



# Take A Milkshake Break



Milkshakes and smoothies are an excellent way of adding extra calories and valuable nutrients to your residents diet. Many Care & Nursing Homes have been making smoothies and milkshakes part of the daily menu within their home, being inventive and coming up with their own delicious recipes. In this special edition of the Nutrition Newsletter we will be hearing how some homes have been promoting the use of nourishing drinks and will feature new recipes for you to try.

## **Tropical Peach Smoothie**

### **Ingredients**



- 100ml Full Fat Milk
- 1 x Scoop of Ice cream
- 150g tin of peach slices drained
- 100mls of Coconut Cream
- 2 x tbsp Skimmed Milk Powder

### **Blend & Serve**

**Makes 480mls-768 kcals/20.9g Protein.**

**A 200ml glass would provide:  
320kcal/8.6g protein.**



## **Highlighted Area of Good Practice**

**Colne House, Earls Colne**

*At Colne House we have many residents with Dementia, we work closely as a team to provide them with a nutritious diet. Residents with dementia frequently lose weight, which can result in muscular weakness, falls, health problems, and other complications that lower the resident's quality of life. Residents with dementia lose weight for variety of reasons. One of them simply is that they are not interested in eating, or have problems eating normal texture foods meaning they are given a pureed diet.*

*A weight-gain shake or smoothie contains approximately 750 calories and just two of these a day mean that our residents are consuming an additional 1500 calories. The estimated average requirements of a man's daily calorie intake are 2550 calories, while a woman's are slightly less at 1940 calories per day. In order to put on weight, the body requires more calories than it uses to function, anything more than this is stored as fat. Residents who are underweight are offered home-made smoothies on daily basis to increase their weight. Smoothies are a great way to add extra calories to our residents' daily intake, they are not only delicious but full of nutrients such a protein which is essential in a residents diet.*

**Well Done to all at Colne House**

**The Community Dietetics Team.**

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## Highlighted Area of Good Practice

Brenalwood Residential Home  
Walton on the Naze

*Since November we have introduced daily 11am and 3pm milkshakes for the majority of our residents who have a BMI of 18 or under. The idea behind it was to reduce the need for prescribed supplements and for those residents who were already on supplements to add additional calories to their diet. The milkshake consists of yoghurt, milk powder, full cream milk, and double cream. The residents love it. Since its introduction the residents who are drinking the milkshakes have gained weight. This has also increased the fluid intake of our residents as the milkshakes are additional drinks to the usual drink rounds. Our residents also have fortified hot chocolate drinks mid morning and mid afternoon to add additional calories to their diet.*

*Wendy McNeil – Care Home Manager*

**WELL DONE TO ALL AT BRENALWOOD RH**

## Instant Pudding - Instant Calories

Below we demonstrate how you can use an instant pudding mix to make a thicker consistency shake or dessert.

### Ingredients

- Instant Pudding mix (we used Strawberry Angel Delight)
- 300ml Full Fat Milk
- 2 tbsp Skimmed Milk Powder
- 100ml Evaporated Milk
- 1 x Banana
- Blend to a thick paste consistency and serve with a spoon.

Makes - 450ml/725kcal

which can be divided into 4 small cups

Each serving will provide approx – 181kcal

## Ideas for Ingredients

- Full Fat Milk
- Dried Milk Powder
- Drinking Chocolate
- Milkshake mix
- Instant pudding mix
- Ice cream
- Evaporated Milk
- Coconut Cream
- Double Cream
- Whipping Cream
- Single Cream
- Crème Fraiche
- Bananas
- Strawberries
- Peaches
- Oranges
- Tinned Fruit
- Syrup
- Yoghurts
- Peanut Butter (smooth)
- Honey
- Fruit Juice



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## **Highlighted Area Of Good Practice**

**Quenby Rest Home**

**Thorrington**

*At Quenby we have made positive steps towards improving nutrition within the Care Home. We have been offering residents who have experienced unplanned weight loss or have been unwell a "High Calorie Breakfast Smoothie". This consists of full fat milk, dried milk powder, yoghurt and fruit, a favourite with the residents is a Breakfast Smoothie made from toffee yoghurt with banana. Our Residents who have a low BMI are weighed weekly, we work closely with the Catering Department to ensure their foods are fortified and they receive a daily Smoothie. Managers Carole Harrison & Jasmil Kaur*

**WELL DONE TO ALL AT QUENBY REST HOME**

**HOT OPTION..... 200mls of fortified milk (made with 4tbsp skimmed milk powder in to whole milk ) add 2 tablespoons of double cream and either Horlicks or Hot Chocolate and gently heat = 365kcal**



## **Highlighted Area of Good Practice**

**Glengariff Residential Home**

**Clacton on Sea, Essex**

*Identifying weight loss in our residents begins on the day they come to live with us. We confer with residents and/or their family, the individual's preferences and requirements and these form part of their care plan. Each day a carer discusses the daily menu choices with the resident and should the resident fancy something not on the menu then an alternative will be provided.*

*Keen to boost residents health and well being as well as minimise hospital admissions, we have a thorough process to follow to maximise nutritional intake. Weight and B.M.I. is documented on the M.U.S.T. chart at least monthly. Where weight loss has been identified or a change in eating patterns noted, the weight will be monitored and documented every 3 to 7 days. We request a referral to the Dietitian when required.*

*To help prevent weight loss, the Home has introduced high calorie 'fruit smoothies' in addition to the usual beverages. These have proved to be exceedingly popular with the residents and many request a second glass!*

*In addition to the 'smoothies', fortified milk is always available to the residents as an added measure to increase calorie intake. Our menus include fish at least twice each week and cooked in various forms, fresh vegetables, which besides providing essential vitamins also enhance the appearance of the meal and fresh fruit which is available in the lounge for all to access and help themselves to as required.*

*We are eternally grateful to the flexibility and patience of the chefs and the kitchen staff who produce a varied menu which is nutritionally balanced and caters for all dietary and special requirements.*

*Julie Bleeze Manager - Glengariff Residential Home*

**WELL DONE TO ALL AT GLENGARIFF**

**The Community Dietetics Team.**

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