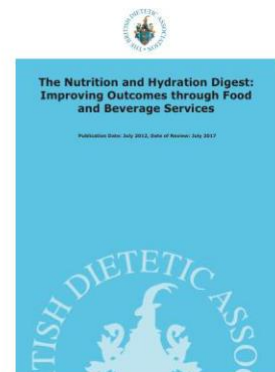
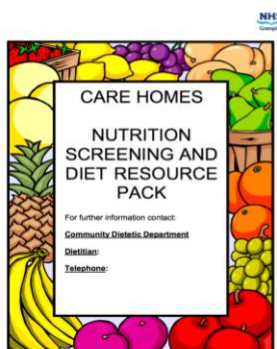
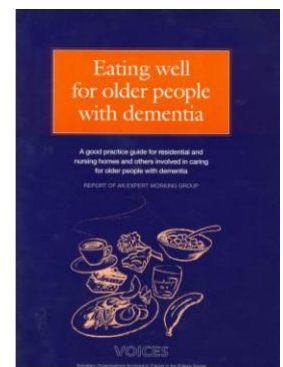
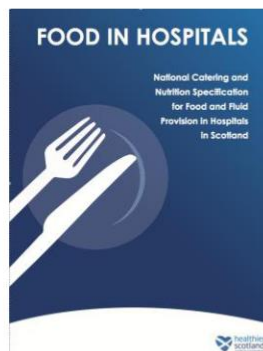
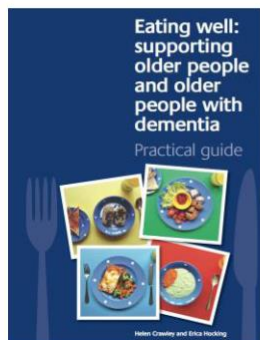


# Menu Planning Guide

## **A Suggested Step By Step Guide To Formal Menu Planning Process For Care Homes To Help Meet Your Residents Dietary Needs Based On Best Practice Guidelines**

**Produced by NHS Grampian Community Dietitians in partnership with Aberdeenshire Council. July 2014**

**Authors: NHS Grampian Community Dietitians:-Susan Logan, Laura Duncan and Carole Noble**



## **Menu Planning Guide For Care Homes**

### **A suggested step - by step process to menu planning**

“The aim for both Dietitians and Caterers is the same; that the resident consumes their food and gains nutritional benefit” (BDA, 2012 - see number 5 on reference list).

This menu planning guide aims to provide a step by step process to aid menu planning and quick evaluation of the nutritional adequacy of care home menus in line with National Care Standard 13 Eating Well In Care Homes For Older People; National Association of Care Caterers (2006) Menu Planning and Special Diets Manual’ and British Dietetic Association The Nutrition and Hydration Digest: Improving Outcomes through Food and Beverage Services July 2012; Food, fluid and Nutritional Care In Hospitals Clinical Standards 2003.

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## History of the Menu Planning Guide

Aberdeenshire Council and NHS Grampian identified that in order to help Care Homes and Very Sheltered Housing complexes to meet the basic nutritional and hydration needs of residents a Menu Planning Tool would be helpful. In May 2013 a bid was submitted to the OPSOG (Older Peoples Strategic Outcome Group) requesting funding from the Change Fund money. The bid request included funding for an eleven month post for a Dietitian and Support Assistant.

Two part-time Dietitians were appointed and a joint working group including members of NHS Grampian and Aberdeenshire Council was established. The group looked at the immediate issues and carried out a survey, detailing service providers' feedback. From there the Menu Planning Tool was designed and produced taking into account the most important factors when planning menus to meet nutritional needs of the residents. Using the Menu Planning Tool should help ensure menus are in an appropriate format to undertake a full dietary analysis if required.

In addition, the group was keen to include many factors identified in various national reports which have been written with regards to nutrition in care homes and the following points were fundamental in the developing of the Menu Planning Tool:

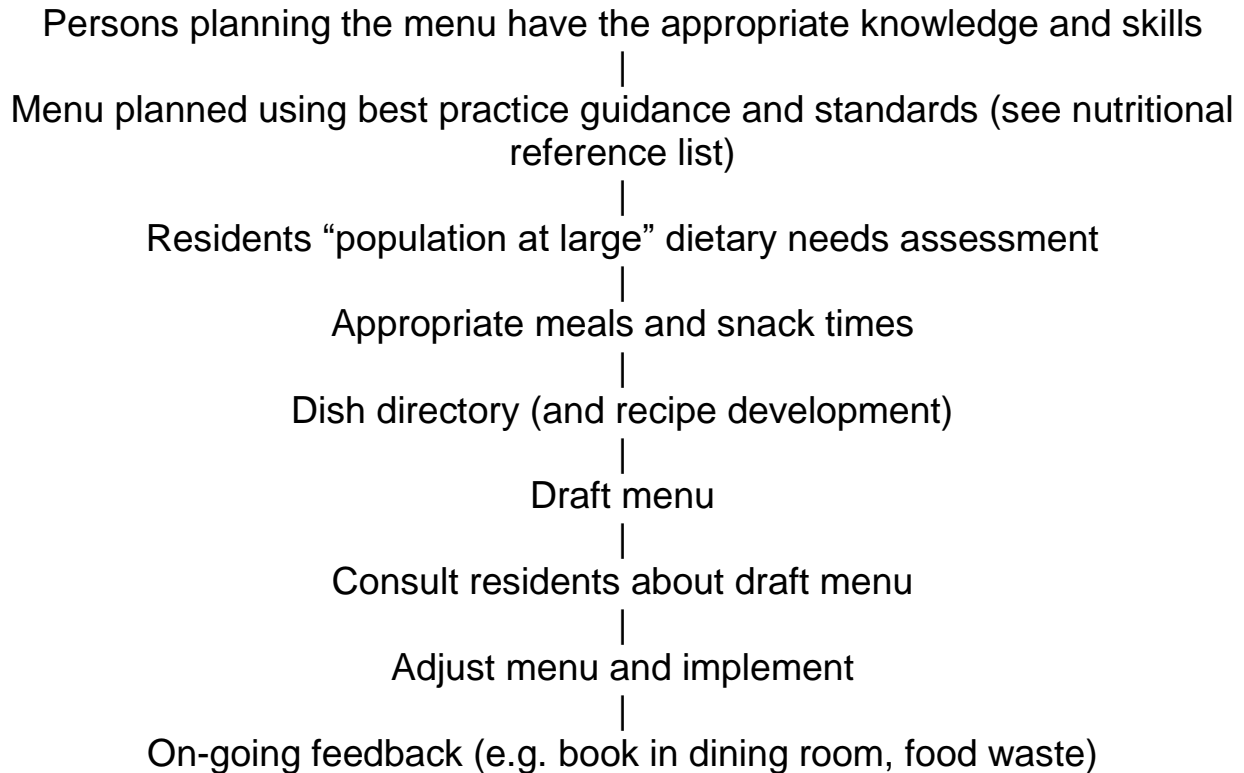
- Making sure residents in care homes have nutritious food and drinks is essential to good care. Food is fundamental to quality of life and, for many older people in particular, can be critical to their health and well-being.
- Unplanned or unexplained weight loss can make older people vulnerable to disease and may be fatal.
- People's appetites also reduce with age, so keeping older people interested in food is a challenge.
- Malnutrition and dehydration are serious and common problems among older people in care homes (Copeman, 2000). Age Concern reported problems of malnourishment with older people in hospital; they reported that six out of 10 older people were malnourished. (Age Concern, 2006)
- In 2000 the Clinical Resource and Audit Group (CRAG) began a three-year audit of the nutrition of older people and nutritional aspects of their care in long-term settings, such as care homes. The audit identified substantial and statistically significant improvements, but under-nutrition remained high and they found that people were eating significantly less than the minimum they should be eating. (CRAG, 2000)

By implementing this tool we believe that Care Homes and Very Sheltered Housing Complexes in Aberdeenshire can continue to strive in providing the best nutritional and hydration care possible. Thus allowing suitable menus to be planned, implemented and analysed to ensure the nutritional needs of residents are met.

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## **Summary Formal Menu Planning Process**

(Recommended by Care Inspectorate, May 2012)



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## Section 1:- Dietary Needs and Preferences

Food provision should be planned in order to be responsive to residents' needs. Before considering menu planning or development of a recipe database, menu planners need to consider the wider issues that can affect patient food choice and food intakes.

Provision of food that is similar to that which is eaten at home has been associated with better food intake and greater enjoyment of meals. Information about individuals likes and dislikes, physical disabilities that may affect their ability to eat and drink, social/environmental mealtime requirements, food allergies and the need for special diets (e.g. cholesterol lowering, textured modified diet) cultural/ethnic/religious requirements and the need for equipment to help with eating and drinking need to be considered in the menu and food service planning.

Individual's dietary needs are a core principal of menu planning. Information about the dietary needs of your residents should be detailed in each individual's care plan for example, any difficulties chewing or eating, any special equipment required, any special dietary needs, small appetite, vegetarian. There are likely to be a significant proportion of residents who will require either a texture modified diet, have a small appetite thus require an energy and nutrient dense diet, have diabetes or have a weight problem, thus require a diet that follows the principles of 'Eating for Health' or need finger foods, for example with individuals with dementia. These need to be recognised as the core dietary needs within a Care Home. Consideration of the resident's dietary needs and incorporation of these into the menu at the planning stage will enable greater choice for the resident. This ultimately will allow for greater opportunity for residents to meet their nutritional needs.

### **Question:**

**How do the cook and staff serving the meals know the residents' dietary needs and preferences?**

**Answer: (Standard 13, number 4 on reference list).**

- **Needs assessment for residents (written evidence to show MUST screen score).**
- **Nutritional preferences.**
- **Cultural beliefs.**
- **Special dietary requirements.**
- **Consulted resident and relative in menu planning.**
- **Dietary preferences sheet.**
- **Cook-to-resident meeting.**
- **Summary in kitchen with residents on specials diets.**

## Section 1:- Dietary Needs and Preferences

### Examples:

- Documentation in residents' care plan.
- Information in the kitchen and dining room.

### Example - Asking residents and relatives likes and dislikes.

Food options available (Breakfast)	I like for my breakfast	Usually my relative likes for breakfast	Any dislikes
Tea or coffee	Tea with milk and no sugar	Porridge and toast	Jam Coffee
Orange juice or apple juice	Orange juice		
Cornflakes or wetabix or porridge	Porridge made with salt		
White or brown bread toasted	Brown bread and butter		
Butter or jam or marmalade	Semi-skimmed milk		

This should not be a one-off assessment. Think about your own dietary needs – likes and dislikes, these are frequently changing, so to meet the residents' needs we need to re-evaluate whether these needs have changed and whether they are still being met.



## Section 2:- Planning the Menu

**Question: Do you have written evidence of all food and drinks provided?**

**Answer: (National Care Standard 13 Eating Well In Care Homes For Older People)**

- Require written information on times of meals and snacks.
- There should be no less than 4 hours and no more than 5 hours between meals. The overnight fast between the last nourishing snack of the day and breakfast should not exceed 14 hours. If the evening meal and breakfast are more than 14 hours apart, a substantial nourishing snack should be available.
- Menu structure should aim for 3 main meals with 3 snacks per day. Suggested core times (see below) but should be flexible to meet residents' needs. Residents are able to have meals whenever suits them best e.g. if a patient rises at 7.00am, what do you offer them?
- Drinks should be offered at meal times, at snack times and should be available 24 hours a day.

**Example - menu structure.**

- 8am - Breakfast
- 9am ➤ Mid AM Snack
- 11am
- 12.30 - 1.30pm Lunch
- 3.00pm ➤ Mid PM Snack
- 5pm - Evening Meal
- 6pm ➤ 9pm Evening Snack

**Question: Do you have a written daily menu consisting of breakfast, lunch, dinner, all snacks, drinks, including alternatives available if resident does not like food on the menu?**

**Answer: (Standard 13, number 4 on reference list)**

Residents should be informed of the Menu and details of all the foods and fluids (including choices) that are available to them throughout the day. How and when this is done is likely to vary from resident to resident depending on cognition, vision and hearing. For example, it may be in written format, menu board, picture menus, asked or visual presentation of served foods at the mealtime. You could also take examples of plated meals to show the residents so they can decide on the day. Menu descriptions should be full descriptions e.g. types of cereals, varieties of bread, cooking methods used.



## Section 2:- Planning the Menu

### Example Standard Menu Structure

A sample format for both **standard** cyclical and **standard** à la carte menus are suggested below. (The Nutrition and Hydration Digest: Improving Outcomes through Food and Beverage Services. The British Dietetic Association, July 2012.)

