**First-line Nutrition Support**

**Preventing Malnutrition**

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|  | **Malnutrition** can be caused by being underweight, losing weight unintentionally, or having a barrier to eating and drinking.   |
|  | It can have **serious negative impacts**, causing infection, admission to hospital, and even death in extreme cases. |
|  | A **diet high in energy and protein** can reduce the risk of malnutrition by promoting weight stability, or weight gain. This is contrary to healthy eating advice. |

**Food Fortification**

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| If someone has a small appetite, **adding calories** to meals will help make every mouthful more nutritious, such as oil, double cream, syrup or honey, sugar, butter and sauce.These can be added to cereal, toast, soups, stews, and desserts **at the point of service**. |
| **Adding protein** into meals, snacks and drinks prevents muscle wastage, such as milk powder in soup or cereal, melting cheese on mashed potato, using full-fat milk and yoghurt to make sauce, eggs, beans and nuts. Dairy-free products can be used as long as the protein and calcium content matches dairy. |
| **Fortified milk** is made from full fat milk and skimmed milk powder**+** **= FORTIFIED MILK** used inThis can be taken as a milkshake or hot drink, added to porridge, sauces, or cooking mains. |

**Nutritious Drinks**

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| Along with fortified milk, offering juices and sugary drinks, or making **fruit smoothies** with additional protein powders, nut butters, cream or yoghurt can be helpful nourishing drink. |

**Nutritious Snacks**

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| Offering **high-protein snacks in between meals** is a good way to add additional calories when someone has a low appetite. Sandwich-fillers are often a good starting point: Tuna mayonnaise, hummus, meat/fish pate, cream cheese/slice, meat/chicken slices, and **yoghurt with >20g protein per pot** are all protein-rich snacks. |
| Offering **high-energy snacks** are often sweet and high in fat, and can be given as puddings: |

**Meal Environment**

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|  | **Protected Mealtimes** allow service users the guaranteed time to eat meals without interruption, even if at a belated time after appointments.  |
|  | Creating a **familiar space** with preferred sound (music or silence), photos of relatives and friends, appropriate aroma (appetising food smells and away from toilets) can help boost someone’s appetite. |
| [ELFT Nutrition Screening Tool.docx](https://nhs.sharepoint.com/%3Aw%3A/s/msteams_24da0a/EeAQdBEu_I1MhLCdS65CizQBWRHTgDnpDN3TfJKegMKGAQ?e=4nczzx) | Offer **regular prompting and encouragement** with eating and drinking in between meals and at mealtimes. **Monitor on food and fluid charts**. |

**If you have queries about nutrition, please be in touch with the ELFT dietitians**