

Nutrition care plan support pack

This nutrition support pack should be used to help support you when completing Nutritional Care Plans with your service users.

Nutrition and hydration is fundamental to health. However, there may be times when a service user is unwell and as a result is unable to eat and drink according to their health needs. For most people this may only last a matter of days after which they return to their normal diet. However, for some people this may be a long period of under-eating due to a health condition. This prolonged period of under nutrition can lead to malnutrition.

The consequences of malnutrition include increased vulnerability of infection, delayed wound healing, impaired function of the heart and lungs and many more.

Using the Nutrition Care Plan, ascertain the level of malnutrition and identify whether the service user is at low, medium or high risk of malnutrition using malnutrition universal screening tool ('MUST').

The care plan together with this support pack gives structured guidance on how to develop an individualised plan to support service users to achieve a high energy fortified diet and homemade milkshakes. This 'Food First' approach complies with NICE guidance and quality standards on Nutritional Support.

Please initiate and implement the care plan on clinical concern, or when 'MUST' score is ≥ 1 , or the service user has pressure injuries. If the service user has pressure injury/ies pay particular attention to 'Protein Toppers'.

For further information and support, please contact Sirona care & health dietitians on sirona.dieteticsadvice@nhs.net

For further resources, including Food Diaries, Vegan or Dairy Free nutrition support and supporting service users with dementia, please refer to the Sirona care & health dietetics' website: <http://www.sirona-cic.org.uk/advice-information/leaflet-library/nutrition-and-dietetics/>

This pack contains information on;

- Why and how to fortify milk
- Food fortification
- Nourishing snacks
- Nourishing drinks
- Protein toppers for service users with pressure injuries
- How to evaluate food record charts
- Problem solving ideas

Nutrition support and goal setting

This support pack should help you to set goals and plan dietary changes that prevent further weight loss / promote weight gain/ promote wound healing.

Where appropriate include the service user in setting their nutritional goal. Set clear and specific goal/s and a review date. The Nutrition Care Plan provides some suggested goals but you can set other goals to suit the service user.

To promote weight gain of 0.5kg (1 lb) per week, calorie (kcal) intake needs to be increased by 500kcal per day, or more if weight is currently decreasing.

The suggested Food First strategies within this support pack can provide an additional 1065-1390 Calories;

MUST = 1 or more

- Fortify each dish with 50kcal topper
- Two 100kcal snacks
- Two nourishing drinks:
together providing 610 - 940kcal



**1065 - 1390kcal
extra each day**

This can really help with weight gain / maintenance

Fortified Milk Recipe

Fortifying milk adds extra calories and protein without affecting the volume or drastically affecting the taste of milk. Fortified milk is helpful when patients suffer from early satiety (filling up quickly)

- 1) Add 4 heaped tablespoons (60g) of dried milk powder*
- 2) Add a small amount of whole milk (blue top) from 1 pint
- 3) Mix to a smooth paste with no lumps
- 4) Add the remaining milk
- 5) Stir well

210kcal
Extra per
pint

1 pint of whole milk = 375Kcal, 19g protein

1 pint of fortified whole milk = 585kcal, 40.6g protein

* Dried milk powder can be purchased from most supermarkets or online. Examples include Marvel, Peak, Nestle Nido and Ornu. However, supermarkets' own brand are also available which are usually more cost effective and readily available.

Use this whenever milk would normally be used, such as:

- In tea/coffee
- Porridge/cereals
- Custard
- White sauce
- In mashed potato
- In milky drinks e.g. hot chocolate, Horlicks, milky coffee, Ovaltine, cocoa

Differences when using fortified milk

1 cup of tea or coffee made with semi-skimmed milk



16kcal

1 cup of milky coffee (or tea),
made with all fortified whole milk and no water

130kcal
and 9g protein

Fortifying Food

- Aim for five toppers each day used across 5 meals, snacks or puddings

OR

- Aim for three x 100kcal toppers across 3 meals/snacks/puddings (double up on suggested quantities)

