

# **thinkfood...**

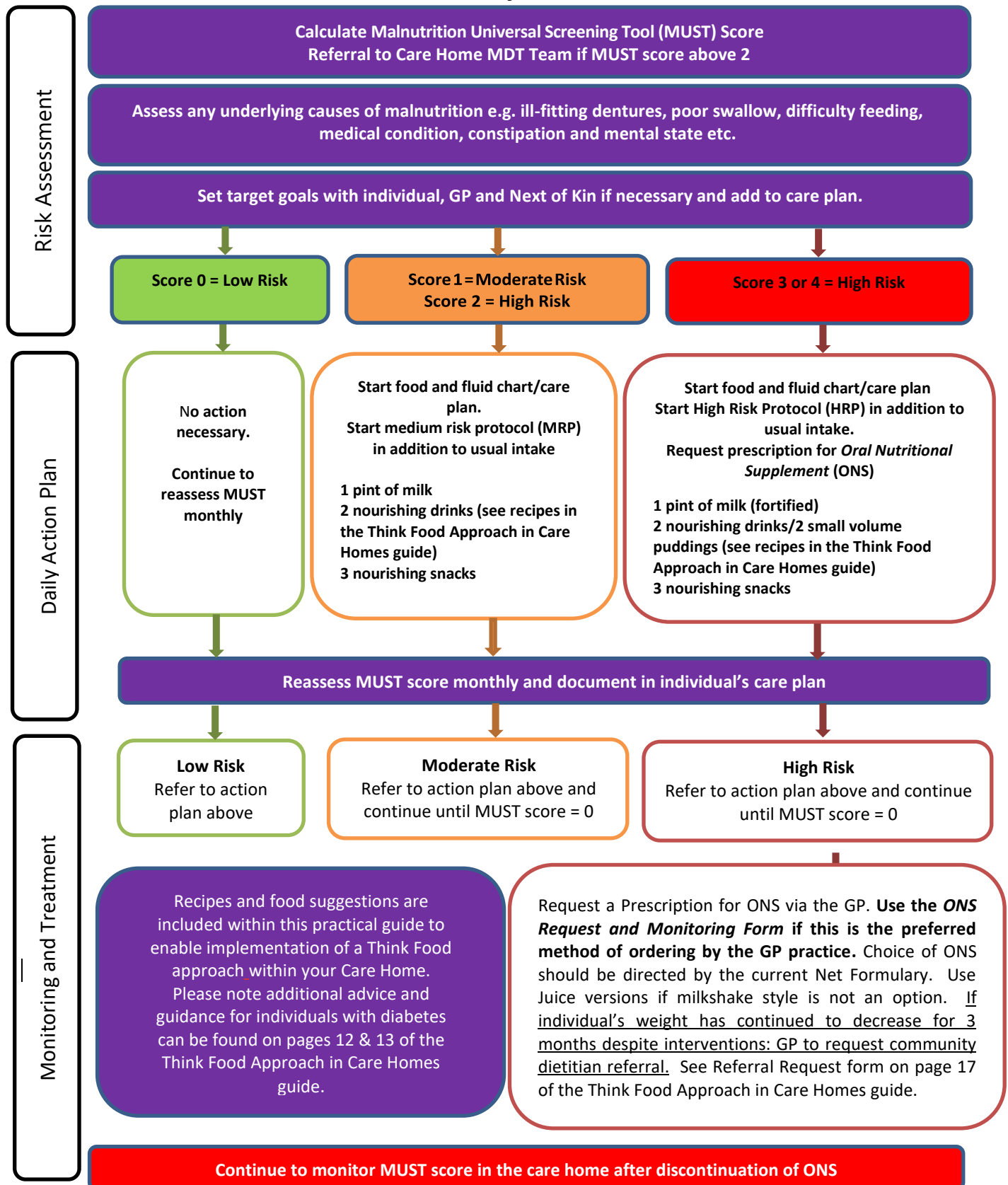
## **approach in Care Homes**

**A practical guide for the treatment of malnutrition  
with everyday food and drinks**

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## Malnutrition Care Pathway for Care Home Individuals



## Moderate/High RISK = 1 or 2

Provides 800 calories and 25g protein per day

### think food - think how?

#### 1 pint of milk

- Breakfast cereal and porridge
- Horlicks
- Hot chocolate
- Tea and coffee
- Drinks of milk

