

A larger version of the 'thinkfood...' logo, with the word 'think' in teal and 'food...' in orange. The word 'in Care Homes' is written below it in a large, teal, sans-serif font.

# in Care Homes

A practical pathway for the treatment of malnutrition with everyday food and drinks

If you are unsure about anything in this booklet please contact:

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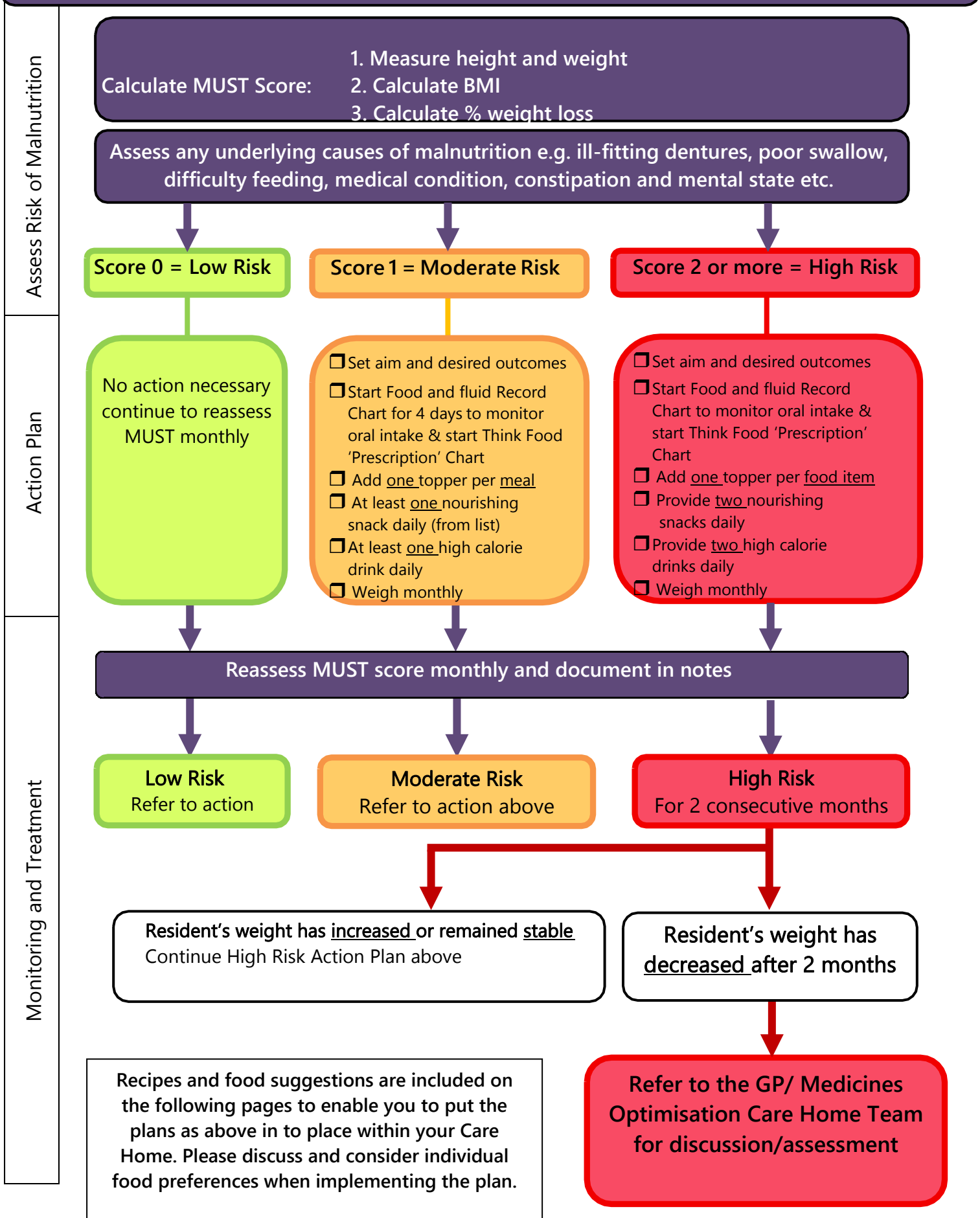
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# Malnutrition Care Pathway for Care Home Residents



## Energy and Fluid Requirements

Average older adult daily calorie requirement:  
**2000kcal\*** Average fluid requirements: **1500mls\***

\*This is a guide only and will be specific to each resident.

