

# **thinkfood...**

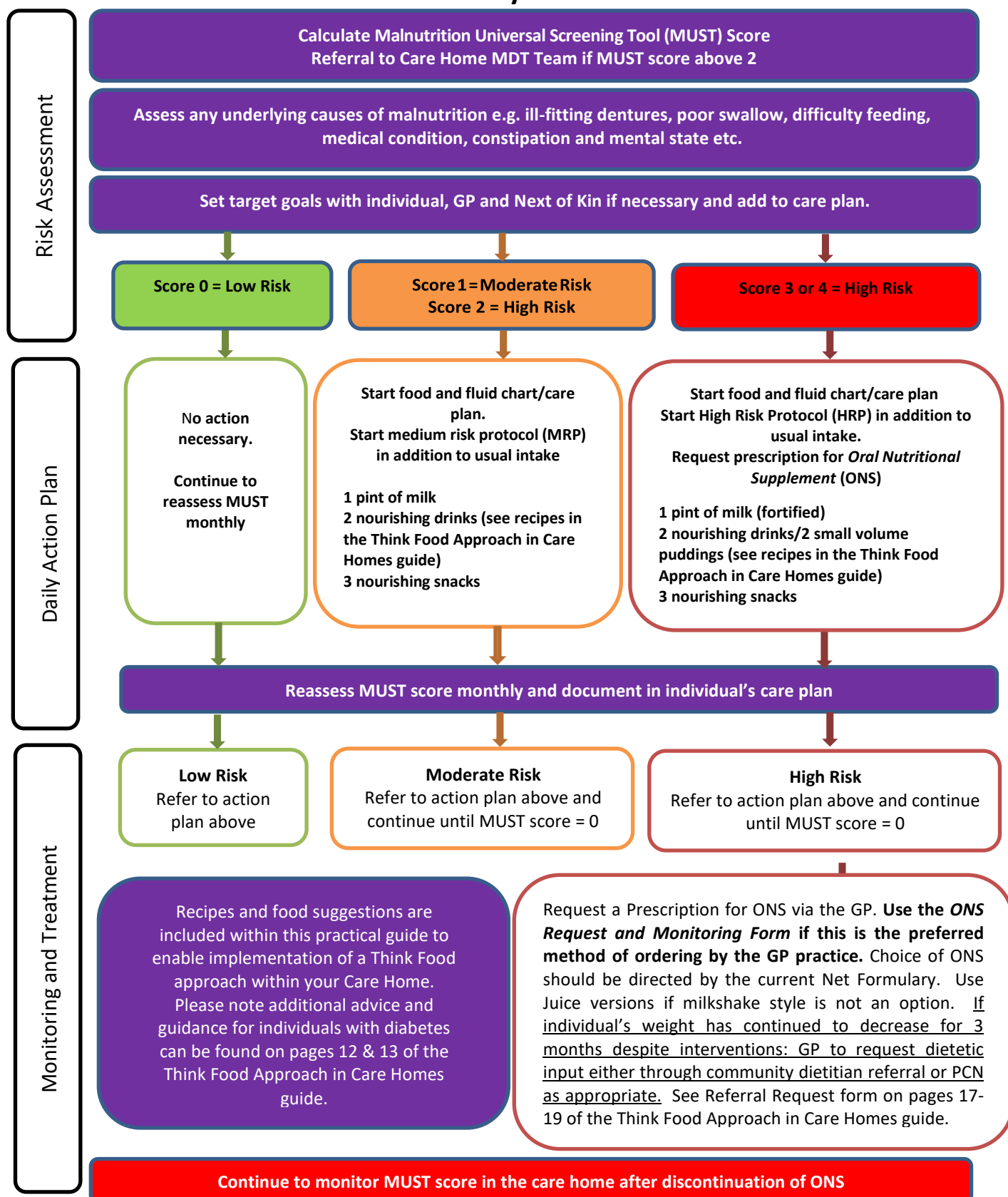
## **approach in Care Homes**

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

# Contents

1. Cover Page
2. Contents
3. MUST Pathway with Outline of Treatment Plans
4. Moderate Risk Treatment Plan
5. High Risk Treatment Plan
6. Fortifying Food
7. Nourishing Snacks
8. Think Food Options for a Puree Diet - level 4
9. Milkshake and Smoothie Recipes
10. Small Volume Pudding Recipes
11. Fortified Milk Recipe
12. Think Food for Individuals with Diabetes – food fortification
13. Think Food for Individuals with Diabetes – suitable snacks and sample meal plan
14. Think Food Treatment Plan (worked example)
15. Think Food Treatment Plan (sample)
16. Think Food Treatment Plan Template
17. Referral Request Form, page one
18. Referral Request Form, page two
19. Food Diary Template

## 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 kcs 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 kcs Protein: 10 grams**

#### Enriched Delight

Instant whip (15grams based on 4  
servings per sachet)

Make with 100ml fortified milk per  
15grams

**Calories: 208 kcs 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 kcs 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**

50 kcals  
per  
topper

## Think food for Individuals with Diabetes

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

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 & 19).***

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. For PCNs without dietitians/dietetic support: 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> .			
For PCNs with a dietitian/in house dietetic support this request will be reviewed and screened for appropriateness for Primary Care management or onward referral to SaTH via <a href="mailto:sth-tr.therapiesadminrsh@nhs.net">sth-tr.therapiesadminrsh@nhs.net</a>			

## 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:					





<b>OFFICE USE</b>	
Date referral form received	
Name of reviewer	
Action required	<ul style="list-style-type: none"> <li>• Referred to in house PCN dietitian.</li> <li>• Referred to SATH dietetic team (where local PCN dietetic support not available or where specialist dietetic needs are identified requiring secondary care support) (delete where appropriate)</li> </ul>

**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 specialist dietetic input (Primary/Secondary Care) as appropriate

Incomplete forms will be rejected. Page 3 of 3