



January 2012

# Nutrition Newsletter

Information and news for Care Homes  
in the North East Essex Area

**Hello and welcome to our first newsletter of 2012.**

**The Food First launch has been a great success and 96 residential and nursing homes in North East Essex have now received their information packs.**

**The Community Dietetic Team will now be distributing a monthly newsletter to all care homes in the North East Essex area. The Newsletter will include recipes and nutrition information for you to keep.**

**We will also be offering tips and advice on nutrition in Nursing and Residential Homes.**

## *The Importance of Vitamins and Minerals to the Elderly*

Vitamin C helps the body boost its immune system and helps fight against coughs and colds.

**It is also used to make skin, ligaments, tendons and blood vessels and helps to heal wounds and sores. Vitamin C is an antioxidant - Antioxidants are thought to help prevent heart disease and cancer.**



**Vitamin C also aids the body in the absorption of Iron which is a common deficiency in the elderly.**

Recommended dose (per day):  
Vitamin C: 90 mg (for men) or 75 mg (for women) with an extra 75 mg for people who smoke.

**Good sources of dietary Vitamin C are: Oranges/ orange juice, Strawberries, Kiwi, Broccoli, Brussel sprouts, Potatoes, Tomatoes, Red and green peppers.**



**Wishing You Happy New Year from The Community Dietetics Team.**

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



## **Calling All Chefs**

If anyone would like to donate a, nourishing and high calorie recipe for our newsletter, We will be running a competition

### **“Recipe of the Month”**

The winner feature will in the newsletter.

### **Citrus Banana Milkshake** **450ml/578kcal/22.71g** **of protein**

1 Banana  
Juice of 1 Lemon  
50ml Orange Juice  
150 ml Whole Milk  
2 Scoops Vanilla Ice Cream  
2 Table spoons Skimmed Milk Powder



**Blend and Serve**  
**Citrus Banana Milkshake**  
**Contains**  
**42.3mg of Vitamin C**



### **Nutrition Training**

We are looking to provide nutrition training workshops for Care Homes and their staff in 2012.

If you have any particular subjects or issues you would like us to cover we would value your input.

## **All Other News**

We will be highlighting areas of good nutritional practice within Care Homes, in future newsletters

If you or your staff would like to contribute with ideas or share practises that have worked well within your Care Home, Our Food First email account is now up and running if you would like to contact us please feel free to use it.

**Included in this newsletter you will find a table for converting the height and weight of your residents into metric form.**

For referrals please continue to use the fax number listed below.

