

Dietary Information Handbook

For

Sheffield

Care Home Staff

(Third Edition)



**Produced by Sheffield Care Homes Dietitians of
Medicines Optimisation Team in association with
Sheffield Teaching Hospitals Dietitians and the
Speech and Language Therapist Service**

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Introduction

This handbook contains information to assist care home staff promote good nutrition and hydration for residents with normal dietary requirements and for those with therapeutic dietary needs.

All residents should be nutritionally screened and have a personalised nutritional care plan agreed on admission, which should be reviewed monthly. This handbook will help provide information to formulate care plans and help prevent malnutrition.

It also aims to provide practical advice for catering staff to help provide suitable meals for therapeutic diets when no or limited information is available.

It is important to remember that residents who are on palliative care/near end of life care are able to continue eating and drinking safely and comfortably for as long as possible.

This information is for guidance only and should **not replace** individual dietary advice a resident may already have been provided with by a qualified dietitian.

If you have a resident who has already been provided with dietary information by a dietitian in Sheffield and you need further information or support but you cannot find their contact details, telephone the relevant clerical office listed below for assistance:

Community Dietetic Clerical Office	0114 3078440
Northern General Hospital Dietetic Clerical Office:	0114 2714162
Royal Hallamshire Hospital Dietetic Clerical Office:	0114 2712617
Weston Park Hospital Dietetic Clerical Office:	0114 2265411

Notes

- 1. If you have a resident who needs advice about a therapeutic diet please contact your care home GP who can organise a referral to the relevant health care professional/Dietetic Service for appointments in community clinics.**
- 2. Whilst care has been taken to ensure the accuracy of the information contained within this handbook, information/policies are constantly changing. If you have any concerns about the information within this handbook please email Davlyn Jones or Gillian Goddard at:**

sheffieldccg.dieteticcarehometraining@nhs.net

Care Quality Commission

Meeting Regulation 14: Nutritional and hydration needs

The intention of this regulation is to make sure that people who use services have adequate nutrition and hydration to sustain life and good health and reduce the risks of malnutrition and dehydration while they receive care and treatment

To meet this regulation, where it is part of their role, providers must make sure that people have enough to eat and drink to meet their nutrition and hydration needs and receive the support they need to do so.

People must have their nutritional needs assessed and food must be provided to meet those needs. This includes where people are prescribed nutritional supplements and/or parenteral nutrition. People's preferences, religious and cultural backgrounds must be taken into account when providing food and drink.

The Care Quality Commission (CQC) can prosecute for a breach of this regulation or a breach of part of the regulation if it results in avoidable harm to a person using the service or a person using the service is exposed to significant risk of harm.

The CQC monitor, inspect and regulate services to make sure they meet fundamental standards of quality and safety.

Care Homes must have a strategy to address:

- Provision of suitable and nutritious food and hydration, which is adequate to sustain life and good health
- Provision of parenteral nutrition and dietary supplements when prescribed by a health care professional
- Provision of food and hydration for service users preferences or their religious or cultural background
- Support for a service user to eat and drink when necessary

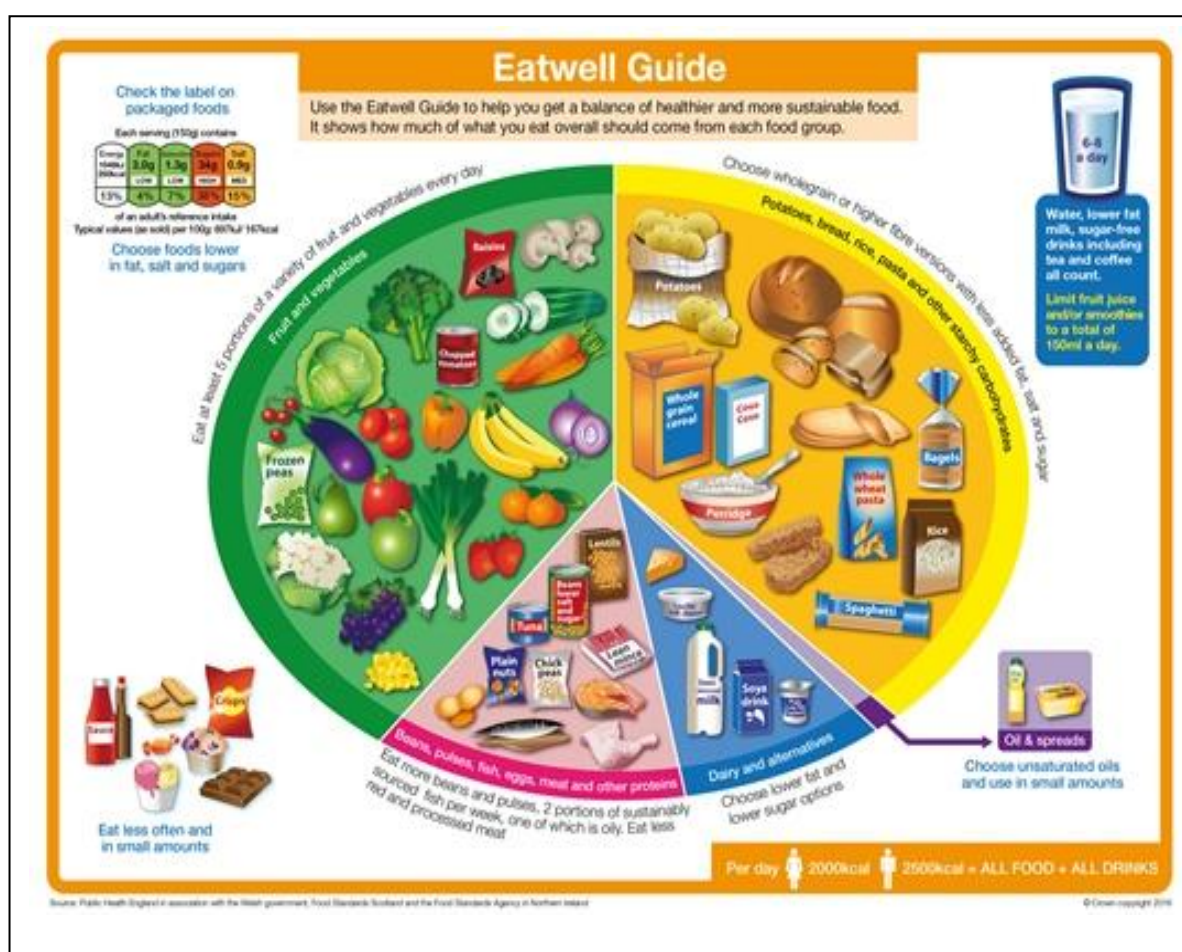
Care homes must follow people's consent wishes if they refuse nutrition and hydration, unless a best interest's decision has been made under the Mental Capacity Act 2005

Further information/assistance

CQC website – <https://cqc.org.uk>

Eating a balanced diet

Use the 'Eatwell Guide' below to help residents get the nutritional balance right. It shows each of the food groups and the relative proportion that should come from each group. This includes everything that is eaten during the day, including snacks.



Further information about eating a balanced diet

Beans, pulses, fish, eggs, meat and other proteins

- This group should contribute 12% of the total volume of food eaten
- Encourage at least 2 servings a day from this food group. A suggested serving is:
 - 70-90g (2 ½ oz-3oz) of cooked meat
 - 140g (5oz) of cooked fish
 - 3 tablespoons (125g) beans, lentils
 - 2 eggs
 - 2 level tablespoons nuts
- Encourage fish twice a week (1 oily and 1 white type). Oily fish provides a source of omega-3, a type of polyunsaturated fat that helps keep the heart healthy.
- These foods provide protein, iron, zinc and magnesium

Potatoes, bread, rice, pasta, and other starchy carbohydrates

- This group should contribute 38% of the total volume of food eaten
- Encourage this food group at each meal
- For most residents 6 servings are suggested at least each day. A suggested serving is:
 - 1 large slice bread
 - 3 tablespoons breakfast cereal
 - 1 wheat biscuit
 - 2 heaped tablespoons cooked rice
 - 3 heaped tablespoons cooked pasta
 - 2 egg sized potatoes
 - 3 crackers
 - 1 crumpet
 - 1 small chapatti
- This group of foods is the main energy source of the diet
- Wholegrain varieties of this food group provide fibre
- These foods provide sources of B vitamins, calcium and iron

Dairy and alternatives

- This group should contribute 8% of the total volume of food eaten
- Encourage 2-3 servings each day from this food group. A suggested serving is
 - ⅓ pint (200ml) milk
 - 1 small carton of yoghurt (125ml)
 - Match box sized piece of cheese (30g/1oz)
- These foods are important for bone health
- These foods provide protein, calcium, riboflavin, vitamin A and D

Fruit and vegetables

- This group should contribute 40% of the total volume of food eaten
- 5 portions per day are recommended. A portion is 80g which is:
 - 3 heaped tablespoons of cooked vegetables or canned fruit
 - 1 dessert bowl of salad
 - 1 large fruit e.g. apple, banana, pear
 - 2 small fruits e.g. plum, kiwi, satsuma
 - 150ml glass fruit juice
 - 1 tablespoon dried fruit
- These foods provide fibre, vitamin C, folate, antioxidants and potassium

Oils and spreads

- This group should contribute 1% of the total volume of foods eaten
- Unsaturated fats are healthier fats e.g. rapeseed oil, vegetable oil, sunflower oil, olive oil and soft spreads made from unsaturated oils
- These foods provide some essential fatty acids, vitamins A and D

Foods to eat less often and in small amounts

(Foods high in fat, salt and sugars)

- Chocolate, sweets, cakes, pastries, biscuits, full sugar soft drinks, butter, ice-cream, cream, mayonnaise, crisps, jam, honey and puddings
- **Older adults are at greater risk of under nutrition. Limiting energy giving foods or restricting them may be inappropriate as they can be used to fortify foods and prevent malnutrition.**

Hydration

- Aim to offer 6 – 8 glasses of non-alcoholic fluid every day. Water, milk, squash, tea and coffee all count. Fruit juice and smoothies can also count as fluid but in the general population it is advised to limit consumption to no more than a combined total of 150mls per day.

Food labelling

- Many pre packed foods have a label on the front of the pack which shows the nutrition information per serving. They also refer to reference intake which tells you how much of each nutrient should be included in the daily diet. The percentage refers to the contribution that the product makes to the reference intake for each nutrient.

- Food labels can help you choose between foods and pick those that are lower in calories, fat saturated fat, sugar and salt
- “Where colour coded labels are used you can tell at a glance if they are **high**, **medium** or **low** in fat, saturated fat, sugar and salt. For a healthier choice, try to pick products with more **greens** and **ambers** and fewer **reds**” (1)

Remember ‘**eating for health**’ and for those at risk of undernutrition healthy eating may not always be the priority

Further information/assistance

The Association of UK Dietitians

www.bda.uk.com/foodfacts/home

www.bda.uk.com/publications/NutritionHydrationDigest.pdf

The Department of Health:

<https://www.gov.uk/government/publications/the-eatwell-guide>

The NHS Website

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Change 4life

<https://www.nhs.uk/change4life>

Nutritional Concerns in older adults

Nutrient	Concern
Calcium	<ul style="list-style-type: none"> • Vitamin D is needed to absorb calcium effectively • Sufficient vitamin D and calcium and activity are important to prevent bone fractures
Energy	<ul style="list-style-type: none"> • Too few energy type foods mean residents lose weight and struggle to carry out daily tasks. If too many of these foods are eaten a resident may become overweight and increase their risk of diabetes.
Fibre	<ul style="list-style-type: none"> • Poor intakes of fibre makes the older adult prone to constipation • Often have inadequate intakes of fruit, cereals and vegetables
Fluid	<ul style="list-style-type: none"> • More water is lost via the skin and kidney with the ageing process • Risk of dehydration with problems of increased confusion, drowsiness and constipation
Folate	<ul style="list-style-type: none"> • Needed to make red blood cells and prevent anaemia • Often have overcooked food and poor dietary intakes of this nutrient
Iron	<ul style="list-style-type: none"> • Prone to illnesses which effect iron absorption, so are prone to anaemia • Tannins (e.g. tea) & bran inhibit iron absorption whilst lactic & citric acids (e.g. fruit juices) enhance iron absorption
Protein	<ul style="list-style-type: none"> • Protein is important for growth and repair of body tissues • Too little protein means muscles become wasted
Vitamin C	<ul style="list-style-type: none"> • This is needed for tissue and wound healing • Often have poor intakes of fruit and vegetables
Vitamin D	<ul style="list-style-type: none"> • Most vitamin D is produced naturally by ultraviolet (UV) irradiation in the skin • Are susceptible to deficiency due to reduced efficiency in the skin • Have less exposure to the sun, as they may be less able to go outside • Intakes of oily fish and fortified fats which are alternative sources are often not eaten. • Vitamin D supplement should be taken daily – this should provide 10 micrograms (µg).
Zinc	<ul style="list-style-type: none"> • Necessary for tissue repair and wound healing • Zinc deficiency can affect taste • Needed for the immune system

Further information/assistance

<https://www.nhs.uk>

<https://www.bda.uk.com/foodfacts/home>

Healthy eating/Heart health/Preventing obesity/Reducing cancer risks

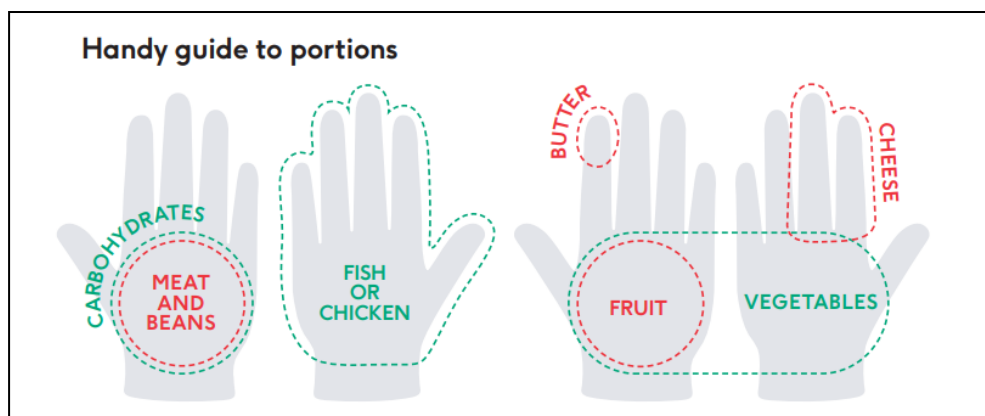
Healthy eating can help to reduce the risk of developing coronary heart disease. If a resident already has heart disease it can help to protect the heart from further problems.

Healthy eating has many other benefits too. It can help to maintain a healthy weight and reduce the risk of diabetes, high blood pressure, strokes, high cholesterol and some forms of cancer.

For residents who have poor appetites or who have been identified as being at risk of malnutrition some of this information may not be suitable.

What is healthy eating?

1. Cutting down on fat, especially saturated fat and trans fats
2. Eating less salt
3. Eating less sugar
4. Avoiding excess alcohol
5. Eating fibre containing foods



Information about fat

Fats provide the body with energy and some important vitamins for example vitamin A and D. They also contain essential fats which the body is unable to make itself. However, eating too much fat can make us unhealthy. Some fats are better for our health than others.

Saturated Fats

Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease. Most people in the UK eat too much saturated fat. The average man should have no more than 30g saturated fat a day. The average woman should have no more than 20g saturated fat a day.

One of the easiest ways to cut down on saturated fat is to compare the labels on similar products and choose the one lower in saturated fat. Some foods that are high in saturated fat are fatty cuts of meat, sausages, butter, lard, suet, ghee, palm oil, dripping, cream, cheese, chocolate, pastries, cakes and biscuits. It is not necessary to stop eating these foods altogether, but eating too much of these can make it easy to have more than the recommended maximum amount of saturated fat.

Trans Fats

Trans fats occur naturally in small amounts in dairy foods and meats, but most trans fats we eat are produced when vegetable oils are hydrogenated (a chemical process) used in the food industry. These fats have a **similar effect on our bodies to saturated fats**. They are widely used as an ingredient in bakery products such as biscuits, pies, cakes and fried foods. They may appear on food labels as 'partially hydrogenated vegetable oil'.

Unsaturated Fats

Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, for example vegetable oil, rapeseed oil and olive oil.

Swapping to unsaturated fats will help to reduce cholesterol in the blood therefore it is important to get most of our fat from unsaturated oils. Choosing lower fat spreads, as opposed to butter, is a good way to reduce your saturated fat intake.

Remember that all types of fat are high in energy and should be limited in the diet.

Monounsaturated fats are found in: olive, walnut and rapeseed oils and spreads made from these oils as well as avocado pears, almonds, hazel nuts and peanuts.

Polyunsaturated fats are found in vegetable oils, nuts, seeds and oily fish. Omega -3 fats found in oily fish are a particular type of polyunsaturated fat that can help protect heart health. Residents should have at least one portion of oily fish a week.

Eating less fat

Food packaging displays the amount of fat in 100g of a food. The label can be used to help identify whether a food contains 'a lot' (high) or 'a little' (low) total fat and saturated fat in 100g.