	Cyclical Menu	à la carte Menu
Early morning	<b>Beverage</b> <ul style="list-style-type: none"> <li>Tea, coffee, squash, drinking water</li> </ul>	<b>Beverage</b> <ul style="list-style-type: none"> <li>Tea, coffee, squash, drinking water</li> </ul>
Breakfast	<ul style="list-style-type: none"> <li>Fruit juice</li> <li>Cereal (lower fibre &amp; higher fibre varieties) e.g. Cornflakes, bran flakes respectively</li> <li>Porridge or instant oat cereal</li> <li>Cooked breakfast where served</li> <li>Bread/bread roll/toast (a choice of white &amp; wholemeal)</li> <li>Butter/unsaturated spread portion</li> <li>Preserve portion</li> <li>Beverage</li> </ul>	<ul style="list-style-type: none"> <li>Fruit juice</li> <li>Cereal (lower fibre &amp; higher fibre varieties) e.g. Cornflakes, bran flakes respectively</li> <li>Porridge or instant oat cereal</li> <li>Bread/bread roll/toast (a choice of white &amp; wholemeal)</li> <li>Butter/unsaturated spread portion</li> <li>Preserve portion</li> <li>Beverage</li> </ul>
Mid-morning	<ul style="list-style-type: none"> <li>Beverage</li> <li>Snack</li> </ul>	<ul style="list-style-type: none"> <li>Beverage</li> <li>Snack</li> </ul>
Midday & evening meal	<b>A minimum of two courses must be provided</b> <ul style="list-style-type: none"> <li>Starter</li> <li>Fruit juice/soup</li> <li>Roll/bread with butter/unsaturated spread portion</li> <li>Main course 1 (meat or fish based)</li> <li>Main course 2 (composite dish e.g. Cottage pie, lasagne)</li> <li>Main course 3 (vegetarian)</li> <li>Salad (meat/fish/vegetarian)</li> <li>Sandwich (meat/fish/vegetarian)</li> <li>Potato</li> <li>Carbohydrate alternative e.g. rice</li> <li>Vegetables</li> <li>Hot dessert &amp; custard e.g. fruit crumble &amp; custard</li> <li>Cold dessert e.g. yoghurt, mousse</li> <li>Fresh fruit</li> <li>Cheese &amp; biscuits</li> <li>Beverage</li> </ul>	<b>A minimum of two courses must be provided</b> <ul style="list-style-type: none"> <li>Starter</li> <li>Fruit juice/soup</li> <li>Roll/bread with butter/unsaturated spread portion</li> <li>A minimum of 15 hot meals provided*</li> <li>*hot meal = meat, fish or vegetarian based entrée+ potato/carbohydrate alternative e.g. rice, pasta,+ vegetable (s) or composite dish e.g. Cottage pie, lasagne</li> <li>A minimum of 5 sandwiches (meat/fish &amp; vegetarian filling choices)</li> <li>A minimum of 5 salads (meat/fish &amp; vegetarian choices)</li> <li>Selection of hot desserts e.g. fruit crumble &amp; custard</li> <li>Selection of cold desserts e.g. yoghurt, mousse, fresh fruit, cheese &amp; biscuits</li> <li>Beverage</li> </ul>
Mid-afternoon & late evening	<ul style="list-style-type: none"> <li>Beverage</li> <li>Snack e.g. biscuits, cake, fruit &amp; additional sweet &amp; savoury items</li> </ul>	<ul style="list-style-type: none"> <li>Beverage</li> <li>Snack e.g. biscuits, cake, fruit &amp; additional sweet &amp; savoury items</li> </ul>

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## Section 2:- Planning the Menu

- ❖ See Appendix 1 for example menus on page 43.

**Question: What foods and drinks do you offer residents 24 hours a day and how is this communicated with residents and relatives?**

**Answer: (National Care Standard 13)**

- Snacks and small meals and beverages should be available 24 hours a day and should be written on a list. Examples include hot and cold drinks, fruit, yoghurt, sandwiches, biscuits and crackers and cheese.
- Have it written on a board in the dining area and have a paper copy.
- Have a paper copy of the menu for residents to have one for their rooms.

**Question: What Menu Cycle do you currently use?**

**Answer:**

**Aim for a minimum of a 4 week menu cycle to reduce menu fatigue (NACC, 2006). (See number 12 on the reference list).**

### Variety

This is where menu planning and the menu cycle are important. It is important to try to prevent repetition not just on the same day but also on consecutive days. Consideration should not just be in terms of the same dish, but also key ingredients for example, roast chicken Monday evening, chicken sandwiches on Tuesday lunchtime and chicken supreme on Wednesday evening; also cooking methods used – not everything steamed, or everything fried.

## Section 2:- Planning the Menu

### Seasonal Menu

The menu cycle should consider what season it is and thus what produce is available. It should also consider what foods individuals tend to like to eat at particular times of year. For example, soup and hot foods in winter, cold meats, salads, ice-cream and fruit in summer. Using produce that is in season will tend to have better flavour, be more readily available and often can be sourced locally and be cheaper in cost.

### Cultural Differences

Different cultural backgrounds of the residents need to be identified, respected and catered for, as stated in the National Care Standards (number 4 on the reference list).

### Special Occasions

We frequently celebrate birthdays, anniversaries and calendar events using food. Incorporating special dishes and menus into the menu cycle in order to recognise certain events hopefully will make the mealtime more interesting and something for the residents to look forward to. Theme days can also be incorporated into the menu cycle to add interest and change for example, pancakes on Shrove Tuesday, Burn's Night Supper.

### Question: Do you offer choice at each meal?

#### Answer:

**Choices should always be available (breakfast, main course, pudding, snacks, drinks) (National Care Standards – 13) (see number 4 on reference list).**

- ❖ See appendix 1 for example menus on page 43.

### Question: How often do you offer fresh fruit and vegetables?

#### Answer:

**The menu should always have fresh fruit & vegetables (see section on special diets for further information). In order for an individual resident to meet their 5 a day target; fruit and vegetables need to be offered more than five times per day. To allow for varied appetites and preferences you should aim to include/offer 9 options per day and options should include one that is Stage E diet. (National Care Standards – 13). A fruit bowl can be left for residents to help themselves in the day or small bowls can be placed on dinner tables to encourage residents to increase their intakes.**

## Section 3:- Menu Planning Tool

NHS Grampian Menu Planning Tool has been developed to help provide a quick analysis for care home menus based on recommendations of National Care Standard 13 Eating Well In Care Homes For Older People (number 4 on reference list); National Association of Care Caterers (2006) Menu Planning and Special Diets Manual' (see number 13 on reference list) and British Dietetic Association The Nutrition and Hydration Digest: Improving Outcomes through Food and Beverage Services July 2012 (number 5 on reference list); Food, fluid and Nutritional Care In Hospitals Clinical Standards 2003 (number 3 on reference list).

❖ See Appendix 2 for Menu Planning Tool on page 61.

### Guidance For Using Tool

1. Assess the menu, one day at a time.
2. Start with breakfast. Take one food at a time, put a 'X' under the food group it belongs to. If two portions of food are planned put two 'X's.
3. Continue with process for rest of the snacks and meals for the day.
4. Average amount of milk in tea and coffee used over the day can be calculated separately.
5. Total the amount of each food group per day.
6. Compare totals with recommended amounts per day.

Tip - Leave a space on the menu between food items to make it easier and clearer to see which food links in with each food group.

Action - If the number of portions for a food group is less than the recommended amount, then alter the menu to ensure the recommended amount is provided.

### Example 1: If the amount of fruit and vegetables is insufficient then try these measures:

- Give a glass of pure fruit juice at a meal or for a snack.
- Offer a snack or pudding of/or containing fresh, canned or dried fruit.
- Give two vegetables/salad at the main meal and one at the smaller meal.

## Section 3:- Menu Planning Tool

**Example 2: A menu which does not provide enough milk and dairy foods can be changed by:**

- Changing the pudding to a milk pudding.
- Giving custard, vanilla white/cream sauce, yoghurt or fromage frais with the pudding.
- Add a sauce based on milk or cheese to the main dish or vegetables.
- Change the meal to one which contains a moderate amount of cheese.
- Give yoghurt as a pudding after the smaller meal.
- Offer a milky drink at meals or snack times e.g. milky coffee.
- Provide cheese and biscuits as snack.

**Example 3: A menu that does not provide enough from the bread, rice, potatoes, pasta and other starchy cereals group:**

- Make sure a starch is offered at each meal.
- Give an extra starch at a snack time.
- Offer bread and butter at a meal that does not have a starch.
- Offer more than one starch at a meal.

**Example 4: A menu does not contain enough protein e.g. meat, fish, eggs, beans and other non-dairy sources of protein:**

- Make sure the main meal of the day contains meat, chicken, fish, cheese or egg in the dish.
- At the smaller meal, give a dish which contains meat e.g. beef, ham, bacon, chicken, or a meat alternative e.g. egg, cheese, soya, quorn, tofu, beans, pulses.

Write the changes made in the 'Action' column of the table.

Remember - Once the menu cycle has been planned, it needs to be evaluated regularly. (Section 9 Menu Evaluation)

**Question: How often do you evaluate your menu cycle?**

**Example Suggestion:** Quarterly basis. For example evaluate seasonally (see section 9 for more details on menu evaluation).

## Section 4:- Standard Recipe Manual

A dish directory - a list of all dishes / snacks is a good start to planning a menu before carrying out a quick menu analysis using the tool or a full menu analysis using a menu analysis programme such as NUTMEG, COMPETE, WINDIETS, DIETPLAN, WISP e.t.c. To enable a full nutritional analysis of your menu you must have standard portions and recipes.

### Example:- Dish Directory:

- Soup recipes for each type of soup.
- Chicken recipes for chicken dishes.
- Pork.
- Beef.
- Vegetarian.
- Coeliac.
- Finger foods.
- Textured modified.
- Sauces.
- Juices.
- Smoothies.
- Fortified foods.
- Snacks.

Standard recipe manual helps ensure quality, consistency in nutritional composition, appearance and taste consistent, enables dishes to be prepared by different staff and allows easier modification of recipes for different dietary needs. **If no standard recipes – dishes will be highly variable and therefore cannot be nutritionally analysed.**

## Section 5:- Portion Sizes

Menu planning, standard recipes and the purchasing of ingredients all need to consider how much food residents eat. This is to ensure that what is offered will provide the residents with energy and nutrients that meet dietary reference values. It also should hopefully minimise waste, by producing portions that are specific to the appetites of the residents – this can and should be monitored. Those residents with small appetites should be offered small portions and then the opportunity for a second helping if wanted. Option of different plate sizes 5 inch, 7 inch, 9 inch to help offer small, medium and large portions. Portion size option i.e. an option on the menu to select small, medium or large portion.

**Question: How do you offer a choice of portion sizes?**

**Answer:** For example different plate sizes and options on the menu for residents to choose e.g. small, medium or large portions or by asking them. In addition, second helpings can be offered.



## Section 6:- Presentation of Foods

How foods go together on the plate, within a meal or over the course of a day are important in terms of creating interest and appeal to the resident and thus the likelihood they will eat it and enjoy it. Consideration of how the texture, colour and flavour of the foods contrast and complement is fundamental to achieve this.

- Textures – heavy and light foods; soft and crisp foods.
- Colours – create appeal and interest; mix colourless with colourful.
- Flavours – contrasting and complementing; introduce new flavours with traditional and old favourites.

For example, roast dinner on a Sunday; fish on Friday – but try to vary this perhaps how fish is cooked or what joint is roasted e.g. beef or lamb. This can keep something that is familiar to residents from their life pre-care home.

**Question: Waste monitoring- who and how do monitor what has been left?**

**Suggestion:** having a book in the dining room or having a record that is completed by whoever serves or clears the plates, asking the patient how much they had eaten. Asking for feedback from carers/whoever has served/cleared the plates on wastage from residents.



See appendix 6 for an example a waste monitoring record on page 72.

## Section 7:- Special Diets

(For more information on special diets please refer to NHS Grampian Diet Resource Pack) (see number 2 on the reference list).

### Healthy Eating

A healthy diet can help reduce the risk of developing heart disease and prevent weight gain; reducing the risk of type II diabetes and high blood pressure. It can help lower blood cholesterol and risk of some cancers.

It should include: (see appendix 2 for more detailed information on how to incorporate this into your menu).

- Plenty of fruit and vegetables.
- Plenty of starchy foods such as bread, rice, potatoes and pasta (wholegrain varieties wherever possible).
- Some milk and dairy products.
- Some meat, fish, eggs, beans and other non-dairy sources of protein.
- Only a small amount of foods and drinks high in fats and/or sugar.

### *Fruit and Vegetables*

Aim to offer residents at each meal time and as snacks in between meals to ensure the provision of five or more portions per day. One portion is 80g or the equivalent of the size of an apple or a handful or 3 tablespoons of mixed vegetables. (See appendix 5 for pictures of examples of portions).

### *Fats*

To help keep the heart healthy; (see number 2 on the reference list for more detailed information).

- Replace saturated fats (e.g. animal fats, pastry, full fat dairy foods, cakes and biscuits) with small amounts of mono and polyunsaturated fats.
  - Mono-unsaturated fats (olive oil, rapeseed oil, almonds, cashews, avocado).
  - Poly-unsaturated fats (sunflower & vegetable oil, walnuts, sunflower, oily fish).
  - Oily fish to be included on the menu once a week and white fish included once a week.
  - Remember all fats and oils contain calories, therefore use in small amounts.
- Cut down on foods containing trans fats e.g. butter, cakes, biscuits, foods labelled with partially hydrogenated fats.

## Section 7:- Special Diets

### *Salt*

Eating too much salt can increase blood pressure and this can increase the risk of developing coronary heart failure. The maximum recommended daily allowance for adults is 6g per day.

- Herbs, spices, lemon juice, garlic and pepper can all be used to add flavours to meals.
- Encourage residents to taste their food before adding salt to their foods.

### *Alcohol*

Alcohol can be included as part of a healthy balanced diet in small amounts. The recommended daily allowance for males is 3-4 units (maximum of 21 units per week) and 2-3 units for females per day (maximum of 14 units per week).

## Weight Reduction

The aim is to encourage healthy eating while restricting the energy content of the diet by reducing intakes of fats and sugars. Encourage more fruit, vegetables and starchy foods. To demonstrate the balance of each of the food groups see below:



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## Section 7:- Special Diets

### *Examples of ways to reduce sugar intake:*

- ☐ Cut out sugar in tea / coffee or replace with sweetener.
- ☐ Replace sugary squashes and fizzy drinks with 'diet' or 'low calorie' versions.
- ☐ Limit the amount of fancy cakes and biscuits eaten – encourage fruit, plain biscuits, scones or pancakes.
- ☐ Limit the amount of sweets and chocolates eaten.
- ☐ Use reduced sugar, diet/lite yogurts or fruit in place of puddings.
- ☐ Use fresh fruit or fruit tinned in juice instead of fruit tinned in syrup.

