



Nutritional Care: Food First Advice to Promote Weight Gain

Eating for Health: Older adults in care homes

All residents who are identified as *malnourished or at risk of malnutrition* should receive the following 'Food First' treatment every day, in addition to a balanced menu where possible, to help increase their intake:

1 pint of fortified whole milk per day

2 nourishing snacks or drinks a day

3 fortified meals every day

1. Fortified Milk

1 pint whole milk



375 Kcals
19g protein
670mg calcium

+

4 tablespoons of skimmed
milk powder



=

1 pint of fortified milk



~580 Kcals
40g protein
990mg calcium

Fortified milk can be used in drinks, on cereals or in some of the fortified recipes. See recipes below for more ideas.

2. Nourishing Snacks and Drinks

In addition to 3 smaller meals, offering 2-3 nourishing snacks or drinks per day between meals can significantly improve intake.

Some residents find it difficult to sit through meals or are constantly active throughout the day either due to dementia or anxiety. These residents are at increased risk of malnutrition. Providing finger foods throughout the day enables residents to feed themselves

Nourishing drinks include fortified milk (hot or cold), hot chocolate, coffee or malted drinks made with fortified milk, homemade milkshakes and smoothies. **Readymade milkshakes,*** drinks and smoothies, such as Frijj®, Mars® or Yazoo®, are available in most supermarkets and convenience stores and can be included as a nourishing drink too.

Equivalent to 4 plain biscuits



Aim for a nourishing snack mid-afternoon & evening everyday Ideas for nourishing snacks and finger food:

Fruit cake	Toasted teacake or scone with butter & jam
Sandwich triangles	Breakfast cereal & enriched milk
Soup with bread and butter	Tea bread or malt loaf with butter & cheese
Crackers with butter & cheese	Toast with peanut butter or cheese
Nuts with dried fruit	Pizza fingers
Cheese cubes	Toasted crumpets with butter
Fruit pieces & cream	Ginger Bread

3. Fortified meals

A fortified diet is achieved by fortifying at least one dish at each mealtime. The following foods can be used to easily fortify meals. Ensure you have a supply of the following ingredients.

Ingredient	How to use in cooking	Added calories
Milk powder	Add 4 tablespoons of whole milk powder to 1 pint of full cream milk to make fortified milk , use this for milk drinks, porridge, sauces & on cereals. Use to make up instant soups, porridge and jelly instead of water.	4tbsps dried milk powder 204 Kcals
Whole milk	Use to make up instant soups, porridge and jelly instead of water. For extra calories use fortified milk .	1/3pt fortified milk 180 Kcals
Evaporated or condensed milk	Use in place of usual milk to prepare porridge and milk puddings or add 2 tablespoons to individual portions when porridge /milk puddings are served.	2tbsps evaporated milk 51 Kcals
Double cream	Add 2 tablespoons to each serving of porridge, soup and dessert or fruit.	2tbsps double cream 130 Kcals
Cheese	Sprinkle 2 tablespoons grated cheese onto soups, stews, sauces, potatoes, vegetables and scrambled eggs.	2tbsps cheese 125 Kcals
Margarine/butter	Use 1 teaspoon extra butter/margarine on bread / crackers, 2 teaspoons to each serving of potatoes and vegetables.	2tsp margarine 80 Kcals
Oil	Offer more fried foods, eg fried bread, fried eggs, fried fish, chips and roast potatoes	2 tsp oil 108 Kcals
Sugar*	Use at least 1 extra teaspoon of sugar on cereals/ porridge and added to desserts	1 tsp sugar 24 Kcals
Jam, honey, syrup*	Spread thickly on bread/ toast. Serve milk puddings with 2 teaspoons of jam or honey. Serve porridge with 2 teaspoons honey or syrup.	2 tsp jam 32 Kcals

Abbreviations: tsp = teaspoon tbsps. = tablespoon
***May not be suitable for residents who have diabetes discuss with a Dietitian, Diabetes Specialist Nurse or GP.**

Fortified Drinks Recipes

Milkshake*	Juice*	Soup
<p>Ingredients:</p> <ul style="list-style-type: none"> • 200mls whole milk • 1 scoop of ice cream • 2 tbsp skimmed milk powder • 3 tsp <u>vitamin fortified</u> milkshake powder, such as Nesquik or Tesco Milkshake Mix <p>Method:</p> <ol style="list-style-type: none"> 1. Add all the ingredients together and whisk. 2. Serve chilled or warm. <p style="text-align: right;">Calories: 399 Protein: 19.9g</p>	<p>Ingredients:</p> <ul style="list-style-type: none"> • 100mls fresh fruit juice • 100mls lemonade • 1 scoop ice cream • 1 tbsp sugar <p>Method:</p> <ol style="list-style-type: none"> 1. Mix all the ingredients together. 2. Serve chilled. <p style="text-align: right;">Calories: 192 Protein: 2.3g</p>	<p>Ingredients:</p> <ul style="list-style-type: none"> • 1 instant soup sachet • 200ml full fat milk • 2 tbsp skimmed milk powder <p>Method:</p> <ol style="list-style-type: none"> 1. Warm the milk. 2. Gradually add the soup sachet and milk powder, stirring well. <p style="text-align: right;">Calories: 351 Protein: 19g</p>

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