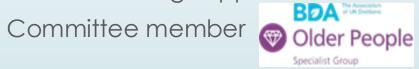
The Care Home Digest

Alison Smith

NHS Prescribing Support Consultant Dietitian



Healthy eating for adults

Healthy



ealt diet

Eating for H

Adulthood - Keep healthy, prevent illness

Balanced, varied on diet

Low fat

Low salt

Low sugar

High Fibre

5 a day

Hydration

Limit alcohol

Achieve & maintain healthy BMI

Older age - Prevent frailty and malnutrition

Nutrient rich, balanced diet in combination with activity

Higher protein

Vitamins

Minerals

Hydration

Maintain weight at a healthy BMI Older age – If malnutrition occurs: recognise, identify & treat/manage

Nutrient dense diet Nutrient dense food fortification Hydration

Healthy eating for older adults



Eating, drinking and ageing well

Having a nutrient-rich diet over the age of 65 is important for everyone, which means choosing foods with slightly more protein, calcium, folate (folic acid) and vitamin B12. The amount of carbohydrates, sugar, fibre, fat, and salt you need are likely to remain the same as for younger adults

Enjoyment of eating and drinking

Taking pleasure in food and drink can help you eat well and maintain your health.

Enjoyment can be increased by getting involved in choosing food and drinks that you like and preparing, cooking and serving meals. For some, sharing a meal with friends or family helps or for others eating alone is more beneficial.

Cultural and religious identity is often linked with food and drink too and is there to be celebrated

Weight

As you get older maintaining your weight is usually best for good health, giving you enough energy to stay well, socialise and be active.

not actually improve your health.

If you have a low body weight you may need some support. If you are very overweight, losing weight may be good for your health but it is important to still eat a nutrient-rich diet, take regular activity and maintain muscle. If you are slightly overweight, losing weight might



https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical

Vitamin D

Vitamin D supports bones, muscles and teeth. It helps preserve muscle strength, preventing falls, the softening of bones and the risk of fractures.

Vitamin D supplements purchased from a supermarket or pharmacy should provide 10micrograms (400 IU) each day and are the most effective way

to meet your needs.

They should be taken in winter but you may benefit from

them all year round. Vitamin D3 is your best choice, however, people following a vegan diet may find vitamin D2 more useful.



OThe British Dietetic Association (BDA) 2023. Review 2026 - bda uk com

Eating, drinking and ageing well. A nutrient-rich diet is...



(Starchy) grains

80g bread or chapati/roti Carbohydrates provide energy, especially for the brain. Have breakfast cereal or one portion of something

Fibre gets your gut working normally, supporting good gut

bacteria and it can also help mental health. To help maintain a

healthy gut choose wholegrain carbohydrate options and eat fruit,

starchy at each meal. potato, sweet 150g : potato, yam, cassava, plantain

Fats are high in energy and should be eaten sparingly but they can help you absorb vitamins like A, D, E and K. Limit high-fat foods like processed meats and pastries. Swap butter/ ghee for unsaturated vegetable, rapeseed, olive and sunflower oils and spread. Nuts and seeds are also good choices.

1 portion = Milk and milk-200ml milk

based foods 30g cheese Milk and milk-based products 125g : yoghurt are a key source of calcium.

Have three portions of milk and milk-based products per day such as milk, yoghurt, or cheese. If you don't like, or can't have milk and milk-based foods, choose calciumfortified milk-free alternatives.

Vitamin B12

maintain energy levels and health. Regularly have foods fortified with it, for example breakfast cereals or yeast extract, or have animal products including lean meat, fish, poultry, eggs, milk and milk-based foods as outlined above.

Intake can be low in older adults but vitamin B12 can help

Drinking enough?

vegetables, beans and lentils.

Fluid is also important as you age. As you get older, you might not recognise the feeling of thirst as you used to, but you still need to drink. All fluids count, not just water. Other fluids include tea, coffee, milk, squash, fruit juice, fizzy drinks, hot chocolate and weak alcoholic drinks (up to 4% strength (ABV). Water, tea, coffee (without added sugar) and milk are the best choices for your teeth. Men and women have slightly different fluid needs:

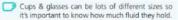
WOMEN 1600 ML

Fibre

2000 ML







Drinking often during the day can be the key to getting all the fluid you need.





Alcohol Alcohol isn't an essential nutrient and intake should not exceed national recommendations of 14 units per week. Spread your intake across the week, rather than drinking in large quantities in one go - and have some alcohol-free days.