#### 2 nourishing drinks

- Super milkshake recipes from page 8
- Horlicks with sugar/honey & cream
- Hot chocolate with sugar/honey and cream

#### 3 snacks

- See Snack suggestions further on in document
- Or you can use small volume puddings

**Take steps 1, 2, 3 every day**

**1** pint of whole milk = 360 kcals and 18g protein **OR** 1 pint of semi-skimmed = 260 kcals and 18g protein

**2** nourishing drinks = approximately 200 – 250 kcals and 5g protein

**3** nourishing snacks = approximately 300 kcals

**Use Food Fortification to improve MUST score**

# HIGH RISK = 3 or 4

**Provides 1500 kcals and 40g protein per day**

**think food – think how?**

## **1 Pint of fortified milk**

Use in:

- Breakfast cereal and porridge
- Horlicks
- Hot chocolate
- Tea and coffee
- Super Shakes

## **2 'Super shakes' OR 2 Small volume puddings**

See page 8

- Super shake
- Yoghurt & berry smoothie
- Banana & peanut smoothie
- Fruit blast
- Yoghurt and berry

## **3 Snacks**

See page 6 for snack suggestions

OR:

- 1 small volume puddings give as 2 x 50ml portions (see page 9 for recipe)

**Take steps 1, 2, 3 every day**

**1** Pint of fortified milk per day = 560 kcals and 38g protein

**2** 'Super Shakes' or **2** small volume puddings = 800 – 1000 kcals and 10 – 40g protein

**3** Snacks = 300 kcals

**Request Oral Nutritional Supplements x 2 daily**

**(Refer to Net Formulary for current recommended products)**

**Individual to be reviewed after 3 months**

**50 kcals  
per topper**

## Fortifying Food

Additional calories can be easily added to meals  
using "toppers"

Extra toppings/additions	Add to
1 level tablespoon of butter	Main course, soups, vegetables, starchy foods
1 teaspoon of oil	Main course, soups, vegetables, starchy foods
1 level tablespoon of double cream	Porridge, desserts, with cakes, with fruit
½ level tablespoon of mayonnaise	Sandwiches, mash, vegetables
½ heaped tablespoon of cream cheese	Sandwiches, mash, pasta, rice, soups, vegetables, omelettes, potatoes
½ oz. of cheddar cheese	Mash, potatoes, soups, vegetables
½ heaped tablespoon of sugar	Porridge, puddings, yoghurts, tinned or fresh fruit, milky drinks, in cups of tea or coffee throughout the day
1 heaped teaspoon of honey/golden syrup	
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 the individual's preference, document the goal in the care plan and record their actual intake.**

**100 Kcals  
per topper**

## Nourishing Snacks

**Top Tips!**

- Snacks can be combined to provide 200 kcals in one go if the individual is able, e.g. a whole croissant or cheese and half 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 or 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
- 1 small volume pudding page 9. Give as 2 x 50mls snacks

### 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 the individual's preference, document the goal in the care plan and record the actual intake.**

## Think Food Options for a Puree Diet - level 4

### Use as snack ideas or as part of a pureed meal

#### Enriched Greek-Style Yogurt

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

**Calories: 230 kcals Protein: 11 grams**

Stir in:

2 teaspoons of honey = **+100 kcal**  
2 teaspoons smooth jam (no bits) =  
**+100 kcal**  
Golden syrup 2 teaspoons = **+100 kcal**

#### 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 kcals Protein: 10 grams**

#### Enriched Delight

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

**Calories: 208 kcals Protein: 10 grams**

#### 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 kcals Protein: 7 grams**

Pots of thick and creamy yoghurt (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 Recipe

**Top Tip:** Give as 100mls 4 times per day

190 – 500  
Kcals per  
drink

### Super Shake

200mls full fat milk  
1 large scoop of ice cream  
30g skimmed milk powder  
20g of milkshake powder

**Calories: 390 kcals**  
**Protein: 20g**

### Fruit Blast

100mls fresh fruit juice  
100mls lemonade  
1 scoop ice – cream  
1 tablespoon Sugar

**Calories: 273 – 387 kcals**  
**Protein: 0.5 – 2.5g**

### Yoghurt & Berry Smoothie (1)

150mls full fat milk  
1 pot (150mls) 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: 410 kcals**  
**Protein: 22g**