### *Examples of ways to reduce fat intake:*

- ☐ Use semi-skimmed or skimmed milk in place of full cream milk.
- ☐ Use reduced fat Greek yoghurt, low fat yoghurts or fromage fraise in place of cream and full-fat yoghurts.
- ☐ Reduce the amount of cheese; replace cheddar with lower fat varieties such as Edam, Gouda or Cottage cheese.
- ☐ Spread butter or margarine more thinly or replace with a low fat spread.
- ☐ Instead of frying – grill, bake, roast or microwave.
- ☐ Offer lean meat, fish (not fried) or poultry instead of high fat products e.g. sausages, burgers, pies.
- ☐ Replace chips and roast potatoes with boiled / jacket potatoes, pasta or rice.
- ☐ Replace cakes, chocolate biscuits, crisps and nuts with scones, pancakes, toast, fruit or yoghurt.

## Section 7:- Special Diets

### Diabetes

Diabetes is a condition where there is too much sugar in the blood. There are two kinds of diabetes:

- Type I (insulin dependent) treated by diet and insulin injections.
- Type II treated by diet alone or diet and tablets, although insulin may also be needed to control blood sugars in some people with Type II diabetes.

Regardless of the type of diabetes, the aim of treatment is the same – to optimize blood sugar levels, achieve and maintain desirable weight, reduce risk of hypoglycaemia (low blood sugar levels) for those on insulin and certain tablets and to minimise the long-term complications associated with diabetes. Diet for diabetes is the same healthy diet as recommended for everyone – low in fat, sugar and salt, basing meals on starchy foods with plenty fruit and vegetables. A wide variety of foods are encouraged. (Refer to number 2 on the reference list).

*Aim to follow the principles below:*

1. Regular meals based on starchy foods such as bread, potatoes, pasta, rice and cereals (wholegrain varieties preferable).
  2. Cut down on fat, especially saturated animal fats.
  3. More fruit & vegetables – at least 5 portions daily.
    - Aim to have fruit with a meal as it contains natural sugars.
    - Aim to have 2 portions of fruit and 3 or more portions of vegetables for patients with diabetes per day.
  4. Reduce sugar and sugary foods. (This does not mean a completely sugar free diet; small amounts of sugar can be included as an ingredient or taken as part of a meal).
  5. Use less salt; add less when cooking and encourage residents to taste before adding salt at the table.
  6. Alcohol in moderation only (2-3 units daily for women and 3-4 units for men).
- Avoid drinking on an empty stomach, as there is increased risk of hypoglycaemia (low blood sugar levels).

## Section 7:- Special Diets

### Cholesterol / Lipid Lowering

The levels of cholesterol in the blood are affected more by the amount of saturated fats, than the amount of cholesterol, eaten in foods.

Saturated fats (mainly found in animal products) should be replaced with mono- or polyunsaturated fats (mainly vegetable origin), and overall fat intake should be reduced for those who are overweight. An increase in dietary fibre can help reduce blood cholesterol.

*Healthier Fats* – polyunsaturated e.g. sunflower, corn, soya oils and spreads or monounsaturated e.g. olive or rapeseed oil and spreads.

*Oily fish* – mackerel, herring, sardines, salmon, trout, fresh tuna.

*Soluble fibre* – pulses e.g. peas, beans and lentils; oats e.g. porridge, muesli, oatcakes; fruit and vegetables (aim for at least five portions per day).

### Vegetarian

It is important to not simply leave meat off the plate; it should be replaced with an alternative source of protein so that the diet remains balanced (see appendix 2 of an example of how to incorporate this into your menu).

#### *Meat alternatives*

- Canned or dried beans, peas or lentils.
- Nuts – e.g. almond, brazil, cashew, hazelnut, peanuts or peanut butter.
- Seeds – e.g. sesame, sunflower, pumpkin or tahini.
- Soya products e.g. tofu or TVP (textured vegetable protein).
- Quorn products (not suitable if eggs are excluded).
- Eggs and dairy products (if allowed).

*Dairy products alternatives* – Soya milk, yoghurt and cream

### Vegans

Vitamin B12 deficiency can occur in vegans as good sources of this vitamin are found in meat and dairy foods. The only reliable vegan sources of B12 are foods fortified with B12 (including some plant milks, some soy products and some breakfast cereals) and B12 supplements. It is important to include fortified soya milk, breakfast cereal into the daily diet of vegans. (See number 2 on reference list for further information).



## Section 7:- Special Diets

### Low Residue Diet

A low residue (low fibre and low fat) diet is sometimes recommended by the GP or Dietitian. Fibrous and indigestible foods are excluded from the diet. Residents only advised to follow this specific diet by their Doctor or Dietitian should be given this diet. This includes tough meats, spicy and highly flavoured foods, stringy cheese as well as the fibre containing foods. As the intake of fruit and vegetables is reduced, it is important to include alternative sources of vitamin C e.g. a glass of strained orange or tomato juice, or high-juice diluting drink e.g. blackcurrant. This diet is usually followed for a short period e.g. 2-4 weeks and then foods are re-introduced.

**Question: What types of foods can I include for someone who is recommended a low residue diet?**

*Allowed:*

- ☐ Plain biscuits; cream crackers, Rich Tea.
- ☐ Bread; white bread / flour.
- ☐ Cake; plain sponge, Madeira, gingerbread.
- ☐ Cereal; Rice Krispies, Cornflakes, Special K.
- ☐ Vegetables and potatoes; peeled potatoes, root vegetables e.g. carrot, turnip; tomato (no skin or pips), mushroom (skinned), green vegetables pureed.
- ☐ Fruit; Sieved, cooked, mashed fruit or fruit without skin and pips or pith, ripe bananas.
- ☐ Honey, syrup, jam without seeds, reduced fat spreads, low fat cheese spreads, jelly, ice-cream.
- ☐ Lean meat.

*Avoid:*

- ☐ Wholemeal, granary bread / flour, wholegrain cereals e.g. weetabix, bran, rye, oats, muesli.
- ☐ Digestive biscuits, crispbread, coconut, fruit cake.
- ☐ Roast or fried vegetables.
- ☐ Pulses; beans, peas, lentils.
- ☐ Stalks, skin, pips or pith from vegetables / fruit.
- ☐ Dried fruit.
- ☐ Nuts and seeds.
- ☐ Marmalade.
- ☐ Pastries, rich fruit pudding, fruit and nut chocolate.

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## Section 7:- Special Diets

### Gluten Free

Gluten free diets are used in the treatment of Coeliac Disease (CD). Gluten is a protein found in wheat, barley, rye and oats. It is important that all sources of gluten are excluded from the diet. *Warning* – when preparing gluten free meals and snacks be aware of possible *cross-contamination* of foods from e.g. flour from cooking utensils, breadcrumbs in butter or jam, crumbs from toaster, serving spoons.

Checking the labels of foods is very important as many additives and fillers contain gluten. Coeliac UK has a useful website and a directory of suitable foods that can be eaten. (See section 10 on useful links, for a link to this website).

The following terms indicate that gluten is present:

- ☐ Barley, modified starch, semolina.
- ☐ Bran, oats, starch.
- ☐ Cereal filler, rusk, wheat flour.
- ☐ Malt, rye.

### *Gluten containing foods*

- ☐ Wheat flour – plain, self-raising and wholemeal flours.  
All breads, cakes, biscuits, scones and pancakes, pasta, pastry e.g. pies, quiche.
- ☐ Wheat based breakfast cereals e.g. Weetabix, Branflakes.
- ☐ Oat based products e.g. muesli, oatcakes, porridge.
- ☐ Meat pies, haggis, breaded, battered or crumbed food e.g. fish or rissoles.
- ☐ Sauces and gravies thickened with wheat flour.
- ☐ Puddings such as sponge, crumble or tarts, semolina or Farola.

### Gallstones

There is no evidence that any particular diet influences gallstones or gall bladder disease. Low fat diets are often recommended, however it is better to adjust fat intake to individual tolerance levels. General healthy eating is advisable. If the person is overweight then weight loss should be encouraged: See sections on *“Healthy Eating”* and *“Weight Reduction”*. If the person is underweight or has reduced dietary intake: See section on *“Nutritional Support”* below.

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## Section 7:- Special Diets

### Nutritional support

Malnutrition is both a cause and a result of ill health. It is common and increases a patient's vulnerability to disease. Methods to improve or maintain nutritional (oral) intake are known as nutrition support.

These include:

- Oral nutrition support – for example, fortified food, additional snacks and/or sip feeds e.g. Ensure Plus.

#### *Examples of how to improve a patient's oral intake*

- General advice includes encouragement to eat small frequent meals and snacks that are high in calories and protein.
- Small snacks between meals increase oral intake, e.g. cheese and biscuits, whole-milk yoghurts or toast and peanut butter.
- Patients could also use full-fat, instead of low-fat dairy products.

#### *Food fortification*

- Milk powder may be added to fortify ordinary milk and drinks, tinned soups, mashed potatoes, cereals and puddings
- Fortified whole milk or milk shakes between meals should be encouraged. Cream, butter and cheese can also be used to fortify foods such as soups and mashed potatoes.
- Sugar, honey, jam and dried fruit can be added to cereals and puddings. Pure fruit juices may also be useful.

#### *Other helpful ways*

- Simple measures such as exercise e.g. walking and fresh air can increase appetite.
- Eating in the company of others, e.g. in the dining room, may stimulate patients to eat more.
- Alcohol, in moderation, can be an effective appetite stimulant.

## Section 7:- Special Diets

### Low Salt / Sodium

Residents may be on a low salt or no added salt diet if they have been recommended this by their Dietitian or GP.

Salt (sodium) in the diet comes from **two** main sources:

- ☐ Processed and convenience foods.
- ☐ Salt added during cooking and at the table.

#### *Reducing Salt Intake*

- A small pinch of salt can be added either during cooking or at the table, but not both.
- Salt substitutes are not recommended if patient also has heart or kidney disease.
- Use herbs, spices, pepper, vinegar, tomato puree or lemon juice to flavour foods instead of salt.

#### *Avoiding foods high in salt:*

- ☐ Sea salt, garlic salt, salt, table salt, stock cubes.
- ☐ Cheese – all types.
- ☐ Tinned, processed or smoked meat – bacon, ham, gammon, corned beef, sausages, haggis, burgers.
- ☐ Smoked fish, tinned fish, pate, prawns.
- ☐ Instant potato, croquettes, tinned vegetables in brine, baked beans, dehydrated vegetables.
- ☐ Tinned, packet or instant soups. Home made soup with ham stock.
- ☐ Stock cubes, yeast extract, bottled sauces, ketchup, soy sauce, salad cream.
- ☐ Tinned pasta – spaghetti, ravioli, macaroni.
- ☐ Savoury biscuits e.g. Tuc, Ritz.
- ☐ Bovril, Oxo, Marmite, tomato juice, Cocoa, Lucozade.
- ☐ Salted nuts, crisps and potato savouries, pot noodles.

## Section 7:- Special Diets

### Low Potassium

Potassium is found in a wide variety of foods. Foods particularly high in potassium are certain fruits and vegetables, bran, milk and milk products and nuts.

Salt substitutes e.g. Lo Salt are *not allowed* in a low potassium diet.

#### *Foods to avoid:*

- ☐ Vegetables – aubergine, brussels sprouts, mushroom, parsnip, spinach.
- ☐ **Pulses** e.g. lentils, split peas, baked beans are **allowed only** when used instead of meat at a meal e.g. for vegetarian residents.
- ☐ Frozen potato products e.g. chips, croquettes, instant mashed potatoes.
- ☐ Cereals & Snacks; Bran cereals e.g. All Bran, muesli, unprocessed bran, fruit cake or biscuits with a lot of dried fruit or nuts, cereal bars, fully coated chocolate biscuits.
- ☐ Spreads; Bovril, Marmite, Oxo, peanut butter, black treacle, chocolate spread.
- ☐ Potato snacks e.g. crisps, Twiglets, Hula Hoops.
- ☐ Chocolate, toffee, caramels, fudge, liquorice, marzipan, fruit gums.
- ☐ Drinks – Coffee, drinking chocolate and malted milk drinks e.g. Horlicks, Ovaltine.
- ☐ High juice squashes, tomato juice, coffee whiteners (except Coffee Compliment).
- ☐ Beer, lager, stout, cider and sherry.
- ☐ Fruit; apricot, avocado, banana, blackcurrant, cherry, damson, mango, pineapple, rhubarb; all dried fruit e.g. raisins, sultanas, prunes, coconut.
- ☐ Nuts (all kinds).

#### *Foods restricted on a Low Potassium diet –*

- ☐ Milk – limit to ½ pint daily – milk puddings, yoghurt and ice cream are counted as part of the milk allowance.
- ☐ Soups – no more than 1 serving daily – counts as 1 portion from the fruits and vegetables group.
- ☐ Potatoes – have at only one meal a day – have bread, rice or pasta at other meals.
- ☐ Chips and roast potatoes – parboil in a large amount of water for 10 minutes before frying or roasting. Small portion only.

