

Food First Approach Part 1

**Specialist Dietetic Service for
Adults with Learning Disabilities**

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Bristol Community Learning Disabilities Team

Document created: February 2019 Review date: February 2020

Service provided by:

Food and Fluid Recording Chart

Name:

DOB:

Date:

Meal	Food Offered (include both food & fluids)	Declined	1/4 Eaten	1/2 Eaten	3/4 Eaten	All Eaten
Breakfast						
Snack						
Lunch						
Snack						
Evening Meal						
Snack						
Late Evening						

Time	Drink	How it is made	ML's
Total			

Example of Food and Fluid Recording Chart

Name: *Ann Example*

DOB: *01/01/1980*

Date: *26/02/2019*

Meal	Food Offered (include both food & fluids)	Declined	1/4 Eaten	1/2 Eaten	3/4 Eaten	All Eaten
Breakfast	<i>36g Ready brek porridge oats 200mls warmed milk in microwave 2tsp Hartley's strawberry Jam 40mls Fresubin 5kcal shot neutral</i>			✓		
Snack	<i>2 finger kitkat 1 packet monster munch</i>					✓
Lunch	<i>2 medium slices Kingsmill 50/50 bread spread thickly with Flora buttery & 1 tbsp hellman's mayonnaise Half tin princes tuna chunk in sunflower oil 40mls Fresubin 5 kcal shot neutral</i>		✓			
Snack	<i>80g Stewed Apple with Sugar</i>	✓				
Evening Meal	<i>100g Chicken breast oven cooked 150g roast potatoes cooked in olive oil 40g carrots 40g broccoli</i>				✓	
Snack	<i>40mls fresubin 5 kcal shot neutral</i>					✓
Late Evening	<i>Hot chocolate made with whole milk 1 chocolate digestive biscuit</i>			✓		

Time	Drink	How it is made	ML's
<i>8:45</i>	<i>Tea</i>	<i>White, whole milk, 1 sugar</i>	<i>300</i>
<i>10:00</i>	<i>Squash</i>	<i>Robinsons orange squash diluted</i>	<i>250</i>
<i>13:30</i>	<i>Juice</i>	<i>Asda smooth orange juice</i>	<i>250</i>
<i>15.45</i>	<i>Tea</i>	<i>White, whole milk, 1 sugar</i>	<i>300</i>
<i>18:30</i>	<i>Squash</i>	<i>Robinsons orange squash diluted</i>	<i>250</i>
<i>20:00</i>	<i>Hot chocolate</i>	<i>Cadbury's powder with whole milk</i>	<i>300</i>
Total			1650

Bowel Chart




Bowel Charts

Name: _____ DOB: _____

Please record **bowels movements** in chart provided. Please refer to the **Bristol Stool Chart**-
Week commencing:

Day	Type (Bristol Stool chart)	Amount
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Bristol Stool Scale

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely liquid

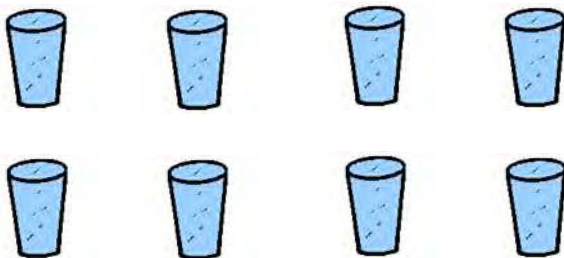
Practical Mealtime Tips



Encourage “little and often”.



Encourage 3 smaller meals with 2-3 nourishing snacks or drinks. Large meals can be very off putting-second helpings can always be offered.



Spread drinks out during the day and don't offer too near mealtimes



Make meals and the table look appealing and appetising.



Ensure the table is clean.

Practical Mealtime Tips Continued



Use a table cloth to add colour but don't over clutter as this can be a distraction.



Turn off the T.V during mealtimes. This can be a distraction.



Put on some quiet background music.



Use extra seasonings to add flavour. Try lemon juice, pepper, herbs and spices.



Add sweet chutneys to sandwiches and crackers.



Use adapted cutlery, non-slip mats, hot plates and plates or bowls with built up sides if necessary.

Fortifying Foods

Everyday foods such as cream, butter, cheese and skimmed milk powder can be added to food and drink to increase the calorie and nutrient content.

