

August 2012



# Nutrition Newsletter

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

## The Importance of Vitamin D

Vitamin D helps the body to absorb Calcium and Phosphate. These nutrients are needed to keep bones and teeth healthy, it also helps the kidney's function efficiently which is essential in the elderly and those at risk of malnutrition.

### **Good sources of vitamin D**

We get most of our vitamin D from sunlight on our skin, Vitamin D is made by the body under the skin in reaction to summer sunlight. Most people should be able to get all the Vitamin D they need by eating a healthy balanced diet and by getting some summer sun.

However, there are some groups of the population who are at risk of not getting enough vitamin D.

### **These groups are:**

- older people aged 65 years and over
- people who are not exposed to much sun, such as people who cover up their skin when outdoors or those who are housebound or confined indoors for long periods
- people who have darker skin such as people of African, African-Caribbean and South Asian origin
- all pregnant and breastfeeding women
- babies and young children younger than five

**People in these groups should consider boosting the amount of Vitamin D they are receiving through their diet.**

## Vitamin D is also found in a small number of foods

**Fortified breakfast cereals, herrings, mackerel, pilchards, sardines, tuna, canned salmon, eggs, liver sausage pate, margarine.**



Further information can be found  
on the NHS website  
[www.nhs.uk](http://www.nhs.uk)



## **MY HOME LIFE**

We are happy to announce that the Food First Booklet, Nutrition Information, training updates and our monthly Nutrition Newsletters will now be featuring on the My Home Life website, they are available for you to view at anytime print off for your reference. [www.myhomelifeessex.org.uk](http://www.myhomelifeessex.org.uk)

**The Community Dietetics Team.**

**[chu-ftr.foodfirst@nhs.net](mailto:chu-ftr.foodfirst@nhs.net) Tel: 01206 744552 Fax: 01206 744492**



# Recipe of the Month



10 DOWNING STREET  
LONDON SW1A 2AA  
www.number10.gov.uk

From the Direct Communications Unit

18 May 2012



Ms Heather Churchyard  
Colchester Hospital University  
Essex County Hospital  
Nutrition and Dietetic Department  
Lexden Road  
Colchester  
Essex  
CO3 3NB

Dear Ms Churchyard

I am writing on behalf of the Prime Minister to thank you for your fax requesting a recipe for a nutrition newsletter for Care Homes and their staff.

Mr Cameron is most grateful for the time and trouble you have taken to get in touch.

I enclose a recipe for one of Mr Cameron's favourite dishes.

With best wishes.

Mackerel is a good source of protein which is essential in helping the body build new tissue and heal wounds. It is also an excellent source of Omega 3 which a fatty acid which helps the body maintain a healthy heart and joints.



10 DOWNING STREET  
LONDON SW1A 2AA  
www.pm.gov.uk

Yours sincerely

Correspondence Officer



## Recipe for Smoked Mackerel Paté

### *Ingredients:*

2 Smoked Mackerel Fillets  
400 grams of cottage cheese and an equivalent amount of Greek yoghurt  
Juice from 1 lemon  
Freshly milled black pepper  
A teaspoon of strong horseradish sauce  
And a few drops of tabasco

### *Preparation:*

Peel the skin off the fillets and put them in a bowl.  
Shred them using two forks.  
Mix in all the other ingredients, stirring vigorously with a fork.  
Add pepper to taste.  
Put in fridge and then serve on toast.

An average 40g serving on 4 toasted fingers.  
= **Approx 200kcal.**  
This would make an excellent snack and could be used as part of a finger food meal for those with Dementia.  
Also ideal for those with a savoury tooth

[chu-ftp.foodfirst@nhs.net](mailto:chu-ftp.foodfirst@nhs.net) Tel: 01206 744552 Fax: 01206 744492



# Highlighted Area of Good Practice

Colne House Residential Home  
Earls Colne, Colchester

Food is an important part of day to day life and we at Colne House take pleasure in providing a wide variety of home cooked meals. With a great choice of delicious and wholesome dishes on offer, our meal times are popular occasions. Meals are prepared daily using fresh produce by our experienced in house catering team. We often use fresh produce grown in our garden.

Our residents may choose to eat amongst friends and support workers in our comfortable dining room or conservatory or to dine alone in their room. If any of our residents have guests at meal times then they too are invited to join us for lunch as we have found in the past it to be encouraging to residents that have lost their appetite. At meal times staff eat alongside our residents too and the atmosphere is calming and enjoyable.



We offer a full cooked breakfast, lunch and tea and between meals we offer a snack trolley which consists of sandwiches, cakes, biscuits, crisps and fresh fruit, we also place tempting finger eating foods at snack stations around the home for residents that like to eat on the go.



We cater for different dietary needs, we prepare pureed meals and meals for diabetics. We use fortified milk for cereals, tea, coffee or milkshakes for residents that need to gain or keep a steady weight, also instead of making the meals bigger we keep the meal small and add calories like cream or cheese to mash potatoes instead of milk, we increase calories wherever possible.

A water dispenser is available to use at any time along with a tea station serving a selection of hot and cold drinks where residents can choose to help themselves.



We enjoy special occasions – birthdays being very important of course – families and friends can join their relative for a special celebration meal and always a birthday cake. Any excuse for celebrating with a special meal or food - Diamond Jubilee, Summer BBQs and picnics (indoors if the weather is bad) fetes and open days.



Food and mealtimes are something our residents can and do enjoy and we try to make eating a happy and interesting experience at all times, at the same time ensuring that our residents' nutritional needs are being met.

## WELL DONE ALL AT COLNE HOUSE

The Community Dietetics Team.

[chu-ftr.foodfirst@nhs.net](mailto:chu-ftr.foodfirst@nhs.net) Tel: 01206 744552 Fax: 01206 744492