

Food Fortification Protocol

Nursing homes and Community

Newham

A recent service evaluation on the food provision at three of the seven nursing homes in Newham found a number of worrying aspects.

1. The standard diet is able to provide adequate energy in most occasions to meet recommended Dietary Reference Values (DRV) for the general population
2. The standard diet provides **inadequate** protein and does not meet Dietary Reference Values, Food Standard Agency &, Caroline Walker guidelines.
3. Food fortification is **not** carried out correctly as recommended
4. Food fortification does **not** meet both energy & protein DRV's
 - a. This can be putting residents at increased risk of malnutrition.
 - b. Residents with pressure sores will have poor wound healing
 - c. Residents who have a compromised immunity are likely to be at a greater mortality risk
 - d. The standard diet does not provide sufficient Vitamin D. (this is normal as the majority of vitamin D is produced in the skin on exposure to sufficient sunlight). If residents are unable to be exposed to natural sunlight fortification through pharmaceutical methods would be recommended.
 - e. The standard diet did **not** provide sufficient fibre as recommended by COMA (DRVs)

This is possibly due to the nature of the diet provided. (many residents surveyed required purred diet that may have been difficult to produce with sufficient fibre)

To ensure sufficient energy & protein is provided for residents who have been identified at risk of malnutrition it is recommended that these steps are taken;

Adrian Gilson

Community Nutrition Support Dietitian

Aug 2013

Food Fortification Protocol
Nursing homes and Community
Newham

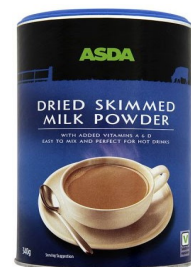
Drinks

All drinks should be fortified as much as possible as an easy way to increase energy & protein intake

Fortification of milk

Add semi skimmed milk powder to full fat milk:

- 4 x table spoons of milk powder per 1 pint full fat milk
- 2 x table spoons of milk powder per 200ml cup full fat milk



When adding skimmed milk powder to food or drinks, mix it into a paste with a small amount of full fat milk otherwise it may not mix well.

(Add flavored full fat yoghurt, fresh fruit, Crusher or Nesquik to flavour)

Use fortified milk for tea, coffee or night time hot drink (Horlicks, Ovaltine, hot chocolate)

Add a scoop of ice-cream and fresh fruit to make thicker flavoured fortified milk shakes

For further fortification you can add another 150ml of single or double cream.

Breakfast

Use fortified milk with cereal

Make up porridge with fortified milk (fortify the milk before adding it to oats)

Scrambled egg with milk, butter & semi skimmed milk powder

Provide a cooked breakfast, as often as possible to improve energy & protein intake, modified consistency to meet needs of those with swallow problems

Mid-Morning

Use fortified milk for tea or

Provide fortified flavoured milkshakes or

Give plain fortified milk to taste

Adrian Gilson

Community Nutrition Support Dietitian

Aug 2013

Food Fortification Protocol
Nursing homes and Community
Newham

Lunch

Main meal:

- Add grated cheese & butter to mashed potatoes
(50g of per 200g/25g per scoop)
- Add cheese/ground or whole nuts to stews/minced meals
- Fry fish in an egg and flour based batter

Dessert:

- Add fortified milk to custard powder to make custard unless using ready made products.
- Sponge cake with fruit & fortified custard
- Cake with cream
- Cake with chocolate pudding
- Cheesecake (digestive biscuit base, cream cheese filling, purred/stewed fruit)
- Rice pudding with stewed fruit
- Fruit loaf with cream/ice-cream

If making milk pudding or moose: use fortified milk to increase calorie & protein

Mid-afternoon

Fortified milk for tea/coffee

Flavoured fortified milkshakes (full fat milk, milk powder, +/- ice-cream)

Milk pudding

Sponge cake with fortified custard or cream

Fortified moose

Ice-cream

Evening meal

Soups -fortified with cheese & cream

Alternative menu

Sandwiches with fortified fillings

- Cheese & tomato (with mayonnaise)
- Tuna & mayonnaise
- Ham & mustard (with mayonnaise)
- Pâté (liver or fish)

- Omelette
- Fried mushrooms
- Quiche
- Macaroni cheese
- Skinless chicken drum sticks
- Fish fingers/ fish cakes
- Scotch egg
- Spring roll

Food Fortification Protocol
Nursing homes and Community
Newham

Supper

Hot fortified milky drink (Horlicks, Ovaltine, Hot chocolate)
Hot fortified milk
Extra snacks of sandwiches, mini pie, finger food.

Encourage & Assistance

If you find that the resident you are caring for is eating less of their meals and has been found to be losing weight you have a duty of care to do something about it.

Highlighting the problem to a senior member of staff and recording what action you have taken. This allows other carers, nursing staff know what has been done to prevent further weight loss. This will prevent wasting valuable time and allow the carer to try something else to help the resident.

Sometimes there will be a medical reason for reduced appetite and weight loss. This needs to be investigated first.

Some residents may need assistance with feeding. They may need modified consistency due to deterioration of swallow. This can be assessed by looking for subtle and obvious signs of swallow difficulty.

Follow nutritional pathways 1 & 2 to help prevent further weight loss.

Nutrition pathways 1 & 2

Follow the Nutrition Pathway is assessing your resident and the risk of malnutrition they may be under. Fortify their food as instructed above.

Use the food fortification information and food recording sheets to assess where there are problems in the oral intake of your resident and make suitable changes to prevent nutritional problems continuing.

Refer to your local dietitian and request your GP prescribe the suitable Oral Nutritional Supplement as described in Nutritional Pathway 2.