Nutrient	Low (a healthier choice)	Medium (only have in moderation)	High (have only occasionally)
Total fat	3g or less per 100g	3.1g – 17.4g / 100g	More than 17.5g per 100g
Saturated fat	1.5g or less per 100g	1.6 - 4.9g per 100g	More than 5g per 100g

Information about salt

See section on salt and health on page 73

Eating less sugar

Sugar can add a lot of calories to a diet. Residents who are overweight should try to reduce their intake of sugar or try artificial sweeteners instead. Residents who are overweight and eat a lot of sugary foods are more likely to have a high triglyceride level. Triglycerides are another type of fatty substance in the blood. High triglyceride levels are not beneficial to the heart.

Nutrient	Low (a healthier choice)	Medium (only have in moderation)	High (have only occasionally)
Total Sugar	5g or less per 100g	5.1g – 22.4g per 100g	More than 22.5g per 100g

Avoiding excess alcohol

As a general rule there is no need to give up alcohol unless a resident has been advised to medically for health reasons. Excess alcohol can lead to weight gain and other harmful effects such as liver disease, heart disease, epilepsy. Other illnesses (cancer including mouth, throat and breast) increase with any amount of alcohol consumed on a regular basis.

The Department for Health (DOH) recommends that individuals should not regularly drink more than 14 units per week. However, it is best to spread this evenly over three days or more. It is recommended to have several alcohol-free days each week.

A review found that the benefits of alcohol for heart health only apply for women aged over 55years old and the greatest benefits come from limiting to 5 units per week.

Single drinking episodes (alcohol drank in one session)

Older people may be more prone to the effects of alcohol and for this reason may be at risk of accident and injury.

“This advice for any single occasion of drinking is based on the evidence reviewed by the expert group that clearly identified substantially increased risk of short-term harms (accidents, injuries and even deaths) faced by people from any single drinking occasion”. (2)

“These risks can arise for people drinking within the weekly guidelines for regular drinking, if they drink too much or too quickly on a single occasion; and for people who drink at higher levels, whether regularly or infrequently”. (2)

One unit of alcohol is:

- 300ml (½ pint) beer, cider or lager (3-5% alcohol by volume)
- 100ml (4fl oz.) white or red wine (10% alcohol by volume)
- 25ml (1fl oz.) measure of spirits (40% alcohol by volume)
- 50ml (2fl oz.) sherry (20% alcohol by volume)

Eating fibre containing foods

There are two main types of fibre – soluble and insoluble

Insoluble fibre (sometimes called roughage) is not digested and helps prevent constipation. It is found in foods such as wholemeal bread and high fibre breakfast cereals.

Soluble fibre is partly digested in the gut. It can help lower cholesterol levels. It is found in many fruits, vegetables, oats and pulses.

When increasing fibre in the diet do this gradually and ensure the resident is taking the recommended amount of fluid.

How to adjust choices from The Eatwell Guide to prevent obesity and protect heart health of residents

The Eatwell Guide shows a resident how much food should come from each group. Below explains how residents can adjust the choices within these groups to ensure they eat healthily.

Beans, pulses, fish, eggs, meat and other proteins

- Choose lean cuts of meat
- Cut visible fat off meat
- Remove skin from chicken/turkey
- Limit sausages, pies and burgers
- Eat more fish, especially oily fish
- Grill or bake instead of frying
- Try cooking fish in different ways for example microwaved or poached with lemon juice
- Eat more pulses and lentils
- Eat unsalted nuts and seeds

Potatoes, bread, rice, pasta and other starchy foods

- Encourage these foods at each meal as they help fill a resident up
- Choose high fibre breads and breakfast cereals for example wholemeal bread
- Don't add too much fat to these foods Try:
 - ✓ Boiled or jacket potatoes instead of chips
 - ✓ Choose tomato-based sauces with pasta rather than a rich cream sauce or a cheese sauce
 - ✓ Boil or steam rice rather than fry it
 - ✓ Use Butter/full fat spread sparingly on bread, in mashed potato

Dairy and alternatives

- Choose lower fat products from this group
- Use skimmed or semi skimmed milk
- Choose natural, low fat or diet yoghurts
- Choose lower fat cheeses
- Try low fat cottage cheese and soft cheeses
- Replace mayonnaise and cream with low-fat yoghurt or fromage frais

Fruit and vegetables

- Offer a wide variety of fruit and vegetables
- Avocado pears are high in monounsaturated fats and calories. Limit to once a week at the most
- Remember frozen and tinned fruit and vegetables are just as good as fresh. When choosing tinned make sure fruit is in natural juice and vegetables are in water without sugar or salt added
- Add chopped fruit to cereal or yoghurts
- Add vegetables to stews and casseroles
- Dried fruits are quite concentrated in natural sugar so only offer one portion of these a day
- Fruit juice and smoothies are quite concentrated in calories. Limit unsweetened fruit juice or pure fruit smoothie to one small glass a day
- Avoid vegetables that have been stir fried in oil or served with a knob of butter or margarine
- Choose a low calorie or fat free salad dressing instead of an oil rich one

Foods and drinks high in fat, salt and sugar

- Offer less cake, biscuits, sweets and puddings
- Avoid drinks with added sugar
- Choose polyunsaturated spreads for example sunflower or monounsaturated spreads for example olive spread instead of butter
- Use rapeseed, olive or corn oil sparingly in cooking
- Use cornflour to thicken cooking sauces or gravies for meat or fish so you won't need fat
- Offer less bottled sauces, processed and cured foods salted snacks and crisps

Exercise

To stay healthy or to improve health, older adults, need to do two types of physical activity each week: aerobic and strength exercises Residents should aim to be physically active for 150 minutes a week. Muscle strengthening activity such as yoga, dancing and tai chi should also be included twice a week (check with resident's GP to confirm resident is safe to carry out activity) Encourage residents to join in activities run by the activity coordinator.

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-older-adults.aspx>

Further information/assistance

British Heart Foundation

www.bhf.org.uk

<https://www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/eat-better>

The NHS Website

www.nhs.uk

Department of Health – (2) Alcohol guideline review -Summary of the proposed new guidelines

www.gov.uk/government/uploads/system/uploads/attachment_data/file/489795/summary.pdf

<https://drinkaware.co.uk/alcohol-facts/alcoholic-drinks-units/latest-uk-alcohol-unit-guidance>

Vegetarian Diets

Residents may choose to follow a vegetarian diet for a variety of reasons: concern about the environment, animal welfare, health concerns and religious beliefs.

Principles of a vegetarian diet

- Avoidance of meat, poultry, game, fish, shellfish and any slaughtered by-products or their derivatives such as gelatine, lard or rennet.

Types of vegetarian diets

- Lacto-ovo: eat dairy foods and eggs but not meat, poultry or seafood
- Ovo-vegetarian: include eggs but avoid all other animal foods including dairy
- Lacto-vegetarian: eat dairy foods but exclude eggs, meat, poultry and seafood
- Vegans: don't eat any animal products at all including honey
- Slight variations to these diets include pescatarians who include fish and/or shellfish, while semi-vegetarians (or flexitarians) occasionally eat meat or poultry

Considerations for the 'Eatwell Guide' for a vegetarian

No matter what type of vegetarian diet the resident eats, the Eatwell Guide still applies.

Sources of protein instead of meat and fish

Although meat, fish and eggs may not be eaten other rich sources of protein include:

- Beans, lentils, chickpeas
- Soya and soya products (tofu, soya nuts and soya mince)
- seeds
- Nuts and nut butters (e.g. peanut butter)
- Wheat protein (found in cereals, pasta and bread)
- Mycoprotein such as Quorn (provided egg is taken)

Sources of dairy and alternatives

Although milk and dairy may not be eaten other alternatives include:

- Fortified soya milk, yoghurt and cheese
- Fortified rice drinks, fortified oat drinks, fortified nut 'milks'
i.e. fortified with calcium

Sources of Iron

Although red meat is the richest and most easily absorbed source of iron a number of plant foods can contribute to iron in the diet:

- Fortified breakfast cereals
- Dried fruit
- Beans and lentils
- Leafy green vegetables
- Sesame seeds
- Nuts
- Wholemeal bread

Sources of calcium

Although dairy sources are a rich source of calcium the following will provide calcium:

- Calcium fortified foods e.g. soya milks, yoghurts
- Calcium fortified rice and oat drinks and nut 'milks'
- Green leafy vegetables especially kale and pak choi but not spinach
- Brown and white bread
- Sesame seeds and tahini
- Nuts
- Dried fruit e.g. apricots and figs

Sources of vitamin D

Our bodies can make vitamin D from sunlight during the spring and summer. At other times of the year it is important to try and eat foods that contain vitamin D or are fortified with vitamin D. Vitamin D supplement should also be taken daily – this should provide 10 micrograms (µg).

- Fortified margarine
- Fortified alternative milks and yoghurts e.g. soya, rice, oats, almond
- Fortified breakfast cereals
- Eggs and dried skimmed milk (if eaten)

Sources of Vitamin B12

Although meat and milk are the main source of this vitamin other sources of vitamin B12 are found in:

- Some soya products
- Yeast extract
- Fortified plant milks

If relying on fortified foods, check the labels carefully to make sure your residents are getting enough B12. For example, if a fortified plant milk contains 1 microgram of B12 per serving then consuming three servings a day

will provide adequate vitamin B12. Others may find the use of B12 supplements more convenient and economical.

Iodine

Anyone who avoids fish and/or dairy products (e.g. due to allergy or intolerance) could be at risk of iodine deficiency. Soya milk is rarely fortified with iodine (check the label) and therefore will not replace the iodine in cows' milk. Vegetarians and particularly vegans are at risk of iodine deficiency as they do not eat rich iodine sources (fish and/or dairy products).

Iodine is found in a range of foods, the richest sources being fish and dairy products. Seaweed is a concentrated source of iodine, but it can provide excessive amounts (particularly so in the case of brown seaweed such as kelp) and therefore eating seaweed more than once a week is not recommended,

Milk and dairy products are the main sources of iodine for most people.

Some vegetarian/vegan sources of iodine are:

- Milk, yoghurt, cheese
- Eggs
- Nuts
- Fruit and vegetable

Supplements

If there is a concern about the adequacy of a resident's diet that is following a vegetarian or vegan diet discuss the need for supplements with the residents GP.

Further information/assistance

The British Dietetic Association: www.bda.uk.com/foodfacts/home

The Vegan Society: www.vegansociety.com

The Vegetarian Society: www.vegsoc.org

Ethnic Diets

It is important to ask residents about individual food choices rather than make assumptions based on their cultural background or religion.

Some religious groups have dietary restrictions, which are summarised below:

Religion	Country of origin	Dietary customs
Muslim	Pakistan Bangladesh Yemen Somalia Iran Many other countries	<ul style="list-style-type: none"> • Will only eat halal meat • Will eat fish • No pork • No shellfish e.g. prawns, crab
Hindu	India	<ul style="list-style-type: none"> • Often vegetarian/vegan • Some will eat fish/lamb • No beef • Often no pork
Sikh	India	<ul style="list-style-type: none"> • Sometimes vegetarian • Many eat chicken, lamb and fish • Unlikely to eat beef or pork
Rastafarian	Africa Caribbean Islands	<ul style="list-style-type: none"> • Often vegetarian/vegan • Some will eat fish • No shellfish or pork
Jewish	Europe Middle East	<ul style="list-style-type: none"> • Will only eat kosher meat • Will eat fish • No shellfish or pork • Meat and milk/milk products not to be served in same meal or used together in recipes for example in a dish such as lasagne
Seventh day Adventist	Europe Africa Caribbean Americas	<ul style="list-style-type: none"> • Often Vegetarian • May follow Kosher dietary rules

Key

Halal - Meat killed and prepared according to Islamic law

Kosher - Meat killed and prepared according to Jewish law

Dietary Advice for People with Diabetes

Insulin is a hormone produced by the pancreas, which helps glucose move from the bloodstream in to the body's cells where it can be used for energy. In someone without diabetes, the pancreas keeps the amount of glucose in the blood between a narrow range of 4 to 8 mmol/l.

Diabetes is a condition in which the amount of glucose in the blood can become too high because not enough insulin is produced for the body's needs. Glucose levels rise above the normal level.

There are two types of diabetes:

Type 1 diabetes: The pancreas does not produce any insulin. The treatment for Type 1 diabetes is insulin injections.

Type 2 diabetes: The pancreas can still produce insulin, but not enough or the insulin does not work properly. It can be treated by diet alone or diet and diabetes medication including tablets and insulin (Type 2 diabetes on insulin).

The main aim of treatment for residents with diabetes is to achieve steady blood glucose levels between 7 to 11 mmol/l. In addition to appropriate dietary and lifestyle changes, this is achieved through the use of medications which can be tablets (for example metformin, gliclazide, flozins), an injectable medication known as GLP – 1 (for example Trulicity) and/or insulin.

It is important to aim to avoid very high and very low blood glucose (known as hypo), most of the time. In the short term, very high blood glucose levels can cause thirst, dehydration, infections, poor wound healing, weight loss and muscle wasting. If this continues over months and years this can increase the risk of diabetes complications such as damage to nerves, eyes and kidneys. Low blood glucose levels (below 4mmol/l) can cause confusion, disorientation, falls and even loss of consciousness. It is very important to reduce the risk of hypos in older people with diabetes. This is a main cause of hospital admissions in residents with diabetes.

Dietary advice for people with diabetes

1. Eat a balanced diet

Whenever possible meals should contain a mixture of carbohydrate, protein and vegetables and a moderate amount of fat. For example: scrambled egg, tomatoes and toast; chicken, potatoes and vegetables; macaroni cheese with salad.

2. Eat meals that contain similar amounts of carbohydrate each day.

Carbohydrates are the main foods which affect blood glucose levels. All carbohydrate foods are broken down in the digestive system to glucose. How much the blood glucose level rise after a meal depends on how much carbohydrate is eaten, the diabetes treatment and activity levels.

There are three types of carbohydrates: starchy, naturally sweet and sugary carbohydrates. When digested, all of these foods are turned into glucose. Too much carbohydrate can cause high blood glucose levels and too little carbohydrate can cause hypos (in those on insulin and/or sulphonylureas such as gliclazide). Having regular meals that contain similar amounts of carbohydrates is helpful to achieve steady blood glucose levels.

As a rough guide one third of the plate should be carbohydrate foods.

Starchy carbohydrates including	Naturally sweet carbohydrates including	Sugary carbohydrates including
<ul style="list-style-type: none"> • Bread • Crackers • Pitta bread • Crumpets • Chapatti/naan bread • Thickened sauces • Thickened soups • Flour • Breadcrumbs • Pastry • Potatoes • Rice • Pasta and noodles • Breakfast cereals • Oats/Oatcakes • Starchy vegetables such as plantain, yam and sweet potato • Yorkshire pudding 	<ul style="list-style-type: none"> • Fruit - Fresh, tinned and dried • Fruit juice • Milk • yoghurt 	<ul style="list-style-type: none"> • Cakes • Biscuits • Ice-cream • Desserts and puddings • Sugar and honey • Sugary drinks • Jam and marmalades • Sweets and chocolates

3. Eat regular meals - breakfast, midday meal and evening meal 4 to 5 hours apart.

Blood glucose levels will be steadier if meals are balanced with diabetes treatment. To ensure this, carbohydrates foods should be spread out evenly over the day.

Frequently Asked Questions

Q: Can residents with diabetes have sugar?

Processed sugary foods such as cakes, biscuits and chocolate or other foods with added sugar can be included. The amount that is suitable is very individual to each person. For example, for a person who is underweight and has a poor appetite these foods could be an important source of energy and

carbohydrate and could help stimulate the appetite. For someone who is overweight and has a good appetite, these foods could lead to weight gain which could worsen blood glucose levels and therefore they should be eaten occasionally (up to once or twice a week) and in small amounts. Reducing the amount of sugar used in cooking and baking can be helpful also.

In general, every person with diabetes should avoid very high sugar foods such as sweets and sugary drinks (including tea/coffee with added spoons of sugar). These should be used for hypo treatments only. Instead use sugar free, no added sugar or diet fizzy drinks and squashes instead of full sugar drinks and limit fruit juices to 1 small glass a day. Artificial sweeteners may be used in drinks.

Q: Can residents with diabetes use diabetic foods?

Diabetic foods are not recommended. They offer no benefit to residents with diabetes. They may still affect blood glucose levels and can contain the same amounts of fat and calories as ordinary foods. Some diabetic foods have a laxative effect. Readily available no added sugar products should be used instead or small portions of ordinary sweet foods such as biscuits or chocolate.

Q: Should the diets of residents who are well nourished be different from malnourished residents?

The diet of residents with diabetes may vary with their nutritional status. If a resident is malnourished, underweight or has a poor appetite healthy eating advice will not be appropriate. Residents with diabetes will fit into one of the following groups:

1. Well-nourished or overweight with a good appetite. Encourage to:
 - Eat regular, well balanced meals as described above.
 - Eat at least 5 portions of fruit and vegetables every day. Aim for more vegetables than fruit.
 - Avoid too much fat, sugar and salt
 - Maintain a healthy weight.
 - If drinking alcohol, do so in moderation. Some medications may require abstinence from alcohol - check with the Pharmacist/Doctor.
 - Be active everyday
 - Eat a carbohydrate containing snacks only if their diabetes treatment requires it (If on gliclazide or insulin).