50kcal Per topper
Or double up the quantity
for 100kcal toppers

Topper type	Extra toppers/additions	Add to
Fats	1 heaped teaspoon of butter	Main course, soups, vegetables, starchy foods
	1 dessert spoon of oil	Main course, soups, vegetables, starchy foods
	1 level tablespoon of double cream	Porridge, soups, desserts, cakes, mashed potatoes, fruit
	1 heaped teaspoon of mayonnaise	Sandwiches, mashed potatoes, chips, salads
	1 heaped teaspoon of olive oil based spread or plant sterol/ stanol enriched spread	Main course, soups, vegetables, starchy foods
	2 teaspoons of pesto sauce	Main courses, pasta, soups, vegetables, fish
Proteins (see protein toppers for more ideas for patients with pressure injuries)	1½ heaped teaspoons of nut-butter (peanut, cashew, almond etc.)	Porridge, puddings, yoghurts, on toast bread or crackers
	1 heaped teaspoon of cream cheese	Sandwiches, mash, pasta, rice, soups, vegetables, omelettes, potatoes
	½ oz/12g of cheddar cheese (approx. ½ of a small matchbox size)	Mashed / boiled / jacket potatoes, soups, vegetables and main courses e.g. casseroles, shepherd's pie, fish pie etc
	1 heaped tablespoon of dried milk powder	Custard, white sauces, milk puddings, soups, drinks, cereals including porridge
Sugars (part of the carbohydrates)	2 heaped teaspoons of sugar	Porridge, puddings, yoghurts, tinned or fresh fruit, milky drinks, in cups of tea or coffee
	1 level tablespoon of honey/ golden syrup	Porridge, puddings, yoghurts, tinned or fresh fruit, cold milky drinks such as milkshakes / smoothies or in hot milky drinks such as tea, coffee, hot chocolate, Ovaltine, Horlicks
	1 heaped tablespoon of dried fruit	Porridge, puddings, yoghurts
	1 tablespoon of jam	Porridge, puddings, yoghurts, on toast, bread, teacakes
	1 ½ tablespoons of chutney	Sandwiches, curries, cold meats

Nourishing Snacks

- Encourage a minimum of 2 nourishing snacks each day
- Snacks should be combined to provide 200kcal in one go if the service user is able, e.g. a whole doughnut or a banana and a scoop of ice cream

**Minimum
of 100kcal
per snack**

Fruit

- 1 banana (medium)
- 125g of tinned fruit
- 7-8 dried apricots
- 5-6 prunes
- 5 dates
- 1 heaped tablespoon of sultanas/raisins



Nuts

- 1 small handful of peanuts
- 5 brazil nuts
- 18g walnuts pieces
- 16 almonds
- 1 small handful of cashew nuts

Dairy

- 1 scoop (50g) of whole ice cream
- 1 small pot of full fat/creamy yoghurt
- 1 matchbox serving of cheese
- 30mls of condensed milk



Savoury

- 1 small bag of crisps
- 2 heaped tablespoons of hummus (60g)
- ½ a crumpet and 1 heaped tsp of butter
- 1 mini pork pie
- 3 mini sausage rolls

Confectionery

- 1/2 a standard Mars
- 5 jelly babies
- 4 squares of milk chocolate
- 2 Kit Kat fingers
- 2-3 cubes of fudge
- ½ a chocolate bar e.g. Crunchie bar

Biscuits / cakes

- 2 digestives
- 1 chocolate caramel digestive
- 2 custard creams
- 2 bourbon creams
- 1 mini croissant
- 1 jam tart
- ½ a doughnut



If your service user is on a texture modified diet then please choose appropriate options or modify according to individual requirements. For further information see <https://iddsi.org>

Nourishing drinks and homemade supplements

- Encourage a minimum of 2 homemade milkshakes each day
- Blend all the recipes below until smooth
- For individuals with dysphagia (difficulty swallowing), follow speech and language therapist guidelines. Where appropriate thicken fluids with Nutilis clear (or service user's usual thickener) to suit individual requirements. For further information see <https://iddsi.org>

**305-470
kcal
per drink**

Basic Shake Recipe (220ml, Serves 1) Or can be used as a milk base homemade supplement

- 100ml full fat yoghurt
- 180ml full cream milk
- 30g (2 heaped tablespoons) dried milk powder
- 20g (4 heaped teaspoons) vitamin fortified powder e.g. 'Nesquik' or supermarket milkshake mix
- OR 25g (5 heaped teaspoons) of 'Ovaltine Original Add Milk' OR 'Horlicks Malted Food Drink' powder

**Per basic serving:
Energy: at least 305kcal Protein: 17g**

Optional Extras:

- 1 small banana
- 1 tablespoons (tbsps.) sunflower/vegetable oil
- 1/2 tin of fruit
- 2-3 tablespoons (tbsps.) frozen berries

Super Shake (Serves 2)

- 400ml whole milk
- 2 tbsps. (30ml) double cream
- 30g dried milk powder
- 1 level tbsp. sunflower or vegetable oil
- 2 tbsps. milkshake powder/liquid

**Per serving:
Energy: 360kcal Protein: 12.5g**

Fruit Blast (Milk and Dairy free, Serves 1)

- 100ml fresh fruit juice
- 1 scoop fruit sorbet
- 1 level tbsp. sunflower or vegetable oil
- 2 heaped teaspoons of sugar*
- 100ml lemonade (not diet or sugar free)

**Per serving:
Energy: 300kcal Protein: 3g**

Juice based

Malted Honey Drink (Serves 1)

- 200ml whole milk
- 4 tsp/20g Ovaltine or Horlicks powder
- 1 scoop ice cream
- 1 tbsp. honey or sugar*

Per serving:
Energy: 350kcal Protein: 10g

Dairy Free Smoothie (Serves 1)

- 200ml sweetened soya milk
- 1 heaped tbsp. smooth peanut butter
- 1 heaped tsp cocoa
- 1 tbsp. sunflower/vegetable oil
- 1 tbsp. of sugar or honey*

Per serving:
Energy: 470kcal Protein: 15.5g

Milk free

Banuttty Smoothie (serves 2)

- 300ml whole milk
- 2 scoops ice cream
- 30g dried milk powder
- 1 small size banana
- 2 heaped tablespoons smooth peanut butter
- 1 tablespoon sugar or honey*

Per serving:
Energy: 470kcal Protein: 21g

Very high in protein

Savoury Bloody Mary (Serves 1)

- 100ml tomato Passata sauce
- 1 teaspoon Bovril or Marmite
- 1 heaped tablespoon dried milk powder (omit if service user is milk/lactose intolerant)
- 2 tablespoons of vegetable or sunflower oil
- Worcestershire sauce/ black pepper
- 100ml lemonade* (not diet or sugar free)

Per serving:
Energy: 320kcal Protein: 8.5g

Savoury

*If the service user's diabetes is poorly controlled, please replace the sugar/honey with artificial sweetener

Tips

1. If adding a carbonated drink to the recipe, reserve to the end, mix all ingredients well first and then add the carbonated drink
2. You can use any fruit that you have in stock or according to your service user's preferred choice
3. Add sorbet in place of ice cream or vice versa if preferred

Fortified Chocolate Caramel Pudding (Makes 3 servings)

- 150ml double cream
- 30g milk powder
- 30ml full fat milk
- 2 x standard size (approx. 50g) Mars Bars

or similar nougat-caramel chocolate bars

Heat cream, milk and milk powder in saucepan until milk powder dissolved.

Add finely chopped Mars Bars and heat gently until completely melted.

Pour into 3 small dessert bowls and chill.



Per serving:
Energy: 440kcal Protein: 6g

Fortified Yoghurt (Serves 1)

- 150ml full fat yoghurt
- 15g/ 1 heaped tablespoon dried milk powder
- 15ml/ 1 tablespoon double cream



Per serving:
Energy: 315kcal Protein: 13g

Cream Shot - Low Volume (Makes 5-6 x 40ml servings)

- 150ml double cream
- 50ml whole milk
- 1 heaped tablespoon sugar
- 30g dried milk powder



Make a paste by adding a little cream to sugar and milk powder until smooth.
Slowly add remaining cream and milk.

Per 40ml serving:
Energy: 185kcal Protein: 2g

Protein Toppers for service users with Pressure Injuries

- Aim for five 6g toppers each day

OR

- Aim for three double toppers (double the quantities below for 12g protein toppers)

