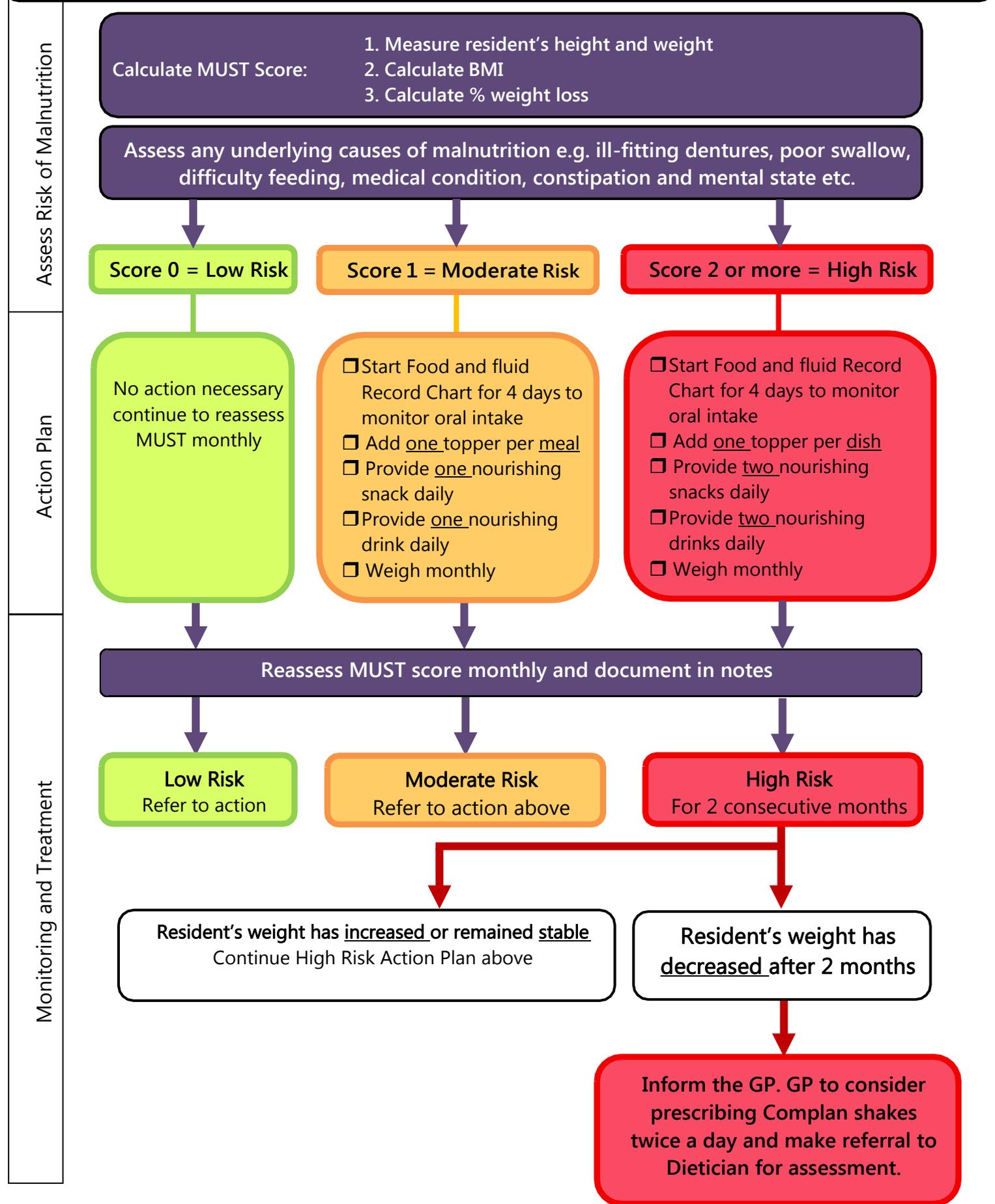


Appendix One: Malnutrition Care Pathway for Care Home Residents.

Malnutrition Care Pathway for Care Home Residents



Appendix Two: Food Fortification

Fortifying Food



Provide ONE of the following for EACH meal to increase the calorific content.