Avoid diet, low sugar, reduced fat and low fat varieties of foods and drinks (unless advised otherwise by your doctor/nurse/dietitian). Try to use full fat and full sugar products where possible e.g. full fat milk, yogurts, spreads and jam

Encourage at least 1 pint full fat milk each day. Use in drinks, cereals, custard, sauces and puddings. Make fortified milk by adding 4 heaped tablespoons dried milk powder to 1 pint full fat milk

Add extra sauces and gravy to meat, chicken and fish e.g. cheese sauce, parsley sauce and white sauce

Add a knob of butter to vegetables, mashed potatoes and jacket potatoes. Spread butter or margarine thickly on toast and bread

Add a tablespoon of grated cheese to mashed potatoes, vegetables, soups and scrambled eggs

Make up packet or condensed soup with full fat milk or fortified milk

Encourage nourishing drinks e.g. hot chocolate, malted milk, coffee, milkshakes made with full fat or fortified milk

Add cream, ice cream or custard to puddings e.g. jelly, tinned fruit, trifle





Offer 1 small glass of fruit juice e.g. orange, apple, pineapple

Fortifying Foods Continued








Everyday foods such as cream, butter, cheese and skimmed milk powder can be added to food and drink to increase the calorie and nutrient content.

People who may benefit from fortifying food and drink include those who:

- Have poor appetite and dietary intake
- Have a good appetite but continue to lose weight
- Have been identified as “at risk of malnutrition” following nutritional screening
- Eat a modified texture diet. *(Please continue to follow eating and drinking guidelines if advised by a Speech and Language Therapist)*

Food	Portion Size	How to increase calories	Calories before	Calories after
Whole Milk 	1 pint (586ml)	Add 4 tablespoons of skimmed milk powder to 1 pint whole milk	387	596
Soup 	200ml	Make up a packet with full fat milk	126	213
Mashed Potatoes 	170g	Add a tablespoon of butter or margarine and a tablespoon of grated cheese	202	302
Vegetables 	75g	Add a tablespoon of butter or margarine	32	106

Fortifying Foods Continued

Food	Portion Size	How to increase calories	Calories before	Calories after
Breakfast Cereal 	20g	Use fortified milk and 2 teaspoons sugar	126	258
Jelly 	135g	Make up with fortified milk and add 2 tablespoons of double cream to serve	107	488
Custard 	150g	Make up with fortified milk	71	124
Sponge Pudding 	95g	Serve with custard made from fortified milk	314	438
Yoghurt 	125g	Swap from diet to thick and creamy	63	125
Rich Tea Biscuit 	1 biscuit	Swap from Rich tea to chocolate digestive	38	83
No added sugar squash 	150ml	Swap from no added sugar squash to fresh orange juice	3	65

Fortified Milk Recipe

Add 4 heaped tablespoons (60g approx.) skimmed milk powder to 1 pint whole milk.

To be used in:

- Cooking e.g. sauces
- Custards
- Milk puddings e.g. rice pudding, milk jelly, instant whip
- Cereals
- Making up packet soup and condensed soup
- Milk-shakes, hot chocolate, iced coffee





Please ensure all fluids are thickened in line with Speech and Language recommendations







209kcal
21g protein
increase

Dairy Alternatives

Choose unsweetened options fortified with Vitamin D and calcium

Milk	Kcal per 200ml	Protein per 200ml
 <p>Oat Milk</p>	80	0.8g
 <p>Almond Milk</p>	36	1.6g
 <p>Rice Milk</p>	94	0.2g
 <p>Soya Milk</p>	66	6.8g













Dessert Pots / Yoghurt Alternatives	Kcal per 125g	Protein per 125g
 <p>Alpro Almond Yoghurt Alternative</p>	66	4.9g
 <p>Tesco Free From Smooth Banana and Apricot Fromage Frais</p>	101	5.4g
 <p>KoKo Dairy Free Plain Yoghurt</p>	99	0.75g
 <p>Alpro Dessert Moments Hazelnut Chocolate Dessert</p>	98	3.25g

Finger Foods

The use of finger foods can be a great way of improving nutritional intake and also promoting independence

- Offer foods that are just the right size. Don't make pieces of food too small so that they cannot be picked up. *Check eating and drinking guidelines written by Speech and Language Therapy for any foods to avoid.*
- Put foods in plastic container or waist pouch so that food can be taken out—ensure that the lid or zips can be undone easily.
- Check the temperature if foods are warmed up—make sure foods are cool enough to handle
- Use moist fillings in sandwiches to hold them together

Examples of Finger Foods:

	Toast		Sausage rolls
	Sandwiches		Biscuits
	Cocktail Sausages		Bite-sized cakes e.g. brownies,
	Cubes of Cheese		Buttered muffins, crumpets and
	Pizza Slices		Crackers with cheese
	Crisps e.g. Wotsits, Quavers		Cereal Bars

100 kcal Boosters

The following foods contain approximately 100 calories and can be added to foods as part of a meal or eaten as a snack between meals.

Please continue to follow eating and drinking guidelines if advised by a Speech and Language Therapist.