2. Malnourished or at risk of malnutrition with a poor appetite or have higher nutritional needs. Ensure that:

- Encourage small meals/snacks every couple of hours, which include carbohydrate each time. (see snacks list)
- To increase energy intake and stimulate the appetite offer a range of carbohydrate snacks which can include high fat/sugar foods such as full fat yoghurts, mousses, pudding and custard, scones, cheese and biscuits, milk puddings, cake and milky drinks. Extra diabetic medication should be considered if their blood glucose levels are consistently above 11mmol/l.
- Low fat meals or meals containing a lot of fibre and vegetables may not provide enough energy in small portions therefore healthy eating principles are not appropriate in these situations.

Q: What if a resident who is overweight or trying to lose weight wants to eat snacks?

If a resident is overweight or trying to reduce weight

- Avoid the higher fat snacks which are indicated with a * in the list below.
- Slightly reduce portion sizes at a main meal to compensate for a snack

Snack ideas (* High fat snacks)

Bread and cereal products

- Half a bagel or muffin
- One small bread roll
- One crumpet or pikelet or potato cake
- One mini pitta bread or half a standard pitta bread
- One medium slice of bread
- 4cm piece of French bread or ciabatta
- Three crisp breads, rice cakes or low-fat crackers
- Two oatcake crackers
- 20g breakfast cereal with milk (small bowl)
- Small healthy cereal bar

- One slice (30g) malt loaf, raisin bread, half a fruit teacake or scone
- One wheat biscuit or shredded wheat with milk
- 3 handfuls (30g) of unsweetened popcorn or pretzels
- *Packet of crisps (25g)

Soups

- Cup - a - soup
- Half a tin of soup

Desserts

- 100g custard
- Potted dessert such as mousse
- Half an individual pot (100g) of rice pudding or ¼ of a large tin
- One pot of soya dessert
- 125g fruit yoghurt or fromage frais
- 200g fat free fruit yoghurt

Fruit

- 1 large apple, orange, peach
- 1 small banana
- 2 small fruits for example kiwi, satsuma, plums
- 2 slices of melon, pineapple
- Bowl of strawberries, raspberries
- 1 large handful of grapes
- 2 tablespoons (25g) raisins, sultanas
- 2-3 figs, dates, apricots
- 150ml fruit juice (have only once per day)

Drinks

- 150ml hot chocolate, Horlicks or milk shake
- 300ml semi skimmed or skimmed milk
- 150ml smoothie

Other

- * Small chocolate biscuit bar for example Penguin, Kit Kat
- * 1 chocolate biscuit or a large biscuit such as Hobnobs, digestives
- * 2 to 3 small biscuits such as morning coffee, ginger nuts

Hypoglycaemia

Any resident taking gliclazide tablets or any insulin is at risk of having a low blood sugar level (below 4mmol/l). This can also be termed a 'hypo'.

1. One of the following can be used to help treat a 'hypo' and restore the blood glucose back to a safe level quickly. These should be available in a hypobox:
 - 200ml original Lucozade
 - 200ml non-diet coca cola or Pepsi
 - 50ml full sugar squash or cordial
 - 5 glucose tablets
 - 5 jelly babies
 - 2 tubes of Gluco Gel (only use if indicated)
2. Blood glucose levels should be rechecked after 15 minutes and if the level remains below 4mmol/l retreat with a hypo treatment as stage 1 above
3. To ensure the blood glucose level does not drop again after the hypo has been treated the resident should either eat a meal containing carbohydrate (if due) or have a small carbohydrate containing snack from the list on page 23

Hypoglycaemia should be avoided in the elderly, frail and vulnerable adults. If a resident has hypos please contact their diabetes team for an urgent medication review. To reduce the risk of hypos please ensure meals are planned according to the diabetes treatment using the table below.

How to space out carbohydrate (Carb) through the day according to the type of diabetes treatment

Please note: This may need to be individualised further. When residents have a small appetite, a small snack between every meal may be suitable regardless of the diabetes treatment.

Treatment	B'fast	Mid am	Midday	Mid pm	Evening Meal	Supper
Tablets: Metformin, Glitazones, Gliptins, Pioglitazone and injectables: GLP-1	Carb at meal		Carb at meal		Carb at meal	
Tablets: Sulphonylureas e.g. Gliclazide	Carb at meal	Carb snack	Carb at meal		Carb at meal	Carb snack
Night time insulin e.g. Insulatard, Humulin I, Levemir, Lantus, Toujeo, Determir	Carb at meal		Carb at meal		Carb at meal	
Twice a day mixed insulin - Humulin M3	Carb at meal	Carb snack	Carb at meal		Carb at meal	Carb snack
Twice a day mixed insulin - Humalog mix 25 or 50 or Novomix 30	Carb at meal		Carb at meal		Carb at meal	

Further information/assistance

Sheffield Diabetes Dietitians at Sheffield Teaching Hospitals (0114 2714445) or email for assistance to sht-tr.diabetes-dietitians-sheffield@nhs.net

Diabetes UK

Address - 10 Parkway, London, NW1 7AA
Helpline - 020 7424 1000
Website - www.diabetes.org.uk

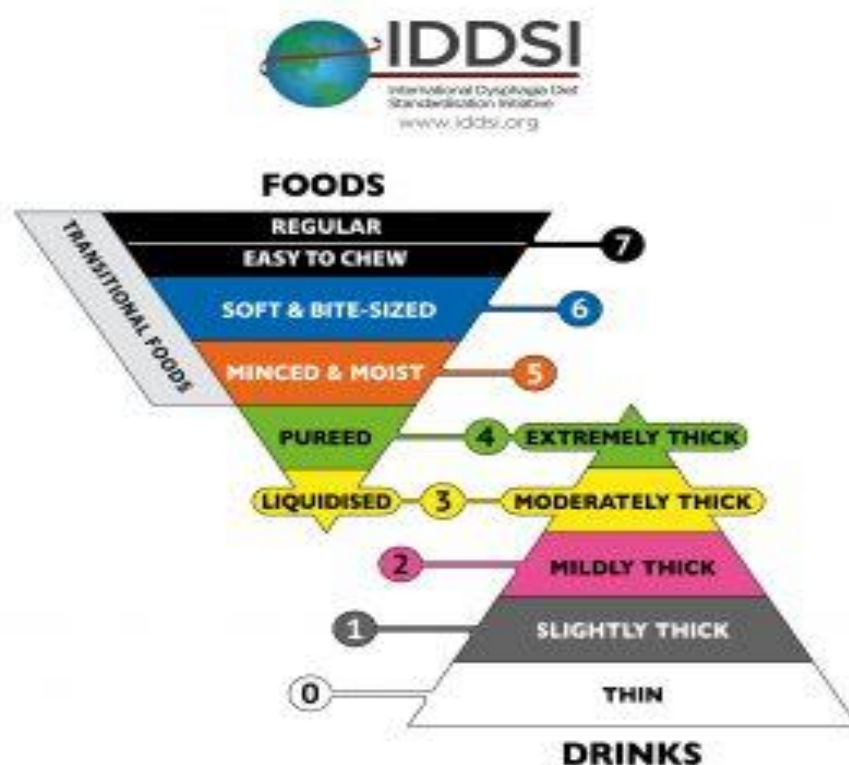
Modified texture food and drinks for residents with dysphagia

Introduction

Residents who have difficulty chewing and softening food, so that it is safe to swallow, may need a modified textured diet to prevent the risk of choking or food/drinks entering the airway, increasing risk of pneumonia.

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global initiative of standardised terminology and definitions to describe texture modified foods and thickened drinks, for people of all cultures with dysphagia. Care homes should have transitioned to using these standards from April 2019.

The IDDSI framework (as illustrated in the diagram below) consists of a continuum of eight levels (0-7) and includes descriptors, testing methods and evidence for both drink thickness and food texture levels.



Level 3 and level 4 have foods and drinks sharing the same number and colour as they share the same flow characteristics and descriptors. A food and drink in the same level can be differentiated by using an inverted triangle for foods and upright triangle for drinks

Residents who have had teeth removed, lost their dentures or who are unwell and struggling to eat their normal meals may need temporary adjustments to their diet to enable them to eat adequately and will not require referral to a speech and language therapist (SLT). If a resident has developed a swallowing difficulty and is at risk of choking, they will need to be referred and assessed by SLT, who will advise on the correct texture modified diet the resident should follow.

Important things to know when preparing texture modified diets

- The following foods are difficult to chew and swallow and may need to be avoided unless modified so they can be eaten safely by residents who need texture modified diets:



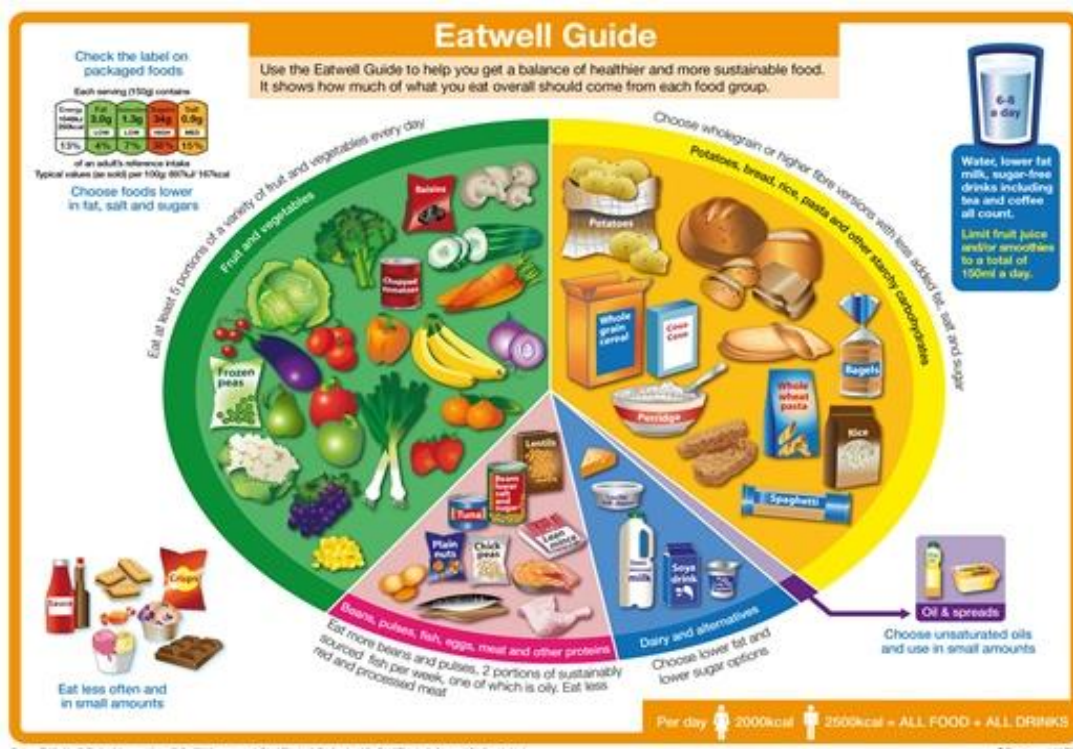
Food type	Food examples
Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
Crunchy	Raw carrot, raw apple, popcorn
Hard or Dry	Dry cereal, bread, dry cakes, raw vegetables (e.g. carrot, cauliflower, broccoli), nuts
Crispy	Crackling, crisp bacon, cornflakes
Stringy	Runner beans, rhubarb
Tough or Fibrous	Steak, pineapple
Sticky or gummy	Edible gelatine, konjac containing jelly, sticky rice cakes
Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
Pips, seeds	Apple seeds, pumpkin seeds, white of orange
Sharp or spiky	Corn chips/crisps

- Cook food using an appropriate method which does not cause the food to dry out and form unnecessary skins such as poaching, steaming, braising or stewing. Foods which are grilled, baked or roasted can form skins which will need to be removed. Use good quality mince or mince your own meat to avoid gristle.
- When modifying the texture of a food the colour and taste can be changed. Enhancing the flavour, colour and smell can help with food recognition. Try experimenting with herbs, spices, honey, sugar, fruit juices, salt, pepper, mayonnaise, sour cream, stock cubes, strong cheeses i.e. parmesan to add flavour. Use cooking methods that retains the flavours and nutrients of foods i.e. steam rather than boil vegetables.
- Ensure meals remain appetising and identifiable as 'real food' whenever possible. Specialist food shaped moulds, household moulds, food cutters/rings, piping bags and nozzles, spoons to make quenelles, small glass dishes (including clear glass ones to enable layers to be seen) are

needed to enable texture modified food to be presented in an appetising way. The skills and time available to the cook will help decide on the most appropriate presentation method.



- When making texture modified diets you will require some basic equipment
 - Blender/food processor/thermomixer – when choosing the type remember to consider the number of texture modified diets you will be making and staff available. Too large a volume of food can result in inconsistent puree whilst pureeing too small an amount will not work with some machines as the blade cannot reach the food.
 - Good quality sieves are needed for some dishes as skins, seeds, bones, gristle etc. may need to be removed.
- Cook and chop/blend/puree each food item separately to help preserve colour and taste
- It is important to ensure that residents are able to eat as wide a range of food as is safe for them as an individual. Remember to follow the 'eat well guide' (see below and page 5) and experiment with different foods within each group to ensure residents have a balanced diet containing adequate protein, energy, vitamins and minerals.



- Add nourishing liquid to foods such as milk, soya milk, evaporated milk, cream rather than water to reach the consistency required.
- Add thickening agents if required to ensure at correct texture and leave to stand for appropriate amount of time to allow thickening (see packaging for instructions). There are many specialist thickening agents available on the market which are either gum or starch based to thicken foods and drinks. SLT can recommend appropriate ones for your residents. Some household ingredients can be used to thicken foods and drinks such as; arrowroot, cornflour, custard powder, gravy powder and mashed potato so a specialist thickening agent may not always be needed. Always check when using a food as a thickening agent that the taste of the dish is not affected.

Snacks for texture modified diets

Residents may not be able to eat sufficient food at meal times to ensure an adequate nutritional intake. Some residents may need snacks between meals. It is important that snacks meet the same descriptors and testing methods as their main meals. As with main meals try to ensure variety with colour and flavour. It is important that snacks are not repetitions of the preceding meal. Snacks can be sweet or savoury depending on a resident's personal preference. Some residents may prefer to have snacks of nourishing drinks either sweet or savoury. Remember some residents may find it easier to drink than eat foods which will be reflected by their IDDSI drinks level.

Examples of snacks:

- A fortified smoothie/milk shake thickened to their drinks level
- A fortified soup thickened to their drinks level
- A small 'snack pot portion' of any food items from the various food groups
- A small portion of a suitable pudding

If residents struggle to eat foods from any of the food groups at meal times consider giving a snack from the missing food group to help ensure a balanced diet. For example, a resident may eat their main meal but tire before eating their dessert so eat very little fruit and dairy. Consequently, a fruit smoothie or nourishing milk shake drink as a snack would help to give the resident a balanced diet. Likewise, if all they eat are savoury foods at meal times they may like a sweet food at snack times.

Level 7 – Regular



What does Level 7 - Regular diet mean?

- Normal every day foods of various texture
- The resident should have the ability to 'bite off' pieces of food.
- Chewing ability is required for hard and soft foods
- Ability to chew all types of food textures without tiring easily
- May include 'mixed consistency foods (for example cereal with milk or soup with vegetable pieces)
- Includes sandwiches

Used for residents who **do not** have problems with chewing or swallowing.
Serve food as normal without restriction on size of the pieces or the texture of the food.

There are no specific tests for a level 7 - regular diet

Level 7 – Easy to chew



What does level 7 - Easy to chew mean?

- Food that is a soft/tender texture that can be chosen from a general menu.
- Any method may be used to eat these foods e.g. fingers, fork, spoon, chopsticks etc.
- Food piece size is not restricted in level 7; therefore, foods may be a range of sizes. Food pieces can be smaller or bigger than 1.5cm x 1.5cm
- Residents should be able to 'bite off' pieces of soft and tender food and choose bite-sizes that are safe to chew and swallow
- Residents should be able to chew pieces of soft and tender food, so they are safe to swallow without tiring easily
- Residents tongues should be able to move food for chewing and apply pressure until the food is soft and moist enough to be easily swallowed

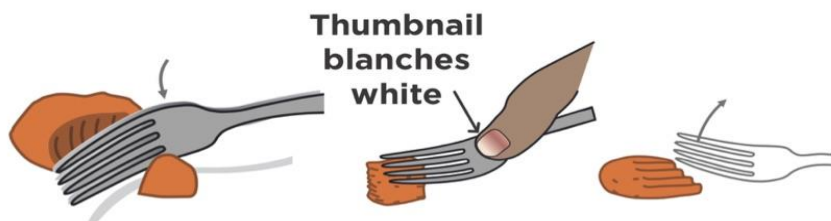
- Residents should be able to remove bone, gristle or other hard pieces that cannot be swallowed safely from their mouth without help or direction from others
- Some residents may be able to include 'mixed thin and thick texture' foods and liquids together - check with SLT for individual residents

How to prepare foods appropriately for level 7 – Easy to chew

- Meat – cooked until tender.
- Fish – cooked, soft enough to break apart with the side of a fork, spoon or chopsticks (no bones)
- The liquid portion must be appropriately thickened; for example, gravy/sauces
- Vegetables – steamed or boiled vegetables cooked until tender
- Stir fried vegetables are often too firm and are not soft or tender.
- Fruit – are soft enough to break apart into smaller pieces with the side of a fork or spoon (drain any excess liquid).
- Do not use the fibrous part of the fruit (for example the white part of the orange).
- Assess resident's ability to manage fruit with high water content (e.g. watermelon) where juice separates from solid in the mouth during chewing.
- Cereal – smooth with soft tender lumps, texture fully softened, any excess milk or fluid must be drained
- Bread - crust less bread, soft bread cakes or bread that has been soaked in soup or a sauce or foods such as tinned tomatoes.
- Bread could be used when preparing other dishes such as blended into a thick, smooth soup. No crusts, grains or seeds
- Rice cooked well so it is soft

How do I test food to make sure it is level 7 – Easy to chew?