- MUST = 1 - moderate risk of malnutrition: provide one topper/meal
- MUST = 2 or more - high risk of malnutrition: provide two toppers/meal (1 per dish)

Extra toppings/additions	Add to
<input type="checkbox"/> 1 level tablespoon of butter	Main course, soups, vegetables, starchy foods
<input type="checkbox"/> 1 teaspoon of oil	Main course, soups, vegetables, starchy foods
<input type="checkbox"/> 1 level tablespoon of double cream	Porridge, desserts, with cakes, with fruit
<input type="checkbox"/> ½ level tablespoon of mayonnaise	Sandwiches, mash, vegetables
<input type="checkbox"/> ½ heaped tablespoon of cream cheese	Sandwiches, mash, pasta, rice, soups, vegetables, omelettes, potatoes
<input type="checkbox"/> ½ oz. of cheddar cheese	Mash, potatoes, soups, vegetables
<input type="checkbox"/> ½ heaped tablespoon of sugar	Porridge, puddings, yoghurts, tinned or fresh fruit, milky drinks, in cups of tea or coffee throughout the day
<input type="checkbox"/> 1 heaped teaspoon of honey/golden syrup	As above
<input type="checkbox"/> 3 heaped teaspoons of skimmed milk powder	Milk, and therefore with cereals, in custard, white sauces, milk puddings, soups <i>See fortified milk recipe</i>

Establish resident's preference, document goal in care plan and record actual intake

Boost All Food: Increasing energy and protein content of the diet through food fortification

Aim to increase dietary energy by 250-600Kcal per day above the individual's basic energy requirement through additional food or by modifying existing intake:

Food	Portion Size	Energy (Kcal)	Protein (g)
Butter/Margarine/Oil/Ghee	1 dessert spoon/2tsp/10g	100	-
Double cream	1 dessert spoon/2tsp/10g	50	-
Hard Cheese (eg cheddar)	1oz/30g	120	8
Syrup / Sugar	2tsp	40	-
Ice cream	1 small scoop	116	2
Fortified milk (1pt full cream milk with 4 tbsp dried skimmed milk powder added)	1 pint (over day)	540	35
Condensed milk	½ can over day	600	15
Greek yoghurt	150g pot	200	8.6
Jam	1 tbsp	50	-
Nuts	2 oz/60g	340	15.5
Over the counter supplements e.g. Complan, Build Up or unbranded equivalent	1 sachet made up with 200ml whole milk	264-387	14.8 – 15.7

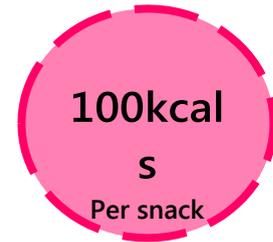
Examples of suggestions for fortification

Example Meal	Fortification Suggestion	Benefit	
		Energy (Kcal)	Protein (g)
Soup and Bread	Serve with cheese on toast (buttered toast plus 1oz cheese) rather than bread	100	-
Curry and chapatti	Add 2 tsp butter or ghee to chapatti. Stir in 2 tsp oil to curry before serving	200	-
Stew and rice	Add 2tsp of oil each to rice and stew	200	-
Shepherds pie	Top portion with 1oz cheese	45	8
Jacket potato with baked beans	Put 2tsp butter on potato and top baked beans with cheese	145	8
Banana and custard	Stir 1 tbsp double cream into portion of custard	100	-
Fruit salad	Serve with 3 tbsp double cream	300	-
Current buns/breads/toast	Top with butter and jam	150	1
Low fat yoghurt	Switch for Greek style yoghurt	116	1.4

In addition to food fortification, also consider use of broad spectrum multivitamin and mineral supplement e.g. Forceval to ensure adequate micronutrient intake.

Appendix Three: Nourishing Snacks

Nourishing Snacks



- MUST = 1 - **moderate risk** of malnutrition: provide one nourishing snack
- MUST = 2 or more - **high risk** of malnutrition: provide two nourishing snacks

Snacks can be combined to provide 200Kcal in one go if resident able, e.g. a whole croissant, or cheese AND ½ a crumpet.

You can provide your own snack, check the calorie content on the package or work it out from the recipe (e.g. homemade cakes)

Fruit

- ⦿ 1 small banana
- ⦿ 5 dried apricots
- ⦿ 6 prunes
- ⦿ 2-3 dates
- ⦿ 1 heaped tablespoon of sultanas/raisins



Nuts

- ⦿ 1 small handful of peanuts
- ⦿ 5 brazil nuts
- ⦿ 2-3 walnuts
- ⦿ 7 almonds
- ⦿ 1 small handful of cashew nuts

Dairy

- ⦿ 1 scoop of ice cream
- ⦿ 1 pot of full fat/creamy yoghurt
- ⦿ 1 medium slice of cheese
- ⦿ 30mls of condensed milk



Savoury

- ⦿ 1 small bag of crisps
- ⦿ 2 tablespoons of hummus
- ⦿ ½ a crumpet and butter
- ⦿ ½ a mini pork pie
- ⦿ 1 small sausage roll