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## Section 7:- Special Diets

- Restrict to four portions a day from the fruits and vegetables group; choose from the following lists:
  - Fruit – 1 apple; ½ orange; 1 peach / nectarine (small); 2 plums (small); 1 pear; 1 tangerine / satsuma; 1 kiwi fruit (small); 10 grapes or strawberries; melon (small slice); fruit pie filling; tinned fruit (drained).
- Vegetables – small serving (boiled unless stated otherwise; bean sprouts, broccoli, cabbage, carrot, cauliflower, celery, courgette, leeks, mixed vegetables, onion, peas, peppers (raw or cooked), runner beans, sweetcorn, tomato (raw or cooked), turnip.
  - Salad – small serving (each salad counts as 1 Fruit & Vegetable portion); mixed Salad – 2 lettuce leaves, ½ tomato, 3 slices cucumber and 1 slice onion ring or 2 slices peach or 1 slice beetroot.
  - Coleslaw – 1 small portion.
  - Red Salad – 3 slices beetroot, 1 tbsp peas or Sweetcorn, 2 tbsp grated carrot.
  - Green Salad – 2 lettuce leaves, 3 rings green pepper, 1 sprig cress, 1 spring onion.

### *Foods allowed on a Low Potassium diet:*

- Starchy foods:
  - Bread, rolls, cereals, porridge.
  - Rice, pasta and noodles.
  - Flour, cornflour, custard powder, sago, and semolina.
  - Scones, pancakes, sponge cakes, meringues and pastries.
  - Biscuits – plain, half coated chocolate, cream and wafer biscuits, shortbread.
- Savoury & snacks:
  - Snacks made from wheat, corn or rice e.g. – Wotsits, Skips, Popcorn, NikNaks, Pretzels and Doritos.
- Miscellaneous:
  - Gravy powders e.g. Bisto, gravy thickened with flour or cornflour.
  - Mayonnaise, salad cream and salad dressing.
  - Chutneys, mustard, pickles and sauces – use sparingly.
  - Jam, honey, marmalade, syrup, lemon curd.

## Section 7:- Special Diets

- Drinks:
  - Tea (including fruit teas), Camp coffee, fizzy drinks and fruit squashes (except Hi-juce squashes).
  - Pure fruit and vegetable juices – limit to 1 small glass daily as part of allowance from fruit and vegetables.
  - Wines, liqueurs and spirits (if no contradictions to alcohol).

### Ethnic Diets

Dietary needs may be dependent on Religious or cultural beliefs but always check with residents as for example, someone who is muslim may choose to eat pork:

#### *Religious Dietary Requirements :*

- Fasting during Ramadan, fasting for approximately 30 days – no food or drink to be consumed between sunrise and sunset.
- Buddhist's- Some may choose to be vegetarian.
- Hindus - Most will not eat beef, some will not eat eggs, some are strict vegetarians and will not eat vegetarian food items cooked and served in dishes previously used for non-vegetarian food, periods of fasting through the year.
- Jews - Meat must be killed by religious trained personnel in a humanitarian way – KOSHER, pork and pork products are totally forbidden.
- Observant Jews will not take milk and meat at the same meal. Milk and meat utensils, cutlery and crockery will be kept rigidly separate. Some will not eat cheese made with animal rennet from a non-kosher animal; same applies to jellies and other foods containing gelatine. Fasting – some periods of fasting in particular Yom Kippur the day of Atonement, this falls in September / October and is a 25 hour fast.
- Muslims - Pork meat and all pork products are forbidden. All other meats should be killed by a Muslim with a religious prayer – HALAL.
- Sikh - Do not eat beef, most will eat other meats although some women do not eat any kind of meat.
- Vietnamese - Some do not use lamb and do not use milk or dairy products.

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## Section 7:- Special Diets

### Dementia

*Common problems for people with dementia include:*

- Not recognising foods.
- Forgetting what food they like.
- Refusing or spitting out food.
- Resisting being fed.
- Asking for strange food combinations.
- Forgetting to open their mouth for eating and drinking.
- Difficulty seeing food and drinks.
- Developing altered patterns of eating, for example, eating at times of the day that is unusual for them.
- Swallowing problems.
- Change of food preferences.

*Ways to help patients with dementia*

- Meals should be relaxed and unhurried. Allow plenty of time and make sure that there are no distractions such as a television or excess noise in the background.
- If a person is agitated or distressed, do not pressurise them to eat or drink. Wait until the person is calm and less anxious before offering food and drink.
- If the person is drowsy or lying down, they may struggle to swallow safely. Ensure that they are alert, comfortable and sitting upright or, if in bed, well-positioned, before offering food and drink.
- Take care when offering 'just boiled' hot drinks - some people with dementia may lose the ability to judge temperature.
- If the person appears to have difficulty using cutlery, you may need to prompt the person and guide their hand to their mouth to remind them of the process involved.
- Alternatively, if a person is struggling to use cutlery to eat, offer foods that can be eaten without a knife and fork, i.e. finger foods.
- If you have to assist a person to eat and drink, talk about what you are offering them to help remind them of tastes and flavours.
- Be flexible as to when food is available and encourage a person to eat whenever their appetite is good.
- Refer to a speech and language therapist if swallowing problems arise.
- Colourful food can be more appealing.

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## Section 7:- Special Diets

### Dementia

- Offer small portions of food little and often.
- With regard to change in food preferences try; add a small amount of sugar or honey to savoury foods such as quiche, omelettes and sauces.
- Try roasting parsnips with honey, or add a honey glaze to cooked carrots.
- Serve fruit chutneys or sweet sauces (e.g. apple or cranberry) with main course dishes to add sweetness and flavour.
- Add herbs and spices to traditional dishes to stimulate the taste buds.

#### *Examples of finger foods;*

- Buttered toast or bread fingers.
- Small bread rolls with butter.
- Sandwiches.
- Buttered crumpets or muffins.
- Crackers with butter or soft cheese.
- Biscuits.
- Scones, malt loaf, fruit loaf, teacakes or hot cross buns.
- Slices of fruitcake or gingerbread.
- Waffles.
- Soft cereal bars.
- Chapattis or small pitta breads.
- Fruit chunks and slices.
- Pork pie chunks.
- Hard boiled egg quarters.
- Cheese cubes.
- Small sausages.

## Section 7:- Special Diets

### Dysphagia Management

#### *Texture Modified Diets*

The main problems associated with modified diets are;

- Unappetising appearance.
- Limited choice of foods resulting in boredom and loss of appetite.
- Dilution of nutrient content because liquid is added when blending.

Some people (e.g. following a stroke) may also have problems controlling liquids, therefore drinks and runny foods may need to be thickened.

**Stage C Diets-** (Pureed diet- Speech and Language Therapist (SLT) prescription only) needs to be blended or liquidised, and sieved to remove particles to give a thick, smooth uniform texture. Thickeners may be required for correct consistency. The food should hold its own shape on a plate and should be moulded, layered or piped. Foods should be fortified e.g. by adding skimmed milk powder or cream to soups and puddings, and offering nourishing drinks and snacks between meals.

A blender, liquidiser or food processor is used to give a smooth texture. Skin, bones, fat or gristle should be removed before processing. Sieving after pureeing is sometimes needed to remove any lumps or stringy residue.

- Stock, gravy, sauces or milk should be added if extra liquid is required. Never use water.
- Liquidise and serve meat separately from vegetables; arrange attractively on the plate to make meal look more appetizing.
- Use of thickeners can make swallowing easier and improves the appearance of food on the plate.
  - Natural thickeners- cream, natural yogurt, mashed potato, milk powder, cornflour, mashed banana, stewed apple.
  - Prescribable thickeners- Nutrilis is the product of choice in NHS Grampian. These can be used with food moulds to give more variety.
- DO NOT liquidise- raw vegetables, fruit with pith and skin, nuts, raisins, sultanas, crisps, crusty bread, tough meats, gristle, hard boiled eggs, crunchy salad vegetables- these can pose a choking hazard in addition to being unpalatable. Cooked vegetables such as sweetcorn, kidney beans and peas should be sieved after pureeing to remove the husks.

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## Section 7:- Special Diets

**Stage D Diets** (finely mashed diet- Speech and Language Therapist (SLT) prescription only) requires very little chewing and foods should be easily mashed with a fork. Meats (beef, pork, chicken e.t.c.) should be pureed as per Stage C. Avoid choking hazards such as dry and crispy foods, sticky or stringy foods and fruit and vegetable skins. Some of the foods suitable for Stage E Diet are suitable for Stage D diet. However, meats require to be pureed as per Stage C diet.

- Fish does not need to be pureed but should be flaked and served with a sauce or mixed with mayonnaise to moisten.
- All types of breads / rolls are suitable but only with the crusts removed and if they are dunked in soup to soften.
- Potatoes need to be boiled and mashed with skins removed or sliced and cooked in milk / stock. Pasta needs to be chopped or mashed into small pieces.
- Vegetables should be well cooked until soft and mashed with a fork. Peas and sweetcorn are unsuitable due to their skins. Mushy peas with no skins can be given but may need to be sieved.
- Soft, ripe fruits (pear, banana, melon, soft berries) should be well mashed or blended. Peel tough skins on fruits such as peaches and nectarines then mash well or blend.
- Milky puddings such as rice pudding, semolina, tapioca and custard are all suitable. Remove skins from the top. Plain sponge puddings / cakes (no fruit or nuts) should be softened with custard, cream, ice-cream or evaporated milk.

## Section 7:- Special Diets

**Stage E Diets** (soft and easily chewed diet) foods require some chewing and can be broken into pieces with a fork. Foods should be in soft, bite sized pieces (1.5cm diced). Wholemeal sandwiches with soft fillings are appropriate but crusts should be removed. Avoid choking hazards as mentioned before. Many everyday foods are suitable to be included in a stage E diet e.g. shepherd's pie, tender meat casserole, fish with sauce, macaroni cheese. Other foods can be mashed, minced or finely chopped and sauce or gravy can be added to make foods moist and easier to swallow. Custard, cream, evaporated milk can be added to puddings.

It is important to encourage a variety of different foods in a stage E diet and not rely on just soup and pudding. Include a mixture of cereals, meat, fish, cheese, eggs, potatoes, vegetables, rice, pasta, fruit and vegetables.

### ***Suggestions for Stage E meals:***

#### **Breakfasts;**

- Porridge serve with milk and cream.
- Instant hot cereals e.g. Ready Brek, cereals e.g. Weetabix, Cornflakes, and Branflakes softened in milk.
- Bread or toast if managed (remove crusts).

#### **Snacks and main courses;**

- Soups e.g. thick lentil, vegetable, leek and potato. Milk, cream or cheese can be added for extra nourishment.
- Meat- minced beef, tender stewed or casserole lamb, ham, pork or chicken may be suitable; shepherd's pie, bolognese, lasagne, ravioli.
- Fish- steam, bake or pouch then flake and serve with sauce (cheese, parsley, white sauce). Tinned fish such as tuna, salmon, sardines and pilchards (e.g. tuna & pasta bake), fisherman's pie.
- Eggs- scrambled or in omelettes.
- Cheese- macaroni cheese, cauliflower cheese, cheese sauce, grated cheese added to soups or potatoes, cottage cheese.
- Pulses- peas, beans and lentils can be added to soups, stews and casseroles e.g. baked beans, lentil or pea soups, bean and vegetable casserole or hot-pot.
- Potatoes- mashed or creamed, baked (no skin) with soft filling e.g. cheese, baked beans, tuna, corned beef.
- Vegetables- fresh, frozen or tinned and they must be cooked until soft. Carrots and turnip can be mashed. Avoid raw vegetables.

## Section 7:- Special Diets

### Puddings and desserts;

- Hot puddings- rice, custard, semolina, tapioca.
- Sponges or fruit crumble softened with custard, cream, ice-cream, evaporated milk or milk.
- Cold desserts- trifle, blancmange, instant whip, mousse, yoghurt, jelly and ice-cream.
- Fruit- stewed or mashed. Soft tinned fruit, mashed if necessary. Fresh fruit should be peeled with pith and seeds removed.

### Guideline For The Use Of Thickeners

#### ***Question: What needs to be thickened?***

#### **Answer:**

**All fluids should be thickened; hot and cold drinks, soups, sauces (sweet and savoury), milk (including milk added to cereal), fizzy juice, nutritional supplements drinks, liquid medication should be thickened following advice from your Pharmacist or GP.**

It is important to thicken fluids to the consistency recommended by the Speech and Language Therapist (SLT) to reduce the risk of difficulties with swallowing. These risks include choking and developing chest infections.

- Stage 1 (single cream consistency).
- Stage 2 (syrup consistency).
- Stage 3 (yoghurt consistency).

Please see the Grampian Dysphagia Management Guidelines for detailed descriptions and pictures of each consistency. (See number 2 on reference list).

## Section 7:- Special Diets

**Question: How do I mix the thickener?**

**Answer:**

**Using fork or whisk;** add the thickener to a small amount of the liquid while mixing with a fork or whisk. Then slowly add the rest of the liquid to ensure a smooth consistency. **Continue mixing for about 30 seconds and leave liquid to stand for at least 1 minute to finish thickening process.** Pour the liquid into another glass or cup to check the consistency is correct and to remove any residue or lumps. If it is not the right consistency, add more thickener to thicken or more fluid to thin it and mix as above.

**Using a shaker;** (this method works best for milk based drinks), add the liquid and thickener to the shaker and shake vigorously for 30 seconds. **Leave the liquid to stand for at least 1 minute to finish the thickening process.** Pour into a glass through the built in strainer to check the consistency and ensure it is free from lumps before drinking.

*Useful tips:*

- Make sure that the fork or whisk is dry before use.
- Always use a container large enough to allow mixing without spillage and for fizzy drinks which may fizz over on thickening.
- Give the drink a stir before serving to ensure it is still the right consistency and consume within a period of 2 hours.
- Chill drinks and only thicken them before serving, rather than pre-thickening and then storing in a fridge.
- Allow hot drinks to cool slightly before thickening.