See videos of the IDDSI Fork Pressure Test at
www.IDDSI.org/framework/food-testing-methods/



Must be able to break food apart easily with the side of a fork or spoon

Easy to Chew foods must break apart easily and pass Fork Pressure Test!

IDDSI Fork Pressure Test
To make sure the food is soft enough, press down on the fork until the thumb nail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

Examples of foods suitable for a level 7 – Easy to chew diet

Beans, pulses, fish, eggs, meat and other proteins

- Poached or scrambled eggs
- Omelette (plain or cream/spreadable cheese)
- Chopped boiled egg in mayonnaise or salad cream
- Skinless sausage
- Small pieces of soft, well cooked, tender meat and poultry in a thick, smooth sauce or gravy such as a stew or casserole
- Finely minced meat or poultry in a thick sauce or gravy such as bolognais, moussaka or cottage pie
- Tinned sausages or corned beef in a thick sauce or gravy
- Corned beef hash
- Tinned meat or poultry such as stewed steak, minced beef, chicken in white or curry sauce
- Steamed or poached flaked fish served in a thick sauce
- Tinned fish mixed with mayonnaise or thick sauce
- Fish pie with potato/sweet potato topping
- Well-cooked or tinned lentils, mushy peas and other pulses
- Lentil curry
- Tofu (soya bean curd), Quorn or textured vegetable protein in dishes such as vegetable casserole, curry or chilli
- Mashed dahl
- Fish mousse
- Moussaka made with aubergine which has been peeled
- Lasagne (no hard crusts)
- Houmous
- Smooth pate
- Smooth peanut butter blended into sauces or smoothies

Dairy and alternatives

- Yoghurt with soft lumps, no hard-biscuit bits, seeds or nuts
- Cheese and potato bake (no hard pastry or hard crusts)
- Cheese spread, cottage cheese, cream cheese and other soft cheeses (no rinds)
- Cheese soufflé
- Cheese triangles
- Savoury and sweet white sauces
- Fresh, dried, packet or tinned milk such as evaporated, condensed, lactose free, soya, rice, oat or coconut milk, can be used when preparing meals and puddings

Bread and cereals

- Thick, smooth porridge or instant oat cereals (avoid cereals with added nuts and dried fruits).
- Wheat biscuit cereal soaked in hot or cold milk until smooth and thick – all milk should be fully absorbed
- Crustless bread, soft bread rolls or bread that has been fully soaked in sauce so moist
- Bread can be used in soup by blending to make a thick, smooth soup (no crusts, grains or seeds)
- Dumplings soaked in thick gravy
- Polenta in a thick, smooth sauce or gravy

Pasta and Rice

- Spaghetti hoops
- Well cooked pasta or rice in dishes such as spaghetti bolognese, pasta in sauce, curry
- Tinned pasta such as spaghetti, ravioli or macaroni cheese

Potatoes, yams, plantains and other energy foods

- Croquette potatoes or potato waffles (fully soaked so no skins)
- Creamed potatoes, plantains or yams, instant or well boiled
- Soft chips fully soaked with sauce/gravy (no hard pieces)
- Cheese and potato bake (no hard pastry or hard crusts)
- Soft potato salad (no skins)
- The inside of jacket potatoes with margarine or butter and soft filling such as cream cheese, cottage cheese, tuna and mayonnaise or Quorn pieces

Fruits and vegetables

- Well-cooked carrots, parsnips, swede, courgettes, peppers, tops of cauliflower or broccoli florets
- Tinned tomatoes, mushy peas, carrots or other suitable vegetables (skins and seeds removed)
- Cauliflower cheese
- Vegetable curry
- Vegetable juices such as tomato and carrot
- Vegetable soups
- Ripe avocado
- Smooth guacamole
- Stewed fruit such as apples, pears or plums (ensure no skins or seeds)
- Soft tinned fruit such as apricots, peaches or pear segments
- Mashed banana with thick custard or cream

- Mashed tinned fruit with thick custard or cream

Puddings

- Egg custard (no hard pastry)
- Sweet white sauces
- Yoghurt or fromage frai – avoid those with muesli, nuts, grains or seeds, crumble, cereal or candy toppings
- Crème caramel
- Mousse
- Ice cream or frozen yoghurt (check with SLT for individual residents)
- Blancmange, instant whip and milk jelly
- Soft trifle
- Thick milk puddings such as custard, rice, semolina, tapioca
- Use evaporated and condensed milks as a topping for desserts, puddings and fruit.
- Soft sponge (without nuts) with thick custard or cream
- Sponge pudding (without nuts) served with thick custard or cream.
- Smooth cheesecake
- Stewed fruit (no skins or seeds) with thick custard or cream
- Jelly
- Thick instant whip
- Pannacotta

Level 6 - Soft and bite sized



What does level 6 - Soft and bite-sized diet mean?

- Can be eaten with a fork, spoon or chopsticks
- Can be mashed/broken down to 1.5cm x 1.5cm pieces with pressure from fork, spoon or chopsticks
- A knife is not required to cut this food, but may be used to help loading a fork or spoon
- The ability to 'bite off' a piece is not required
- Residents should have the ability to chew as chewing is required before swallowing
- Soft, tender and moist throughout but with no separate thin liquid leaking/dripping from the food

- 'Bite sized' pieces for adults no bigger than 1.5cm x 1.5cm pieces

How to prepare foods appropriately for level 6 - Soft and bite sized

- Meat – (skin and bones removed) Cooked, tender and moist pieces of meat no bigger than 1.5cm x 1.5cm.
- Fish – (no bones) Cooked, soft enough to break into small pieces no larger than 1.5cm x 1.5cm with fork, spoon or chopsticks
- Casserole/stew/curry
 - drain excess juice or thicken to appropriate consistency with thickener
 - Can contain meat, fish or vegetables if final cooked pieces are soft and tender and no larger than 1.5cm x 1.5cm
- Vegetables – steamed or boiled vegetables cooked until soft
- Stir fried vegetables are often too firm and are not soft or tender.
- Fruit – are soft and chopped into no bigger than 1.5cm x 1.5cm (drain any excess liquid)
- Do not use the fibrous part of the fruit (for example the white part of the orange).
- Assess resident's ability to manage fruit with high water content (e.g. watermelon) where juice separates from solid in the mouth during chewing.
- Cereal served with pieces no bigger than 1.5cm x 1.5cm, with their texture fully softened. Drain excess liquid before serving.
- Bread – NO REGULAR BREAD due to high choking risk
- Sandwiches - See the link below for instructions on how to make a level 5 - Minced and Moist sandwich which is also suitable for use for level 6 - Soft and Bite Sized diet

www.youtube.com/watch?v=W7bOufqmz18

How do I test food to make sure it is level 6 – Soft and bite sized?

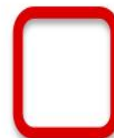
See videos of the IDDSI Fork Pressure Test at
www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Pressure Test

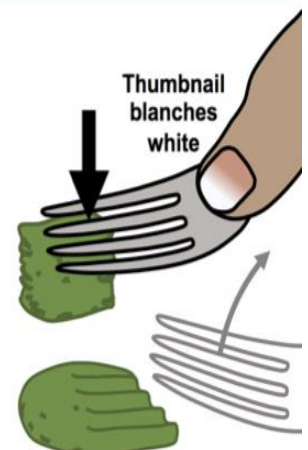
For **adults** the lump size is **no bigger than 1.5cm x 1.5cm**, which is about **the width** of a standard dinner fork.

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

No bigger than
1.5cm x 1.5cm bite size
for adults



**Soft & Bite-Sized food
must pass both
size and softness tests!**



Examples of foods suitable for a level 6 – Soft and bite sized diet

Beans, pulses, fish, eggs, meat and other proteins

Remember - Remove skin & bones

- Small pieces of soft, well cooked, tender meat and poultry in a thick, smooth sauce or gravy such as a stew or casserole
- Finely minced meat or poultry in a thick smooth sauce or gravy such as bolognaise, moussaka or cottage pie
- Tinned sausages (with skins removed) or corned beef in a thick smooth sauce or gravy
- Skinless sausage
- Corned beef hash
- Tinned meat or poultry such as stewed steak, minced beef, chicken in white or curry sauce
- Steamed or poached flaked fish served in a thick smooth sauce
- Tinned fish mixed with mayonnaise or thick sauce.
- Fish pie with potato/sweet potato topping
- Poached or scrambled eggs
- Omelette (plain or cream/spreadable cheese)
- Chopped boiled egg in mayonnaise or salad cream
- Savoury egg custard (no pastry)
- Well-cooked tinned lentils, mushy peas and other pulses
- Houmous
- Lentil curry
- Tofu (soya bean curd), 'Quorn' or textured vegetable protein in dishes such as vegetable casserole, curry or chilli
- Dahl
- Smooth peanut butter blended into sauces or smoothies
- Smooth pate
- Fish mousse

Dairy and alternatives

- Fresh, dried, packet or tinned milk such as evaporated, condensed, lactose free, soya, rice, oat or nut milk can be used in drinks and when preparing meals and puddings
- Cheese spread, cottage cheese, cream cheese and other soft cheeses (no rinds)
- Cheese soufflé
- Cheese triangles
- Savoury white sauces
- Yoghurt with soft mashable lumps, no hard bits, seeds or nuts

Bread and Cereals

Bread

Remember - No regular bread unless assessed as suitable by a speech and language therapist on an individual basis (if considered suitable, bread must also conform to 1.5 x 1.5cm size requirements).

- Crustless bread can be given fully soaked in a sauce such as tomato, so that it is moist
- Bread could be used when preparing dishes i.e. blended into a thick, smooth soup. No crusts, grains or seeds.

Cereals

Remember - Ensure smooth with soft tender lumps no bigger than 1.5cm x 1.5cm. Must be fully softened and any excess milk or fluid must be drained or thickened appropriately. Avoid cereals with added nuts and dried fruit.

- Thick, smooth porridge or instant oat cereals
- Wheat biscuit cereal soaked in hot or cold milk until smooth and thick - all milk should be fully absorbed

Pasta and Rice

Pasta

Remember - Well cooked pasta cut into 1.5cm x 1.5cm pieces

- Spaghetti bolognaise
- Pasta in sauce
- Tinned pasta such as spaghetti, ravioli or macaroni cheese
- Moussaka made with aubergine which has been peeled
- Lasagne (no hard crusts)

Rice

Well cooked rice that does not stick together in large clumps but does not separate off into individual grains. It should also have no husks and be well washed before serving. When the rice has been cooked appropriately it requires a thick sauce to moisten it and hold it together. Try Basmati or easy cook rice.

Potatoes, Yams, Plantains and other energy foods

Remember - no skins

- Creamed potatoes plantains or yams, instant or well boiled and chopped
- The inside of jacket potatoes with margarine or butter and soft fillings such as cream cheese, cottage cheese, tuna and mayonnaise or Quorn pieces
- Soft chips fully soaked with sauce/gravy (no hard pieces and skins must dissolve)
- Soft potato salad (no dried fruit, nuts, beans or peas)
- Cheese and potato bake (no pastry or hard crusts)

- Dumplings soaked in thick gravy
- Polenta in a thick, smooth gravy
- Croquette potatoes or potato waffles (fully soaked so no skins)

Fruit and Vegetables

Remember - Ensure all stones, skins and pips are removed, sieve if required. Serve chopped into 1.5cm x 1.5cm pieces. Fibrous parts of fruit are not suitable. Drain excess juice or thicken to appropriate consistency recommended by speech and language therapist. Assess resident's ability to manage fruit with high water content for example watermelon. Stir fried vegetables are often too firm and are not soft or tender.

- Stewed fruit such as apples, pears, or plums
- Soft tinned fruit such as apricots, peaches or pear segments
- Banana with thick custard or cream
- Tinned fruit with thick custard or cream
- Stewed fruit with thick custard or cream
- Smoothies/milkshakes/lassi
- Well-cooked carrots, parsnips, swede, courgettes, peppers, tops of cauliflower, or broccoli florets
- Tinned tomatoes, mushy peas, carrots or other tinned vegetables
- Cauliflower cheese
- Vegetable curry
- Vegetable juices such as tomato and carrot.
- Vegetable soups
- Ripe avocado
- Smooth guacamole

Puddings

- Soft sponge (without dried fruit or nuts) served with thick custard or cream
- Yoghurt with soft mashable lumps, no hard bits, seeds or nuts
- Yoghurt or fromage frais – avoid those with muesli, nuts, grains, or seeds, crumble, cereal or candy toppings
- Soft trifle
- Smooth cheesecake (no biscuit base)
- Ice cream, frozen yoghurt, mousse or sorbet (only if advised by the Speech and Language Therapist)
- Banana with thick custard or cream
- Tinned fruit with thick custard or cream
- Stewed fruit with thick custard or cream
- Jelly
- Thick milk pudding such as custard rice pudding, semolina or tapioca
- Blancmange, instant Whip and milk jelly
- Pannacotta
- Crème caramel
- Mousse
- Sweet white sauces
- Egg custard (no pastry),

Level 5 - Minced and Moist



What does a level 5 - Minced and moist diet mean?

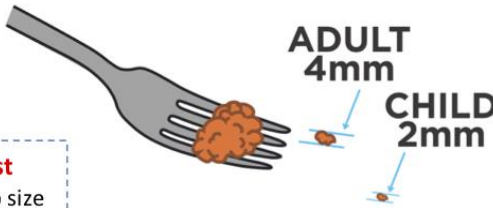
- Soft and moist but with no liquid leaking/dripping from the food
- Can be eaten with fork or spoon
- Could be eaten with chopsticks in some cases, if the individual has very good hand control.
- Can be scooped and shaped (e.g. into a ball shape) on a plate
- 4mm lump size
- Minimal chewing is required
- Biting is not required
- Lumps are easy to squash with tongue
- Foods can be easily mashed with just little pressure from a fork
- Not too sticky because this can cause the food to stick to the cheeks, teeth, roof of mouth and throat

How do I test food to make sure it is level 5 – Minced and moist?

See videos of the IDDSI Fork Test and IDDSI Spoon Tilt Test at
www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Test
For *adults* the lump size is **4mm**, which is about the gap between the prongs of a standard dinner fork

ADULT 4mm
CHILD 2mm



IDDSI Spoon Tilt Test
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked
Sample should **not** be firm or sticky

Minced & Moist food must pass both tests!

Intended for general information only
Please consult with your health care professional for specific advice for your needs

Examples of foods suitable for level 5 - Minced and moist diet

Remember - Ensure all stones, skins, seeds and pips are removed, sieve if required. Remove any excess juice before serving or thicken using a thickening agent

Beans, pulses, fish, eggs, meat and other proteins

Meat

Remember - Make sure food items are finely minced or chopped into 4mm pieces. Use tender mince that is not gristly; serve in a thick, smooth sauce or gravy

Fish

Remember - Make sure food items are mashed down to 4mm pieces and any additional sauce should be smooth and fully mixed in if needed.

- Jacket potatoes (remove skin) with margarine or butter and soft filling such as tuna and mayonnaise, or minced meat with gravy
- Soft well-cooked or minced tender pieces of meat, offal, poultry
- Steamed, poached, tinned or 'boil in the bag' fish
- Tofu (soya bean curd), 'Quorn™' or textured vegetable protein in dishes such as vegetable casserole, curry or chilli
- Minced meat in gravy or dishes such as cottage pie, bolognese, hash, lasagne or curry
- Tender pieces of meat and poultry in stews and casseroles
- Tinned meat or poultry such as corned beef, stewed steak, minced beef, chopped ham and pork, chicken in white or curry sauce, skinless sausages
- Tinned fish mixed with mayonnaise or sauce
- Poached or scrambled eggs
- Omelette
- Savoury filled pancakes
- Smooth pate
- Fish Mousse

Dairy and alternatives

- Fresh, dried, packet or tinned milk such as evaporated, condensed, lactose free, soya, rice, oat or nut milk can be used in drinks and when preparing meals and puddings
- Cheese spread, cottage cheese, cream cheese and other soft cheeses (no rinds)
- Cheese soufflé
- Savoury or sweet white sauces
- Thick smooth yoghurts or fromage frais; without bits, seeds or nuts – or mash down any soft fruit

- Egg custard (no pastry), crème caramel and mousse
- Ice cream or frozen yoghurt (only if advised by the Speech and Language Therapist as they can melt in the mouth and change texture classification)
- Blancmange, Instant Whip and milk jelly
- Thick milk puddings such as custard, rice, semolina, tapioca, sago (tinned, homemade or cartons)
- Cheese and potato bake

Bread and Cereals

Bread

Bread is **not** suitable for a minced and moist diet unless used by blending breadcrumbs into dishes. For example, when blended into thick, smooth soup. No crusts, grains or seeds.