Example of energy intake breakdown:

Meal	Contribution to total requirement	Calories	Fluids
Breakfast	20%	400kcal	300mls (milk in cereals / fruit + hot drink)
Mid-morning snack	5%	100kcal	150mls (hot or cold drink +/- fruit)
Main meal with a dessert	20% + 10% = 30%	600kcal	300mls (include sauces, gravy, custard...)
Mid-afternoon snack	10%	200kcal	200mls (hot or cold drink +/- fruit)
Light meal with a dessert	15% + 10% = 25%	500kcal	300mls (include soups, gravy, custard...)
An evening milky drink	10%	200kcal	250mls (hot or cold drink +/- fruit)

Extra calorie provided if systematic nutrition care pathway implemented

**MUST = 1**

- Fortify each **meal** with one 50kcal topper
- Add **one** 100kcal snack
- Add **one** nourishing drink: 200-500kcal

**450-750kcal  
Extra**

**MUST = 2 or more**

- Fortify each **food item** with one 50kcal topper
- Add **two** 100kcal snacks
- Add **two** nourishing drinks: 400-1000kcal

**750-1350kcal  
Extra**

## Fortifying Food

Provide **ONE** of the following at **EACH** meal time to increase the calorific content.



- MUST = 1 - moderate risk of malnutrition: provide **one topper/meal**
- MUST = 2 or more - high risk of malnutrition: provide **two – three toppers/meal**

Extra toppings/additions	Add to
<input type="checkbox"/> 1 level tablespoon of butter	Main course, soups, vegetables, starchy foods
<input type="checkbox"/> 1 teaspoon of oil	Main course, soups, vegetables, starchy foods
<input type="checkbox"/> 1 level tablespoon of double cream	Porridge, desserts, with cakes, with fruit
<input type="checkbox"/> ½ level tablespoon of mayonnaise	Sandwiches, mash, vegetables
<input type="checkbox"/> ½ heaped tablespoon of cream cheese	Sandwiches, mash, pasta, rice, soups, vegetables, omelettes, potatoes
<input type="checkbox"/> ½ oz. of cheddar cheese	Mash, potatoes, soups, vegetables
<input type="checkbox"/> ½ heaped tablespoon of sugar	Porridge, puddings, yoghurts, tinned or fresh fruit, milky drinks, in cups of tea or coffee throughout the day
<input type="checkbox"/> 1 heaped teaspoon of honey/golden syrup	As above
<input type="checkbox"/> 3 heaped teaspoons of skimmed milk powder	Milk, and therefore with cereals, in custard, white sauces, milk puddings, soups <i>See fortified milk recipe</i>

Establish resident's preference, document goal in care plan and record actual intake

# Nourishing Snacks



- MUST = 1 - **moderate risk** of malnutrition: provide one nourishing snack
- MUST = 2 or more - **high risk** of malnutrition: provide two nourishing snacks

Snacks can be combined to provide 200Kcal in one go if resident able, e.g. a whole croissant, or cheese AND ½ a crumpet.

You can provide your own snack, check the calorie content on the package or work it out from the recipe (e.g. homemade cakes)

## Fruit

- 1 small banana
- 5 dried apricots
- 6 prunes
- 2-3 dates
- 1 heaped tablespoon of sultanas/raisins

## Nuts

- 1 small handful of peanuts
- 5 brazil nuts
- 2-3 walnuts
- 7 almonds
- 1 small handful of cashew nuts

## Dairy

- 1 scoop of ice cream
- 1 pot of full fat/creamy yoghurt
- 1 medium slice of cheese
- 30mls of condensed milk

## Savoury

- 1 small bag of crisps
- 2 tablespoons of hummus
- ½ a crumpet and butter
- ½ a mini pork pie
- 1 small sausage roll

## Confectionary

- 1/3 of a standard Mars bar
- 5 jelly babies
- 3 squares of milk chocolate
- 2 Kit Kat fingers
- 1 fudge bar
- ½ a crunchie

## Biscuits / cakes

- 2 digestives
- 1 chocolate caramel digestive
- 2 custard creams
- 2 bourbons
- ½ croissant
- 1 jam tart
- ½ a doughnut

Establish resident's preference, document goal in care plan and record actual intake

## Think Food Options for a Puree Diet

### Enriched Greek-Style Yogurt

- 150grams smooth Greek-Style yogurt
- 1 tablespoon skimmed milk powder (mix in well)