## Section 8:- Menu Coding

The British Dietetic Association recommends keeping dietary codings on standard menus to a minimum. The guidance that follows addresses the codes that could be used on standard menus. Where dietary codes are used, their meaning must be clear to the end users. Avoid over-long and confusing 'strings' of dietary codes e.g. consider the use of techniques such as reverse codings, in which the diets that a dish is NOT suitable is indicated by a slash through the dietary code. All members of staff concerned with food and beverage services must understand the locally used dietary codes and their meanings.

The two key diet codings that should be identified on standard menus are to support nutritionally well and nutritionally vulnerable service users - "HEALTHIER EATING (H or ♥)" and "HIGHER ENERGY (E or ↑)". It is also helpful for many service users if the standard menu indicates those dishes that are:

- Easily chewed (S)
- Suitable for lacto-ovo vegetarians (V)

### Dietary Coding - Example of Good Practice Menu Information

If you have a resident that has been advised to follow a specific diet, look for the symbol on the menu against the dish which may help you choose suitable items:

**H Healthier Eating** choices are lower in fat, salt and sugar and are suitable choices if you have a resident that has been advised to follow a 'healthier diet'. For example, for diabetes or for heart health or if you have a resident trying to lose weight.

**E Higher Energy** items are suitable if you have a resident with a small appetite or they require food high in energy due to illness, weight loss or surgery.

**S Soft** items are easily eaten and easy to chew

**V Vegetarian** items are free from meat, poultry, fish, and gelatine.

**GF Gluten free** options if you have a resident on a gluten free diet. Gluten free bread is also available.



## Section 9:- Menu Evaluation

It is important to continually evaluate the food and fluid provision within the home to ensure it is meeting residents' needs. This can and should be carried out at a number of levels.

These include:

- Direct feedback from residents – enjoyed, anything they would like to see?
- Feedback from staff; any plate wastage – try to find out reasons why?
  - For example, are the dishes currently suitable for residents' dietary needs?

Also consider if there are any nutrition-related health issues for example, significant weight loss, high prevalence of constipation. If there is, then the food and fluid provision is unlikely to be meeting residents' needs. If there are problems, then there needs to be revisions. For example, changes to food preparation methods, changes to ingredients – correct cut of meat, changes to recipes, changes to dishes, increased choices, increased fluid provision.

## Section 10:- Useful links to resources and Guidelines

<https://www.hi-netgrampian.scot.nhs.uk/people-networks/community-dietitians-nhs-grampian/>

<http://www.healthcareimprovementscotland.org/programmes/patientsafety/nutritionalcareresources/nutritionalcarestandards.aspx>

<http://www.nes.scot.nhs.uk/education-and-training/by-discipline/allied-health-professions/about-nes-ahp/resources-and-publications/dysphagia-dvd.aspx>

<http://www.scie.org.uk> short film on nutritional care for older people to access type in the link <http://www.scie.org.uk> click on developing skills and services, click on social care TV, Browse by Topic, Nutrition, Nutritional care for older people.

*The Food Standards Agency:* The Food Standards Agency is responsible for food safety and food hygiene across the UK. They work with local authorities to enforce food safety regulations. <http://www.food.gov.uk/>

*The British Dietetic Association:* The British Dietetic Association is the professional association and trade union for dietitians. It has a comprehensive website that provides dietary information on several medical conditions and the role of diet. <http://www.bda.uk.com/>

*Coeliac UK:* Coeliac UK provide expert and independent information to help people with coeliac disease and dermatitis herpetiformis manage their health and diet. It provides useful information on suitable foods that can be eaten, foods available on prescription and recipes. <https://www.coeliac.org.uk/>

*Patient.co.uk:* Patient.co.uk is an online resource providing information on health, lifestyle, disease and other medical related topics. The website's aim is to provide up-to-date information on health related topics. <https://www.patient.co.uk/>

*NICE (National Institute for Health and Clinical Excellence):* NICE guidance supports healthcare professionals and others to make sure that the care they provide is of the best possible quality and offers the best value for money. It provides evidence-based guidance on the most effective ways to prevent, diagnose and treat disease and ill health, reducing inequalities and variation. <http://www.nice.org.uk/>





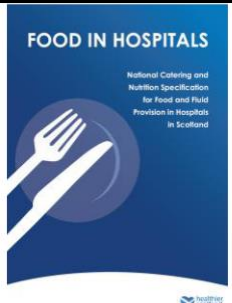

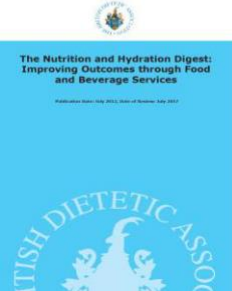
*SIGN (Scottish Intercollegiate Guidelines Network):* SIGN develops evidence based clinical practice guidelines for the NHS in Scotland. SIGN guidelines are derived from a systematic review of the scientific literature and are designed as a means for the translation of new knowledge into action. <https://www.sign.ac.uk/>

*Alzheimer's Society:* Includes information about nutrition for people with dementia and their carers. <https://www.alzheimers.org.uk>



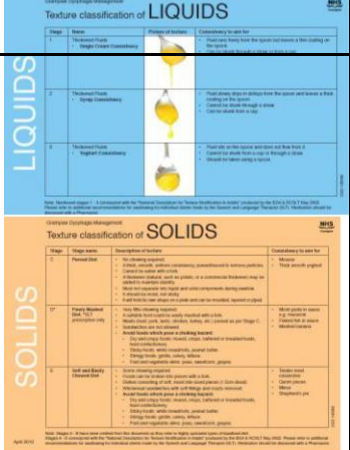

*The British Heart Foundation:* Information to help prevent heart disease and a useful section on recipes. <https://www.bhf.org.uk>

*NHS Choices:* NHS Choices is an online site that is a useful first step to accessing the NHS. It is the country's biggest health website and gives all the information you need to make choices about health. <https://www.nhs.uk>

## Section 11:- References

<b>Aberdeenshire</b> 		REFERENCE	LINK
1	Eating Well In Care Homes For Older People. The Care Commission. August 2009		<a href="http://www.careinspectorate.com">www.careinspectorate.com</a>
2	Care Homes Nutritional Screening and Diet Resource Pack. NHS Grampian Community Dietitians. October 2012	 	<a href="http://www.hi-netgrampian.scot.nhs.uk/wp-content/uploads/2022/02/Diet_Resource_Pack-22.pdf">http://www.hi-netgrampian.scot.nhs.uk/wp-content/uploads/2022/02/Diet_Resource_Pack-22.pdf</a>
3	National Catering and Nutrition Specification for Food and Fluid Provision in Hospitals in Scotland. The Scottish Government. June 2008		<a href="http://www.scotland.gov.uk">www.scotland.gov.uk</a>
4	National Care Standards Care Homes For Older People The Scottish Government. November 2007		<a href="http://www.scswis.com">www.scswis.com</a>
5	The Nutrition and Hydration Digest: Improving Outcomes through Food and Beverage Services. British Dietetic Association July 2012		<a href="http://www.bda.uk.com">www.bda.uk.com</a>



6	Water and Healthy Ageing Hydration Best Practice Toolkit For Care Homes. Water UK 2005		<a href="http://www.waterforhealth.org.uk">www.waterforhealth.org.uk</a>
7	Malnutrition Matters Meeting Quality Standards in Nutritional Care BAPEN 2010		<a href="http://www.bapen.org.uk">www.bapen.org.uk</a>
8	Grampian Dysphagia Guidelines - Liquids		<a href="https://www.hi-netgrampian.scot.nhs.uk/people-networks/community-dietitians-nhs-grampian/">https://www.hi-netgrampian.scot.nhs.uk/people-networks/community-dietitians-nhs-grampian/</a>
9	Grampian Dysphagia Guidelines - Solids		<a href="https://www.hi-netgrampian.scot.nhs.uk/people-networks/community-dietitians-nhs-grampian/">https://www.hi-netgrampian.scot.nhs.uk/people-networks/community-dietitians-nhs-grampian/</a>
10	Promoting Nutrition In care Homes For Older People. The Care Commission 2009		<a href="http://www.careinspectorate.com">www.careinspectorate.com</a>





- 11 Nutritional Care Communication Tool.  
NHS Scotland  
Healthcare Improvement Scotland,  
Oct 2011.



- 12 NHS Grampian.

Dementia Care Support with eating and drinking. A practical guide for carers 2007

Dementia Care Support with eating and drinking  
A practical guide for carers



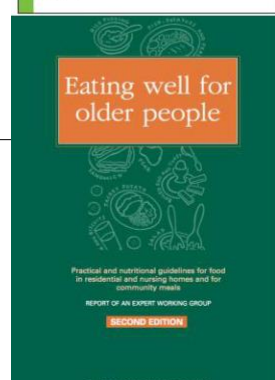
[https://www.hi-netgrampian.scot.nhs.uk](https://www.hi-netgrampian.scot.nhs.uk/dementiaguide)  
dementiaguide

- 13 National Association of Care Caterers (2006) 'Menu Planning & Special Diets Manual'



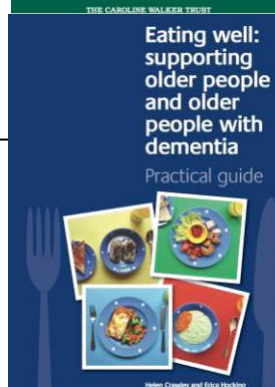
[www.thenacc.co.uk](http://www.thenacc.co.uk)

- 15 Caroline Walker Trust (2004) 'Eating Well for Older People' Second Edition



[www.cwt.org.uk](http://www.cwt.org.uk)

- 16 Eating Well: supporting older and older people with dementia – Practical Guide The Caroline Walker Trust 2011



[www.cwt.org.uk](http://www.cwt.org.uk)

17 Food, Fluid and  
Nutritional Care in  
Hospitals Clinical  
Standards 2003



[www.nhshealthquality.org](http://www.nhshealthquality.org)

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## **Section 12:- Acknowledgements**

We would like to thank the following organisations for their valued contribution and support in the development and production of this resource:-

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Queen Margaret University, Edinburgh

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Complexes

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**APPENDIX 1- Examples of Menus**  
**NHS GRAMPIAN CATERING SERVICES**  
**WEEK 1 – LUNCH**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
Lentil Soup	Carrot & Coriander Soup	Green Pea Soup	Leek & Potato Soup	Fresh Vegetable Soup	Scotch Broth	Yellow Pea Soup
Chilli Con Carne	Haggis	Braised Pork with Apples & Vegetables	Sweet & Sour Chicken	Fried Haddock	Mince	Roast Beef & Yorkshire Pudding
Roast Chicken Breast in Gravy with Stuffing	Mince & Yorkshire Pudding	Fish Mornay	Braised Sausages	Chicken Curry	Hot Quiche Lorraine	Pasta Bolognaise
Cheesy Bubble & Squeak	Vegetable & Coconut Curry	Vegetable Country Bake	Quorn & Vegetable Stir Fry	Cauliflower in a Cheese Sauce	Mixed Bean Hot Pot	Macaroni Cheese
Ham	Roast Turkey	Cold Savoury Quiche	Roast Beef	Roast Pork	Corned Beef	Salmon
Salad	Salad	Salad	Salad	Salad	Salad	Salad
Baton Carrots	Mashed Turnips	Broccoli Florets Sliced Carrots	Sliced Green Beans	Garden Peas	Macedoine of Vegetables	Sliced Carrots
Baby Boiled Potatoes Saffron Rice	Mashed Potatoes Rice	Parsley Potatoes	Mashed Potatoes Saffron Rice	Chips Rice	Mashed Potatoes	Mashed Potatoes Roast Potatoes

FINGER FOOD MENU						
Grill Marked Chicken	Cold Roast Turkey	Savoury Quiche	Grilled Sausages	Cold Roast Pork	Turkey Meatballs	Roast Beef
Baton Carrots	Baby Corn	Broccoli	Green Beans	Celery Sticks	Carrot & Turnip Batons	Sliced Carrots
Baby Boiled Potatoes	Croquette Potatoes	Parsley Potatoes	Mini Potato Waffles	Baby Boiled Potatoes	Pommes Noisette	Roast Potatoes
STAGE C MENU						
Fish in Parsley Sauce	Pork & Peppercorn Sauce	Haddock Mornay	Mince & Pasta Bake	Beef & Vegetable Stew	Haggis	Chicken & Vegetable Casserole
Broccoli	Brussel Sprouts	Spinach	Savoy Cabbage	Carrots	Turnips	Mashed Potatoes
Mashed Potatoes	Onion Potatoes	Parsley Potatoes		Onion Potatoes	Mashed Potatoes	

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**NHS GRAMPIAN CATERING SERVICES**  
**WEEK 1 – EVENING MEAL**

MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5	SATURDAY DAY 6	SUNDAY DAY 7
Braised Beef & Vegetables	Chicken Chow Mein	Liver & Bacon Casserole	Mince	Baked Gammon & Pineapple	Braised Hamburgers	Fish Cakes
Golden Cutlets with Mild Mustard Sauce	Stovies & Oatcakes	Homemade Chicken & Gravy Pie	Pork & Bean Casserole	Corned Beef Hash	Poached Smoked Haddock	Chicken & Vegetable Casserole
Swedish Style Quorn Balls & BBQ Sauce	Cauliflower Cheese	Haggis	Macaroni Cheese	Mushroom Stroganoff	Cheese & Chive Topped Pasta	Cheese Omelette
Cheese	Tuna	Ham	Ploughman's	Mackerel	Mini Pork Pie	Ham
Salad	Salad	Salad	Salad	Salad	Salad	Salad
Sliced Green Beans	Beetroot Garden Peas	Mixed Vegetables	Peas & Sweetcorn Medley	Baby Brussel Sprouts	Broccoli Florets	Garden Peas
Boiled Potatoes	Potato Noisettes	Mashed Potatoes	Parsley Potatoes	Saffron Rice Baby Boiled Potatoes	Mashed Potatoes	Boiled Potatoes
Rice Pudding	Jam Sponge & Custard	Semolina	Apple Crumble & Custard	Sago	Blueberry Muffin & Custard	Strawberry Gateau
Jelly	Mousse	Jelly	Mousse	Jelly	Mousse	Jelly