- Sandwiches - See the link below for instructions on how to make a level 5 - Minced and Moist sandwich
www.youtube.com/watch?v=W7bOufgmz18

Cereal

Remember - Texture should be fully softened. Any milk/fluid must hold together and not separate away from cereal. Drain any excess fluid before serving. Avoid cereals with added nuts and dried fruit

- Thick, smooth porridge or instant oat cereals
- Wheat biscuit cereal soaked in hot or cold milk. All milk should be fully absorbed
- Liquid cereal drinks without bits

Pasta and Rice

- Well cooked pasta or rice in dishes such as macaroni cheese or curry
- Tinned pasta such as spaghetti hoops, ravioli or macaroni cheese
- Rice - well cooked, mashed into pieces not bigger than 4mm and mixed into a thick sauce

Potatoes, Yams, Plantains or other energy foods

- Creamed, instant or well boiled (skins removed)
- Jacket potato (without skin) with margarine or butter and soft filling such as tuna and mayonnaise or minced meat with gravy.
- Soft chips (no hard pieces) with sauce
- Cheese and potato bake (no pastry or hard crusts)
- Dumplings soaked in thick gravy
- Polenta in a thick, smooth sauce or gravy

Fruit and Vegetables

Remember - Serve mashed, minced, chopped in pieces no bigger than 4mm. Drain excess juice or thicken with appropriate thickener.

- Soft, ripened varieties of fresh fruit such as peaches, pears, nectarines, plums, melon or bananas
- Stewed fruit such as apples, pears or plums
- Soft tinned fruit such as apricots, peaches or mandarin segments
- Smoothies (blended until smooth)
- Well-cooked carrots, parsnips, swede, courgettes, peppers, cauliflower or broccoli florets
- Cauliflower in a cheese sauce
- Vegetable curry
- Vegetable juices such as tomato and carrot
- Vegetable soups
- Ripe mashed avocado
- Smooth guacamole

Puddings

- Fruit – served mashed, drain excess juice or thicken excess juice.
- Soft, moist sponge cake served with thick custard or cream
- Stewed or tinned fruit served with thick custard or cream.
- Thick smooth yoghurt or fromage frais without bits, seeds or nuts – may mash down any soft fruit
- Trifle
- Mashed banana with thick custard or cream
- Mashed tinned fruit with thick custard or cream
- Thick custard
- Egg custard (no hard pastry)
- Smooth cheesecake (no biscuit base)
- Ice cream, frozen yoghurt, mousse or sorbet (only if advised by Speech and Language Therapist)
- Thick milk pudding such as rice pudding or semolina
- Thick instant whip
- Pannacotta

Level 4 - Pureed Diet



What does a level 4 - Pureed diet mean?

- Usually eaten with spoon (a fork is possible)
- Cannot be drunk from a cup
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered or moulded
- Shows some very slow movement under gravity but cannot be poured
- Falls off the spoon in a single spoonful when tilted and continues to hold shape on a plate
- No lumps
- Not sticky
- Liquid must not separate from solid

How to prepare foods appropriate for a level 4 – Pureed diet

- Remove skin, gristle, fat or bones from raw meat, fish or poultry. Cut into small pieces or use minced meats. Cook well. Add sufficient stock, gravy, sauce or soup to cover blades. Blend at maximum speed until thick and smooth.
- If there are skins or husks making the puree lumpy, sieve the food before processing further
- The easiest way to make a smooth thick puree is to use a liquidiser, food processor or blender
- Pureed meals can look more appetising if presented in individual portions / small pots / ramekins / clear glass dishes (so you can see layers)
- Sponge cakes and soft sandwiches can be made into a puree consistency by covering with a soaking solution of thickened fluid stock, juice or milk and waiting for it to soften to a puree consistency. This information can be found on education literature provided by the companies who make the thickening agent for example Nutricia who make Nutilis and Fresenius Kabi who make 'Thick and easy'
- Thickening foods can be done using store cupboard items e.g. cornflour, mashed potato or whipped cream
- Do not puree all foods together. Cook and liquidise each food item separately

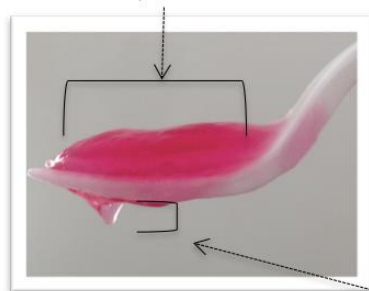
- Puree to a thick smooth consistency and serve meat or fish and vegetables separately on the plate
- Always cover food which has been pureed in the refrigerator to prevent it drying out and forming a skin
- It may be necessary to use a thickening agent to ensure the smooth puree is a thick enough consistency. The Speech and Language Therapist can advise on this. If mixing a thickening agent into food, allow the mixture to stand before serving (see packaging for instructions)
- Most meals can be pureed to a thick smooth consistency successfully providing extra fluid is added during preparation. Try to use nourishing fluids for this such as milk, cream, sauces, creamy soups rather than water, as it adds no nutritional value. Extra butter or margarine can be added when pureeing vegetables. You may need to re-thicken foods after blending to create the correct consistency
- Soup – Try fortifying with;
 - beans, lentils, chickpeas
 - fresh or tinned vegetables
 - well-cooked potato, pasta or rice
 - soft cheese
- Any sauce or gravy served with the puree food should also be thick and smooth
- Adding extra fluid can dilute the taste of some dishes. Try using more herbs, spices, salting and peppering to improve the flavour.
- Choose a variety of coloured foods to make a meal look more appetising

How do I test food to make sure it is a level 4 – Pureed?

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at

www.IDDSI.org/framework/food-testing-methods/

Extremely thick liquids sit in a mound or pile above the fork



IDDSI Fork Drip Test

Liquid does **not** dollop, or drip continuously through the fork prongs

A small amount may flow through and form a tail below the fork



IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Extremely Thick drink or liquid must pass both tests!

Examples of foods suitable for level 4 - Pureed Diet

Remember - All the food items below must be blended and thickened until a suitable thickness which can be moulded or piped. Pass through a sieve until fully smooth. There should be no separate liquid to the thickened items.

Beans, pulses, fish, eggs, meat and other proteins:

Remember - Only serve with a thick, smooth sauce or gravy

- Pureed minced meats or poultry such as chicken or turkey
- Pureed tender pieces of meat, poultry or skinless sausages
- Pureed tinned meats such as corned beef, minced beef, chopped ham and pork, chicken or sausages
- Boneless, skinless fish only, cooked well and pureed until smooth in a pourable white, cheese or parsley sauce
- Potted meat or smooth pate
- Pureed tinned fish with thick sauce or mayonnaise
- Egg custard with no pastry
- Sieved, pureed beans, lentils, chickpeas or other pulses, such as dahl or smooth houmous
- Meat substitutes such as tofu (soya bean curd), QuornTM or textured vegetable protein used in dishes such as vegetable curry, soups, dhal and chilli. Add extra fluid and liquidise until smooth and thick
- Pureed pasta dishes such as spaghetti bolognese or lasagne
- Fish mousse
- Smooth peanut butter blended into sauces or smoothies
- Pureed 'ready meals'
- Smooth pate or potted meat

Dairy and alternatives

- Fresh, dried, packet or tinned milk such as evaporated, condensed, lactose free, soya, rice, oat or nut milk can be used when preparing meals and puddings
- Soft cheese
- Smooth, thick yoghurt, fromage frais, or soya desserts
- Ice cream or frozen yoghurt (only if advised by the Speech and Language Therapist)
- Thick, smooth savoury or sweet white sauces
- Smooth yoghurt
- Breakfast replacement shakes
- Milkshakes or enriched milk (see page 59)
- Mousse or custard

Potatoes, bread, rice, pasta and other starchy carbohydrate foods

Remember - All these food items must be blended until smooth and at a suitable thickness which can be moulded or piped. There should be no separate liquid to the thickened items.

Breads and Cereals

- Smooth instant oat cereal or sieved porridge
- Wheat biscuit cereal soaked in hot or cold milk until smooth and thick. Pass through a sieve to ensure fully smooth
- Bread is **not** suitable for a thick puree diet unless used for preparing dishes such as when blended into thick, smooth soup. No crusts, grains or seeds.

Pasta and Rice

- Pureed pasta dishes such as spaghetti bolognese or lasagne, macaroni cheese, pasta in tomato or cream sauce, ravioli
- Well cooked pasta or rice blended into soups

Potatoes, Yams or Plantains

- Liquidised potatoes, yams or plantains

Fruit and Vegetables

Blend to a thick, smooth consistency. Remove stones, skins and pips and excess liquid before serving. It is recommended that all fruits are passed through a sieve after liquidising

- Liquidised fresh or tinned vegetables
- Vegetables blended into soups
- Liquidised soft, ripened varieties of fresh fruit, tinned fruit, stewed fruit or fruit juice without bits, Smoothies
- Pouches of readymade fruit puree

Puddings

- Crème caramel
- Smooth mousse, yoghurt or fromage frais
- Instant Whip or blancmange
- Soya dessert
- Smooth cheesecake (no biscuit base)
- Egg custard (no pastry)
- Jelly
- Thick, smooth ground rice pudding or semolina

- Thick, smooth custard
- Pureed fruit served with thick, smooth custard
- Smooth Pannacotta
- Sponge pureed with custard to a smooth, thick consistency
- Mousses
- Trifle with liquidised fruit with no skins or seeds
- Liquidized soft, ripened varieties of fresh fruit, tinned fruit, stewed fruit or fruit juices (without bits)
- Pouches of ready-made fruit puree
- Sorbet, ice cream, frozen yoghurt and mousses only if advised by the Speech and Language Therapist, as they can melt in the mouth and change texture classification

Level 3 - Liquidised Diet



What does a level 3 - Liquidised diet mean?

- Can be eaten with a spoon or drunk from a cup
- Cannot be eaten with a fork because it drips slowly in dollops through the prongs
- Some effort is required to suck through a standard bore or wide bore straw
- Cannot be piped, layered or moulded on a plate
- No oral processing or chewing required – can be swallowed directly
- Smooth texture with no bits' (lumps, fibres, bits of shell or skin, husk, particles or gristle or bone)

How to prepare foods appropriately for level 3 – Liquidised diet

- The easiest way to make a smooth liquidised meal is to use a liquidiser or food processor.
- Most meals can be liquidised to a thin smooth consistency successfully providing extra fluid is added during preparation.
- Following cooking, remove the portion to be liquidised, ensuring there is no gristle, fat or bone that may not liquidise.

- Liquidise at maximum speed until it reaches the consistency of a pourable smooth soup.
- Try adding nourishing fluids to this such as milk, cream, sauces, creamy soups rather than water. Extra butter or margarine can be added when pureeing vegetables.
- Fluids may need to be thickened to the consistency recommended by the speech and language therapist
- Always cover food in the refrigerator to prevent it drying out and forming a skin
- Any sauce or gravy served with the food should be as thick or thin as the puree itself
- Serve different foods in separate bowls or use a plate with several individual wells
- Choose a variety of coloured foods to make a meal look more appetising
- Adding extra fluid can dilute the taste of some dishes. Try using more herbs, spices, salting and peppering to improve the flavour.
- To add flavour to main courses, add; stock cubes, meat and vegetable extracts, packet sauce mixes, gravy mixes or soups (packet, tinned or condensed).
- Try adding cream or full fat milk to improve the energy content of meals. See food fortification section on page 59.

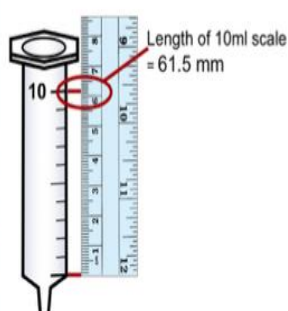
How do I test food to make sure it is level 3 – Liquidised diet?

See videos of the IDDSI Flow Test and IDDSI Fork Drip Test at

www.IDDSI.org/framework/drink-testing-methods/

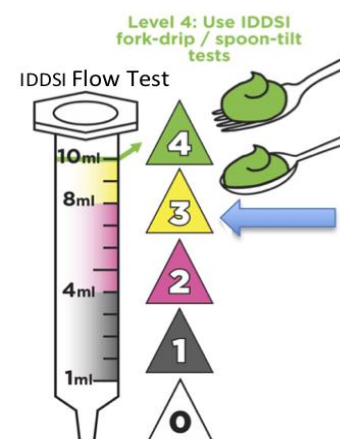
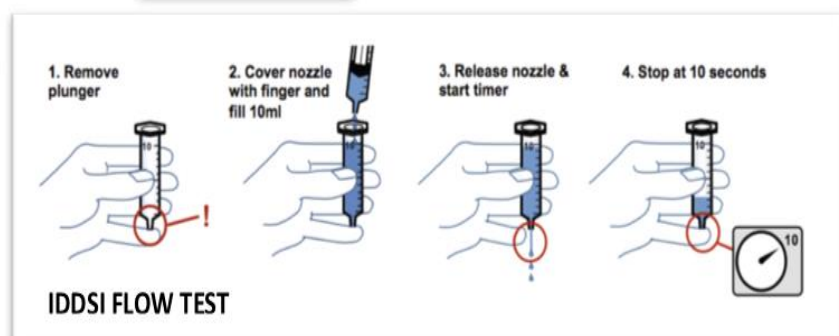
Before you test...

You **must** **check** your syringe because there are differences in syringe lengths. Your syringe should look like this



IDDSI Fork Drip Test

Drips slowly in dollops through the prongs of a fork



Examples of foods suitable for a level 3 - Liquidised diet

Remember - Ensure all the options throughout this section are fully liquidised into a runny smooth soup, they may require extra liquid to ensure they are pourable. They may require passing through a sieve prior to serving:

Beans, pulses, fish, eggs, meat and other proteins:

- Liquidised minced meats or poultry such as chicken or turkey
- Liquidised tender pieces of meat, poultry or skinless sausages
- Liquidised tinned meats such as corned beef, minced beef, chopped ham and pork, chicken or sausages
- Boneless, skinless fish only cooked well and liquidised until smooth in a pourable white, cheese or parsley sauce
- Meat substitutes such as tofu (soya bean curd), 'Quorn'™ or textured vegetable protein used in dishes such as vegetable curry, soups, dhal and chilli. Add extra fluid and liquidised until smooth and pourable
- Liquidised tinned fish with thick sauce or mayonnaise
- Sieved, liquidised beans, lentils, chickpeas or other pulses
- Liquidised 'ready meals'
- Liquidised pasta dishes such as spaghetti Bolognese, macaroni cheese, pasta in tomato or cream sauce, ravioli
- Fresh, packet, tinned or homemade soups without lumps try adding liquidised and sieved:
 - beans, lentils, chickpeas
 - fresh or tinned vegetables
 - well-cooked potato, pasta or rice
 - soft cheese

Dairy and alternatives

- Milkshakes or enriched milk (see page 59)
- Breakfast replacement shakes
- Fresh, dried, packet or tinned milk such as evaporated, condensed, lactose free, soya, rice, oat or nut milk can be used when preparing meals and puddings
- Grated, soft or cream cheese within dishes
- Smooth pourable yoghurt, fromage frais, crème fraîche or soya dessert, with extra milk added to achieve correct consistency. Avoid those with muesli, nuts, grains, seeds, pieces of fruit or candy
- Smooth, pourable savoury or sweet white sauces
- Ice cream or frozen yoghurt (only if advised by the Speech and Language Therapist)

Potatoes, bread, rice, pasta and other starchy carbohydrate foods

Breads and Cereals

- Pourable, smooth instant oat cereal or sieved porridge
- Wheat biscuit cereal soaked in hot or cold milk until smooth and pourable. Pass through a sieve to ensure fully smooth.
- Bread can be included in the diet if blended into a thick, smooth soup. No crusts, grains or seeds.

Pasta and Rice (blended into a smooth, pouring consistency)

- Pureed pasta dishes
- Well cooked pasta or rice blended into soups
- Blended ground rice pudding

Potatoes, Yams or Plantains

- Liquidised potatoes, yam or plantains
- Serve as smooth, creamed or instant. Add margarine or butter and milk or cream to blend to pourable consistency when preparing. **Do not over mix as they become 'gloopy' and difficult to swallow**
- Try blending cooked potatoes, yam or plantain into soups

Fruit and vegetable

Fruit

It is recommended that all fruits are passed through a sieve after liquidising

- Smoothies made without bits or seeds
- Liquidised soft, ripened varieties of fresh fruit, tinned fruit, stewed fruit or fruit juices (without bits).

