



# Nutrition Newsletter

Information and news for Care Homes  
in the Essex and Tendring area



## How many calories are in Christmas???

*Christmas can be a good time for your residents that are underweight to indulge in their favourite foods. However some of your residents may need to follow more of a healthier diet. In this newsletter we will aim to provide you with information about different food that may be available over the Christmas period.*

*You can use this information to help residents make informed choices about the foods they eat.*

### CHRISTMAS CALORIE COUNTER

**CHRISTMAS DINNER:** Total = 956 calories, 48g fat

- Roast turkey (90g) = 149 calories, 4g fat
- Roast potatoes (85g) = 127 calories, 4g fat
- Stuffing (100g) = 231 calories, 15g fat
- Bread sauce (45g) = 42 calories, 1g fat
- Roast parsnips (90g) = 102 calories, 6g fat
- Boiled carrots = 14 calories, 0g fat
- Boiled brussels = 32 calories, 1g fat
- Gravy (50g) = 17 calories, 1g fat
- Cranberry sauce (30g) = 45 calories, 0g fat
- Pork sausage (20g) = 62 calories, 5g fat
- Bacon (40g) = 135 calories, 11g fat

*An average Christmas dinner contains about 1000kcal*



*1 portion Christmas pudding (100g), custard and brandy butter*



**587 Calories, 22g fat**

### EXTRAS

- 1 slice of Christmas cake (70g) = 249 calories, 8g fat
- 1 portion of chocolate log (30g) = 101 calories, 3g fat
- 1 portion of cheese and biscuits = 394 calories, 27g fat
- 1 portion of mixed nuts (40g) = 243 calories, 22g fat
- 1 mince pie and double cream = 368 calories, 25g fat
- 1 glass of mulled wine = 245 calories, 0g fat

Source: British Nutrition Foundation

### A Simple Sandwich can provide essential Calories, Fats and Protein....

*An egg sandwich using two slices of brown bread, two hard boiled eggs and 30ml of Hellmans mayonnaise provides (approximately) 550 calories, 36g of fat and 17g of Protein.*

*An elderly person with a smaller appetite would still consume 275 calories, 18g of fat and 8.5g of Protein if they ate just two quarters.*

*A mince pie to follow and that is over 500 calories!!!*

*Just part of the buffet at Woodlands Residential Home For Ladies, Colchester – please see page 3*



## How many calories are in the Christmas buffet?

	1 x Mince Pie <b>250kcal</b>		1 x Packet of Crisps <b>180kcal</b>
	2 x Vol-au-vents <b>140kcal</b>		2 x Chocolate Biscuits <b>164kcal</b>
	1 x Medium Sausage Roll <b>244kcal</b>		1 x Slice of Stollen <b>205kcal</b>
	1 x Mini Pork Pie <b>201kcal</b>		1 x slice Christmas Cake <b>263kcal</b>
	2 x ¼ Turkey Sandwich <b>205kcal</b>		3 x Squares of Chocolate <b>100kcal</b>
	3 x Cheese & Biscuits <b>275kcal</b>	<p><b><u>Average Plate of Buffet Food</u></b></p> <div style="border: 2px solid black; border-radius: 50%; padding: 20px; text-align: center;"> <p><b>Mince Pie</b> <b>½ Turkey Sandwich</b> <b>Crisps</b> <b>Sausage Roll</b>  <b>879kcal</b></p>  </div>	
	2 x Pigs in Blankets <b>250kcal</b>		
	1 x Mini Pizza <b>202kcal</b>		
	1 x Slice of Quiche <b>250kcal</b>		
	A handful of Brazil nuts <b>348kcal</b>		



# Highlighting Areas of Good Practice

Woodlands Residential Home for Ladies,  
Colchester Essex



At Woodlands we like to feel that all of our ladies are offered an excellent variety of their favourite foods. We cater for different diets including diabetic, pureed and vegetarian. We have excellent quality fresh meat and fruit and vegetables delivered daily (except Sunday). Since we have been involved with the 'Food first' program we have learned how to fortify foods to increase the calorie and fat content without increasing the amount our ladies need to eat, as we know having a large meal with a small appetite does not benefit. Adding cream and fortified milk to milk puddings and custards are simple examples that we have learned.

During summer months the 'Food first' recipes for banana and strawberry smoothies are welcomed but not so much during the colder weather.

Milky coffees are the winter replacement!!



## Some of the foods we have on our Buffet

Food Type	Calories	Total Fat per item (g)
Savoury Egg	60	3.8
Cocktail Sausage	20	1.6
Mini Pork Pie	100	7
Mini Pasties	113	7.7
Mini Pizza	69	3
2 Chocolate Fingers	60	3
Mince Pie	230	8.5
Stollen Slice	205	9.9

We have found that often our ladies will eat many more calories by nibbling on small foods that are high in calorie and fat content but not too filling. Therefore they will eat more without realising or feeling full too soon.

With this in mind we offer a buffet meal every Sunday teatime. We serve this in the main lounge whilst our ladies enjoy listening to Songs of Praise. Having such an informal supper often leads to the ladies eating more than they would do ordinarily. (I am sure many of us have tried to watch our calories and know only too well how easy it is to eat more than we intended at a buffet!!!)

I have listed some of our favourite buffet foods that we serve regularly on a Sunday and also for birthday parties. I have added a few Christmassy items too.

**WELL DONE TO ALL AT WOODLANDS**

The Community Dietetics Team.

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



*We'd like to say well done to all of the Care Homes,  
who have participated in the Food First project, striving  
to make nutrition within their homes enjoyable and  
appetising for their residents.  
Whilst promoting good health and well being.*

**Wishing you all a Merry Christmas & A Happy New Year**

**The Community Dietetics Team  
Kirsteen Bryson, Sally Lamond, Carley Rands & Heather Churchyard**

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