



approach in Community Settings

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

At times some people need extra nourishment. This can be achieved by adding more fat and sugar into your diet than would normally be advised, as well as eating enough protein within a good variety of foods. This can help you put on weight, feel stronger, fight infection, improve wound healing or cope better with any treatment.

Malnutrition – THE FACTS

Malnutrition is a state where the body is not getting the right balance of nutrients in their diet, including, calories, protein, vitamins and minerals.

- Adults with malnutrition can be Underweight or Overweight
- Average older adult daily calorie requirement: 2000kcal, average fluid requirements: 1500 - 2000mls
- 1:10 adults over 65 have malnutrition or are at risk of malnutrition
- Unintentional weight loss often goes unnoticed until it affects someone's health

Malnutrition Universal Screening Tool - MUST

The Malnutrition Universal Screening Tool is used to identify people who may be at nutritional risk or potentially at risk, and who may benefit from appropriate nutritional support, including food fortification. An online, easy to use calculator can be used to calculate a persons MUST score and can be found at: <https://www.bapen.org.uk/must-and-self-screening/must-calculator/>



think food - think how?

Use Food Fortification to improve nutritional intake and MUST score.

Fortified Milk Recipe

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

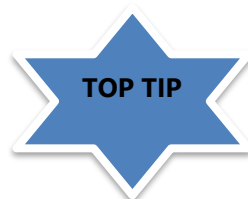
White sauce

Porridge

Cereals

Custard

Mashed potatoes



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 Or 1 heaped teaspoon of honey/golden syrup	Porridge, puddings, yoghurts, tinned or fresh fruit, milky drinks, in cups of tea or coffee throughout the day
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>



**Average
100 Kcals
per snack**

Nourishing Snacks

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

Savoury

- ⦿ 1 small bag of crisps
- ⦿ 2 tablespoons of hummus
- ⦿ ½ a crumpet and butter
- ⦿ ½ a mini pork pie
- ⦿ 1 small sausage roll
- ⦿ 2 falafels
- ⦿ 1 small samosa
- ⦿ 1 small handful (30g) of pretzels

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
- ⦿ 2 Jaffa cakes
- ⦿ 1 slice of maltloaf

Some individuals may consider, Over The Counter (OTC), Oral Nutritional Supplements (ONS), where required, **alongside** food fortification.

Useful Resources / References

<https://www.bapen.org.uk/>

<https://www.nhs.uk/conditions/malnutrition/>

[Healthy eating and weight gain in diabetes](#)

[malnutritiontaskforce.small-appetite/what-can-we-do/what-can-help-fortifying-foods](#)

<https://www.malnutritiontaskforce.org.uk/eating-well>

<https://www.bda.uk.com/resource/addressing-sarcopenia.html>