Vegetables

- Liquidised fresh or tinned vegetables
- Smooth vegetable juices

Puddings

- Crème caramel liquidised using custard or cream
- Smooth mousse, yoghurt or fromage frais liquidised with extra milk or cream
- Pourable instant whip
- Smooth, pourable ground rice pudding or semolina
- Smooth custard
- Soya dessert
- Sponge liquidised with custard to a pouring consistency

- Frozen yoghurts and mousses liquidised into smoothies or other desserts to a smooth pouring consistency
- Soft, ripened varieties of fresh fruit, tinned fruit, stewed fruit or fruit juices (without bits)

Transitional foods



What are transitional foods?

- Transitional foods start as one texture but change into another texture when moisture like water or saliva are added or when a change in room temperature occurs, or when food is heated
- Biting is not required
- Minimal chewing is required
- Tongue pressure can be used to break these foods once the texture has been changed by moisture/saliva or temperature
- May be used to teach chewing skills
- Transitional foods often do not have much nutrition so they cannot be relied on for a full diet. They may be foods which can be used together with Level 5 Minced and Moist, Level 6 Soft and Bite Sized or Level 7 Regular Foods (the Speech and language Therapist will provide guidance)

How do I test to see if a food is a transitional food?

See videos of the IDDSI Fork Pressure Test at
www.IDDSI.org/framework/food-testing-methods/

1.
Add 1mL
of water to
1.5cm x 1.5cm
sample and
wait 1 minute.



2.
Then complete
the IDDSI Fork
Pressure Test.

Thumbnail
blanches
white



IDDSI Fork Pressure Test for Transitional Food

Take a piece 1.5cmx1.5cm, which is about the width of a standard dinner fork. Add 1 mL of water to the sample and wait 1 minute. **To make sure the food is soft enough**, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed, broken apart, and does not regain its shape

Some examples of Transitional foods

include: Wafers, shortbread, Veggie Stix™, potato crisps, Cheeto Puffs™, Rice Puffs™, ice chips, ice cream

Who needs texture modified drinks/fluids?

Drinks may need to be thickened with a prescribed thickening agent to enable a resident to swallow safely.

Lack of compliance with thickened drinks is common. It is important to make them as appealing as possible.

Residents who require thickened drinks due to their swallowing problems often find them unpalatable and drink significantly less, therefore fluid rich foods e.g. gravy, custard, jelly, smooth soups, ice lollies, ice cream, porridge, milk puddings, pureed smooth fruit when added to their diet can increase its fluid content but you must still ensure they are still served at the correct consistency (as recommended by the Speech and Language Therapist).

If advised to thicken drinks, then **EVERY DRINK** needs to be thickened, including water and drinks taken with medication. If drinks are not thickened adequately, this may lead to the resident developing pneumonia.

There are several different products in use. Thick and Easy, Thick and Easy Clear, Nutilis powder, Nutilis Clear, Resource Clear. Some are starch based; some gum based which mix slightly differently.

How to thicken drinks

It is essential that you follow the recommended manufactures instruction as not all thickeners are made up in the same way

- Sprinkle the required amount of thickener into drinks and mix well with a fork or whisk. Some thickeners may advise to add the fluid to the thickener rather than adding the thickener to the made cup of drink.
- Using a shaker may improve ease of mixing; these are often provided by the manufacturers who produce the supplements/thickeners.
- Be exact when measuring out both thickener and fluid.
- Leave to stand until desired thickness is achieved (see manufacturer's instructions)
- Prior to pouring stir again to check consistency is correct.

Tips for thickening drinks

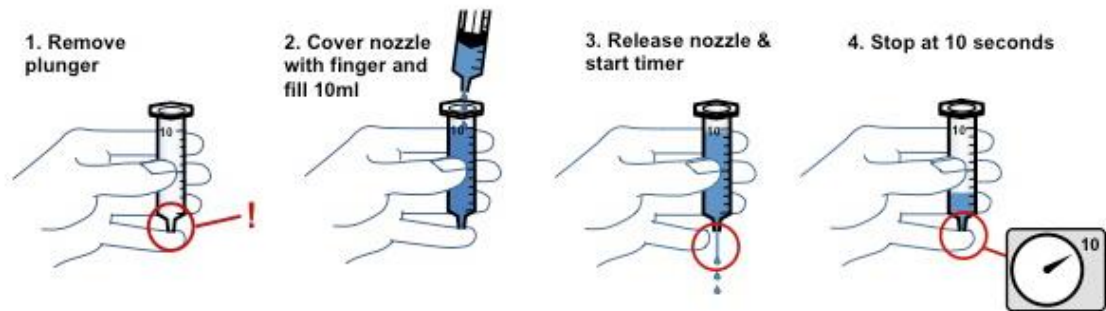
- Add the recommended amount of thickener and wait for effect – do not keep adding thickener and over thicken
- Cool hot drinks slightly before adding thickener
- Use thickener to thicken all liquids including soup and alcohol

How to check drink/fluid thickness

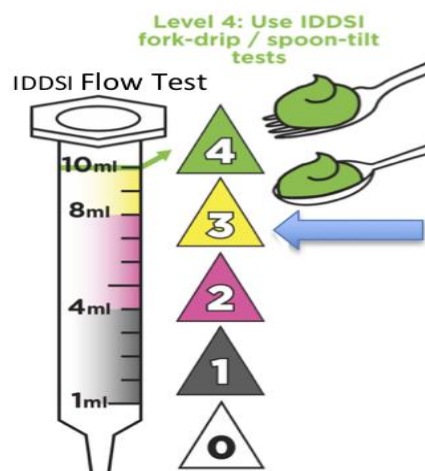
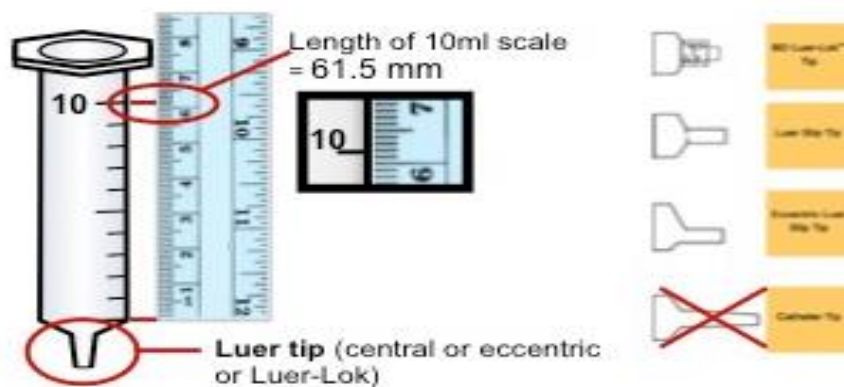
All health professionals and food providers should use the following IDDSI terminology and definitions for drink/liquid thickness.

There is a Syringe Flow Test objective measurement tool for IDDSI levels 0-3 based to check the thickness is correct. For extremely thick drinks (level 4),

that do not flow through a 10ml syringe in 10 seconds and are best consumed with a spoon, the IDDSI Fork Test and/or Spoon Tilt Test are recommended as methods for determining consistency.



Specifications: It is essential to use the following syringe dimensions for correct results.



Level 0 - Thin drinks:



- Flows like water
- Can flow through any straw/teat/nipple

Water, milk, tea, coffee, and juice are all examples of the Level 0 Thin thickness level.

How do I measure my liquid or drink to make sure it is Level 0 Thin?

It is safest to measure the thickness using the IDDSI Flow Test.
For Level 0 -Thin liquids, there should be *less than 1 mL remaining* in the syringe after 10 seconds of flow.

Level 1 - Slightly Thick drinks:



- Thicker than water
- Can flow through a standard straw/teat/nipple

Some drinks may naturally be slightly thick (like some fruit nectars or milks). Thin liquids like water, milk, tea, coffee, juice and others may need to be thickened to the Slightly Thick level.

How do I measure my liquid or drink to make sure it is Level 1 Slightly Thick?

It is safest to measure the thickness using the IDDSI Flow Test.
For Level 1- Slightly Thick liquids, there should be *1-4 mL remaining* in the syringe after 10 seconds of flow.
Your resident may have a specific number between 1-4 mL to aim for.

Level 2 - Mildly Thick drinks:



- Are 'sippable' from a cup'
- Need some effort to drink through a standard straw/teat/nipple

Some milk shakes and thick shakes may be this thickness level already, but other drinks may need thickener added to reach the correct thickness level.

How do I measure my liquid or drink to make sure it is Level 2 Mildly Thick?

It is safest to measure the thickness using the IDDSI Flow Test.

For Level 2 - Mildly Thick liquids, there should be **4-8 mL remaining** in the syringe after 10 seconds of flow.

Your resident may have a specific number between 4-8 mL to aim for.

Level 3 - Moderately Thick drinks:



- Can be drunk from a cup or taken with a spoon
- Need some effort to drink them through a *wide* diameter straw
- Cannot be eaten with a fork because it slowly drips through

Moderately Thick drinks allows more time for the tongue to “hold and move” the drink. These drinks are best taken from a cup using a spoon.

How do I measure my liquid or drink to make sure it is Level 3 Moderately thick?

It is safest to measure Moderately Thick drinks using the IDDSI Flow Test **and** the IDDSI Fork Drip Test.

For Level 3-Moderately Thick liquids there should be **no less than 8 mL remaining** in the syringe after 10 seconds of flow.

Your resident may have a specific number between 8-10 mL to aim for.
IDDSI Fork Test - The liquid should drip slowly in dollops through the prongs of a fork.

Level 4 – Extremely Thick drinks:



- Are usually eaten with a spoon
- Cannot be drunk from a cup or sucked through a straw
- Do **not** require chewing
- Have a smooth texture with no lumps
- Hold shape on a spoon
- Fall off a spoon in a single spoonful when tilted
- Are **not** sticky

Extremely Thick drinks allows more time for the tongue to “hold and move” the liquid. It’s important that Extremely Thick drinks are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Extremely Thick drinks are best taken using a spoon.

How do I measure my liquid or drink to make sure it is Level 4 Extremely thick?

It is safest to measure Extremely Thick drinks using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

IDDSI Fork Drip Test. Liquid does not dollop or drip continuously through the fork prongs. The drink sits in a mound or pile above the fork. A small amount may flow through and form a tail below the fork.

IDDSI Spoon Tilt Test. Drink holds its shape on the spoon and falls off fairly easily if the spoon is tilted or slightly flicked.

Tips to help with texture modified foods and drinks

- Remember to ask SLT about gravies, sauces, nutritious drinks and soups for residents on texture modified diets
- Check with the Speech and Language Therapist if you are in doubt whether someone can have a specific item of food that fits outside the IDDSI level
- SLT can advise if your resident can have any transitional foods

- Some residents may not be able to swallow whole pills, tablets and capsules. In the event that the person is not able to swallow whole pills, tablets or capsules consult the person's Doctor for advice on alternative formulations. Cutting or crushing of medication is NOT recommended, and may have critical adverse effects. Always seek advice from a Doctor or Pharmacist before altering medication.

Further information/assistance

Elizabeth Barnett, (Care Homes Liaison) Community Speech and Language Therapy - Older Adult Team

Tel: 0114 3052565 or e-mail elizabeth.barnett@nhs.net

Nutricia for information about Nutilis

Website www.nutris.com

For recipes using Nutilis www.mynutris.co.uk

Fresenius Kabi for information about Thick & Easy

Website www.dysphagia.org.uk/thick-and-easy

IDDSI website: <https://iddsi.org/>

Food Fortification **(Adding extra nourishment to food and drinks)**

If a resident can only eat small amounts at a time or has lost weight or has been identified as being at risk of malnutrition or has increased nutritional requirements due to their medical condition, then it is important that foods and drinks that you serve are fortified.

Measurements used

tsp. = teaspoon tbsp. = tablespoon oz. = ounce floz. = fluid ounce
mls = millilitres g = grams
(All conversions from metric to imperial are approximate)

Enriched Milk (fortified milk)

1. Measure 20g (4 tbsp) of milk powder into a jug
2. Measure 568mls (1 pint) of full fat milk.
3. Mix a small amount of the milk into the milk powder to make a paste
4. Gradually add the rest of the milk until you have a smooth texture. This can be used in place of ordinary milk over the day.

Fortifying common foods

The following are suggestions for added ingredients for 1 portion of food:

- Full fat milk as above
- Portion of mashed potato – add: 15g (1 tbsp.) butter and 10-20mls (1-2 tbsp. = ½ -1floz.) fortified milk
- Portion of cheesy mashed potato – add: 15g (1 tbsp.) butter, 20mls (1floz = 2 tbsp.) fortified milk and 25g (1oz) cheese.
- Portion of scrambled egg - add: 5g (1 tsp.) butter, 50mls fortified milk, 25g (1 oz.) cheese
- Portion of Custard- add: 5g (1 tbsp) milk powder, 15g (1 tbsp double cream
- Portion porridge – add: 15g-30g (1-2 tbsp.) double cream and 10g (2 tsp.) sugar
- Portion of soup – add: (15g)1 tbsp. double cream and 10g (2 tsp.) milk powder
- Portion milk shake - 200mls (approximately 1/3 pint) fortified milk, 15g (2 tsp.) milk shake powder and 30g (2 tbsp.) double cream.

Breakfast Cereals

Try adding one or more of the options below when preparing breakfast cereals. It will add approximately 100kcal per portion of cereal. If you manage to add two it could increase up to 200 extra kcal!

- Full fat milk or milk substitute - 150mls (6 fluid oz.)
- Milk powder - 20g (4 heaped tbsp.)
- Full fat smooth yoghurt, fromage frais or soya alternative cream or cream substitute – 125g (5oz - small pot)
- Evaporated milk - 70mls (2floz)
- Condensed milk – 30mls (1 ½ tbsp.)
- Smooth pureed fruit in syrup - 35g (1tbsp)
- Golden syrup – 35g (1 ½ tbsp.)
- Honey - 35g (1 ½ tbsp.)
- Sugar - 25g (5 tsp.)
- Chocolate nut spread - 20g (1tbsp)

Potatoes, yams, plantains, and other starchy foods

Below are suggested approximate weights of foods to fortify each portion. Dependant on the texture required, the food you are adding it to, may tolerate a little more adding to it.

- Butter, margarine, oil or ghee – 10g (2 tsp.)
- Cream or cream substitute - 30g (2 tbsp.)
- Full fat milk fortified with milk powder 10 - 20mls (1-2tbsp)
- Full fat natural yoghurt, crème fraîche or fromage frais - 30g (2 tbsp.)
- Grated cheese (25g), soft or cream cheese – 10g (2 tsp.)
- Cheese spread – 10g (2 tsp.)

Vegetables

Try adding one or more of these options during preparation and/or when serving. Below are suggested approximate weights of foods to fortify each portion. Dependant on the texture required, the food you are adding it to, may tolerate a little more adding to it.

- Butter, margarine, oil or ghee - 10g (2 level tsp)
- Double cream or cream substitute - 15g (1 tbsp)
- Use full fat milk or milk substitute (made into a sauce to serve with the vegetable, with added grated cheese)
- Full fat natural yoghurt, crème fraîche or fromage frais - 15g (1tbsp)
- Grated cheese, soft or cream cheese, or cheese spread - 25g (1oz)

Soups and sauces

Try adding one or more of the following (per portion) when preparing and/or when serving soups or sauces. Below are suggested approximate weights of foods to fortify each portion. Dependant on the texture required the food you are adding it to, may tolerate a little more adding to it.

- Butter, margarine, oil or ghee -10g (2 level tsp)
- Milk powder – 5g (1 heaped tbsp)
- Double Cream or cream substitute - 15g (1tbsp)
- Full fat milk or milk substitute (could make up with this rather than adding water)
- Full fat natural yoghurt, crème fraiche or fromage frais - 30g (2tbsp)
- Grated cheese - 25g (2tbsp. packed down on spoon/1oz)
- Soft or cream cheese - 30g (1heaped tbsp.)
- Cooked meat, fish or poultry - 25g (1oz)
- Well cooked pasta, potatoes or rice -30g (1tbsp)
- Cooked beans, lentils or pulses - 30g (2 level tbsp.)
- Bread (no crusts, grains or seeds). Make sure that this is fully blended into the soup - 20g (1/2 slice)

Puddings

Try adding one or more of these options (per portion) when serving; do not use low fat products. Below are suggested approximate weights of foods to fortify each portion – dependant on the texture required; the food you are adding it to, may tolerate a little more adding to it.

- Full fat smooth yoghurt, fromage frais or soya alternative - 125mls (1 small pot - 5oz)
- Cream or cream substitute - 30g (2tbsp)
- Evaporated milk – 30mls (1 ½ tbsp.)
- Condensed milk - 30mls (1 ½ tbsp.)
- Smooth pureed fruit in syrup – 35g (1 tbsp.)
- Fruit, maple or golden syrup 20-40g (1-2 tbsp)
- Honey - 35g (1 ½ tbsp.)
- Smooth dessert sauces 15-30g (1-2tbsp)
- Seedless jam - 20g (1tbsp)
- Chocolate spread - 20g (1 tbsp.)

