



December 2013 Nutrition Newsletter

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



Healthy Eating Over Christmas



There are many ways that you can enjoy a healthy and nutritious Christmas

- Try to eat breakfast on Christmas day as this will fill you up and you will be less likely to snack on Christmas treats.
- Serve Christmas dinner with lots of vegetables for a balanced meal which will also help towards the target of at least five fruit and vegetables a day.
- Microwave , steam or roast veg to preserve more vitamins.
- Cut potatoes for roasting into larger chunks – they'll absorb less fat,
- Try making your own gravy instead of using cubes or granules which tend to be higher in salt.
- For healthy snacks, go for unsalted nuts, dried fruit or satsuma's
- Turkey meat is a lower fat choice for Christmas dinner; traditionally goose was eaten but it is much higher in fat.
- Swap fizzy drinks and alcohol for fruit juices or water.
- Get active rather than slump on the sofa – take a brisk walk or play an indoor game.

Festive Food Facts

- The average person consumes 7000 calories on Christmas Day it would take 780 minutes of running to burn this off.
- At Christmas the UK will consume 19,000 tons of turkey
120,000 tons of potatoes
7.5 million carrots.
11 million Christmas cakes.
- The average person will eat 15 sprouts over Christmas.
- 175 million Mince Pies will be brought from UK Supermarkets this Christmas.

Calories in Alcohol

Alcohol	Size	Calories
WINE		
Red Wine	1 Glass (175ml)	119
White Wine (dry)	1 glass (175ml)	116
White Wine (med)	1 Glass (175ml)	130
Rose Wine	1 Glass (175ml)	124
Champagne	1 glass (175ml)	133
BEER		
Heineken	1/2 Pint	114
Amstel Bier Lager	1/2 Pint	114
Bud Lite	1/2 Pint	114
Budweiser	1/2 Pint	114
Newcastle	1 Bottle 12 fl oz	150
Corona Lite	1 Bottle 12 fl oz	109
Corona Extra	1 Bottle 12 fl oz	150
LIQUOR		
Vodka	Single Shot	56
Jack Daniels	Single Shot	64
Bacardi	Single Shot	65
Tequila	Single Shot	97



Highlighted Area of Good Practice



Forest Home Swan St, Sible Hedingham

All of the staff at Forest Home have made concerted efforts to improve nutrition within the care home over the past few months. Below home manager Michelle Sims speaks about the ideas which have been put in place.

“We at Forest Home have recognised our residents dietary needs and made significant changes to help meet them.

Our residents are weighed monthly, having their Waterlow and BMI recorded. By doing this it gives us a good indication as to who needs to increase or decrease their calorie intake. It also is an important tool in preventing malnutrition within the care home.

For residents who have a low BMI, we have introduced, cream to their porridge, cream and cheese to their mash potato and soups and evaporated milk to jellies, this increases their calorie intake and hopefully slowly increases or help to maintain their weight. We also provide our residents with full cream yoghurts and high calorie puddings. We offer high calorie home made milkshakes, which have proved very popular.

For residents who have a high BMI, we promote choosing fruit as a healthy option, more vegetable choices with their dinners and low fat desserts that are served daily. Fresh fruit has been added to our tea/coffee trolley to promote ‘Healthy Eating’.” A resident has quoted ‘it makes a change from having a biscuit with our cup of tea, the pears are lovely and soft’.

Michelle Sims, Home Manager

Milkshakes

1 pint full cream milk
4 scoops Vanilla Ice cream
4 dessert spoons Nesquick

Blend together to make a full fat milkshake.

**200mls would provide:
254 kcals / 6.8g protein**

Milky Jelly

1 packet jelly any flavour
1 large tin evaporated milk

Use less than half the amount of water to make the jelly and add fruit as an optional extra, leave to set.

**If made into 4 Jellies this would provide:
154kcals / 8.6g protein**

Well Done to all at Forest Home

chu-ftr.foodfirst@nhs.net Tel: 01206 744552 Fax: 01206 744492



Nutrition Training & Study Day

In 2014 The Community Dietetic Team will be running several study days

All of these Study Sessions will be held at Colchester General Hospital

- 11th February 2014 - 13.30 – 17.00
- 14th February 2014 – 09.00 – 12.30
- 25th February 2014 – 09.00 - 12.30
- 25th February 2013 – 13.30 – 17.30

We are aiming to cover the following topics

- Nutrition/Food First
- Hydration
- MUST
- Dementia
- Tissue Viability & Pressure Sores
- End of Life Care
- Thickening fluids

The training will be provided by The Community Dietetic Team and other Health Care Professionals.

Because there's only a limited number of spaces available.

Care Homes will be limited to 2 members of staff per home, for larger homes which have separate units please contact us if you wish to arrange extra spaces.

If you would like to book a place, please do not hesitate to contact us.

There will be a £10 returnable deposit per person (returned on attendance)

chu-ftr.foodfirst@nhs.net Tel: 01206 744552 Fax: 01206 744492



Nutrition Training & Study Day

BOOKING FORM

If you would like to attend one of the study days please complete the following form.

Name of Attendee	Care/Nursing Home	Job Title

Please indicate which date and time you would like to attend

Date of training session		Indicate which session <input type="checkbox"/>
All sessions to be held at : Colchester General Hospital/ Training Room South		
February 11 th 2014	13.30 – 17.00	
February 14 th 2014	9.00 – 12.30	
February 25 th 2014	9.00 – 12.30	
February 25 th 2014	13.30 – 17.00	

Please make cheques payable to:

Colchester University NHS FD Trust

Please send completed booking form to:

Nutrition & Dietetics
Essex County Hospital
Lexden Road
Colchester
CO3 3NB

chu-ftr.foodfirst@nhs.net Tel: 01206 744552 Fax: 01206 744492