

Food First Approach Part 2

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

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Bristol Community Learning Disabilities Team

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Service provided by:

Hydration

You should aim to drink 1.5 - 2 litres (6 - 8 glasses) of fluid per day



6 - 8



Hydration can help with



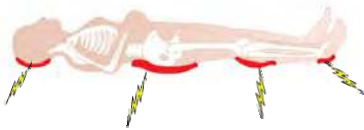
Constipation



Low blood pressure



Urine tract infection (UTI)



Pressure Ulcers



If you are dehydrated you may



Get tired

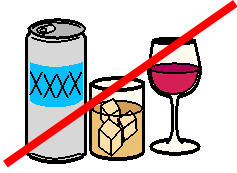


Have headaches



Get dry Skin

Hydration



All fluid counts except alcohol



Do not wait until you feel thirsty to have a drink

Use the pee chart to help check you are hydrated.

Check urine colour.

Remember - healthy pee is 1 to 3, 4 to 8 you must hydrate.



If you have diabetes OR



You are trying to lose weight

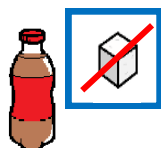
Drink



Water

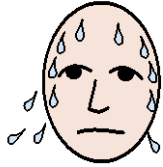


Skimmed Milk



Sugar Free Drinks

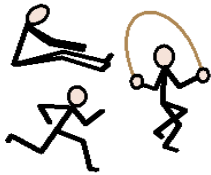
Hydration



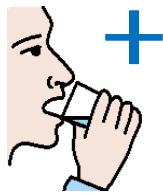
You sweat more when



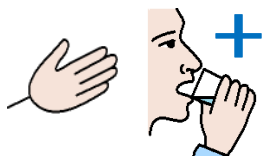
It is hot



You are exercising



You need to drink more when you sweat



To help you drink more try



Spouted cups













Handled mugs



























Specialist Bottles

Sweet Hydration Boosters

About 20% of our daily fluid intake comes from food.
Here are some sweet examples:









<u>Food</u>	<u>Amount</u>	<u>Water (mls)</u>
 Cream	 2 tablespoons	 30mls
 Ice-lollies	 1 ice-lolly (70g)	 70mls
 Custard	 1 pot (120g)	 90mls
 Melon	 1 slice melon	 140mls
 Fromage Frais	 1 pot (60g)	 50mls
 Stewed Apple	 1 bowl (85g)	 75mls
 Jelly	 1 pot (120g)	 100mls

Sweet Hydration Boosters
























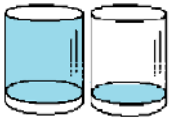
<u>Food</u>	<u>Amount</u>	<u>Water (mls)</u>
 Porridge	 1 small bowl (110g)	 80mls
 Yoghurt	 1 pot (125g)	 95mls
 Rice Pudding	 1 bowl (200g)	 160mls
 Instant whip pudding	 1 bowl (120g)	 120mls
 Cereal with milk	 1 bowl cereal 125ml milk	 125mls
 Pineapple	 2 pineapple rings	 70mls
 Ice Cream	 2 scoops	 75mls
 Tinned Fruit Cocktail	 1 bowl (115g)	 100mls

Savoury Hydration Boosters

About 20% of our daily fluid intake comes from food. Here are some savoury examples:

<u>Food</u>	<u>Amount</u>	<u>Water (mls)</u>
 Hummus	 3 tablespoons (50g)	 30mls
 Boiled Egg	 1 boiled egg	 40mls
 Gravy	 1 serving	 50mls
 Chicken Drumstick	 1 chicken drumstick (90g)	 55mls
 Celery	 2 celery sticks	 55mls
 Cottage Cheese	 2 tablespoons	 60mls
 Mashed Potato	 2 tablespoons	 70mls

Savoury Hydration Boosters

<u>Food</u>	<u>Amount</u>	<u>Water (mls)</u>
 Mushy Peas	 3 tablespoons	 70mls
 Cauliflower Cheese	 1 serving (90g)	 70mls
 Broccoli	 4 florets	 75mls
 Tomatoes	 1 tomato (85g)	 80mls
 Scrambled Eggs	 1 serving made with milk (120g)	 80mls
 Beans	 3 tablespoons	 90mls
 Side Salad	 1 serving (100g)	 95mls
 Soup	 1 small tin (300g)	 265mls

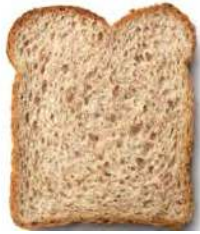
Lower Sugar High Calorie Snacks

Try the following as between meal snacks:

	<p>Peanut butter or almond butter</p>
	<p>Marmite</p>
	<p>Hummus</p>
	<p>Cream cheese—philadelphia, supermarket soft cheese (Tesco/Asda)</p>
	<p>Cheese spread e.g. dairy lea, seriously strong cheese spread, primula</p>

Lower Sugar High Calorie Snacks

Try spread on:



