



May 2013

Nutrition Newsletter

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

Fortifying Food

Making the most of every mouthful

Many of you will already be fortifying your residents' diets, adding valuable calories and nutrients, below we have provided you with some information about the calorie content of certain ingredients. You will be able to see what a difference adding these can make.



The Community Dietetics Team

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



Highlighted Area of Good Practice

Corner Lodge, Jaywick

We would like to congratulate all of the staff at Corner Lodge, who have worked extremely hard as a team and made concerted efforts to improve the way in which good nutrition is promoted within their care home.

Below Manager Milli Simalova shares some of the changes they have made and discusses the impact that they have had on residents lives.

As a provider of services to people living with dementia we are aware that a person with dementia may develop a poor appetite or lose of interest in food . They may experience a change in food preferences or develop difficulties chewing and swallowing.

Some residents may experience co-ordination problems which can affect their ability to eat and drink independently.

Our catering department work closely alongside the care team to ensure that the residents nutritional needs are being met.

The catering team heavily fortify foods for those at risk of malnutrition or those who have lost weight.

Skimmed milk powder – All milk at Corner Lodge is fortified adding calories and protein. This is used for cereal and tea, coffee and puddings

Mashed potato – Made with Fortified Milk, cream, cheese & butter. This is added to pureed meals to help thicken them and add valuable calories and protein.

Fresh fruit is served daily with Ice-cream or evaporated milk, residents are allowed as many helpings as they wish.

Home made cakes & puddings are made daily and served with double cream, ice cream or both.

Home made smoothies are made on request, this is a good way of increasing a residents calories and can be made in different flavours.

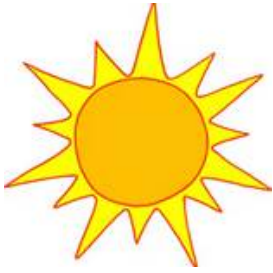
Snacks are always available.

We also ensure that residents can have something to eat at any time of day they wish, some of our residents sleep during the day and are awake at night.

The care team are also responsible for supervising residents at meal times and offering assistance where required. Part of their role is to monitor the residents weight carefully, if we are unable to weigh a resident we gauge their BMI by measuring their MUAC (Mid Upper Arm Circumference)

Good and well balanced nutrition is important for promoting a better quality of life for our residents- Following the changes we have made at Corner Lodge our residents are more alert, they have a better colour to their skin, they are generally happier and enjoy taking part in activities for stimulation (they like to sing and dance!), generally they are interested in "life around them".

WELL DONE TO ALL THE STAFF AT CORNER LODGE



Recipe Of The Month



Kindly donated by
The Stockwell Medieval Restaurant and Real Ale Hall
Colchester, Essex



Puerto Rican Bread Pudding

Ingredients

For the Reduction

95ml water
½ cinnamon stick
6 whole cloves
1 anise seed

For the Caramel

12ml water
40g granulated sugar

For the Pudding

¼ loaf of old bread
400mls evaporated milk
2 eggs
120g caster sugar
¼ tsp vanilla extract
23g melted butter
Pinch salt

Reduction

Pop everything into a saucepan and bring to boil for 6 – 8 mins.
Simmer for another 4 mins and then allow to cool
Once cool, strain the reduction into a jug

Caramel

Pop water and granulated sugar into a pan and bring to the boil.
Continue to boil until mixture turns golden.
Reduce heat by half and leave to simmer for 5 mins until mixture
caramelises and turns gloopy.
Take off the heat and pour into a baking tray lined with baking parchment

Pudding

Place bread into a bowl and add the reduction, evaporated milk, eggs and
caster sugar.
Stand for 30 mins allowing the bread to break down while soaking up all
the juices.
Place into a mixer and add all remaining ingredients. Mix for 2 – 3 mins.
Pour into baking tray. Pat mixture down. Leave to rest for 20 mins before
baking in the oven at 180 degrees Celsius for 25 – 30 mins.

Chef's tip: Cover the top of the bread pudding with baking paper and
tinfoil, which help retain the moisture and prevent colouring.

The above measurements will provide 5 - 8 portions.
Approx 600 calories per portion.

