



January 2013  
Nutrition Newsletter

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

***Hello and welcome to the first Nutrition Newsletter of 2013  
We would like to wish you all a Happy & Healthy New Year***

## ***Following a Healthy Diet***

Not all of your residents will need help to gain weight, some may already have a healthy appetite and could benefit from losing a few pounds.

A sensible rate of weight loss is around 0.5kg to 1kg (1lb to 2lb) a week. You can do this by replacing high-fat foods with those that are low in fat such as fruit, vegetables, unrefined carbohydrates and lower-fat dairy products, and by being more physically active.

### **Meat, fish and alternatives**

Meat, fish, eggs and alternatives, such as beans and lentils, provide protein, which is essential for growth and repair. These protein-rich foods, meat in particular, are also good sources of iron, selenium, zinc and B vitamins.

Lean sources of protein can also help to curb your appetite. To help reduce the calories you get from fat, remove the skin from chicken, cut off obvious bits of fat from lamb, pork and beef, and use minimum oil for cooking.

Aim to eat two portions of fish a week, one of which should be oily fish rich in omega-3 fatty acids, such as salmon, sardines or trout.

You should have two portions of protein-rich foods every day.

#### **A portion is equivalent to:**

Meat and fish the size of a pack of playing cards

Two eggs

Four tablespoons of lentils or beans



### **Bread, cereals and potatoes**

Starchy carbohydrate foods, such as bread, potatoes, rice and breakfast cereals, provide us with energy and other nutrients, including iron and B vitamins.

Starchy foods should make up about a third of your total daily energy intake.

Choose unrefined types that are higher in fibre.

They'll make you feel full for longer.

A balanced diet should contain about 5-7 portions of starchy foods each day.

#### **A portion is equivalent to:**

Three tablespoons of breakfast cereal

One large slice of bread

One chapatti

Three heaped tablespoons of pasta

Two egg-size potatoes

Two heaped tablespoons of rice





### Milk and dairy foods

Foods such as cheese, yoghurt and fromage frais are an important source of calcium as well as providing protein and vitamins. Choose low-fat or reduced-fat versions to reduce the amount of calories in your diet.

Aim for around three portions of dairy foods a day.

**A portion is equivalent to:**

A medium-size glass of milk

A small pot of yoghurt

A small matchbox-sized piece of cheese

### Foods containing fat and/or sugar

Fatty and sugary foods, such as crisps, spreads, oils, creamy dressings, sweets, cakes, biscuits and chocolate, and sugar-rich drinks, including alcohol, are high in calories but relatively low in nutrients, such as vitamins and minerals.

Eating healthily means including foods that are packed with nutrients rather than packed with energy.

You should reduce your intake of these foods as much as possible. You can do this by:

- Swapping sugary and fatty snacks for fruit, diet yoghurt or a slice of wholemeal toast with reduced-fat spread
- Choosing water, reduced-fat milk or low-calorie drinks instead of sugar-rich drinks
- Using only a scraping of spread on your bread and using an oil spray to limit fat when cooking

### A word about salt

On average, we eat over 50 per cent more salt than the recommended level and more than twice the amount we actually need.

We've become used to eating foods containing salt, so reducing the amount we consume often means adjusting our palates.

A lot of salt comes from processed foods, so look for low-salt varieties and check the salt content on the label. You can also cut salt by: Preparing foods from fresh ingredients as much as possible

Avoiding salty snacks, such as crisps and salted nuts

Choosing 'unsalted', 'no added salt' or 'reduced salt' foods



### Fruit and vegetables

Fruit and vegetables provide essential nutrients such as vitamins and minerals, and contain many other compounds associated with good health. Everyone should aim to

increase the amount of fruit and vegetables in their diet.

Because fruit and vegetables are bulky and contain

a lot of water, they can help to control your calorie intake.

Aim for at least five portions a day.

A portion weighs about 80g and can include fresh, canned, frozen and dried fruit and vegetables

**A portion is equivalent to:**

Two large tablespoons of: vegetables, such as peas, carrots, Swede or broccoli

Whole fruits, such as one apple, one orange, one pear  
A handful of grapes

Two tablespoons of strawberries or raspberries

One small glass of fruit juice

A handful of dried fruit



# Healthy Chicken Pie

A delicious and healthy version  
of Chicken Pie

## Ingredients (Makes 4 Portions)

### FOR THE FILLING

- 450ml chicken stock , from a cube
- 100ml white wine
- 2 garlic cloves, finely chopped
- 3 thyme sprigs
- 1 tarragon sprig, plus 1 tbsp chopped tarragon leaves
- 225g carrots , cut into batons
- 4 skinless chicken breasts , 500g/1lb 2oz total weight
- 225g leeks , sliced
- 2 tsp corn flour , mixed with 2 tsp water
- 3 tsp crème fraîche
- 1 heaped tsp Dijon mustard
- 1 heaped tsp chopped flat-leaf or curly parsley

### FOR THE TOPPING

- 70g filo pastry
- 1 tsp rapeseed oil



## METHOD

- Pour the stock and wine into a large, wide frying pan.
- Add the garlic, thyme, tarragon sprig and carrots, bring to the boil then lower the heat and simmer for 3 mins.
- Lay the chicken in the stock, grind over some pepper, cover and simmer for 5 mins. Scatter the leek slices over the chicken, cover again then gently simmer for 10 more mins, so the leeks can steam while the chicken cooks.
- Remove from the heat and let the chicken sit in the stock for about 15 mins, so it keeps moist while cooling slightly.
- Strain the stock into a jug - you should have 500ml (if not, make up with water).
- Tip the chicken and veg into a 1.5 litre pie dish and discard the herb sprigs.
- Pour the stock back into the sauté pan, then slowly pour in the corn flour mix. Return the pan to the heat and bring to the boil, stirring constantly, until thickened.
- Remove from the heat and stir in the crème fraîche, mustard, chopped tarragon and parsley.
- Season with pepper. Heat oven to 200C/180C fan/gas 6.
- Tear or cut the chicken into chunky shreds. Pour the sauce over the chicken mixture, then stir everything together.
- Cut each sheet of filo into 4 squares or rectangles. Layer them on top of the filling, brushing each sheet with some of the oil as you go.
- Lightly scrunch up the filo so it doesn't lie completely flat and tuck the edges into the sides of the dish, or lay them on the edges if the dish has a rim.
- Grind over a little pepper, place the dish on a baking sheet, then bake for 20-25 mins until the pastry is golden and the sauce is bubbling. Serve immediately.

## PER SERVING

**320 calories, 34g protein**

## SERVING SUGGESTION

**Serve with New Potatoes (5, no butter) and Peas (2tbsp) –  
Total Calories per meal 446kcal – 38g Protein**

Recipe from Good Food magazine, [February 2011](#).

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



## **Highlighting Areas of Good Practice** *Is this You.....?*

**Dear Carers,**

**As part of our Nutrition Newsletter we like to highlight areas of good practice that we see or hear about in Care and Nursing Homes.**

**The Community Dietetic Team visit nearly 100 Care and Nursing Homes in the North Essex area.**

**We are aware that there is a lot of good practice going on that we don't see or hear about.**

**If you have hints or ideas you would like to share with others or feel that your home provides excellent nutrition for its residents and deserve some well earned recognition please contact us.**

**We look forward to hearing from you.**

**The Community Dietetics Team**

**Please contact Heather Churchyard at this email address or on 01206 744552 if you wish to feature.**

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