**Lastly for all the iphone users, there is now an App for “MUST” which is available to download. Cost 69p**

**The Community Dietetics Team**

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# Conversion Tables

## Weight Conversion Table

st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg
1	0.45	0.45	10	36.29	16.45	11	10	74.39	14	10	93.44	17	10	112.49	17	10	112.49	17	10	112.49
2	0.90	0.90	5	11	36.74	8	11	74.84	14	11	93.90	17	11	112.95	17	11	112.95	17	11	112.95
3	1.36	1.36	5	12	37.19	8	12	75.30	14	12	94.35	17	12	113.40	17	12	113.40	17	12	113.40
4	1.81	1.81	5	13	37.65	8	13	75.75	14	13	94.80	17	13	113.85	17	13	113.85	17	13	113.85
5	2.27	2.27	6	38.10	38.10	9	13	76.20	15	13	95.26	18	13	114.31	18	13	114.31	18	13	114.31
6	2.72	2.72	6	1	38.56	9	1	76.66	15	1	95.71	18	1	114.76	18	1	114.76	18	1	114.76
7	3.17	3.17	6	2	39.01	9	2	77.11	15	2	96.16	18	2	115.21	18	2	115.21	18	2	115.21
8	3.63	3.63	6	3	39.46	9	3	77.57	15	3	96.62	18	3	115.67	18	3	115.67	18	3	115.67
9	4.08	4.08	6	4	39.92	9	4	78.02	15	4	97.07	18	4	116.12	18	4	116.12	18	4	116.12
10	4.54	4.54	6	5	40.37	9	5	78.47	15	5	97.52	18	5	116.58	18	5	116.58	18	5	116.58
11	4.99	4.99	6	6	40.82	9	6	78.93	15	6	97.98	18	6	117.03	18	6	117.03	18	6	117.03
12	5.44	5.44	6	7	41.28	9	7	79.38	15	7	98.43	18	7	117.48	18	7	117.48	18	7	117.48
13	5.90	5.90	6	8	41.73	9	8	79.83	15	8	98.88	18	8	117.94	18	8	117.94	18	8	117.94
1 Stone	6.35	6.35	6	9	42.18	9	9	80.29	15	9	99.34	18	9	118.39	18	9	118.39	18	9	118.39
1	7	9.53	6	10	42.64	9	10	80.74	15	10	99.79	18	10	118.84	18	10	118.84	18	10	118.84
2	14.70	14.70	6	11	43.09	9	11	81.19	15	11	100.24	18	11	119.30	18	11	119.30	18	11	119.30
3	19.05	19.05	6	12	43.55	9	12	81.65	15	12	100.70	18	12	119.75	18	12	119.75	18	12	119.75
4	22.23	22.23	6	13	44.00	9	13	82.10	15	13	101.15	18	13	120.20	18	13	120.20	18	13	120.20
4 Stone	25.40	25.40	7	14	44.45	10	13	82.55	16	13	101.61	19	13	120.66	19	13	120.66	19	13	120.66
4	1	25.86	7	1	44.91	10	1	83.01	16	1	102.06	19	1	121.11	19	1	121.11	19	1	121.11
4	2	26.31	7	2	45.36	10	2	83.46	16	2	102.51	19	2	121.56	19	2	121.56	19	2	121.56
4	3	26.76	7	3	45.81	10	3	83.92	16	3	102.97	19	3	122.02	19	3	122.02	19	3	122.02
4	4	27.22	7	4	46.27	10	4	84.37	16	4	103.42	19	4	122.47	19	4	122.47	19	4	122.47
4	5	27.67	7	5	46.72	10	5	84.82	16	5	103.87	19	5	122.93	19	5	122.93	19	5	122.93
4	6	28.12	7	6	47.17	10	6	85.28	16	6	104.33	19	6	123.38	19	6	123.38	19	6	123.38
4	7	28.57	7	7	47.63	10	7	85.73	16	7	104.79	19	7	123.83	19	7	123.83	19	7	123.83
4	8	29.03	7	8	48.08	10	8	86.18	16	8	105.24	19	8	124.29	19	8	124.29	19	8	124.29
4	9	29.48	7	9	48.54	10	9	86.64	16	9	105.69	19	9	124.74	19	9	124.74	19	9	124.74
4	10	29.93	7	10	48.99	10	10	87.09	16	10	106.14	19	10	125.19	19	10	125.19	19	10	125.19
4	11	30.39	7	11	49.44	10	11	87.54	16	11	106.60	19	11	125.65	19	11	125.65	19	11	125.65
4	12	30.84	7	12	49.90	10	12	88.00	16	12	107.04	19	12	126.10	19	12	126.10	19	12	126.10
4	13	31.30	7	13	50.35	10	13	88.45	16	13	107.50	19	13	126.55	19	13	126.55	19	13	126.55
5 Stone	31.75	31.75	8	14	50.80	11	13	88.91	17	13	107.96	20	13	127.01	20	13	127.01	20	13	127.01
5	1	32.21	8	1	51.26	11	1	89.36	17	1	108.41	20	1	127.47	20	1	127.47	20	1	127.47
5	2	32.66	8	2	51.71	11	2	89.81	17	2	108.86	21	2	127.92	21	2	127.92	21	2	127.92
5	3	33.11	8	3	52.16	11	3	90.27	17	3	109.32	21	3	128.38	21	3	128.38	21	3	128.38
5	4	33.57	8	4	52.62	11	4	90.72	17	4	109.77	22	4	128.83	22	4	128.83	22	4	128.83
5	5	34.02	8	5	53.07	11	5	91.17	17	5	110.22	22	5	129.29	22	5	129.29	22	5	129.29
5	6	34.47	8	6	53.52	11	6	91.63	17	6	110.68	23	6	129.74	23	6	129.74	23	6	129.74
5	7	34.93	8	7	53.98	11	7	92.08	17	7	111.13	23	7	130.19	23	7	130.19	23	7	130.19
5	8	35.38	8	8	54.43	11	8	92.53	17	8	111.59	24	8	130.65	24	8	130.65	24	8	130.65
5	9	35.83	8	9	54.89	11	9	92.98	17	9	112.04	24	9	131.10	24	9	131.10	24	9	131.10