6g of protein
Or double up for 12g

Topper type	Add to
½ oz/14g of cheddar cheese (approx. ½ of a small matchbox size)	Mashed / boiled / jacket potato, soups, vegetables and main courses e.g. casseroles, shepherd's pie, fish pie etc.
1 heaped tablespoon of dried milk powder	Custard, white sauces, milk puddings, soups, porridge
If the service user cannot tolerate dairy/large amounts of dairy, use the following high protein dairy free alternatives;	
1 tablespoon seeds eg. hemp, linseed, squash, pumpkin, sunflower etc.	Cereal, puddings and yoghurts
1 tablespoon soya powder	Cereal, puddings and yoghurts
1 egg/ ½ a tablespoon of egg white powder	Mashed potato, desserts, salads, rice
1 tablespoon of nuts/nut butters/nut powders	Porridge, desserts, cakes
1 tablespoon of coconut powder or other nut powders such as ground almonds	Porridge, puddings, yoghurts, tinned or fresh fruit, nourishing drinks
1 tablespoon of lentils or other pulses such as baked beans	Soups and meals such as stews, spaghetti bolognese, lasagne, or pies

Note that service users with pressure injuries require a variety of nutrients that can be achieved from a healthy balanced diet. Service users may benefit from taking a daily over-the-counter complete multivitamin and mineral supplement, if they find it difficult to have a varied diet.

How to evaluate food record charts

Why?

Documenting food and fluid intake can be very useful to spot eating patterns (food dislikes and likes and best times for your patient to eat in the day)

What do you do with it?

- Identify whether the care plan in place is working (are toppers, extra snacks and drinks consumed), and modify/update care plan
- Identify gaps where opportunities to provide a nourishing drink or snack may have been missed

Issue noticed	Possible intervention
Meal being refused	Review taste and preferences. Check consistency. Assist if needed. Review timing of snacks/drinks
Poor intake at certain times of day	Make the most of other meals Encourage preferred foods Try snacks and drink rather than a full meal A plate of finger foods may also be useful
Preference for savoury over sweet or vice-versa	A nutritious diet can be met with both, Encourage extra portions of preferred meals/desserts/snacks
Fluid intake is poor	Increase encouragement given Ensure fluid is offered every hour Discuss the importance of fluid intake
No snacks during the day	Discuss preferences Encourage a snack at specific times Discuss importance of snacks if needed
Often leaves the meat	Review preferences Check consistency, may need extra sauces/puree dish Make up protein intake with eggs, milk powder, beans, lentils, nuts
Lack of a particular food group	Discuss and review preferences Identify other means of providing food groups (e.g. if lack of fruit and vegetables, try smoothies or juices) Consider vitamin and mineral supplementation (e.g. calcium and vitamin D if little dairy consumed)
Sleepy during the day	Encourage snacks and nourishing drinks and / or even a small meal such as cereal / sandwich and ensure that the food and fluid charts are documented accordingly

Food record charts (FRC) should assist you in formulating a care plan. They need to be reviewed before writing action points. Four to seven days are usually enough to get an overview of eating patterns. FRC are not usually required for those with a 'MUST' score of 0, unless the service user has pressure injuries or you are concerned and wish to monitor their food intake.

Problem Solving

Why?

Try to investigate the cause of the problem and discuss with GP for medication to treat if appropriate. Maintain good oral hygiene in every case and try the following suggestions in addition;

Problem	Suggestions
Poor Appetite	Small appetising meals (5-6 meals) Nourishing snacks / drinks in-between meals Meals are consumed in relaxed environments – do not hurry Eat when hungry Encourage others to prepare meals
Feeling sick / vomiting	Plain foods e.g. toast, crackers, cereals, ginger nuts, fruit Avoid greasy foods or hot foods with strong odours Drink beverages cooled or chilled Drink in-between meals, not with Encourage foods at room temperature Eat small amounts often and slowly – don't force 'favourite foods' Rest after meals and sit upright for about 1 hour post meals Wear loose fitting clothes Encourage relaxation techniques
Diarrhoea	Maintain fluid intake: 8 – 10 cups / day Drink liquids at room temperature Limit caffeine containing drinks / foods Avoid greasy and high fibre foods
Constipation	Encourage fluid intake: minimum 8 glasses / day Encourage high fibre foods. Discuss with a healthcare professional Encourage regular exercise
Dry Mouth	Sip fluids frequently throughout day e.g. fizzy drinks Encourage soft / moist foods: add plenty of gravy / sauces Avoid salty foods Try very sweet / tart foods e.g. suck pineapple / raw jelly Suck ice cubes / ice lollies Try boiled sweets / chewing gum
Taste changes	Use seasonings and herbs and spices to flavour food Try marinating meat / fish/ poultry/ tofu Try sharp tasting foods