Ice Cream		Ice Cream		Ice Cream		Ice Cream
Two Fruits	Mandarins	Pears	Pineapples	Peaches	Fruit Cocktail	Apricots
<b>FINGER FOOD MENU</b>						
Swedish Style Quorn Balls (no sauce or dipping)	Scampi	Honey Roast Ham	BBQ King Rib	Gammon Steak & Pineapple	Mini Pork Pie	Fish Cake
Green Beans	Grilled Tomatoes	Cauliflower & Broccoli Mix	Grilled Tomato	Baby Carrots	Broccoli Florets	Carrot Batons
Boiled Potatoes	Baby Boiled Potatoes	Baked Potato	Parsley Potatoes	Chips	Jacket Wedges	Baby Boiled Potatoes
Fresh Apple Slices	Chocolate Éclair	Melon	Cherry Bakewell	Mini Apple Pie	Blueberry Muffin	Oatcakes & Cheese Portions
<b>STAGE C MENU</b>						
Spaghetti Bolognaise	Vegetable & Bean Casserole	Stovies	BBQ Chicken	Chicken Chasseur	Corned Beef Hash	Meatballs in Gravy
Eves Pudding	Mashed Potatoes	Beetroot	Boiled Rice	Boiled Rice	Baked Beans	Broccoli
Custard	Orange Mousse	Rice Pudding	Banana Mousse	Apple Crumble	Chocolate Mousse	Mashed Potatoes
				Custard		Bread & Butter Pud

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**NHS GRAMPIAN CATERING SERVICES**  
**WEEK 2 – LUNCH**

MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5	SATURDAY DAY 6	SUNDAY DAY 7
Potato Soup	Green Pea Soup	Broth	Minty Pea & Spring Onion Soup	Yellow Pea Soup	Lentil Soup	Country Vegetable Soup
Fish Duglere	Mince & Pastry Square	Stovies & Oatcakes	Beef Rogan Josh	Fried Haddock	Cod Fishcake	Roast Pork & Apple/Raisin Sauce
Sausage Casserole	Chicken Breast with Red Wine Sauce	Braised Pork with Spring Vegetables	Chicken Casserole	Chilli Con Carne	Turkey Curry	Beef Stew
Vegetarian Mince	Stovies & Oatcakes	Lentil Lasagne	Vegetable Tart	Cauliflower Cheese Crunch	Macaroni Cheese	Veggie Sausage in BBQ Sauce
Hunter's Lunch	Ham	Turkey	Tuna	Mini Pork Pie	Ham	Chicken Mayo
Salad	Salad	Salad	Salad	Salad	Salad	Salad
Cauliflower Florets Green Beans	Savoy Cabbage Garden Peas	Beetroot Diced Carrots	Sweetcorn	Garden Peas	Spring Vegetable Medley	Savoy Cabbage
Mashed Potatoes	Boiled Potatoes	Croquette Potatoes	Baby Boiled Potatoes (skin on) Saffron Rice	Chips Rice	Parsley Potatoes Rice	Roast Potatoes Mashed Potatoes

FINGER FOOD MENU						
Cold Roast Ham	Grill Marked Chicken	Gammon & Peach	Vegetable Tart	Fried Haddock	Ham Rolls	Cold Roast Pork
Cauliflower Florets	Whole Green Beans	Cauliflower Florets	Whole Baby Corn	Carrot Batons	Cherry Tomatoes	Carrot & Turnip Batons
Boiled Potatoes	Pommes Noisette	Croquette Potatoes	Baby Boiled Potatoes	Baby Boiled Potatoes	Parsley Potatoes	Roast Potatoes
STAGE C MENU						
Ham & Cauliflower Bake	Chicken Casserole	Macaroni Cheese	Fish Pie	Chicken & Vegetable Casserole	Steak & Kidney Stew	Roast Pork
Green Beans	Carrots	Savoy Cabbage	Carrots	Broccoli	Parsnips	Cabbage
Mashed Potatoes	Mashed Potatoes			Onion Potatoes	Mashed Potatoes	Mashed Potatoes

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**NHS GRAMPIAN CATERING SERVICES**  
**WEEK – 2 EVENING MEAL**

MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5	SATURDAY DAY 6	SUNDAY DAY 7
Highland Stew	Fish Mornay	Chicken Chasseur	Pork Casserole	Sausage Casserole	Braised Steak Mince	Beef Stroganoff
Chicken Curry	Beef & Vegetable Casserole	Mince & Yorkshire Pudding	Smoked Fish & Leek Sauce	Chicken Fricasse	Meatballs in Onion Gravy	Chicken Breast with Mornay Sauce
Vegetable Quiche	Sweet & Sour Vegetables	Macaroni Cheese	Quorn Fusilli	Vegetable Chilli	Vegetable Country Bakes	Omelette
Peppered Mackerel	Roast Beef	Roast Pork	Corned Beef	Cheese	Egg Mayonnaise	Roast Beef
Salad	Salad	Salad	Salad	Salad	Salad	Salad
Country Vegetables	Broccoli Florets	Sliced Green Beans	Baby Carrots	Vegetable Medley	Cauliflower Florets	Garden Peas
Mashed Potatoes	Baby Boiled Potatoes (skin on)			Mashed Potatoes	Mashed Potatoes	Boiled Potatoes
Saffron Rice	Rice	Mashed Potatoes	Parsley Potatoes	Rice	Potatoes	Rice
Syrup Sponge & Custard	Sago	Rhubarb Crumble & Custard	Rice Pudding	Apple Pie & Custard	Semolina	Fruit Trifle
Mousse	Jelly Ice cream	Mousse	Jelly Ice Cream	Mousse	Jelly Ice Cream	Mousse
Pears	Pineapples	Peaches	Two Fruits	Rhubarb	Fruit Cocktail	Mandarins

FINGER FOOD MENU						
Vegetable Quiche	Roast Beef	Mini Pizza	Scampi	Grilled Sausages	Turkey Meatballs	Grilled Beef Burger in a Sesame Seed Bun
Baby Carrots	Broccoli Florets	Onion Rings	Grilled Tomato	Broccoli Florets	Grilled Tomato	Battered Onion Rings
Baby Boiled Potatoes	Hash Browns	Chips	Parsley Potatoes	Croquette Potatoes	Baby Boiled Potatoes	Chips
Jam Doughnut	Fresh Pear Slices	Sultana & Apple Flapjack	Cherry Scone	Chocolate Fudge Brownies	Crackers & Cheese Portions	Melon
STAGE C MENU						
Beef Schezuan	Lentil & Vegetable Casserole	Sausage Casserole	Pork & Vegetable Casserole	Chilli Con Carne	Cheesy Scrambled Eggs	Beef Stroganoff
Boiled Rice	Onion Potatoes	Baked Beans	Green Beans	Boiled Rice	Baked Beans	Boiled Rice
Pears	Orange & Banana Mousse	Mashed Potatoes	Ham Potatoes	Semolina	Toffee Mousse	Peaches
Custard		Chocolate Muffin	Strawberry Mousse			Custard
		Custard				

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**NHS GRAMPIAN CATERING SERVICES**  
**WEEK 3 – LUNCH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Green Pea Soup	Lentil Soup	Tomato Soup	Vegetable Soup	Leek & Potato Soup	Yellow Pea Soup	Farmhouse Broth
Chicken Casserole	Braised Beef Steak with Vegetable Gravy	Mince & Doughballs	Pork with Cream Sauce	Fried Haddock	Pork & Apple Casserole	Roast Turkey & Stuffing
Beef Olives	Sweet & Sour Pork	Chicken Toscana	Stovies & Oatcakes	Beef Lasagne	Mince & Pastry Square	Fish in Lime & Coriander Sauce
Vegetable & Bean Hot Pot	Macaroni Cheese	Cauliflower & Broccoli Bake	Mexican Bean Stew	Braised Veggie Sausages	Vegetable Quarter Pounder	Vegetarian Stovies & Oatcakes
Quiche	Salmon	Corned Beef	Fisherman's Lunch	Roast Pork	Chicken	Ploughman's Lunch
Salad	Salad	Salad	Salad	Salad	Salad	Salad
Sliced Carrots Broccoli Florets	Garden Peas	Savoy Cabbage	Beetroot Sliced French Beans	Garden Peas Cauliflower Florets	Broccoli Florets	Vegetable Medley
Baby Boiled Potatoes	Mashed Potatoes Rice	Parsley Potatoes Rice	Mashed Potatoes	Chips	Mashed Potatoes	Roast Potatoes

FINGER FOOD MENU						
Quiche	Mackerel	Crispy Crumbed Turkey Burgers	Grilled Sausages	Breaded Haddock	Meatballs	Cold Turkey
Baby Carrots, Green Beans & Baby Corn Medley	Grilled Tomatoes	Roast Parsnips	Green Beans	Broccoli Florets	Cauliflower Florets	Vegetable Medley
Roast Potatoes	Mini Potato Waffles	Baby Boiled Potatoes	Parsley Potatoes	Chips	Baby Boiled Potatoes	Roast Potatoes
STAGE C MENU						
Cajun Chicken	Chicken Cheesy Bake	Savoury Mince	Fish & Parsley Sauce	Chicken Casserole	Pork Casserole	Roast Beef
Sliced Green Beans	Savoy Cabbage	Carrots	Carrots	Brussel Sprouts	Mashed Potatoes	Carrots
Boiled Rice		Onion Potatoes		Parsley Potatoes		Mashed Potatoes

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**NHS GRAMPIAN CATERING SERVICES**  
**WEEK 3 – EVENING MEAL**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
Homemade Mince Pie	Corned Beef Hash	Fish & Parsley Sauce	Braised Steak Mince	Beef Cobbler	Chicken & Pasta in Tomato Sauce	Salmon Fish Cake
Golden Cutlets	Beef Curry	Liver & Onion Casserole	Baked Gammon & Peaches	Creamed Chicken	Braised Sausages	Beef Schezuan
Red Thai Vegetable Curry	Tortelloni Fromagio & Tomato Sauce	Broccoli & Stilton Quiche	Quorn & Vegetable Casserole	Vegetarian Chilli	Vegetable & Bean Casserole	Macaroni Cheese
Roast Pork	Ham	Chicken Mayonnaise	Cheese	Tuna	Roast Beef	Egg Mayonnaise
Salad	Salad	Salad	Salad	Salad	Salad	Salad
Sliced Green Beans	Vegetable Medley	Diced Carrots	Cauliflower/ Broccoli Mix	Baby Brussel Sprouts	Sliced French Beans	Carrot & Swede Batons
Mashed Potatoes	Boiled Potatoes	Mashed Potatoes	Baby Boiled Potatoes (skin on)	Mashed Potatoes	Baby Boiled Potatoes	Parsley Potatoes
Rice	Rice			Saffron Rice		Rice
Sago	Chocolate Muffin & Custard	Rice Pudding	Ginger Sponge & Custard	Semolina	Fruit Crumble & Custard	Cheesecake
Jelly Ice Cream	Mousse	Jelly Ice Cream	Mousse	Jelly Ice Cream	Mousse	Jelly Ice Cream
Apples	Fruit Cocktail	Pears	Mandarins	Two Fruits	Pineapples	Peaches



### FINGER FOOD MENU

Southern Chicken Strips	Honey Roast Ham	Breaded Chicken in a Sesame Seed Bun	Gammon & Peach	Macaroni Pie	Cold Roast Beef	Salmon Fish Cake
Green Beans	Broccoli Florets	Cucumber Slices	Cherry Tomatoes	Baby Carrots	Green Beans	Celery Sticks
Boiled Potatoes	Jacket Wedges	Boiled Potatoes	Baby Boiled Potatoes	Baked Potatoes	Baby Boiled Potatoes	Parsley Potatoes
Fresh Pear Slices	Chocolate Muffin	Fresh Apple Slices	Oatmeal & Raisin Cookie	Chocolate Mini Rolls	Melon	Sultana Scone
<b>STAGE C MENU</b>						
Broccoli & Cauliflower Bake	Golden Cutlets	Macaroni Cheese	Corned Beef Hash	Stovies	Fish Pie	Chicken Casserole
Mashed Potatoes	Green Beans	Broccoli	Baked Beans	Beetroot	Mixed Vegetables	Mashed Potatoes
Banana Mousse	Parsley Potatoes	Strawberry Cheesecake	Chocolate Mousse	Pears	Rice Pudding	Strawberry Mousse
	Pineapple Sponge			Custard		
	Custard					

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### **STAGE C “ALTERNATIVES”**

Should a person dislike the Stage C choice on offer, the following may be offered as an alternative:

#### **Main Course**

**Haddock Mornay**

**Macaroni Cheese (V)**

**Pork Casserole**

**Chicken Casserole**

**Savoury Mince**

**Roast Beef**

**Chilli con Carne**

**Lentil & Vegetable Casserole (V)**

#### **Vegetables**

**Baked Beans**

**Carrots**

**Turnip**

**Broccoli**

#### **Sweet**

**Mousse**

**Yoghurt**

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### Example Menu 2 for Care Homes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Morning</b>	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water
<b>Breakfast</b>	Prunes Cereals / Porridge Boiled Egg Toast with butter / spread Preserves Tea or Coffee Water	Grapefruit Segments Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge Sausage and Tomato Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh Melon Cereals / Porridge Scrambled Eggs Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Bacon and Mushrooms Toast with butter / spread Preserves Tea or Coffee Water
<b>Mid Morning Snack</b>	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits
<b>Lunch</b>	Lancashire Hot Pot Stir Fry Chicken & Rice Vegetable Pakora (/) Boiled Potatoes Cauliflower / Peas Banana Custard Fresh Apple  Tea or Coffee Water	Roast Pork & Apple Sauce Spaghetti Bolognaise Vegetarian Lasagne Roast / New Potatoes Spinach/Carrots Side Salad Rhubarb Crumble & Custard Fresh Pear Tea or Coffee Water	Poached Salmon Roast Chicken Vegetable Chilli & Rice Roast / Mashed Potatoes Cabbage /Green Beans Plum Sponge & Custard Fresh Orange Tea or Coffee Water	Cottage Pie Chicken Chasseur Vegetarian Shepherds Pie Jacket Potatoes Broccoli / Leeks Rice Pudding & Dried Apricots Fresh Banana Tea or Coffee Water	Fried Cod Gammon & Pineapple Vegetable Curry & Rice Chips / /Mashed Potatoes Peas / Sweet corn Tinned Pears & Custard Fresh Grapes Tea or Coffee Water	Chicken Curry & Rice Beef Grill Steak Vegetable Flan New Potatoes Mixed Vegetables/ Cauliflower Crème Caramel Fresh Fruit Salad Tea or Coffee Water	Roast Beef & Yorkshire Pudding Pork Casserole Cauliflower Cheese Roast / Mashed Potatoes Carrots / Sprouts Apple Pie & Custard Fresh Melon Tea or Coffee Water
<b>Afternoon Tea</b>	Tea or Coffee + Water Scone & Jam Soft Cheese Sandwich Biscuits Fresh Orange	Tea or Coffee + Water Malt Loaf Biscuits Fresh Pear	Tea or Coffee + Water Ring Doughnut Soft Cheese Sandwich Biscuits Fresh Grapes	Tea or Coffee + Water Currant Bun Biscuits Fresh Plums	Tea or Coffee + Water Chocolate Éclair Soft Cheese Sandwich Biscuits Fresh Apple	Tea or Coffee + Water Custard Tart Biscuits Fresh Orange	Tea or Coffee + Water Sponge Cake & Cream Soft Cheese Sandwich Biscuits Fresh Pear
<b>Evening Meal</b>	Pea Soup & Bread Roll Macaroni Cheese  Sandwiches - Ham / Salmon Side Salad Fresh Fruit Salad & Custard/Ice Cream Tea or Coffee Water	Tomato Rice Soup & Bread Roll Jacket Potato & Cheese & Coleslaw Sandwiches - Beef / Egg Side Salad Peaches & Yoghurt Peaches & Rice Pudding Tea or Coffee Water	Carrot & Coriander Soup & Bread Roll Cheese And Tomato Pizza Sandwiches - Turkey / Tuna Side Salad Melon Chocolate Mousse Tea or Coffee Water	Cream of Mushroom Soup & Bread Roll Sardines & Tomato on Toast Sandwiches - Egg / Ham Side Salad Banana Custard Fresh Fruit Salad Tea or Coffee Water	Potato & Leek Soup & Bread Roll Sausage Tomato & Bread Sandwiches - Cheese & Pickle /Beef Side Salad Stewed Plums & Ice-Cream / Natural Yoghurt Tea or Coffee Water	Vegetable Soup & Bread Roll Jacket Potato & Baked Beans Sandwiches - Ham / Tuna Side Salad Fresh Apple Cheese & Biscuits Tea or Coffee Water	Butter Bean & Tomato Soup & Bread Roll Prawn Salad & Bread Sandwiches - Egg / Turkey Side Salad Grapes Trifle Tea or Coffee Water
<b>Nighttime Snack</b>	Hot Drink Biscuits  Water	Hot Drink Jam Sandwich/ Biscuits Water	Hot Drink Biscuits  Water	Hot Drink Jam Sandwich / Biscuits Water	Hot Drink Biscuits  Water	Hot Drink Jam sandwich / Biscuits Water	Hot Drink Biscuits  Water

\* Hot drink for nighttime snack is choice of tea, coffee, hot chocolate, malted milk drink or ovaltine

## Nutrition Plan: CH2

## Care Homes, over 75 years, All Day, Menu 2

Menu Course	Monday Week 2	TUESDAY WEEK 2	WEDNESDAY WEEK 2	THURSDAY WEEK 2	FRIDAY WEEK 2	SATURDAY WEEK 2	Sunday week 2
Early Morning	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE
Breakfast	prunes PORRIDGE WEETABIX WITH MILK CORNFLAKES Boiled Egg toast no marmalade TOAST and marmalade TEA WITH MILK CUP COFFEE	grapefruit segments PORRIDGE WEETABIX WITH MILK CORNFLAKES TOAST and marmalade TEA WITH MILK CUP COFFEE	banana LD PORRIDGE WEETABIX WITH MILK CORNFLAKES Sausage and Tomato TNS toast no marmalade TOAST and marmalade TEA WITH MILK CUP COFFEE	ORANGE JUICE GLASS PORRIDGE WEETABIX WITH MILK CORNFLAKES TOAST and marmalade TEA WITH MILK CUP COFFEE	melon LD PORRIDGE WEETABIX WITH MILK CORNFLAKES Scrambled Eggs toast no marmalade TOAST and marmalade TEA WITH MILK CUP COFFEE	banana LD PORRIDGE WEETABIX WITH MILK CORNFLAKES TOAST and marmalade TEA WITH MILK CUP COFFEE	ORANGE JUICE GLASS PORRIDGE WEETABIX WITH MILK CORNFLAKES Bacon and Mushrooms toast no marmalade TOAST and marmalade TEA WITH MILK CUP COFFEE
Lunch Meal	lancashire hot pot meal LD stir fry chicken and rice vegetable pakora meal TNS Banana Custard LD apple LD TEA WITH MILK CUP COFFEE	roast pork meal Spaghetti bolognaise meal menu 2 vegetarian lasagne meal TNS rhubarb crumble and custard menu 2 pear LD TEA WITH MILK CUP COFFEE	salmon veg for salmon meal Roast chicken meal LD vegetable chilli and rice meal tns menu 2 plum sponge and custard LD orange TEA WITH MILK CUP COFFEE	cottage pie meal LD Chicken Chasseur Meal menu 2 vegetable shepherds pie meal LD Rice Pudding and Dried Apricots banana LD TEA WITH MILK CUP COFFEE	Fried cod meal LD Gammon and Pineapple meal LD vegetable curry and rice meal menu 2 tinned pears and custard LD grapes LD TEA WITH MILK CUP COFFEE	chicken curry meal TNS menu 2 Beef grill steak and potato meal TNS Vegetable Flan Meal TNS menu 2 creme caramel LD fresh fruit salad TEA WITH MILK CUP COFFEE	Roast Beef and Yorkshire Pudding Meal pork casserole meal Cauliflower cheese meal LD apple pie and custard menu 2 melon LD TEA WITH MILK CUP COFFEE

## Menu Cycle (7 Menus)

Admin

Snack Meal	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD soone and jam soft cheese sandwich orange	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD malt loaf jam sandwich pear LD	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD ring doughnut soft cheese sandwich grapes LD	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD currant bun jam sandwich plums LD	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD chocolate eclair soft cheese sandwich apple LD	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD custard tart jam sandwich orange	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD sponge cake soft cheese sandwich pear LD
Evening Meal	pea soup half wholemeal bread roll macaroni cheese TNS ham & tomato sandwich LD salmon & cucumber sandwich LD side salad LD fresh fruit salad and ice-cream TNS fresh fruit salad and custard TEA WITH MILK CUP COFFEE	tomato and rice soup half wholemeal bread roll jacket potato cheese and coleslaw beef salad sandwich egg mayo sandwich side salad LD canned peaches Rice Pudding ice cream TNS TEA WITH MILK CUP COFFEE	carrot and coriander soup half wholemeal bread roll cheese and tomato pizza turkey and mayonnaise sandwich tuna mayo sandwich side salad LD melon LD chocolate mousse TEA WITH MILK CUP COFFEE	Cream of mushroom soup half wholemeal bread roll sardines on toast with tomato egg mayo sandwich ham & tomato sandwich LD side salad LD Banana Custard LD fresh fruit salad TEA WITH MILK CUP COFFEE	potato and leek soup half wholemeal bread roll sausage tomato and bread TNS cheese and pickle sandwich beef salad sandwich side salad LD Stewed Plums natural yoghurt ice cream TNS TEA WITH MILK CUP COFFEE	vegetable soup half wholemeal bread roll jacket potato and baked beans TNS ham & tomato sandwich LD tuna mayo sandwich side salad LD Cheese and Biscuits apple LD TEA WITH MILK CUP COFFEE	butter bean and tomato soup half wholemeal bread roll prawn salad and bread egg mayo sandwich turkey and mayonnaise sandwich side salad LD Trifle grapes LD TEA WITH MILK CUP COFFEE



Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Morning</b>	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee
<b>Breakfast</b>	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals
	Porridge	Porridge	Porridge	Porridge	Porridge	Porridge	Porridge
	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves
	Orange segments	Grapefruit segments	Banana	Melon	Plums	Fruit salad	Pineapple
	Scrambled eggs & toast	Grilled bacon & tomatoes	Grilled sausages & beans	Pancakes, bacon & maple syrup	Grilled bacon & mushrooms	Poached eggs on English muffins	Cooked breakfast
<b>Mid Morning</b>	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
<b>Lunch</b>	Salmon, spinach & potato curry	Baked gammon with mustard & sugar glaze	Chicken sweet & sour sauce	Meatballs pasta	Battered haddock	Turkey steak, apple sauce & cheddar	Roast beef & Yorkshire pudding
	Spinach & ricotta cannelloni	Filled pasta with cheese sauce	Cheesy bubble & squeak	Quorn meatballs	Cauliflower, broccoli & leek cheese bake	Potato & spinach curry	Individual nut roast
	Roasted peppers & onions	Poached egg	Roasted baby carrots & leeks	Salad/ciabat ta bread	Peas	Carrot batons & green beans	Peas/ cauliflower, carrots

	Panna cotta & berries	Lemon cheesecake	Cream tea trifle	Apple strudel	Apple & blueberry crumble & cream	Raspberry ice cream sponge roll & fresh berries	Eton mess
<b>Mid Afternoon</b>	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
	Crumpets	Flapjack	Chocolate crispie	Victoria sponge	Jam tart	Fruit scone	Crumpet & jam
	Fruit & jelly	Pancakes & lemon	Mandarin cheesecake	Peaches & cream	Crème caramel	Yogurt	Lemon mousse
<b>Supper</b>	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee	Tea/coffee
	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
	Spaghetti in tomato sauce with toast	Soft cheese on toast	Sultana cookies	Crumpets & preserves	Toasted fruit bread	Wheat biscuits & warm milk	Cheese on toast

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## **APPENDIX 2**

### **NHS Grampian Menu Planning Tool**

#### **Explanatory notes for using the NHS Grampian menu planning tool**

This tool is intended as a guide to help you plan your menus and ensure they are nutritionally balanced and meet the minimum nutritional recommendations for your residents. You should aim to complete the tool and attach to your menu as evidence of nutritional menu planning.

#### **How to use the tool**

You should aim to use a 4 week menu cycle and compare each week in your cycle to the menu planning tool and keep a copy of the completed tool with your menus. A blank sheet is provided for you to record any necessary changes you need to make to your menus in order to meet the nutritional needs of your residents.

You should use this tool every time you make significant changes to your menus. It is recommended that menus are reviewed and changed on a regular basis in order to maintain resident's interest and enjoyment of food.

This tool and the recorded information can also be used to evidence any information required by the contracts team during visits and inspections.

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The nutritional content of your menus cannot be guaranteed using this tool due to variability in portions, recipes and ingredients. A full nutritional analysis of the menus would be the next step after completing menu planning step by step process to provide more detail.

### **Mixed dishes**

Many dishes will contain nutrients from more than one of the above food groups. For example, macaroni cheese, lasagne, quiche.

You will need to consider this when using the menu analysis tool.

Macaroni cheese will have nutrients from the starchy, dairy and protein food groups.

Lasagne will have nutrients from the starchy, dairy, meat and vegetable group.

Certain nutrients are very difficult to achieve, even using this tool.

**Vitamin D-** The recommended daily intake for older people is 10 mcg. The best dietary sources are oily fish such as salmon, sardines, kippers, pilchards, trout. Eggs, meat, margarine and cereals contain small amounts. It is recommended that we eat 1-2 portions of fish / week, one of which should be oily.

**Fibre-** The recommended daily intake for adults is 18g / day. This can only really be achieved if all foods are high fibre, including rice, pasta and flour for baking. The fibre content of soup can be very variable. Homemade vegetable soup which contains a variety of vegetables or pulses such as lentils, split peas, beans will all have a good amount of fibre, however tinned or packet vegetable soups will have less fibre. Remember in order for fibre to be effective, residents need to have a good fluid intake. It is recommended that residents should have 8-10 cups of fluid / day.

