional slight coughs occurs that could be understood as wrong directed
swallows
• the swallowing process follows neatly after the food has been chewed
• no pause or extra concentration occurs before swallowing
• the mouth is almost completely empty from food after having swallowed.

B3. Chewing. For a SELDOM or NEVER answer it is needed that
• the person bites off the food (does not divide it in any other unusual way, for instance pulls apart a sandwich
with hands and teeth)
• food is not lost out of mouth while chewing.

C1. Amount of food eaten. For a “1/1 (100%)” answer it is needed that
• the person eats the whole served portion of food or only leaves some small pieces of food
• it is presupposed that the portion that is served has been adapted (amount and content) to the individual needs
• no artificial nutrition (enteral or parenteral) is provided due to insufficient food consumption.

C2. Energy to fulfil a meal. For a YES answer it is needed that
• the meal is not discontinued because the person does not manage to continue (only if he/she has satisfied
his/her hunger)

C3. Appetite now compared to before:
• in the first place ask the person him/herself; in the second place try to estimate his/her appetite
• the appetite now should be compared to how his/her appetite usually is.


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