### Yoghurt & Berry Smoothie (2)

Small pot of Greek yoghurt  
1 handful of frozen berries  
1 small banana  
150mls of full fat milk

**Calories: 395- 513 kcals**  
**Protein: 15g**

### Fruit Boost

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

**Calories: 190 kcals**  
**Protein: 3g**

### Banana and Peanut Butter Smoothie

150mls full fat milk  
1 large scoop ice cream  
30g skimmed milk powder  
1 banana  
1 tbsp peanut butter  
1 tsp honey/sugar

**Calories: 490 kcals**  
**Protein: 19g**

## Small Volume Pudding Recipes (for individuals with very small appetites)

200 Kcal  
extra/pint

### Fortified Lemon Cream

**Suitable for those managing small volumes of food and fluids.**

**Can give as 2 x 50ml portions as snacks**

#### **Ingredients – for three portions (3 x 100ml)**

- 300ml double cream
- 70g caster sugar
- Juice of 1 – 1½ lemons
- 30g skimmed milk powder

#### **Directions**

- Put cream and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add sugar.
- Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into 3 small dessert bowls and chill.

Will keep (covered) in the fridge for 3 days.

**Provides: 618 kcal, 5g of protein, 31.6g carbohydrate**

### Fortified Chocolate Caramel Cream

**Suitable for those with very small appetites who would not manage**

**2 x 220mls drinks per day**

#### **Ingredients – for three portions (3 x 100)**

- 150mls of double cream
- 30g skimmed milk powder
- 30mls full fat milk
- 2 x 50g caramel chocolate bar (e.g. mars bar or supermarket brand equivalent)

#### **Directions:**

- Put cream, milk and milk powder in a small saucepan. Gently heat until milk powder has dissolved.
- Add chopped caramel bars and heat gently, stirring all the time until chocolate bar has melted.
- Pour into 3 small dessert bowls and chill.

Will keep (covered) in the fridge for 3 days.

**Provides: 440 kcal, 6g protein and 30.1g carbohydrate**

## Fortified Milk Recipe

1. Take 4 tablespoons of dried milk powder
  2. Add a small amount of full fat milk (blue top) from 1 pint of milk
  3. Mix to a paste with no lumps
  4. Add the remaining milk and stir well
- (Keep refrigerated and use within 24 hours)

1 pint of whole milk = 364 kcals, 18g protein

1 pint of fortified whole milk = 560 kcals, 38g protein

### USE FORTIFIED MILK IN:

Tea/coffee/milky drinks

White sauce

Porridge

Cereals

Custard

Mashed potatoes

 **TOP TIP**

1 cup of tea or coffee, no sugar, semi-skimmed milk:

**15 kcals - 1g protein**

1 cup of tea or coffee, 2 sugars, fortified milk:

**75 kcals - 3.5g protein**

**3 cups of tea/coffee a day =**

**225 kcals and 10.5g protein**

## Think food for Individuals with Diabetes

Food Fortification -Additional calories that can be easily added to meals

50 kcals  
per  
topper

Extra toppings/additions	Add to
1 level tablespoon of butter	Main course, soups, vegetables, starchy foods
1 teaspoon of oil	Main course, soups, vegetables, starchy foods
1 level tablespoon of double cream	Porridge, desserts, with cakes, with fruit
½ level tablespoon of mayonnaise	Sandwiches, mash, vegetables
½ heaped tablespoon of cream cheese	Sandwiches, mash, pasta, rice, soups, vegetables, omelettes, potatoes
½ oz of cheddar cheese	Mash, potatoes, soups, vegetables
3 heaped teaspoons of skimmed milk powder	Milk, and therefore cereals, in custard, white sauces, milk puddings, soups ( <i>see fortified milk recipe</i> )

Establish the individual's preference, document the goal in the care plan and record the actual intake.