Foods to add to bread, toast and crackers



1 tablespoon peanut butter



2 tablespoons hummus



2 heaped teaspoons honey



Handful grated cheese



Foods to add to mashed potatoes



2 tablespoons double cream



1 tablespoon mayonnaise



Handful grated cheese



1 tablespoon cream cheese



100 kcal Boosters

Fruits and Nuts

Small handful peanuts



5 dried apricots



2-3 dates



1 banana



Sweet snacks

1 fun size chocolate bar



2 jaffa cakes



1 flapjack finger



1 slice malt loaf



1 small pot full fat yoghurt



5 jelly babies



Savoury Snacks

1 bag of crisps



3 cream crackers



2 mini sausage rolls



3 cocktail sausages



2 cheese straws



1 serving popcorn (20g)







Nourishing Drinks

Sometimes drinking nourishing fluids can be more manageable than eating more at mealtimes.

- Offer nourishing drinks between meals rather than as a meal replacement.
- Use full fat and full sugar products rather than ‘reduced fat’, ‘low fat’, ‘skimmed’ or ‘diet’ varieties as these will provide more calories.
- Use ‘fortified milk’ (see separate recipe) to provide additional calories and protein. This can be used to make milkshakes, hot chocolate, smoothies and instant soups.
- Make drinks look attractive—use sundae glasses for cold drinks and add a straw. Add whipped cream and chocolate sprinkles for hot chocolate and milkshakes.
- Fruit smoothies are a good way of improving vitamin intake. Make up large volumes and freeze in freezer bags.

Please continue to follow eating and drinking guidelines if advised by a Speech and Language Therapist.

	<p>Milkshake—Approximately 275 kcals</p> <p>Add milkshake syrup to 200mls fortified milk. Add 1 scoop vanilla ice cream. Top with whipped cream.</p>
	<p>Fruit Smoothie—Approximately 335 kcals</p> <p>Add 100g frozen berries. 100mls fortified milk and 1 small pot of thick and creamy strawberry yoghurt together and blend with a stick blender. Drizzle with honey.</p>
	<p>Fortified hot drink—Approximately 240 kcals</p> <p>Gently warm 200mls fortified milk. Add 1-2 teaspoons cocoa powder. Add sugar to taste. Top with whipped cream and marshmallows.</p>
	<p>Iced coffee—Approximately 330 kcals</p> <p>Add 2 teaspoons instant coffee to 200mls chilled fortified milk. Sweeten to taste and add crushed ice or ice cubes.</p>

Nourishing Drinks Continued

Berry Delight—Approximately 550 calories and 13g protein.

No blender required, simply combine:

2x 50g pots fromage frais

100mls cranberry juice

5 tablespoons double cream

1 tablespoon strawberry milkshake powder

Nice 'n' Nutty—Approximately 580 calories and 15g protein

Not suitable for those with a nut allergy.

Whisk together:

200mls whole milk

2 tablespoons double cream

2 tablespoons condensed milk

2 tablespoons hazelnut chocolate spread

1 tablespoon dried milk powder

Boubon Cream Dream—Approximately 560 calories and 17g protein

The bourbon cream biscuits can be replaced with custard creams/gingernuts.

Crush and mix:

4 bourbon biscuits (or alternative) into fine crumbs

200mls whole milk

2 tablespoons condensed milk

1 tablespoon dried milk powder

Please ensure that all food and drinks are thickened/in line with Speech and Language Therapist's recommendations for each individual.

Dairy Free Nourishing Drinks

Virgin Pina Colada—approximately 500 calories

Serve with ice for authentic Caribbean flavours

Simple combine:

100mls coconut milk

100mls pineapple juice

2 1/2 tablespoons apricot jam

2 tablespoons icing sugar

1 tablespoon golden syrup

Lemon and Lime Subline—Approximately 500 calories

Pour through a strainer to serve

Whisk together:

100mls lemonade

100mls lime cordial

2 1/2 tablespoons of lemon curd

2 1/2 tablespoons of icing sugar

1 tablespoon golden syrup

Eton Mess—Approximately 500 calories

A taste of summer time!

Blend together:

2 meringue nests (approx. 30g)

150mls soya milk

2 1/2 tablespoons strawberry milk-free milkshake powder

2 1/2 tablespoons strawberry jam

1 1/2 tablespoons icing sugar

Please ensure that all food and drinks are thickened/in line with Speech and Language Therapist's recommendations for each individual.

Fortified Soup Recipe



Ingredients:

1 tin (295g) 'cream of' condensed soup, e.g. tomato, chicken or mushroom

140ml (1/4 pint) whole milk

2 tablespoons skimmed milk powder

Method:

Mix the milk powder into the milk and stir well

Empty the soup into a saucepan

Gradually add all of the milk, stirring constantly

Heat to serving temperature

Please ensure that all food and drinks are thickened/in line with Speech and Language Therapist's recommendations for each individual.

Community Learning Disabilities Team Dietetics

Sirona care & health

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**Please ensure the following information is in line with your
eating and drinking guidelines.**

The 'ml' for each food is only an average.

Review date: July 2019 Rebranded: June 2020