**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 in  This 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/:w:/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**