



February 2012

# Nutrition Newsletter

Information and news for Care Homes in North East Essex

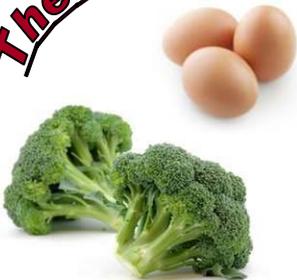
## *The Importance of Vitamins and Minerals in The Elderly*

### IRON

Iron deficiency is common in the elderly and can lead to Anaemia. This can cause people to appear pale, experience tiredness and in some cases breathlessness. People with anaemia may also be more prone to infections due to changes in the immune function.

In older people the gut may not be as effective at absorbing iron as in younger people.

Absorption is enhanced if vitamin C is present with the meal.



### Sources of Iron

*Iron is found in varying amounts in the following foods*

**Fortified breakfast cereals, lamb, oily fish, soya beans, chick peas liver, kidney, wholemeal bread/flour, wheat bisks, beef, beef burger, corned beef, lentils, spinach, broccoli, spring greens, dried apricots, raisins, baked beans, broad beans, black eyed peas, salmon, tuna, poultry, eggs, tofu.**

All information taken form

“Eating well for older people” **THE CAROLINE WALKER TRUST**

### IS THIS YOU???

Every month we will be aiming to highlight areas of good practice that are happening within Care and Nursing Homes in our area. We would like to share tips on preventing malnutrition and include recipes that homes have found successful. If you feel that you would like to share your experiences with others and be included in our news letter please contact us at the email address below.

The Community Dietetics Team.

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Recipe of the month

# Banoffee Pie

## Ingredients

### Banoffee Pie

275 g (10 oz) butter  
250 g (9 oz) ginger nut biscuits, crushed  
150 g (6 oz) caster sugar  
Tub of Dulche de Leche  
(Carnation cook with caramel)  
2 bananas  
150ml (1/4 pint) double cream  
200ml mascarpone cheese  
Plain chocolate, grated, to decorate

### For the tuile

(optional if on a soft diet)

40g butter  
50g icing sugar  
1 egg white  
40g plain flour, sieved  
1 tsp ginger  
Icing sugar, to dust

### Banoffee Pie

- 1) In a large saucepan, melt 100g (4 oz) of the butter and stir in the crushed biscuits. Press into a serving glass to form the base. Spoon over the dulce de leche. Slice the bananas and arrange most of them over the top.
- 2) Combine the cream with the mascarpone and spoon over the banana layer. Layer over some more chopped bananas, then finish with chocolate shavings.

### For the Tuile: (optional if on a soft diet)

- 1) Preheat the oven to 180C/gas mark 4. Line 2 baking trays with baking parchment.
- 2) Beat the butter and icing sugar together until pale and fluffy. Add the egg white and continue to beat until smooth. Fold in the flour and add the ginger.
- 3) Spread teaspoonfuls of the mixture onto the baking trays and make small flat oval shapes using the back of a spoon or a spatula - leave a space between each. Bake for 4-5 minutes until golden.
- 4) Carefully remove each wafer from the baking sheet and press against a rolling pin to shape them. Don't force them if they're getting too crisp, simply return them to the oven for a few seconds and try again.
- 5) Dust with icing sugar and serve, or store in an airtight tin until required

**This is an extremely high calorie dessert and beneficial to those with a small appetite and sweet tooth.**

**If divided into 10 small pieces it would provide**

**679kcal /12.2gms of protein (with the Tuile) 613kcal /11.5gms of protein (with out the Tuile)**

***This recipe was kindly donated by***

***Gino D'Acampo***

***Celebrity Chef and supporter of the Alzheimer's Society***

**The Community Dietetics Team.**

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# Highlighting good practice

## Lime Court Residential Home, Harwich

We'd like to congratulate all the staff at Lime Court Residential Home who have been piloting the Food First project since it began in October 2011. They have worked very hard to integrate it into the day to day running of their home with excellent results.



*Enjoying a high calorie  
Ice cream sundae*

All of the Staff at Lime Court have worked alongside one another to make this project work. They have taken examples and recipes from the Food First pack put there own twist on them and made them work within the care home.

*"Our chefs are integral to the success of the food first programme. They have produced a menu that is based on the individual's needs, and with the use of home made high protein shakes, fresh fruit at breakfast, high carbohydrate muffins with cream and the availability of finger food plates being available over the 24hr period".*

**Pauline Richardson Deputy Manager**

Lime Court has a lot of service users with small appetites. Staff have been making large jugs of Food First milkshakes and offering it to service users in small amounts 2-3 times per day. This will provide much needed calories, protein and other nutrients that a person may be lacking. We have been told that the Food First Banana Smoothie is a favourite at Lime Court.

Staff have also been providing high calorie snacks and finger foods for residents which have been a great success.

*"We have found that it has also improved their well being and daily living. We are also finding that as the weeks go by our most vulnerable service users are gaining weight but most importantly they are maintaining the weight, I am thankful to the food first programme and the way it has improved the well being of my service users and fully recommend its introduction into the home environment".*

**Suzanne Moore senior and food first programme lead**

Staff at Lime Court have notice great improvement in their service users appearance, general well being and increases in weight. Some of their service users no longer need medical supplements and their weight is monitored and maintained by Staff and the use of the Food First advice.



*Enjoying a Finger Food  
Buffet*

*"The food first programme has enhanced the lives of our service users. It has allowed us to reduce the number of service users that are reliant on the use of medicated build ups.*

*Since the introduction of the food first programme our service users have maintained or increased their weight, this is proportionate to the way the programme is used and the way it has been accepted and enjoyed by the service users "*

**Mike Richardson Home Manager**