



October 2012

Nutrition Newsletter

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

I Luuuurrrve the Cake.....

An excellent way to add additional calories to a residents diet is to exchange afternoon biscuits for a slice of cake.



Cup of Tea = 15kcal
+
Digestive Biscuit = 73kcal
= 88kcal



Many thanks to Mr Matt Lucas for giving us permission to copy Mrs Marjorie Dawes

Cup of Tea = 15kcal
+
1 Slice of Victoria Sandwich = 179kcal
=194 kcal



Below is a list of foods and their calorie contents which can be used for guidance. Even making small changes to your Care Homes Tea Trolley can add valuable calories.

Cup of Tea = **15kcal**
Fruit Juice 200ml glass = **86kcal**
Milky Coffee = **136kcal**
Glass of whole milk = **136kcal**
Hot Chocolate or Horlicks = **167kcal**
(Made with 200mls semi skimmed milk)
Glass of fortified whole milk = **211kcal**
(fortified with skimmed milk powder)
Hot Chocolate or Horlicks = **365kcal**
(made with 200mls fortified milk and Double Cream)
Food First Milkshake = **300-700kcal**

Bourbon Biscuit = **58kcal**
Plain Digestive Biscuit = **73kcal**
Jammy Dodger = **83kcal**
Banana = **100kcal**
Angel Cake = **126kcal**
Battenburg = **159kcal**
Walnut Cake = **163kcal**
Victoria Sandwich = **179kcal**
Chocolate Gateaux = **192kcal**
**Add 30mls of Double Cream
To Fruit or Cake adding a further
135kcal**

The Community Dietetics Team.

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Highlighting good practice

Little Holland Hall
Holland on Sea

Recently we visited Little Holland Hall and were impressed with the way that the kitchen had made small changes to improve nutrition within the care home.

Little Holland Hall already provided residents with delicious homemade cakes for afternoon tea and had done so for many years. The kitchen also fortify foods with double cream, cheese and have recently introduced skimmed milk powder. All of these things not only add valuable calories but can assist in a residents general well being, maintaining a healthy weight can help to prevent illness and pressure sores, reduce the risk of falls and help to prevent hospital admissions.

“Here at Little Holland Hall we pride ourselves on the choices we offer to our residents. We also make sure that their dietary requirements are addressed, for example making sure that they get the correct balance of vitamins, protein and other essential nutrients. We also ensure that they receive adequate calories to help keep their weight at a healthy level.”



We have always offered home made afternoon cakes. This is also often a point of discussion with residents. We like them to decide on their favourite choices and we try our best to provide them.”

Theresa Coombs – Catering Team

Well done all at Little Holland Hall

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Recipe of the Month

Kindly donated by Sprinkles & Crumbs
Colchester

Sprinkles & Crumbs

delicious cakes by Jay and Jess



Strawberry & Vanilla Loaf Cake Recipe

This is a very quick cake to make, it's very simple and extremely tasty, great for dessert or a tea time treat.

Here's how to make it, it's very easy.

Ingredients

- 4oz Sterk Margarine
- 4oz Caster Sugar
- 4oz Self Raising Flour
- 2 Medium Eggs
- Vanilla Extract
- 100g Butter
- 200g Icing Sugar
- 1 tbsp hot water
- Strawberries

For extra luxury use vanilla pods instead of vanilla extract



Method - Vanilla Sponge

1. In a bowl, cream together the margarine and the caster sugar.
2. Add the flour and eggs and mix together thoroughly.
3. Add a few drops of vanilla extract and mix together.
4. Grease and line a small loaf tin and pour in all of the cake mixture.
5. Place the tin on the middle shelf of a pre-heated oven at 180° and bake for 20-30 minutes, or until cooked.
6. Once cooked, remove the sponge from the tin and leave to cool on a wire rack.

Method - Vanilla Buttercream Topping

1. In a bowl, mix together the butter, icing sugar and hot water until smooth.
2. Add a few drops of vanilla extract and mix together.

Assemble the cake

1. Once the sponge is cool, simply spread the buttercream all over the top of the sponge.
2. Decorate with sliced strawberries.

10 slices = 314kcal per slice



Food First Audit

Attached to this Nutrition Newsletter you will find a Food First Audit form if you have not done so already please complete and fax back to us on 01206 744492.

Homes that do not return the form will be asked to complete this via telephone.

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Auditing our Progress

Below you will find a questionnaire about the Food First project. We would appreciate it if you could spare a few minutes to answer the questions and return it to us. This will help us evaluate the project and improve in areas that need it. Care Homes that have not responded will be contacted by telephone within the next two months to take part in the survey.



Food First Audit 2012

Care home name:

Number of beds:

- 1)What do you do if you have concerns about a client's weight or dietary intake?**

- 2)Are any of your clients under the care of a dietitian?**

- 3)Are any of your clients taking prescribed nutritional supplements (e.g. Fresubin Energy, Fortisip, Fortijuce, Ensure Plus, Calogen, Pro-cal Shot, Forticreme complete, Complian Shake or similar)?**

- 4)Has your home received a Food First pack?**

- 5)If yes to question 4 - have you made any changes to your treatment of clients with nutritional problems since receiving the pack?**

- 6)Have you been receiving our monthly Nutrition Newsletters?**

- 7)If yes to questions 4 and 6 – is there any other information you feel would be beneficial to include in the Food First pack and / or Nutrition Newsletters?**

Please complete and return to us at either
chu-ftr.foodfirst@nhs.net or fax: 01206 744492