Kindly donated by Head Chef Dean Light.

Here, he takes a traditional post-war pudding and gives it a South American twist.

www.thestockwellcolchester.com



If your not already doing so please weigh your residents in Kg rather than Stones and Pounds, we have attached a conversion chart

Weight Conversion Chart – Kg (Kilograms to St (stones))

Kg	St	Kg	St	Kg	St	Kg	St
25.4	4 Stone	45.3	7.2	65.3	10.4	85.2	13.6
25.8	4.1	45.8	7.3	65.7	10.5	85.7	13.7
26.1	4.2	46.2	7.4	66.2	10.6	86.1	13.8
26.7	4.3	46.7	7.5	66.6	10.7	86.6	13.9
27.2	4.4	47.1	7.6	67.1	10.8	87.0	13.10
27.6	4.5	47.6	7.7	67.5	10.9	87.5	13.11
28.1	4.6	48.0	7.8	68.0	10.10	88.0	13.12
28.5	4.7	48.5	7.9	68.4	10.11	88.4	13.13
29.0	4.8	48.9	7.10	68.9	10.12	88.9	14 Stone
29.4	4.9	49.4	7.11	69.4	10.13	89.3	14.1
29.9	4.10	49.9	7.12	69.8	11 Stone	89.8	14.2
30.3	4.11	50.3	7.13	70.3	11.1	90.2	14.3
30.8	4.12	50.8	8 Stone	70.7	11.2	90.7	14.4
31.3	4.13	51.2	8.1	71.2	11.3	91.1	14.5
31.7	5 Stone	51.7	8.2	71.6	11.4	91.6	14.6
32.2	5.1	52.1	8.3	72.1	11.5	92.0	14.7
32.6	5.2	52.6	8.4	72.5	11.6	92.5	14.8
33.1	5.3	53.0	8.5	73.0	11.7	92.9	14.9
33.5	5.4	53.5	8.6	73.4	11.8	93.4	14.10
34.0	5.5	53.9	8.7	73.9	11.9	93.9	14.11
34.4	5.6	54.4	8.8	74.3	11.10	94.3	14.12
34.9	5.7	54.8	8.9	74.8	11.11	94.8	14.13
35.3	5.8	55.3	8.10	75.3	11.12	95.2	15 Stone
35.8	5.9	55.7	8.11	75.7	11.13	95.7	15.1
36.2	5.10	56.2	8.12	76.2	12 Stone	96.1	15.2
36.7	5.11	56.7	8.13	76.6	12.1	96.6	15.3
37.1	5.12	57.1	9 Stone	77.1	12.2	97.0	15.4
37.6	5.13	57.6	9.1	77.5	12.3	97.5	15.5
38.1	6 Stone	58.0	9.2	78.0	12.4	97.9	15.6
38.5	6.1	58.5	9.3	78.4	12.5	98.4	15.7
39.0	6.2	58.9	9.4	78.9	12.6	98.8	15.8
39.4	6.3	59.4	9.5	79.3	12.7	99.3	15.9
39.9	6.4	59.8	9.6	79.8	12.8	99.7	15.10
40.3	6.5	60.3	9.7	80.2	12.9	100.2	15.11
40.8	6.6	60.7	9.8	80.7	12.10	100.7	15.12
41.2	6.7	61.2	9.9	81.1	12.11	101.1	15.13
41.7	6.8	61.6	9.10	81.6	12.12	101.6	16 Stone
42.1	6.9	62.1	9.11	82.1	12.13	102.0	16.1
42.6	6.10	62.6	9.12	82.5	13 Stone	102.5	16.2
43.0	6.11	63.0	9.13	83.0	13.1	102.9	16.3
43.5	6.12	63.5	10 Stone	83.4	13.2	103.4	16.4
44.0	6.13	63.9	10.1	83.9	13.3	103.8	16.5
44.4	7 Stone	64.4	10.2	84.3	13.4	104.3	16.6
44.9	7.1	64.8	10.3	84.8	13.5	104.7	16.7

Please print out and keep in your Nutrition Folders or attach to your scales

The Community Dietetics Team

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