



April 2013

## Nutrition Newsletter

Information and news for Care Homes  
in The Essex And Tendring Area

# Soft & Puréed Diets

The aim of this newsletter is to provide extra information about Soft and Puréed diets and why some of your residents may be at greater risk of malnutrition when eating these types of foods.

We will also demonstrate ways in which you can fortify meals to increase their calories.

## What is a Purée?

A food which:

- Is a thick, smooth, uniform consistency.
- Can be eaten with a fork or spoon.
- Will hold its own shape on a plate, and can be moulded, layered and piped.
- There are no loose fluids that have been separated off.
- Texture C Diet (Texture B = thin purée)

**How Much is Enough?**  
Most older people need approximately  
1600-1800kcal per day  
add an extra  
**400kcal daily is they are trying to  
gain weight**

**Keeping Hydrated**  
Most older people need  
8-10 cups of fluid per day  
  
Approx 1800 – 2000ml

## What is a Soft Diet?

A food which:

- Is soft, tender and moist
  - Needs very little chewing
  - Can be mashed easily with a fork this should be done prior to serving.
  - It should contain no, pips, seeds, bone or gristle.
  - No chewy, stringy, fibrous, Dry, crispy, crunchy, crumbly, pieces.
  - If served with a gravy or sauce it should be very thick and able to hold its shape on a plate.
- Texture D/E

### Statistics

**Dehydration:**

-**ALL** older people requiring thickened drinks failed to meet fluid needs.

*(Vivanti et al, 2009)*

**Malnutrition:**

-1 in 3 Adults admitted to hospital

-1 in 3 Adults admitted to a Care Home

*(Nutrition Screening Week BAPEN 2008)*

The Community Dietetics Team.

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# Increasing calories in Soft & Puréed Diets

	Food Eaten	Calories
B'fast	Porridge (milk & water)	135
Mid am	Coffee	15
Lunch	Fish, Mash, Peas – Peaches	270
Mid Pm	Tea	15
Dinner	Veg Soup & Roll	220
Supper	Tea	15
<b>Total</b>		<b>670</b>

How can you improve the calorie content of puréed & soft foods.

Food (average sized portions)	Kcal Normal food	Puréed with water	Semi Skimmed milk	Fortified milk	Fortified Milk & Butter
Fish Pie	300	150	220	350	400
Carrots	20	10	20	70	100
Broccoli	20	10	20	70	100
Jelly	70	70	140	250	(250)
<b>TOTAL</b>	<b>410</b>	<b>240</b>	<b>400</b>	<b>740</b>	<b>850</b>

This chart shows how a persons diet can be lacking in calories.

How would you increase their calorie intake?

### Extra snacks

- Thick & Creamy Yoghurt
- Custard with added cream
- Chocolate mousse

All of these have the added bonus of being wet snacks so increasing fluid intake.

### High Calorie Drinks

- Milky Coffee
- Fortified Hot chocolate
- Homemade Smoothie

### Banana Smoothie

**360ml/449kcal/20.6g of protein**

- 200mls whole milk
- 1 small banana
- 60g/ 1 scoop vanilla ice cream
- 1 teaspoon sugar
- 2 tablespoons of skimmed milk powder



### Nourishing Milky Drink

**200mls Fortified Whole Milk**  
(made using 1 pint of whole milk and 4 tbsp of skimmed milk powder)  
**30mls of Double Cream**  
(2 x tbsp)

Mix with either Hot Chocolate or Horlicks

Serve as a nourishing bedtime drink or in the afternoon

**= 365kcal**

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## Highlighted Area of Good Practice

Tall Trees Nursing Home  
Colchester

Below the Head Chef from Tall Trees shares tips on how she increases calories for those on special diets.

*“At Tall Trees we have 19 residents who require a pureed diet and 12 who have a soft diet.*

*These residents can be more susceptible to losing weight due to the way in which their food is prepared, adding extra fluid to food can reduce the calories.*

*All of our residents food is fortified to a certain extent but we pay particular attention to those with a low BMI or who eat soft or pureed diets.*

*For example: We add cream, butter and cheese to mash potato.*

*Double cream is also added to desserts and porridge, I make my own rice pudding which is laden with butter and even more cream.*

*For those residents who are losing weight or have a low BMI we offer them daily homemade high calorie smoothies made with full fat milk, dried milk powder and cream, we add different flavourings, such as fruit, ice-cream and peanut butter.*

*The Catering Team work closely with the residents and care team ensuring that the residents’ nutritional needs are met and their well being is maintained”*

Julie Calham  
Head Chef Tall Trees

*Well done to all the staff at Tall Trees*

You may have residents in your care home that have been prescribed Thick and Easy to thicken fluids and foods. Please make sure that this is used correctly and to the right consistency Stages 1,2 or 3.

There are instructions to follow on the side of the tin.

If drinks are not thickened adequately a resident can be at risk of choking or even aspiration.

The Stage of fluid required should be decided by a Speech and Language Therapist or GP.

Thick and Easy can also be mixed with foods which can be put into moulds for presentation.

FREE Training can be arranged for your home through us or by contacting Luisa Harman from Fresenius 07970084015



## PHAN

### *Purees, Hydration And Nutrition*

We would like to say a special thank you to:

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