Some of the ingredients above could be incorporated/exchange into recipes.

Some food and fluids may need to be thickened to a consistency recommended by the Speech and Language Therapist

The table on page 62 demonstrates examples and effects of how to add extra nourishment to food items. Each suggestion is based on one serving.

Take a basic food item	Add these calorie providers	What is the difference?
150 g porridge made with full fat milk (Provides 174 calories)	25 g double cream 2 chopped dates	Adds an extra 200 calories Boosted porridge now provides 374 calories
1 thick slice of bread - toasted, spread with butter (Provides 217 calories)	20 g chocolate nut spread and fold the bread, then soak in 1 beaten egg and fry in 15 g butter. Serve with 1 sliced banana	Adds an extra 370 calories Eggy chocolate and banana bread now provides 587 calories
Scrambled egg – 2 eggs with 50 ml full fat milk (Provides 180 calories)	15 g butter 30 g hard cheese - grated	Adds an extra 200 calories Cheese scrambled egg now provides 380 calories
1 glass of full fat milk (200 ml) (Provides 130 calories)	1 scoop of ice cream 25 g double cream 2 teaspoons honey Ground cinnamon to taste	Adds an extra 300 calories Cinnamon milk shake now provides 430 calories
1 small crème caramel (75 g) (Provides 80 calories)	75 ml full fat milk 35 ml evaporated milk 1 banana 1 heaped teaspoon honey Liquidise all together Serve sprinkled with 5 g grated chocolate	Adds an extra 275 calories Bonoffee shake now provides 355 calories
150 ml tomato soup - dried mix made with water and ready to serve (Provides 45 calories)	Instead of using water make with 150 mL full fat milk 30 ml double cream 30 g grated cheese	Adds an extra 300 calories Cream of tomato soup now provides 345 calories
50 g White sauce - made with full fat milk (Provides 75 calories)	10 g skimmed milk powder 5 g butter 10 g cheese	Adds 100 calories Enriched savoury white sauce now provides 175
60 g Boiled potato (Provides 44 calories)	15 g butter (and mash)	Adds 100 calories Mashed potato now provides 144 calories.
50 g boiled carrots (Provides 12 calories)	5 g butter 1 heaped teaspoon honey	Adds 83 calories Honey glazed carrots now provides 95 calories.
150 g rice pudding (Provides 135 calories)	15 g creamed coconut 10 g grated chocolate	Adds 150 calories 'Bounty' style rice pudding now provides 285 calories.
150 ml custard made with skimmed milk topping 20 g Swiss roll (Provides 186 calories)	Make custard with 150 ml full fat milk instead of the skimmed milk 10 g skimmed milk powder Pour over Swiss roll and top with 25 ml double cream - whipped	Adds 182 calories Posh style Swiss roll and custard now provides 368 calories.

Nourishing Drinks

Many residents may fill up on drinks such as tea, coffee, squash, fizzy drinks, water and savoury stock type drinks such as Oxo, Bovril, Jardox, Marmite and Vegemite, which offer little nutritional value.

The following suggestions will provide protein, energy and other essential nutrients. These types of home - made nourishing drinks should be included within the nutrition care plan before oral nutritional supplements (ONS) are requested. Many home - made shakes have a higher nutritional content than prescribed ONS.

Malt honey milkshake – provides 10 g protein and 300 calories

- 200ml or ⅓ pint full fat milk
- 1 tablespoon honey
- 1 scoop ice cream
- 2 teaspoons malted milk powder (Horlicks or Ovaltine) or 1 tablespoon Milo

Blend together until smooth

Banana Smoothie – provides 10 g protein and 315 calories

- 200ml or ⅓ pint full fat milk
- 1 small ripe banana
- 1 scoop ice cream
- 1 teaspoon sugar or honey

Mash banana, add all other ingredients and blend

Super Shake – provides 12 g protein and 330 calories

- 200ml or ⅓ pint full fat milk
- 4 teaspoons milk powder
- 3 tablespoons double cream
- 1 scoop ice cream
- 1 tablespoon milk shake flavouring such as Nesquik or Crusha or drinking chocolate

Blend together until smooth, adding more flavouring to taste

Yoghurt and Berry Smoothie – provides 15.5 g protein and 380 calories

- 150ml or ¼ pint full fat milk
- handful of frozen or fresh berries such as raspberries, strawberries, blue berries or blackberries
- 1 small banana
- small pot of Greek yoghurt

Mash the banana, add the other ingredients and blend until smooth

Fruit Juice Blast - provides 2 g protein and 205 calories

- 100ml fresh fruit juice
- 100ml lemonade
- 1 scoop ice cream
- 1 teaspoon sugar or honey

Blend together until smooth

Fortified Soups – Provides 13g Protein and 280kcal

- 1 packet of powdered soup (not low calorie/healthy version)
- 1 ½ tablespoons skimmed milk powder
- 200mls milk

Heat the full fat milk until simmering. Add in the skimmed milk powder and packet soup, mix well.

Fortified Fruit Juice – Per portion provides approximately 200kcal 8-9g protein.

(These drinks may be suitable for residents who don't drink milk)

The quantities used below make up two portions.

- 180mls of fruit juice (cranberry, orange, apple)
- 40ml undiluted high juice squash or cordial (not sugar free/diet/no added sugar) (blackcurrant, orange, elderflower cordial)
- 10g (2 x 5g sachets) egg white powder

Directions: Important follow directions exactly and in the order shown:

1. Put egg white powder in to a glass
2. Using a spoon (not a fork or a whisk) gradually mix in the cordial or squash.
3. Gradually mix in the fruit juice

Further information/assistance

Sheffield CCG malnutrition pathway

<https://www.malnutritionpathway.co.uk/>

The British Dietetic Association Website

<https://www.bda.uk.com/foodfacts/home>

Finger Foods

What are finger foods and which residents may find them useful?

Some residents have difficulty with co-ordination so may find eating with cutlery difficult. Some residents (particularly those with dementia) may have difficulty concentrating on tasks like feeding themselves with cutlery. Finger foods are a good solution. These are everyday foods that are prepared in a way that makes them easy to pick up and eat with hands.

Finger foods help maintain independence and self-esteem at mealtimes, as the resident does not have to rely on assistance from other people to eat. This is important as it helps to preserve dignity and confidence. Often it encourages residents to eat more with fewer spills. They can be eaten at a table or away from the table. Finger foods can be particularly useful for residents who are unable to remain seated during the meal service. Finger foods can help to preserve eating skills. They are also useful as additional snacks for residents who can only eat small amounts at mealtimes and are at high risk of under nutrition.

Things to think about when preparing finger foods

1. Size and shape

- Try experimenting to see which shapes and size of food are easier for a resident to pick up. Different sized hands may need different sized finger foods.

2. Frequency

- To ensure an adequate nutritional intake, a resident will need different finger foods from each of the various food groups from the 'Eatwell Guide' (see page 5). Residents with a good appetite may have no problem eating sufficient food at regular meal times. Some residents may prefer to eat little and often i.e. five or six small meals spread out over the day rather than the traditional three.

3. Temperature

- Ensure the finger food is cool enough to hold and eat but equally tasty as it cools down.

4. Moisture level

- Remember dry overcooked foods can be difficult to eat even when served as a finger food.

5. Presentation/food safety

- Remember to remove stones from fruit as they can be a choking hazard e.g. stones from cherries.
- Fruit dipped in water with lemon juice will stop it from turning brown and becoming unappetizing.
- Raw foods such as carrots may be too hard for some residents with dentures so may need lightly steaming or roasting.
- Ensure finger foods are not left with the resident longer than is safe for consumption.

Ideas for finger foods for each of the food groups in the 'Eatwell Guide'

- **Beans, pulses, fish, eggs, meat and other proteins**

Bread crumbed chicken or fish goujons
Hard-boiled egg quarters
Mini beef/lamb/turkey/chicken/pork/vegetarian burgers
Chicken breast or other suitable pieces of meat cut into pieces
Wraps with meat, vegetarian or fish fillings
Meat/fish/vegetarian frittatas
Meat/fish spring rolls
Fish fingers
Fishcakes
Meat/vegetarian sausages
Meat balls
Slices/fingers of meat loaf
Scotch eggs
(These are the unprocessed varieties as processed/ready-made varieties can be high in fat, salt and sugar)

- **Potatoes, bread, rice, pasta, and other starchy carbohydrates**

Buttered bread/toast or fingers with marmite, soft cheese, peanut butter or preserves
Small cut sandwiches or small rolls with soft fillings to prevent falling apart such as egg or tuna mayonnaise, soft cheese, pate, meat or fish paste, peanut butter
Rice cakes with butter/margarine
Breadsticks with or without dips
Cereal bars
Small pitta bread with fillings (see sandwich choices above)
Crumpet fingers with butter/margarine
Crackers with butter/ margarine/soft cheese/preserves/peanut butter
Small Chapatti
Thick cut chips/wedges made of potato/sweet potato/parsnip
Baby potatoes with or without skins
Bagel with butter/margarine and topping of Marmite, soft cheese, peanut butter or preserves
Malt loaf with butter/margarine
Fruit loaf with butter/margarine
Teacakes with butter/margarine
Hot cross buns with butter/margarine
Potato waffles
Small roast potatoes

- **Dairy and alternatives**

Fromage frais tubes
Slices of pizza
Cheese strings
Slices of quiche or any savoury flan
Cheese cubes

Slices of cheese on toast

- **Fruit and vegetables**

(Fruit can be peeled if preferred. Some residents may find it easier to grip the fruit if it is retained especially 'slippery fruits' such as peach/nectarine)

(Vegetables can be steamed, boiled or served raw depending on what the resident prefers)

Cooked mange tout

Vegetable sticks e.g. carrot, celery, cucumber, pepper, swede, parsnip, and courgette

Cherry tomatoes

Melon wedges

Pineapple chunks

Cooked mushrooms

Cooked green beans

Cooked broccoli florets

Cooked cauliflower florets

Cooked sprouts

Banana (whole or pieces)

Seedless Grapes

Strawberries/raspberries/gooseberries/blackberries

Apricot halves (stone removed)

Pieces/slices of fruit e.g. apple, pear, kiwi

Segments of oranges

Ready to eat dried fruit e.g. dates, figs, apricots, sultanas

Vegetable frittatas

Salad leaves

Vegetable spring rolls

Pickled vegetable pieces e.g. onions, beetroot, and gherkins

- **Foods high in fat, salt and sugars**

Below are processed/ready-made varieties and can be high in fat, salt and sugar)

Chipolata sausages

Mini beef/lamb/turkey/chicken/pork/vegetarian burgers

Meat/vegetarian sausages

Mini porkpies

Sausage rolls

Scotch eggs

Seafood sticks

Scones-savoury or sweet with butter/margarine, cheese or jam

Buns

Chocolate eclairs

Doughnuts – plain or filled with jam

Sorbet/ice-cream cone/choc ice

Pure fruit juice ice lollies

Individual fruit pies

Muffins

Biscuits/cookies
Slices/fingers of cake or cake bars
Sweet waffles

Note

Remember to offer drinks throughout the day to these residents.
Some residents may benefit from supplementing their finger food meals with liquid foods in an enclosed drinking container e.g. fruit juice, soup, yoghurt drinks, milky drinks

Low Residue Diet

A low residue diet should only be followed if recommended by a registered health care professional.

A low residue diet does not always provide all the nutrients necessary to remain healthy. A registered health care professional will advise how long this diet can be safely followed for and if vitamin or mineral supplements are needed.

Residue refers to the part of the food that is not digested or absorbed and therefore remains in the bowel.

A low residue diet reduces the size and number of stools. It can help to reduce abdominal pain, bloating, diarrhoea or flare ups of digestive diseases such as diverticulitis, Crohn's disease or ulcerative colitis.

A low residue diet is also recommended if there is a risk that fibrous food may not pass through narrowed areas of the bowel.

What foods are suitable foods for a low residue diet?

	Suitable foods	Foods to avoid
Meat and fish	All kinds of meat and fish	Skin and bones of fish, gristle, tough cuts of meat, stews, casseroles and pies containing the vegetables listed below
Alternative protein sources	Eggs, soya mince, tofu	All pulses such as chick peas, kidney beans, lentils or baked beans
Dairy foods	Milk, cheese, butter or margarine, plain or smooth yoghurts	Yoghurts or cheese containing fruit or pieces of nut
Breads and cereals	Cornflakes, rice krispies, white bread, white rice, white pasta, cream crackers, rice cakes, any food made from white flour such as pastry or Yorkshire pudding	Wholewheat breakfast cereals, for example Weetabix, Branflakes or Shredded Wheat, all cereals containing fruit or nuts, oats, porridge, wholemeal or wholegrain breads and foods made from wholemeal flour, wholemeal pasta, brown rice, bran and pearl barley
Potatoes	Boiled or roast potatoes without skins, mashed potatoes, the inside of baked potatoes	Potato skins

Vegetables	Small amounts of well cooked root vegetables	Tough stalks, onion, peas, sweetcorn, raw salad vegetables
Fruit	Tinned or stewed fruit, banana (maximum 1 small per day)	Tough skins, citrus fruit, dried fruit including prunes, seeds and pips
Nuts	None allowed	All nuts and food containing nuts, including coconut and marzipan
Cakes and biscuits	Sponge cakes made with white flour (no nuts or dried fruits), for example Swiss rolls with seedless jam; plain biscuits, for example rich tea, shortbread, custard creams, ginger nut, chocolate fingers, Jaffa cakes	Flapjacks, puddings or cakes made with wholemeal flour or dried fruit, for example fruit scones, mince pies, fruit crumble Biscuits made with wholemeal flour, oats, nuts or fruit, for example hobnobs, digestives, fig roll, fruit shortcake
Confectionary	Chocolate, fudge or toffee without dried fruit or nuts, boiled sweets, mints, chewy sweets	Chocolate and toffee made with dried fruits or nuts, popcorn, cereal bars
Miscellaneous	Sugar, syrup, evaporated milk, seedless jam and marmalade, honey, lemon curd, custard, ice cream, jelly, milk puddings, salt, pepper, gravy, stock cubes	Jam and marmalade with seeds and peel, herbs with stalk and leaves, pickles and chutneys, chunky soups
Drinks	Teas, coffee, smooth fruit juice, squash, water	Fruit juice with 'bits' Fruit smoothies

Example of a low residue diet

Breakfast

Scrambled eggs on white toast or cornflakes with milk

Mid-morning

Smooth yoghurt

Lunch

Strained soup and 1 ham or cheese sandwich on white bread

Pudding: Rice pudding or ice cream and tinned fruit

Mid-afternoon

Shortbread biscuits x 2 or rice cakes with cottage cheese

Evening meal

Macaroni cheese or tuna / chicken pasta bake (use a smooth tomato sauce)

Supper (optional)

Cheese and crackers or malted milk drink or a hot chocolate made with milk

Example of a fortified low residue diet

Breakfast

Scrambled eggs on white toast (mix 1 tablespoon of double cream into eggs)
or cornflakes with fortified full fat milk

Mid - morning

Full fat smooth yoghurt

Lunch

Strained soup and 1 ham and cheese sandwich on white bread

Pudding: Rice pudding with seedless jam

Mid - afternoon

Custard cream biscuits x 4 and 1 glass of fortified full fat milk or a milky coffee

Evening meal

Macaroni cheese or tuna / chicken pasta bake (use a smooth tomato sauce)
and add extra full fat cheese

Pudding: Apple crumble and custard or ice cream (use white flour not oats)

Supper

Hot chocolate made with fortified full fat milk

Crumpet, scotch pancake or a slice of toast with butter / seedless jam /smooth
peanut butter

Salt and Health

Eating too much salt can increase the risk of developing high blood pressure. Having high blood pressure is a major risk factor for both heart disease and stroke. By reducing salt intake it is possible to reduce blood pressure and the risk of developing heart disease and stroke.

A no added salt diet might be indicated for residents who have fluid retention. Reducing the amount of salt in the diet can help to reduce the excess fluid.

Salt is made up of sodium and chloride. It is the sodium in the salt that is harmful to health and sodium is usually listed in the nutritional information of food labels.