1 slice wholemeal toast



4 cream crackers



2 large rice cakes



1 toasted bagel



1 toasted muffin



2 toasted crumpets

Lower Sugar High Calorie Snacks

Ready to eat savoury snacks:



Handful cocktail sausages



Breadsticks and cheese dip e.g. dairy lea dunkers, philadelphia



Cheese e.g. babybel, cathedral city nibbles



Cup of soup e.g. Batchelors, Sainsburys



Packet savoury popcorn e.g. proper corn, Asda, Tesco

Lower Sugar High Calorie Snacks

Low Sugar cake - cover thickly with spread



Malt loaf



Teacakes



Scones



Brioche



Hot cross bun



Banana loaf



Scotch Pancake

Lower Sugar High Calorie Snacks

Breakfast cereal, served with whole milk (blue top) can make a healthy between meal snack:



Weetabix



Ready brek



Oatibix



Oat cheerios



Shredded wheat

Keeping Healthy on a Fortified Diet

A fortified diet is higher in calories and is usually recommended short term. You can still eat a balanced diet whilst trying to increase or maintain your weight.

Carbohydrates



For example bread, cereal, rice, pasta, potatoes and oats provide energy
 Try to have some at each meal
 Choose wholegrain varieties e.g. wholemeal bread, brown rice and wholegrain cereal for added fibre

To add extra calories and protein try the below:

Vegetable Spread



Grated Cheese



Mayonnaise



Added to:

Sandwiches



Mashed potato



Vegetables



Proteins



Proteins support growth and our body structure

Try to have at each meal

E.g. meat, fish, eggs, beans, pulses, nuts

Keeping Healthy on a Fortified Diet

To add extra calories and protein try the below:

Peanut/Almond butter



Sardines/pilchards



Scrambled egg



Added to:

Toast



Crackers



Sandwiches



Fruit and Vegetables



Provide vitamins, minerals and fibre

They include fresh, frozen, tinned, dried and juiced

E.g. bananas, apples, broccoli, tomatoes, cauliflower and cabbage

To add extra calories and protein try the below:

150ml fruit juice



Try to have a glass of pure fruit juice e.g. orange or apple everyday to boost your Vitamin C intake

Milkshake



Use fresh, tinned or frozen fruits to make milkshakes and smoothies

Gravy or Sauce



Gravy and sauces e.g. cheese, parsley can be served with vegetables

Keeping Healthy on a Fortified Diet

Dairy



Dairy foods provide calcium to keep our bones healthy
E.g. milk, dried milk powder, yoghurt and cheese

To add extra calories and protein try the below:

Whole Milk



Choose full fat/whole varieties as these are higher in calories

Skimmed Milk Powder



Fortify your milk by adding 2 - 4 heaped tablespoons of dried skimmed milk powder to a pint of milk. This can be used like regular milk.

Yoghurt



Choose thick and creamy varieties rather than diet as these are higher in calories

Fats and Sugars



Help to increase weight by adding calories

E.g. vegetable spread, oils, nuts, avocados, sweet snacks

Keeping Healthy on a Fortified Diet

To add extra calories try the below:



Use a full fat vegetable based spread e.g. sunflower/olive oil in place of butter



Have both sweet and savoury snacks between meals



Clean your teeth regularly using a fluoride based toothpaste to protect against tooth decay

Example of a balanced fortified diet:

Breakfast - wholegrain cereal (Weetabix, shredded wheat or porridge) made with fortified milk, served with sliced banana and a glass of orange juice

Mid-morning - cup of tea or coffee made with fortified milk, a digestive biscuit and an apple.

Lunch - fish pie made with added grated cheese in the mashed potato, served with peas and carrots with sunflower spread. Followed by apple crumble and custard made with fortified milk.

Mid-afternoon - strawberry smoothie made with fortified milk and fresh strawberries served with a handful of nuts

Dinner - baked beans on toast spread thickly with sunflower spread and added grated cheese on top. Followed by a thick and creamy yoghurt.

Bedtime snack - hot chocolate made with fortified milk

Height Conversion Chart

Feet	Inches	Metres
4	6	1.37
4	7	1.40
4	8	1.42
4	9	1.45
4	10	1.47
4	11	1.50
5	0	1.52
5	1	1.55
5	2	1.57
5	3	1.60
5	4	1.63
5	5	1.65
5	6	1.68
5	7	1.70
5	8	1.73
5	9	1.75
5	10	1.78
5	11	1.80
6	0	1.83
6	1	1.85
6	2	1.88
6	3	1.91
6	4	1.93
6	5	1.96
6	6	1.98