# Think food for individuals with Diabetes

## Suitable snacks for individuals with diabetes

100 – 150  
kcal per  
snack

### Dairy

1 scoop of ice cream  
1 pot of full fat yoghurt  
Medium slice of cheese  
30mls of condensed milk  
High protein yoghurt

### Nuts

1 small handful of  
peanuts  
5 Brazil nuts  
2 – 3 walnuts  
7 almonds  
1 small handful of  
cashew nuts

### Savoury

Bag of crisps  
Crumpet  
Mini pork pie  
Small sausage roll  
Crackers and cheese  
Small sandwich  
Toast and butter  
Cheese scone with butter

### Biscuits/cakes/breads and crackers

Plain biscuits  
Plain sponge cakes  
Toast and butter  
Crackers and butter  
Small sandwich  
Tea cake  
Plain scone  
Malt loaf  
Crumpet  
Pikelet

### Suitable bed-time snacks

200 – 300 mls of milk  
Horlicks/hot chocolate  
1 slice of toast  
Breakfast cereal and milk  
1 plain biscuit  
1 cracker or crisp bread  
1 packet of crisps  
1 packet of rice cake snacks  
1 rice cake

## Sample 'think food' menu for individuals with diabetes

**Breakfast:** Unsweetened porridge made with suitable milk option, add chopped banana or raisins plus a tablespoon of double cream

**Snack:** Glass of milk (suitable milk option) and toast and butter

**Lunchtime:** Fortify all elements of individual's cooked meal + fruit with double cream

**Snack:** Cup of tea with suitable milk and a slice of plain sponge cake

**Teatime:** Fortify all elements of individual's teatime meal + a full fat yoghurt

**Before bed:** Cheese and biscuits with a cup of Horlicks made with suitable milk

## Think Food Treatment Plan – worked example

Benefits of using this template:

- You can record individual preferences.
- To monitor progress.
- Identifies an aim that all staff are aware of.
- You can provide the kitchen with a copy.
- All health care professionals clearly see an intervention.

*Use the following template to record your intervention and put into your individual's care plan.  
See example provided on how to use this.*

***A treatment plan should be implemented and followed for a minimum of five days. If aims of intervention e.g. treatment goal not met, or there is a deterioration in the patient's intake/weight, please request dietitian input via patient's GP (see page 17 & 18).***

Think food treatment plan (sample)			
Individual's name:		DOB:	NHS:
<b>Sample individual</b>			
Date:	BMI: 16	MUST: 3	Weight: 45.9kg
Aim of intervention to:			
<ol style="list-style-type: none"> <li>1. Prevent further weight loss</li> <li>2. Aim for a MUST of 0 leading to discontinuation of ONS</li> <li>3. Ensure continual monitoring to prevent future risk of malnutrition</li> </ol>			
<b>Plan to be implemented alongside usual dietary intake</b>			
	Quantity	Additional comments	
Snacks	3	Can use the small volume recipes as snacks or full fat yoghurt. (see skimmed milk powder below).	
Nourishing Drinks	2	Use the 1 pint of milk to make hot chocolate, Horlicks or Ovaltine as a bedtime drink.	
Milk	At least 1 pint	Use in all cereals and use to make up 2 nourishing drinks. See above.	
Fortified milk			
Small volume puddings			
Plan in individual's notes	Y	N	
Think food recipes supplied to kitchen	Y	N	
Review date:			
Please complete referral form for request of Dietitian input. Referral requests are reviewed by the GP and onward referrals are sent to <a href="mailto:sth-tr.therapiesadminrsh@nhs.net">sth-tr.therapiesadminrsh@nhs.net</a>			
Queries can be sent to <a href="mailto:sth-tr.communitydietitians@nhs.net">sth-tr.communitydietitians@nhs.net</a> Please note: referrals will not be accepted via this email address			

## Think Food Treatment Plan Template

Individual's name:		DOB:		NHS:	
Date:		BMI:		MUST:	
Weight:					
Aim of intervention:					
1					
2					
3					
<b>Plan to be implemented alongside usual dietary intake</b>					
		Quantity		Additional comments	
Snacks					
Nourishing Drinks					
Small volume puddings					
Milk					
Fortified milk					
Plan in individual's notes		Y	N		
Think food recipes supplied to kitchen		Y	N		
Review date:					





Page 2 of 2: **PLEASE COMPLETE THIS PART OF THE REFERRAL**

## Food Diary

Individual's Name:						NHS no:
Days	Breakfast	Snack	Lunch	Snack	Teatime	Before bed
1						
Fluids						
2						
Fluids						
3						
Fluids						

Please send completed form to GP for review and onward referral to [sth-tr.therapiesadminrsh@nhs.net](mailto:sth-tr.therapiesadminrsh@nhs.net) as appropriate.

Incomplete forms will be rejected.