Sugar doesn't provide the body with nything it needs to keep well. Limit your intake of sweet snacks, sugary drinks and confectionery



Salt can make food tastier but too much can increase your risk of high blood pressure. Limit it and try replacing with herbs, spices, garlic, vinegar and lemon juice. Reduce your intake of processed meats and salty snacks. as well as the amount of salt you add when cooking or at the table

Specific support for care homes







Care Home Digest

Menu planning and food service guidelines for older adults living in care homes







1

Nutrition and hydration needs, screening for malnutrition and care planning

| 13 |
|----|
| 15 |
| 18 |
| 18 |
| 20 |
| 23 |
| |

3

Menu planning and design

| The benefits of menu planning | 43 |
|---|----|
| Menu planning | 44 |
| Establish who should be involved in menu planning | 45 |
| Resident group assessment | 46 |
| Review national standards and local NHS guidance | 47 |
| Determine the budget and available resources | 47 |
| Sustainability | 48 |
| Menu type | 49 |
| Menu structure | 49 |
| Menu content | 49 |
| Menu analysis | 66 |
| Menu launch | 67 |
| Implementing the guidelines | 69 |
| | |

2

Delivering a positive mealtime experience

| Approach to food service | 31 |
|------------------------------|----|
| The dining room environment | 33 |
| Preparation for meal service | 34 |
| During mealtimes | 35 |
| After mealtimes | 37 |
| Room service delivery | 38 |
| | |

4

Special diets

| Food-based nutrition support for residents who are at risk of malnutrition | 73 |
|--|-----|
| Dysphagia | 80 |
| Dementia | 87 |
| Diabetes | 93 |
| Vegetarian/vegan diets | 95 |
| Religious and cultural diets | 102 |
| Healthier eating for residents who wish to lose weight | 107 |
| Mental health conditions | 108 |
| Palliative care/end of life care | 109 |
| Food allergy | 109 |
| Kidney (renal) disease | 113 |
| | |

4

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| Food-based nutrition support for residents who are at risk of malnutrition | | | 73 |
|--|--|-------------|-----|
| Dyspinagio | | | 80 |
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| Vegetarian/vegan diets | | | 95 |
| Religious and cultural diets | | | 102 |
| Healthier eating for residents who wi | | lose weight | 107 |
| Mental health conditions | | | 108 |
| Palliative care/end of life care | | | 109 |
| Food allergy | | | 109 |
| Kidney (renal) disease | | | 113 |
| | | | |

<u>Chapter 1</u> briefly discussed how to identify a resident who is at risk of malnutrition. As mentioned in Chapter 1, anyone at risk of malnutrition will need a personalised nutrition and hydration care plan that outlines how their nutrition and hydration needs will be addressed.

Catering and care teams have an important role in the management of residents with or at risk of malnutrition, and this is likely to be the most frequently requested special diet that will need to be provided within the home. There needs to be clear and transparent communication between the catering and care teams so that catering teams are aware of the nutrition goals agreed with the resident or put in place in their best interests ²⁵

Links to resources

- National
 - Eating, drinking and ageing well https://www.bda.uk.com/resource/eating-drinking-and-ageing-well-a-new-bda-resource-for-older-people.html
 - Care Home Digest
 https://www.bda.uk.com/practice-and-education/care-home-digest.html
 - Spotting and treating malnutrition https://www.bda.uk.com/resource/maln utrition.html
 - Muscle health, nutrition and ageing https://www.bda.uk.com/resource/muscle-health-nutrition-and-ageing.html
 - Hydration in older adults https://www.bda.uk.com/resource/hydra tion-in-older-adults.html
 - Vitamin D https://www.bda.uk.com/resource/vitami n-d.html

- Hertfordshire and West Essex
 - Care home malnutrition management pathway https://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=1128&checksum=3fe78a8acf5fda99de95303940a2420c
 - Care homes & ONS Relatives and friends information https://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/nutrition-hydration/nutrition support/
 - Eating well for small appetites https://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=257&checksum=d96409bf894217686ba124d7356686c9
 - Eating well Homemade supplements https://www.hweclinicalguidance.nhs.uk/allclinical-areasdocuments/download?cid=259&checksum=cfa 0860e83a4c3a763a7e62d825349f7

Thank you – Any questions?

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Committee member



and



- Chair Department of Health and Social Care Advisory Committee on Borderline Substances (ACBS)
- Chair PrescQIPP Nutrition Virtual Professional Group
- Judge National Association of Care Catering (NACC)
 Care Chef and Care Awards
- CQC specialist adviser Nutriţion in Social Care
- ► Founding member SPARC Swallow Perspectives, Advocacy and Research Collective
- Committee member UK Swallow Research Group