Weight Conversion Chart

st lb	kg	st lb	kg	st lb	kg	st lb	kg	st lb	kg	st lb	kg
2 0	12.7	5 0	31.8	8 0	50.8	11 0	69.9	14 0	88.9	17 0	108.0
2 1	13.2	5 1	32.2	8 1	51.3	11 1	70.3	14 1	89.4	17 1	108.4
2 2	13.6	5 2	32.7	8 2	51.7	11 2	70.8	14 2	89.8	17 2	108.9
2 3	14.1	5 3	33.1	8 3	52.2	11 3	71.2	14 3	90.3	17 3	109.3
2 4	14.5	5 4	33.6	8 4	52.6	11 4	71.7	14 4	90.7	17 4	109.8
2 5	15.0	5 5	34.0	8 5	53.1	11 5	72.1	14 5	91.2	17 5	110.2
2 6	15.4	5 6	34.5	8 6	53.5	11 6	72.6	14 6	91.6	17 6	110.7
2 7	15.9	5 7	34.9	8 7	54.0	11 7	73.0	14 7	92.1	17 7	111.1
2 8	16.3	5 8	35.4	8 8	54.4	11 8	73.5	14 8	92.5	17 8	111.6
2 9	16.8	5 9	35.8	8 9	54.9	11 9	73.9	14 9	93.0	17 9	112.0
2 10	17.2	5 10	36.3	8 10	55.3	11 10	74.4	14 10	93.4	17 10	112.5
2 11	17.7	5 11	36.7	8 11	55.6	11 11	74.8	14 11	93.9	17 11	112.9
2 12	18.1	5 12	37.2	8 12	56.2	11 12	75.3	14 12	94.3	17 12	113.4
2 13	18.6	5 13	37.6	8 13	56.7	11 13	75.8	14 13	94.8	17 13	113.9
3 0	19.1	6 0	38.1	9 0	57.2	12 0	76.2	15 0	95.3	18 0	114.3
3 1	19.5	6 1	38.6	9 1	57.6	12 1	76.7	15 1	95.7	18 1	114.8
3 2	20.0	6 2	39.0	9 2	58.1	12 2	77.1	15 2	96.2	18 2	115.2
3 3	20.4	6 3	39.5	9 3	58.5	12 3	77.6	15 3	96.6	18 3	115.7
3 4	20.9	6 4	39.9	9 4	59.0	12 4	78.0	15 4	97.1	18 4	116.1
3 5	21.3	6 5	40.4	9 5	59.4	12 5	78.5	15 5	97.5	18 5	116.6
3 6	21.8	6 6	40.8	9 6	59.9	12 6	78.9	15 6	98.0	18 6	117.0
3 7	22.2	6 7	41.3	9 7	60.3	12 7	79.4	15 7	98.4	18 7	117.5
3 8	22.7	6 8	41.7	9 8	60.8	12 8	79.8	15 8	98.9	18 8	117.9
3 9	23.1	6 9	42.2	9 9	61.2	12 9	80.1	15 9	99.3	18 9	118.4
3 10	23.6	6 10	42.6	9 10	61.7	12 10	80.7	15 10	99.8	18 10	118.8
3 11	24.0	6 11	43.1	9 11	62.1	12 11	81.2	15 11	100.2	18 11	119.3
3 12	24.5	6 12	43.5	9 12	62.6	12 12	81.6	15 12	100.7	18 12	119.7
3 13	24.9	6 13	44.0	9 13	63.0	12 13	82.1	15 13	101.2	18 13	120.2
4 0	25.4	7 0	44.5	10 0	63.5	13 0	82.6	16 0	101.6	19 0	120.7
4 1	25.9	7 1	44.9	10 1	64.0	13 1	83.0	16 1	102.1	19 1	121.1
4 2	26.3	7 2	45.4	10 2	64.4	13 2	83.5	16 2	102.5	19 2	121.6
4 3	26.8	7 3	45.8	10 3	64.9	13 3	83.9	16 3	103.0	19 3	122.0
4 4	27.2	7 4	46.3	10 4	65.3	13 4	84.4	16 4	103.4	19 4	122.5
4 5	27.7	7 5	46.7	10 5	65.8	13 5	84.8	16 5	103.9	19 5	122.9
4 6	28.1	7 6	47.2	10 6	66.2	13 6	85.3	16 6	104.3	19 6	123.4
4 7	28.6	7 7	47.6	10 7	66.7	13 7	85.7	16 7	104.8	19 7	123.8
4 8	29.0	7 8	48.1	10 8	67.1	13 8	86.2	16 8	105.2	19 8	124.3
4 9	29.5	7 9	48.5	10 9	67.6	13 9	86.6	16 9	105.7	19 9	124.7
4 10	29.9	7 10	49.0	10 10	68.0	13 10	87.1	16 10	106.1	19 10	125.2
4 11	30.4	7 11	49.4	10 11	68.5	13 11	87.5	16 11	106.6	19 11	125.6
4 12	30.8	7 12	49.9	10 12	68.9	13 12	88.0	16 12	107.0	19 12	126.0
4 13	31.3	7 13	50.3	10 13	69.4	13 13	88.5	16 13	107.5	19 13	126.5
										20 00	127.0

Community Learning Disabilities Team Dietetics

Sirona care & health

**New Friends Hall, Heath House Lane, Stapleton,
Bristol, BS16 1EQ**

**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