Confectionary

- ⦿ 1/3 of a standard Mars bar
- ⦿ 5 jelly babies
- ⦿ 3 squares of milk chocolate
- ⦿ 2 Kit Kat fingers
- ⦿ 1 fudge bar
- ⦿ ½ a crunchie

Biscuits / cakes

- ⦿ 2 digestives
- ⦿ 1 chocolate caramel digestive
- ⦿ 2 custard creams
- ⦿ 2 bourbons
- ⦿ ½ croissant
- ⦿ 1 jam tart
- ⦿ ½ a doughnut



Establish resident's preference, document goal in care plan and record actual intake

Food First Snacks for a Puree Diet

Enriched Greek-Style Yogurt

- 150grams smooth Greek-Style yogurt
- 1 tablespoon skimmed milk powder (mix in well)

Calories: 230 Protein: 11grams

Stir in:

2 teaspoons of honey = **+100kcal**

2 teaspoons smooth jam (no bits) =

+100kcal

Golden syrup 2 teaspoons = **+100kcal**

Bananas and Custard

- 1 small ripe banana – mashed well with no lumps (sieve if required)
- 150grams full fat custard (can make up from powder with whole milk and additional sugar if preferred)
- 1 tablespoon skimmed milk powder (mix in well)

Calories: 295 Protein: 10grams

Enriched Delight

- Instant whip (15grams based on 4 servings per sachet)
- Make with 100ml fortified milk per 15grams

Calories: 208 Protein: 10grams

Cheesy mash

- 120grams instant mashed potato (stir the following items in)
- 50mls fortified milk
- 10grams/one 'pat' butter
- 30grams full fat soft cheese

Calories: 270 Protein: 7grams

Pots of Thick and Creamy Yogurt (no bits), Chocolate/Fruit Mousse or Egg Custard with the pastry removed are other snack options but slightly lower in calories and protein. Encourage a little and often intake with three snacks per day.

Milkshake and Smoothie Recipes

190 – 630 kcals
per drink

- MUST = 1 - **moderate risk** of malnutrition: provide one nourishing drink
 - MUST = 2 or more - **high risk** of malnutrition: provide two nourishing drinks
- Use a variety of recipes to ensure optimal calorie and protein intake

Blend all the recipes below until smooth.

Super Shake

- 200mls full fat milk
- 1 scoop ice cream
- 30g skimmed milk powder (~1 ½ tbsp)
- 20g milkshake powder (try to use vitamin fortified version e.g. Nesquik or Tesco Milkshake Mix)

Calories: 410 kcals Protein: 20g

Fruit Blast

- 100 mls fresh fruit juice
- 100 mls lemonade
- 1 scoop ice-cream
- 1 tablespoon sugar

Calories: 400kcals Protein: 0.5-2.5g

Yoghurt & Berry Smoothie (1)

- 150 mls full fat milk
- 1 pot (150 mls) full fat fruit yoghurt
- 4 tsp milk powder (semi-skimmed)
- 1 banana
- 1 handful of 2 berries (strawberries, raspberries, blueberries, blackberries)
- 1 tsp honey/sugar

Calories: 410kcals Protein: 22g

Yoghurt & Berry Smoothie (2)

- Small pot of Greek yoghurt
- Handful of frozen berries
- 1 small banana

Calories: 395-513kcals Protein: 15g

Banana & Peanut Butter Smoothie

- 150 mls full fat milk
- 1 scoop ice cream
- 4 tsp milk powder (semi-skimmed)
- 1 banana
- 1 tbsp peanut butter

Calories: 490kcals Protein: 19g

Fruit Boost

- 150 mls orange juice
- 50 mls pineapple juice
- 1 banana
- 1 handful strawberries
- 1 handful raspberries

Calories: 190kcals Protein: 3g

Fortified Milk Recipe

260kcal per
pint

1. Take 4 tablespoons(≈70g) of dried milk powder
2. Add a small amount of full fat milk (blue top) from 1 pint
3. Mix to a paste with no lumps
4. Add the remains of the milk
5. Stir well

1 pint of whole milk = 380Kcal, 19g proteins

1 pint of fortified whole milk = 640Kcal, 43g proteins

Use this whenever milk will normally be used, for example:

- ⦿ In Tea/ Coffee
- ⦿ Porridge/ Cereal
- ⦿ Custard
- ⦿ Milky drinks
- ⦿ White Sauce
- ⦿ In mashed potato



3 cups of tea/coffee a day with
fortified milk: 180kcal gained
+ 7.5g protein