**Nutrition Support**

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|  | **What is Malnutrition?**Malnutrition is also known as underweight, and is caused by unintended weight loss.   |
| A picture containing text, linedrawing  Description automatically generated | Some signs of malnutrition include protruding bones, baggy clothes or jewellery, pale skin and fatigue.  |
|  | Malnutrition can have serious negative impacts, including infection, admission to hospital, and longer stay in hospital. |
|  | **What is Nutrition Support?**A diet high in energy (calories) and protein is called ‘Nutrition Support’ diet to help build strength and promote weight gain. This diet is different to generic healthy eating advice. |
|  | If someone has a small appetite, we can fortify food with energy and protein to make sure that every mouthful counts.Skimmed milk powder (UHT milk) is a source of protein which can be added to food without changing its flavour. |
|  | Using full fat varieties of milk, yoghurt, cream, butter, oil and other foods is an easy way to add calories to food or drinks like tea, cereal or soup. |
|  | Adding sugar, syrup, honey, jam, mayonnaise and other sauces can also add calories to food. |
|  | Choosing meals or snacks made with eggs, beans, cheese, nuts, fish, chicken or meat adds protein to the diet.Some examples include:* sprinkling cheese onto main meals
* eating tuna, egg, cheese, chicken or meat sandwiches
* eatingomlettes
* dipping bread into hummus
 |
|  | High-energy snacks and puddings increase calories in the diet, such as custard, mousse or chocolate. |
|  | Sugary and milky drinks are also a source of calories and protein.Examples include:* smoothies made with high-protein yoghurt and peanut butter
* tea made with skimmed powder, full fat milk and sugar
* juices and energy drinks
 |
|  | Avoid skipping meals, and have snacks regularly during the day. Having a ‘protected mealtime’ without interruption guarantees time to eat. |
|  | Eat in an inviting space with preferred sound (music or silence), photos of relatives and friends, appropriate aroma (appetising food smells and away from toilets). |
|  | Set reminders or ask for prompts and encouragement to eat, and monitor weight, food and drink on charts. Work with catering services to ask for high-calorie snacks and drinks as well. |

**Food Record Chart for Staff Completion**

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| **Name:****RiO #:****Date:** | **Food / fluid offered (add detail/comments)** | **Portion Consumed** |
| **Time:** | **Portion** (R – refused, S – small, M – medium, L – large) | Nil | ¼ | ½ | ¾ | All |
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**Guidance for completion of Food and fluid Record Charts**

Record the date and time of food consumption

In column ‘Nil’, record food refusal with ‘R’

If food/drink was refused or missed please record a reason for this (eg felt sick after medications, or away at appointment)

Record additional independently sourced foods including take-away meals, shop-bought, gifted and vending machine foods and drinks

In column ‘All’ record ‘1’ if all of the food was eaten, or 2 or 3 to indicate multiple portions

Upload onto medical records

Example:

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| **Name: Joe Bloggs****RiO #: 12345****Date: 23/03/24** | **Food / fluid offered (add detail/comments)** | **Portion Consumed** |
| **Time:** | **Portion** (R – refused, S – small, M – medium, L – large) | Nil | ¼ | ½ | ¾ | All |
| *9.10.2023 / 8am* | *2 slice toast, butter, 2 fried eggs*  |  |  |  | ü |  |
| *9.10.2023 11am* | *200ml – Oral nutritional supplement drink Aymes shake, chocolate flavor* |  |  |  |  | ü |
| *9.10.2023/ 11am* | *L - Shish kebab, chips, salad.**Note: Ate ¼ of a small portion of chips with one sachet of mayo; Did not eat salad or shish kebab.* |  | ü |  |  |  |
| *10.10/2023 / 10 am* | *Sachet Porridge, full-fat milk, cinnamon,* *Refused as was feeling nauseous.*  | R |  |  |  |  |