**Calories: 230 Protein: 11 grams**

Stir in:

2 teaspoons of honey = **+100kcal**

2 teaspoons smooth jam (no bits) =  
**+100kcal**

Golden syrup 2 teaspoons = **+100kcal**

### Bananas and Custard

- 1 small ripe banana – mashed well with no lumps (sieve if required)
  - 150grams full fat custard (can make up from powder with whole milk and additional sugar if preferred)
  - 1 tablespoon skimmed milk powder (mix in well)

**Calories: 295 Protein: 10 grams**

### Enriched Delight

- Instant whip (15grams based on 4 servings per sachet)
- Make with 100ml fortified milk per 15grams

**Calories: 208 Protein: 10 grams**

### Cheesy mash

- 120grams instant mashed potato (stir the following items in)
- 50mls fortified milk
- 10grams/one 'pat' butter
- 30grams full fat soft cheese

**Calories: 270 Protein: 7 grams**

Pots of Thick and Creamy Yogurt (no bits), Chocolate/Fruit Mousse or Egg Custard with the pastry removed are other snack options but slightly lower in calories and protein. Encourage a little and often intake with three snacks per day.

# Milkshake and Smoothie Recipes

190-500  
kcal  
Per drink

- MUST = 1 - **moderate risk** of malnutrition: provide one nourishing drink
  - MUST = 2 or more - **high risk** of malnutrition: provide two nourishing drinks
- Use a variety of recipes to ensure optimal calorie and protein intake

Blend all the recipes below until smooth. Nutritional values are approximate.

## Super Shake

- 200mls full fat milk
- 1 large scoop ice cream
- 30g skimmed milk powder (~1 ½ tbsp)
- 20g milkshake powder (try to use vitamin fortified version e.g. Nesquik or Tesco Milkshake Mix)

Calories: 390kcal Protein: 20g

## Fruit Blast

- 100 mls fresh fruit juice
- 100 mls lemonade
- 1 scoop ice-cream
- 1 tablespoon sugar

Calories: 273-387kcal Protein: 0.5-2.5g

## Yoghurt & Berry Smoothie (1)

- 150 mls full fat milk
- 1 pot (150 mls) full fat fruit yoghurt
- 4 tsp milk powder (semi-skimmed)
- 1 banana
- 1 handful of 2 berries (strawberries, raspberries, blueberries, blackberries)
- 1 tsp honey/sugar

Calories: 410kcal Protein: 22g

## Yoghurt & Berry Smoothie (2)

- Small pot of Greek yoghurt
- Handful of frozen berries
- 1 small banana
- 150mls full fat milk

Calories: 395-513kcal Protein: 15g

## Banana & Peanut Butter Smoothie

- 150 mls full fat milk
- 1 large scoop ice cream
- 30g skimmed milk powder
- 1 banana
- 1 tbsp peanut butter
- 1 tsp honey/sugar

Calories: 490kcal Protein: 19g

## Fruit Boost

- 150 mls orange juice
- 50 mls pineapple juice
- 1 banana
- 1 handful strawberries
- 1 handful raspberries

Calories: 190kcal Protein: 3g



## Small Volume Recipes

(for residents with very small appetites)

### Fortified Lemon Cream

Suitable for those with very small appetites who would not manage 2 x 220ml drinks per day

<p><b>Ingredients – for three portions (3 x 100ml)</b></p> <ul style="list-style-type: none"> <li>• 300ml double cream</li> <li>• 70g caster sugar</li> <li>• Juice of 1 – 1½ lemons</li> <li>• 30g skimmed milk powder</li> </ul> <p><b>Serve 1 portion per day only</b> Will keep (covered) in fridge for 3 days.</p>	<p><b>Directions</b></p> <p>Put cream and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add sugar.</p> <p>Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into 3 small dessert bowls and chill.</p>		
<p><b>1 portion = 100ml</b></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p><b>1 portion contains:</b></p> <ul style="list-style-type: none"> <li>• <b>618kcal</b></li> <li>• <b>5g protein</b></li> <li>• 31.6g carbohydrate</li> <li>• 53g fat</li> </ul> </td> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p><b>1 portion costs:</b></p> <p><b>£0.46 – 0.61</b></p> </td> </tr> </table>	<p><b>1 portion contains:</b></p> <ul style="list-style-type: none"> <li>• <b>618kcal</b></li> <li>• <b>5g protein</b></li> <li>• 31.6g carbohydrate</li> <li>• 53g fat</li> </ul>	<p><b>1 portion costs:</b></p> <p><b>£0.46 – 0.61</b></p>
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### Fortified Chocolate Caramel Cream