## Height Conversion Table

ft	in	m	ft	in	m	ft	in	m	ft	in	m	ft	in	m	ft	in	m
0	1/4	0.006	1	6/16	0.464	2	4	0.711	3	13/4	0.959	3	11/2	1.206	5	6/2	1.689
0	1/2	0.013	1	6/8	0.470	2	4 1/4	0.718	3	2	0.965	3	11 3/4	1.213	5	7	1.702
0	3/4	0.019	1	6 1/4	0.476	2	4 1/2	0.724	3	2 1/4	0.972	4	0	1.219	5	7 1/2	1.714
0	1	0.025	1	7	0.483	2	4 3/4	0.730	3	2 1/2	0.978	4	1 1/2	1.232	5	8	1.727
0	9/16	0.241	1	7 1/4	0.489	2	5	0.737	3	2 3/4	0.984	4	1	1.245	5	8 1/2	1.740
0	9 3/4	0.248	1	7 1/2	0.495	2	5 1/4	0.743	3	3	0.991	4	1 1/2	1.257	5	9	1.753
0	10	0.254	1	7 3/4	0.502	2	5 1/2	0.749	3	3 1/4	0.997	4	2	1.270	5	9 1/2	1.765
0	10 1/4	0.260	1	8	0.508	2	5 3/4	0.756	3	3 1/2	1.003	4	2 1/2	1.283	5	10	1.778
0	10 1/2	0.267	1	8 1/4	0.514	2	6	0.762	3	3 3/4	1.010	4	3	1.295	5	10 1/2	1.791
0	10 3/4	0.273	1	8 1/2	0.521	2	6 1/4	0.768	3	4	1.016	4	3 1/2	1.308	5	11	1.803
0	11	0.279	1	8 3/4	0.527	2	6 1/2	0.775	3	4 1/4	1.022	4	4	1.321	5	11 1/2	1.816
0	11 1/4	0.286	1	9	0.533	2	6 3/4	0.781	3	4 1/2	1.029	4	4 1/2	1.334	6	0	1.829
0	11 1/2	0.292	1	9 1/4	0.540	2	7	0.787	3	4 3/4	1.035	4	5	1.346	6	1/2	1.842
0	11 3/4	0.298	1	9 1/2	0.546	2	7 1/4	0.794	3	5	1.041	4	5 1/2	1.359	6	1	1.854
1	0	0.305	1	9 3/4	0.552	2	7 1/2	0.800	3	5 1/4	1.048	4	6	1.372	6	1 1/2	1.867
1	1/4	0.311	1	10	0.559	2	7 3/4	0.806	3	5 1/2	1.054	4	6 1/2	1.384	6	2	1.880
1	1/2	0.318	1	10 1/4	0.565	2	8	0.813	3	5 3/4	1.060	4	7	1.397	6	2 1/2	1.892
1	3/4	0.324	1	10 1/2	0.572	2	8 1/4	0.819	3	6	1.067	4	7 1/2	1.410	6	3	1.905
1	1	0.330	1	10 3/4	0.578	2	8 1/2	0.826	3	6 1/4	1.073	4	8	1.422	6	3 1/2	1.918
1	1 1/4	0.337	1	11	0.584	2	8 3/4	0.832	3	6 1/2	1.080	4	8 1/2	1.435	6	4	1.930
1	1 1/2	0.343	1	11 1/4	0.591	2	9	0.838	3	6 3/4	1.086	4	9	1.448	6	4 1/2	1.943
1	1 3/4	0.349	1	11 1/2	0.597	2	9 1/4	0.845	3	7	1.092	4	9 1/2	1.460	6	5	1.956
1	2	0.356	1	11 3/4	0.603	2	9 1/2	0.851	3	7 1/4	1.099	4	10	1.473	6	5 1/2	1.968
1	2 1/4	0.362	2	0	0.610	2	9 3/4	0.857	3	7 1/2	1.105	4	10 1/2	1.486	6	6	1.981
1	2 1/2	0.368	2	1/4	0.616	2	10	0.864	3	7 3/4	1.111	4	11	1.499	6	6 1/2	1.994
1	2 3/4	0.375	2	1/2	0.622	2	10 1/4	0.870	3	8	1.118	4	11 1/2	1.511	6	7	2.007
1	3	0.381	2	3/4	0.629	2	10 1/2	0.876	3	8 1/4	1.124	5	0	1.524	6	7 1/2	2.019
1	3 1/4	0.387	2	1	0.635	2	10 3/4	0.883	3	8 1/2	1.130	5	1/2	1.537	6	8	2.032
1	3 1/2	0.394	2	1 1/4	0.641	2	11	0.888	3	8 3/4	1.137	5	1	1.549	6	8 1/2	2.045
1	3 3/4	0.400	2	1 1/2	0.648	2	11 1/4	0.895	3	9	1.143	5	1 1/2	1.562	6	9	2.057
1	4	0.406	2	1 3/4	0.654	2	11 1/2	0.902	3	9 1/4	1.149						