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### NHS Grampian Menu Planning Tool

Week no. \_\_\_\_\_

Date of review: \_\_\_\_\_

Does the menu contain :	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly total	Action
<b>At least 6-7 portions of starchy food throughout the day</b> 1 portion = 1 slice of bread, 1 small bread roll, ½ softie, 2 tbsp cooked rice, 3 tbsp cooked pasta, 2 egg sized potatoes, 1 scoop of mashed potatoes, 2 tbsp of chips, ½ baked potato 3 tbsp of breakfast cereal, small bowl of porridge, 1 weetabix, 3 crackers, 1 oat cake. <b>Try to include as many high fibre foods as possible to help meet fibre requirements. Try to include a starchy food at each meal.</b>								Recommended 42-49 portions	
								Actual	
<b>At least 5 portions of fruit and vegetables each day</b> 1 portion = 1 apple / banana / orange / pear, 2 satsumas, 2 plums, 2 kiwis, small glass of fruit juice, 3 tbsp of stewed of tinned fruit, 1 hand full of grapes / strawberries 1 portion = 2-3 tbsp of vegetables, (not including potatoes), side salad, 1 bowl of home made vegetable soup (containing a variety of vegetables) <b>Aim to offer 5 - 9 portions of fruit and vegetables per day.</b> <b>Aim for 3 portions of a pulse based soup / week. e.g. lentil, split pea</b>								Recommended 35 portions	
								Actual	
<b>At least 2 portions of protein foods each day</b> 1 portion= 3 oz of meat, e.g beef, chicken, pork, lamb, oily fish, liver, 5 oz white fish, 2 sausages, 2 eggs, 2 slices of cold meat, 4 oz soya/ tofu/ quorn.								Recommended 14 portions	
								Actual	
<b>At least 3 portions of dairy foods each day</b> 1 portion= 1/3 pint of full fat milk (cup), 1 yoghurt, 1 fromage frais, bowl of custard/ milk pudding made with milk, 1 oz cheese, 3 oz of cottage cheese								Recommended 21 portions	
								Actual	

<b>At least 2 nourishing snacks or milky drinks for residents who are at risk of malnutrition.</b> Examples include home bakes, scone/ pancake with jam and butter, toast with cheese/butter and jam, small sandwich, crackers and cheese, extra puddings, thick and creamy yoghurts, fromage frais, dairy ice cream, milky drinks . <b>A nourishing snack is <u>not</u> a plain biscuit. Refer to the booklet “Food Fortification: A guide on how to add extra nourishment” Available from community dietetic department</b>								Recommended 14 snacks	
								Actual	

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**NHS Grampian Menu Planning Tool**

Week Number:

Date:

Signature:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total	Action
<b>Starchy foods</b>								Recommended 42-49 portions	
								Actual	
<b>Fruit and vegetables</b>								Recommended 35 portions	
								Actual	
<b>Protein foods</b>								Recommended 14 portions	
								Actual	
<b>Dairy foods</b>								Recommended 21 portions	
								Actual	
<b>Snacks</b>								Recommended 14 snacks	
								Actual	

### APPENDIX 3

#### TEXTURE CLASSIFICATION OF SOLIDS - Grampian Dysphagia Management

Stage	Stage name	Description of texture	Consistency to aim for
<b>C</b>	<b>Pureed Diet</b>	<ul style="list-style-type: none"> <li>• No chewing required.</li> <li>• A thick, smooth, uniform consistency, pureed/sieved to remove particles.</li> <li>• Cannot be eaten with a fork.</li> <li>• A thickener (natural, such as potato, or a commercial thickener) may be added to maintain stability.</li> <li>• Must not separate into liquid and solid components during swallow.</li> <li>• It should be moist, not sticky.</li> <li>• It will hold its own shape on a plate and can be moulded, layered or piped.</li> </ul>	<ul style="list-style-type: none"> <li>• Mousse.</li> <li>• Thick smooth yoghurt.</li> </ul>
<b>D</b>	<b>Finely Mashed Diet, *SLT prescription only</b>	<ul style="list-style-type: none"> <li>• Very little chewing required.</li> <li>• A suitable food could be easily mashed with a fork.</li> <li>• Meats (beef, pork, lamb, chicken, turkey, etc.) pureed as per Stage C.</li> <li>• Sandwiches are not allowed.</li> <li>• <b>Avoid foods which pose a choking hazard:</b></li> <li>• Dry and crispy foods: muesli, crisps, battered or breaded foods, hard confectionery.</li> <li>• Sticky foods: white bread/rolls, peanut butter.</li> <li>• Stringy foods: gristle, celery, lettuce.</li> <li>• Fruit and vegetable skins: peas, sweetcorn, grapes.</li> </ul>	<ul style="list-style-type: none"> <li>• Moist pasta in sauce.</li> <li>• e.g. macaroni flaked fish in sauce.</li> <li>• Mashed banana.</li> </ul>
<b>E</b>	<b>Soft and Easily Chewed Diet</b>	<ul style="list-style-type: none"> <li>• Some chewing required.</li> <li>• Foods can be broken into pieces with a fork.</li> <li>• Dishes consisting of soft, moist bite sized pieces (1.5cm diced)</li> <li>• Wholemeal sandwiches with soft fillings and crusts removed.</li> <li>• <b>Avoid foods which pose a choking hazard:</b></li> <li>• Dry and crispy foods: muesli, crisps, battered or breaded foods,</li> </ul>	<ul style="list-style-type: none"> <li>• Tender meat e.g. Casseroles</li> <li>• Quorn pieces</li> <li>• Mince</li> <li>• Shepherd's pie</li> </ul>




		hard confectionery. <ul style="list-style-type: none"> <li>• Sticky foods: white bread/rolls, peanut butter.</li> <li>• Stringy foods: gristle, celery, lettuce.</li> <li>• Fruit and vegetable skins: peas, sweetcorn, grapes.</li> </ul>	
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Note: Stages A - B have been omitted from this document as they refer to highly specialist types of liquidised diet. Stages A - E correspond with the “National Descriptors for Texture Modification in Adults” produced by the BDA & RCSLT May 2002. Please refer to additional recommendations for swallowing for individual clients made by the Speech and Language Therapist (SLT). Medication should be discussed with a Pharmacist.

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## APPENDIX 4

### TEXTURE CLASSIFICATION OF LIQUIDS - Grampian Dysphagia Management

Stage	Name	Picture of texture	Consistency to aim for
1	Thickened Fluids • <b>Single Cream Consistency</b>		<ul style="list-style-type: none"> <li>• Fluid runs freely from the spoon but leaves a thin coating on the spoon.</li> <li>• Can be drunk through a straw or from a cup.</li> </ul>
2	Thickened Fluids • <b>Syrup Consistency</b>		<ul style="list-style-type: none"> <li>• Fluid slowly drips in dollops from the spoon and leaves a thick coating on the spoon.</li> <li>• Cannot be drunk through a straw.</li> <li>• Can be drunk from a cup.</li> </ul>
3	Thickened Fluids • <b>Yoghurt Consistency</b>		<ul style="list-style-type: none"> <li>• Fluid sits on the spoon and does not flow from it.</li> <li>• Cannot be drunk from a cup or through a straw.</li> <li>• Should be taken using a spoon.</li> </ul>



Note: Numbered stages 1 - 3 correspond with the “National Descriptors for Texture Modification in Adults” produced by the BDA & RCSLT May 2002.

Please refer to additional recommendations for swallowing for individual clients made by the Speech and Language Therapist (SLT). Medication should be discussed with a Pharmacist.

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## Appendix 5 - Examples of Portions of Fruit and Vegetables



12 chunks of  
canned pineapple



7 cherry tomatoes



1 medium pear



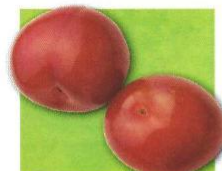
2 satsumas



1 tablespoon of  
raisins



1 handful of  
vegetable sticks



2 medium plums



2 broccoli florets



3 heaped table-  
spoons of sweetcorn



Just Eat More  
(fruit & veg)

Remember to eat a wide variety of fruit  
and vegetables ...

and aim for at least 5 A DAY.

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30612 2p 2.500k Nov03 (AHP)



1 medium apple



1 cereal bowl of  
mixed salad



2 halves of canned  
peaches



1 handful of grapes



1 medium banana



3 heaped table-  
spoons of peas



1 medium glass of  
orange juice



7 strawberries



3 whole dried apricots



Just Eat More  
(fruit & veg)



3 heaped table-  
spoons of cooked  
kidney beans



16 okra

## Appendix 5 Food Groups and Portion Sizes

<p><b><u>Bread, Cereals, Potatoes, Rice &amp; Pasta</u></b></p> <p>1 portion is:</p> <ul style="list-style-type: none"> <li>• 3 tbs breakfast cereal</li> <li>• 2 tbs muesli</li> <li>• 1 wheat bisk</li> <li>• small bowl of porridge</li> <li>• ½ softie or bun</li> <li>• 1 slice of bread</li> <li>• ½ scone / pancake / crumpet</li> <li>• 1 plain biscuit</li> <li>• 1 oat cake</li> <li>• 3 crackers</li> <li>• 2 egg sized potatoes</li> <li>• ½ medium baked potato</li> <li>• 2 tbs mashed potatoes</li> <li>• 3 tbs boiled pasta</li> <li>• 2 heaped tbs boiled rice</li> </ul>	<p><b><u>Meat, Fish, Chicken &amp; Eggs</u></b></p> <p>1 portion is:</p> <ul style="list-style-type: none"> <li>• 2-3 oz (60-90g) beef / pork / ham / lamb / chicken / oily fish</li> <li>• 5 oz (150g) white fish / tuna in brine</li> <li>• 2 grilled sausages</li> <li>• 2 eggs</li> <li>• 2 lean slices of cold meat</li> </ul> <p><b><u>Fatty &amp; Sugary Foods</u></b></p> <p>Include:</p> <ul style="list-style-type: none"> <li>• biscuits</li> <li>• cakes</li> <li>• sweets</li> <li>• chocolate</li> <li>• crisps</li> <li>• fried food</li> </ul>
<p><b><u>Fruit &amp; Vegetables</u></b></p> <p>1 portion is:</p> <ul style="list-style-type: none"> <li>• 1 small banana</li> <li>• 1 apple or 1 orange</li> <li>• 2 plums or 2 small tangerines</li> <li>• 1 cupful berries</li> <li>• 2 tbs of tinned or stewed fruit</li> <li>• 1 tbs of dried fruit</li> <li>• small glass of fruit juice (100ml)</li> <li>• bowl of salad</li> <li>• 2-3tbs of vegetables</li> </ul>	<p><b><u>Milk &amp; Dairy Foods</u></b></p> <p>1 portion is:</p> <ul style="list-style-type: none"> <li>• 1/3 of a pint of milk</li> <li>• small pot of yoghurt</li> <li>• 1 oz of cheese</li> <li>• 3 oz of cottage cheese</li> <li>• small bowl of milk pudding</li> </ul>

### Appendix 6 - Example of a Plate Wastage Record

<b>Date:</b>	<b>Unit/Care home:</b>	<b>Completed by:</b>		
<b>Menu cycle:</b>	<b>Meal time:</b>	<b>Sheet number:</b>		
<b>Residents name:</b>	<b>Meal portion size: Small / Medium / Large</b>	<b>% of plate waste:</b>	<b>Reason for waste (see codes below):</b>	<b>Action/comment:</b>
<b>Average of plate % wastage:</b>				
<b>Reasons for not eating</b>		<b>Codes</b>		
Clinical reasons – the effect of treatment/drugs, swallowing or dental problems, nausea/vomiting, diarrhoea or poor appetite		C		
Patients/clients requiring assistance with food and packets, unable to reach food, unable to consume food without assistance		A		
The environment – interruptions, uncomfortable or unpleasant environment		E		
The meal service – unacceptable food choices, insufficient time given to eat, patient/client not on ward at mealtime, too much food on the plate		M		
Food issues – unfamiliar dishes, lack of sauces/condiments, food cold or of poor quality, incorrect or unfamiliar textures		F		

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### Appendix 7 Example of a Diet Notification Form

Name of Care home/VSH	Diet Notification Form
Clients Name:	DOB:
Food Allergies:	
Recent weight loss evident before admission: Yes/NO	
Residents weight monitored before admission: YES/NO/DON'T KNOW	
Will the client require their intake to be monitored closely: YES/NO	
Special Dietary Requirements	Please tick
Normal Diet	
Soft Diet – Stage C Pureed Diet	
Stage D Finely Mashed Diet	
Stage E Soft & Easily Chewed Diet	
Low Fat Diet	
Weight Boosting Diet	
High Protein Diet	
Diabetic	
Low Sodium	
Pureed Diet	
Fortified Diet	
Vegetarian Diet	
Other Diet	
Thickened Fluids – Stage 1 Single Cream Consistency	
Stage 2 Syrup Consistency	
Stage 3 Yoghurt Consistency	
Dietary Likes	
Dietary Dislikes	
Nurse (sign & print)-	Date
Head Cook (sign & print)-	Date

## Appendix 8: Example of a Likes and Dislikes Preference Sheet

<b>Name:</b>	<b>DOB:</b>	<b>Room Number:</b>	<b>Date:</b>
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Special Need (e.g. diabetic, eats with one hand, adapted cutlery, plate guard).....

**Type of diet taken: Fortified Yes/No**

Normal	Soft	Mashed	Pureed	Nil By Mouth
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**Type of liquid taken: Fortified Yes/No**

Normal	Single Cream Consistency	Syrup Consistency	Yoghurt Consistency	Nil By Mouth
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### Drink Preferences

Likes	Dislikes
e.g. Tea with semi-skimmed milk e.g. Diluted juice	e.g. Skimmed milk e.g. Coffee e.g. Apple juice

### Food Preferences

Likes	Dislikes
e.g. Weetabix & yoghurt for breakfast e.g. Bread & butter e.g. All soup e.g. Tender poultry, gravy, all vegetables e.g. Macaroni Cheese e.g. All puddings e.g. Cakes, biscuits, sweets	e.g. Fish e.g. Spaghetti e.g. White bread