Suitable for those with very small appetites who would not manage 2 x 220ml drinks per day

<p><b>Ingredients – for three portions (3 x 100ml)</b></p> <ul style="list-style-type: none"> <li>• 150ml double cream</li> <li>• 30g skimmed milk powder</li> <li>• 30ml full fat milk</li> <li>• 2 x 50g caramel chocolate bar (e.g. mars bar or supermarket own brand equivalent)</li> </ul> <p><b>Serve 1 portion per day only</b> Will keep (covered) in fridge for 3 days</p>	<p><b>Directions</b></p> <p>Put cream, milk and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add chopped 'mars bar' or equivalent. Heat gently, stirring all the time until chocolate bar has melted. Pour into 3 small dessert bowls and chill.</p>		
<p><b>1 portion = 100ml</b></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p><b>1 portion contains:</b></p> <ul style="list-style-type: none"> <li>• <b>440kcal</b></li> <li>• <b>6g protein</b></li> <li>• 30.1g carbohydrate</li> <li>• 32.8g fat</li> </ul> </td> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p><b>1 portion costs:</b></p> <p><b>£0.58</b></p> </td> </tr> </table>	<p><b>1 portion contains:</b></p> <ul style="list-style-type: none"> <li>• <b>440kcal</b></li> <li>• <b>6g protein</b></li> <li>• 30.1g carbohydrate</li> <li>• 32.8g fat</li> </ul>	<p><b>1 portion costs:</b></p> <p><b>£0.58</b></p>
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## Fortified Milk Recipe

200kcal  
Extra / pint

1. Take 4 tablespoons(≈70g) of dried milk powder
2. Add a small amount of full fat milk (blue top) from 1 pint
3. Mix to a paste with no lumps
4. Add the remains of the milk
5. Stir well

1 pint of whole milk = 364 Kcal, 18g proteins

1 pint of fortified whole milk = 560kcal, 38g proteins

Use this whenever milk would normally be used:

- ☒ In tea/coffee
- ☒ Porridge/cereals
- ☒ Custard
- ☒ White sauce
- ☒ In mashed potatoes
- ☒ In milky drink

### Differences when using fortified milk

1 cup of tea or coffee, no sugar, semi-skimmed milk

15kcal  
1g protein

1 cup of tea or coffee, 2 sugars, fortified milk

75kcal  
3.5g protein

3 cups of tea/coffee a day:  
180kcal gained + 7.5g protein

Think Food plan offers:

- Energy (kcal)
- Protein (grams)
- Fluid (mls)

**MUST=1**

## Weekly Think Food 'Prescription' Chart

Please refer to pathway for food lists and recipes

**Resident Name:**

**Week starting:**

Chef aware Yes / No	Time	Topper/snack/drink given: give a specific description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	signature
50Kcal meal topper Aim to add 50Kcal on top of usual meal eaten	Breakfast									
	Lunch									
	Supper									
Extra snacks x 1/day Aim for minimum 100Kcal/day <u>in addition</u> to usual intake	Mid-morning									
	Mid-afternoon									
	Evening									
Nourishing Drink x1/day Aim for 200-600Kcal <u>in addition</u> to usual intake	Mid-morning									
	Mid-afternoon									
	Evening									

Think Food plan offers:

- Energy (kcal)
- Protein (grams)
- Fluid (mls)

**MUST=2-6**

## Weekly Think Food 'Prescription' Chart

Please refer to pathway for food lists and recipes

**Resident Name:**

**Week starting:**

Chef aware Yes / No	Time	Topper/snack/drink given: give a specific description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	signature
50Kcal meal topper Aim to add 100Kcal on top of usual meal eaten (2 toppers per meal or 1 food item)	Breakfast									
	Lunch									
	Supper									
Extra snacks x 2/day Aim for 200Kcal <u>in addition</u> to usual intake	Mid-morning									
	Mid-afternoon									
	Evening									
Nourishing Drink x 2/day Aim for 400-1200Kcal <u>in addition</u> to usual intake	Mid-morning									
	Mid-afternoon									
	Evening									