75% of the salt we eat comes from the salt which is added by the manufactures

An adult should aim to have less than 6g (around a teaspoon) of salt a day

How to identify the amount of salt/sodium in food from a food label

Nutrient	Low (a healthier choice)	Medium (only have in moderation)	High (have only occasionally)
Salt	0.3g or less per 100g	0.31 – 1.49g per 100g	1.5g or more per 100g
Sodium	0.1g or less per 100g	0.11 – 0.59g per 100g	0.6g or less per 100g

Suggestions to help reduce a resident's salt intake

- Try to avoid or use only a very small amount of salt when cooking
- Rock salt and sea salt have the same amount of sodium as ordinary table salt so are not suitable alternatives
- Avoid using salt substitutes such as Lo-salt, Saxo low salt
- Try using herbs and spices in cooking for extra flavour
- Avoid all salted, tinned or processed meats, for example: bacon, ham, chopped pork, corned beef, gammon, anchovies, salami and sausages. Aim to choose unprocessed fresh or frozen meats, poultry and offal.
- Avoid all smoked, cured or tinned fish in brine for example sardines, kippers, salmon and tuna.
- Avoid using garlic salt, celery salt, yeast extract, soy sauce, bicarbonate of soda, bottled/packet sauces, gravy granules and stock cubes. Choose reduced salt varieties if necessary.
- Avoid tinned vegetables. Choose fresh or frozen which are lower in salt.
- Choose unsalted butter
- Avoid hard cheeses. Choose cream or cottage cheese which is lower in salt

- Avoid packet, instant and tinned soups. (For tinned soups check the label some of them may not be high in salt).
- Avoid salted snacks such as crisps, nuts, biscuits and popcorn
- Bread and breakfast cereals are an important part of a healthy diet but some contain lots of salt. Compare labels and choose the lower salt ones

Alternative ways to flavour food

- Black, white or cayenne pepper
- Adding fresh or dried herbs
- Adding fresh garlic, onion, chilli and ginger
- Use of non salt condiments such as apple or mint sauce, redcurrant jelly, cranberry, vinegar, mustard powder, oil and vinegar dressings
- Home-made mayonnaise

Examples of a low salt/no added salt diet

If a low salt or no added salt diet is requested and no information is available the following meals would be suitable:

Breakfast

Fruit or Fruit Juice

Suitable cereal with milk and sugar

Scrambled, poached, fried or boiled egg

Suitable bread/toast with unsalted Butter/full fat spread and/or jam/marmalade/honey

Tea or coffee

Lunch/Evening Meal

Suitable meat/fish/poultry/egg/pulses or **suitable** cheese

With bread or unsalted potatoes/rice/pasta

With salad or unsalted vegetables

Suitable sauces or low salt gravy

Puddings

Sponge cake

Milk puddings

Custard

Ice cream

Jelly or mousse

Natural or flavoured fruit yoghurts

Note: If any packet/tinned foods are used the label would need to be checked for the salt content or think about using a home-made one where you can control the salt content

Food Allergy and Food intolerance

What is the difference between food intolerance and food allergy?

Food allergy is a reaction to the protein in a food. It occurs quickly (usually within 60mins of eating the food) and can affect blood pressure and breathing and can be life threatening (anaphylaxis).

Food intolerance is usually a reaction to something other than protein in a food, it is usually a delayed reaction (many hours after eating the food) and although the symptoms can be unpleasant they are not life threatening.

Food Allergy

The function of the immune system is to prevent harm to the body. It normally does this by fighting off invaders but in certain people who are prone to allergy, the immune system mistakenly registers harmless foods or substances as a threat.

The level of sensitivity varies from person to person, and an individual's reactions may vary from one day to the next. Factors influencing severity can include illness, stress, alcohol consumption and exercise. In some cases severe symptoms may be caused by the tiniest trace of the food.

Severe allergic reactions to foods are becoming more and more common. Occasionally allergic reactions can be life threatening and people who know they are at risk must always remain vigilant when food is around.

What are the symptoms of anaphylaxis?

Any or all of the following symptoms may be present:

- swelling of throat and mouth
- difficulty in swallowing or speaking
- difficulty breathing - due to severe asthma or throat swelling
- hives (nettle rash) anywhere on the body, especially large hives
- generalised flushing of the skin
- abdominal cramps, nausea and vomiting
- sudden feeling of weakness (drop in blood pressure)
- collapse and unconsciousness

How do residents with severe allergy protect themselves?

First and foremost it is important to avoid the food(s) which causes a reaction. It is important that accurate information about the ingredients of foods is available for such residents. Some have medication that should be taken if they inadvertently eat the food that affects them. This should all be detailed in their care plan. Care should be taken to avoid cross contamination. (See information on page 76)

What is cross contamination and why is it important?

Cross contamination occurs when a food that is free from an allergen such as nuts, milk or egg, becomes contaminated with that allergen. It can occur during food manufacture, food preparation, or food service.

How can cross contamination be avoided?



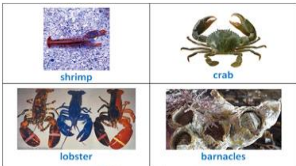




- Pay special attention to ingredients' labels. Check each time a product is used as ingredients can change.
- Try to keep any allergen containing foods in a separate area of the kitchen.
- Label all foods clearly especially if they are unpacked.
- Take care that surfaces are clean and free of an allergen before commencing food preparation. Wipe up spillage immediately.
- Avoid using odd shaped containers to store foods, as these can be difficult to clean, and may be contaminated with an allergen despite having been washed.
- Use separate cooking utensils, cutlery and plates for residents with a food allergy. If this is not possible, ensure all cooking utensils are thoroughly cleaned in a dishwasher or with hot soapy water before use.
- Do not re-use cooking oil that has previously been used to fry a food the resident is allergic to.
- Hand hygiene is important. If you touch a food containing an allergen, ensure hands are thoroughly washed before you continue to prepare an allergen-free meal.
- Care is needed in serving. Ideally allergen-free meals should be served separately. If using a bulk trolley system, it is crucial that separate serving spoons are used for each food item, as there is a high risk of contamination if the same spoon is used.
- A food can be contaminated by coming into contact with an allergen; this means that removal of e.g. nuts from a meal (e.g. a cake with a nut decoration) will still leave traces of nut which may be enough for some residents to experience a severe reaction. The meals containing allergens must therefore be kept away from other meals and covered prior to giving to the resident.

Food Labelling Regulations

There are 14 major allergens a person can have an allergy to that are covered by legislation. It is possible to be allergic to other foods.

Changes to food labelling have now been in place since December 2014. Any of the 14 allergens that are on the regulatory list have to be emphasised on the label of 'pre-packaged food' if they are used as ingredients.

Previously, loose foods (that can be bought without packaging) for example in supermarkets, delis, cafes and restaurants didn't have to provide information about food allergens. However, since 13th December 2014, information on any of the 14 allergens used as ingredients has to be provided for these foods if this information is requested.

14 Major Allergens	Foods which may contain the allergen
Celery 	This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
Cereals containing Gluten 	Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley (oats may be contaminated with gluten – gluten free oats need to be purchased) are often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
Crustaceans 	Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
Eggs 	Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
Fish 	You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
Lupin 	Lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
Milk 	Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.








<p>Molluscs</p> 	<p>These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews</p>
<p>Mustard</p> 	<p>Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.</p>
<p>Tree nuts</p> 	<p>Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.</p>
<p>Peanuts</p> 	<p>Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour</p>
<p>Sesame seeds</p> 	<p>These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.</p>
<p>Soybeans</p> 	<p>Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu. Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products</p>
<p>Sulphur dioxide an sulphites</p> 	<p>This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.</p>

Table of allergens is based on information from the Food Standard Agency

Further information/assistance

Allergy UK

Address - Planwell House, LEFA Business Park,
Edgington Way, Sidcup, Kent,
DA14 5BH

Helpline - 01322 619898

Website - www.allergyuk.org

Anaphylaxis campaign

Address – 1 Alexandra Road, Farnborough, Hants,
GU14 6SZ

Helpline - 01252 542029

Website - www.anaphylaxis.org.uk

Food Standards Agency

Website - www.food.gov.uk

British Dietetic Association Website - <https://www.bda.uk.com/foodfacts/home>

Allergens list poster – Food Standards Agency

<https://www.food.gov.uk/sites/default/files/media/document/thinkallergy.pdf>

Gluten Free Diet

Gluten is a protein found in wheat, barley and rye. A similar protein is found in oats and often oats are contaminated with gluten cereals during processing. Residents who have Coeliac Disease are intolerant/sensitive to gluten and therefore must avoid all foods that contain it. When a resident with Coeliac Disease eats gluten the lining of the gut becomes inflamed and damaged which results in a decreased absorption of nutrients from food.

The gluten free diet must be followed strictly and it is recommended that it is continued for life. A gluten free diet is also used for people with Dermatitis Herpetiformis (a skin condition) and gluten sensitive ataxia (neurological condition).

Which foods contain gluten?

- Avoidance of foods that use **wheat, oats (gluten free oats can be eaten), barley** or **rye** as an ingredient. This includes oatmeal, wheatmeal, Bulgar wheat, couscous, malt, spelt, pearl barley, semolina, durum wheat and rusk. Under the food labelling regulations, manufacturers must indicate on the label of any pre-packaged food if it contains gluten.
- **Oats** contain avenin, which is a protein similar to gluten. However, research has shown that most people with Coeliac Disease can safely eat avenin. Problems can occur if oats are produced in the same place as wheat, barley and rye, as the oats can become contaminated with these other grains. Only gluten free oats which are uncontaminated can be eaten by people with Coeliac Disease. There are a very small number of people with Coeliac Disease who may still be sensitive to gluten-free, uncontaminated oat products. (<https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/gf-diet/oats/>) Discuss with the resident or their family if they are able to tolerate gluten free oats.
- Avoid alcohol made from these cereals such as beer, lager, stout and ale including low alcohol varieties
- Avoidance of foods made from wheat flour such as bread, pasta, cakes, crackers, muffins, chapattis, biscuits (including communion wafers, gluten free alternatives are available), pastries and pies.
- Malt extract and malt flavourings are made from barley and regularly used in the food industry as a flavour enhancer. They are commonly found in breakfast cereals, ready meals, soups, confectionery and snack products. Barley waters and cordials are also unsuitable to drink.
- Normal wheat starch is not gluten free and should be avoided. Modified starch can be made from a variety of sources including wheat. If the source of modified starch contains gluten it will be stated in the ingredient list and should be avoided.

- Processing or manufacturing where cereal products have been added to food causes hidden sources of gluten. This includes tinned, packet and convenience foods.

Which foods are naturally gluten free?

- These include all fresh meat, poultry, fish, shellfish, eggs, dairy produce, fruit, vegetables, nuts, rice, lentils, pulses, beans (Some dried pulses and nuts may have 'may contain gluten' statements. If so check with the manufacturer re suitability or select another brand) and potatoes.
- Special prescribable gluten free products can be used to replace ordinary bread, breakfast cereals, crackers, biscuits, pasta and flour, NHS England only suggest bread and flour now and Sheffield CCG has cancelled GF prescriptions. GP's can make a decision on an individual basis . Discuss with your Care Home GP about prescribing these. Starter packs are available from most companies to trial their gluten free prescribable products. Biscuits are not now normally allowed on prescription
- Non-prescribable gluten free foods can be found in supermarkets, chemists and health food shops to obtain 'luxury' items or biscuits not prescribed by GP's

Cooking and shopping hints

- Use the 'Coeliac UK food and drink directory' or digital applications – GF Food Checker, to check if foods are gluten free which is available from Coeliac UK. Check for additions/deletions monthly which are available on the Coeliac UK web site
- Take care to prevent cross contamination. Ensure that gluten free food is prepared in a gluten free environment.
- Wash down surfaces before preparing food
- Wash hands before handling gluten free food especially after other food preparation
- Cook gluten free and gluten containing foods in separate dishes/pans
- Use separate utensils for serving gluten free foods
- Always cut/prepare bread etc on a separate board/plate to gluten containing foods
- Toast using a clean grill pan/separate toaster to the residents having gluten containing bread or use toasting bags
- Never remove ordinary coatings (breaded or battered) from made products for example fish from a fish shop and give it to the resident with Coeliac disease as the food will always be contaminated with gluten.

- Avoid Butter/full fat spread/marmalade/jam/pickle containers contaminated by ordinary breadcrumbs used by residents.
- Avoid foods cooked in the same oil as gluten containing products for example chips cooked in the same oil as fish in batter.

Examples of a gluten free diet

If a gluten free diet is requested and no information is available the following meals would be suitable:

Breakfast

Fruit juice
 Cornflakes, Rice Krispies or gluten free porridge oats (**check in 'Coeliac UK Food and Drink directory' as not all brands are suitable**)
 Gluten free bread or toast (use separate toaster or toasting bags)
 Butter or margarine (avoid cross contamination from other users)
 Jam/marmalade/honey

Lunch/Evening meal

Fruit juice

Plain roast meats (do not use items coated in flour or breadcrumbs)
or Poached fish (basic white sauce thickened with cornflour)
or Cheese or cottage cheese
or Tuna, salmon, or tinned fish
or Eggs (without a coating)

Served with any of the following:

Fresh potatoes - Roast, boiled, chipped, creamed or baked
 Gluten free bread
 Boiled rice
 Fresh vegetables
 Salad vegetables (check label of any dressings to be used)
 Gravy made with gluten free powder or stock cubes and thickened with cornflour if desired (check label)

Puddings

Any type of tinned/fresh fruit
 Jellies
 Milk pudding (not semolina)
 Yoghurt (check label)
 Vanilla ice cream (check label)
 Sponge cake made with gluten free flour, gluten free biscuits

Drinks

Cocoa (check label of drinking chocolate), coffee, fruit juice, tea, water, squash (not barley varieties), fizzy drinks (check label of cloudy fizzy drinks)

Further information/assistance

Coeliac UK Address - 3rd floor, Apollo centre, Desborough Road, High Wycombe, Bucks, HP11 7QW
Helpline - Tel 033 333 22033
Website - www.coeliac.org.uk

Milk/Lactose Free Diets

Some residents need to avoid milk because they are allergic to it, whereas others may avoid milk because they are intolerant to some of the components of milk for example the milk protein or milk sugar (lactose). Whatever the reason they will require meals free from milk or any foods and drinks containing milk.

Principles of milk free diets

- Avoidance of milk and milk products
- Avoidance of foods and dishes that use milk or milk products as an ingredient
- Avoidance of processed foods which use any of the ingredients listed below
- Manufacturers must indicate on the label of any pre-packaged food if it contains milk or milk products
- If in doubt whether food items are milk free check with manufactures
- Milk is a good source of calcium. When milk is removed from the diet the resident should have been advised by a dietitian on alternative calcium sources to eat or to use calcium enriched soya, rice, nut or oat milk alternatives

Ingredients to be avoided on milk free diets

- Cows milk (fresh, UHT, evaporated, condensed, dried, whole semi-skimmed or skimmed milk)
- Butter, butter oil, butter milk
- Cream
- Cheese (Cheddar, Brie, Camembert, Edam, Danish blue, Gouda and Mozzarella have minimal amounts of lactose and may be tolerated by some residents. Discuss with the resident or their family if they are able to tolerate these cheeses)
- Yoghurt, fromage frais
- Casein, caseinates, hydrolysed casein, sodium caseinate
- Curd
- Ghee
- Lactoglobulin, lactoalbumin
- Lactose
- Milk solids, non-fat milk solids
- Whey, hydrolysed whey, whey/hydrolysed whey powder, hydrolysed whey sugar, whey syrup sweetener
- Rennet

Foods allowed on a milk free diet

Beans, pulses, fish, eggs, meat, poultry and other milk free proteins

- Fresh, plain beef, pork, lamb, chicken, turkey, rabbit, offal, fish and shellfish (without sauces, butter or breadcrumbs), eggs, soya cheese, tofu, dried peas, beans and lentils, soya milk, rice milk, oat milk, nut / almond milk, soya desserts and soya yoghurts (check the food label as may contain lactose). Nuts (non- coated).

Fats and oils

- Vegetable oils, lard, dripping, suet, milk free margarine such as Granose or Pure or soya margarines

Fruit and Vegetables

- Fresh, frozen, tinned and dried fruits. Fresh, frozen, tinned and dried vegetables and salad. Fruit and vegetable juices. Potatoes; boiled, jacket, chipped or mashed without milk and butter

Sweets and sugary foods

- Jam, honey, marmalades, boiled sweets, mints, pastilles, gums, jelly, sugar, syrup, treacle, some plain chocolate (check the food label)

Cereals

- Bread (check label), pastry, chapatti, porridge, some breakfast cereals (check labels), rice, polenta, couscous, semolina, tapioca, sago, pasta, dried noodles

Drinks

- Fruit juice, squash, fizzy drinks, tea, coffee, cocoa, beer, lager, spirits (not cream liquors), wine

Miscellaneous

- Marmite, Oxo, Bovril, Bisto, popcorn, herbs, spices, salt, pepper, vinegar, clear vinegar pickles, olives, mustard and mustard powder, gelatine

Examples of milk free diet

If a milk free diet is requested and no information is available the following meals would be suitable: -

Breakfast

Fruit juice
Breakfast cereal with soya milk
Bread or toast
Soya or milk free margarine
Jam or marmalade

Lunch/Evening meal

- Roast, stewed, casseroled, or fried meat or chicken (check gravy mix is milk free)
- or** Poached fish in water with lemon or tomato based sauce, or tinned fish in oil, brine, or tomato sauce, or fried fish (except in batter/bread crumbs)
- or** hard boiled eggs
- or** Beans such as baked beans, vegetable and bean casserole

Served with any of the following:

Boiled, baked, chipped, roast, sauté potatoes
Boiled pasta or rice
Bread with soya or milk free margarine
Vegetables (except in sauces or butter)
Salads (no dressings)

Puddings

Fresh or tinned fruit
Specially prepared milk free pie or sponge cake with custard made with a suitable soya/nut/ rice or oat milk
Jellies – plain or fruit
Sorbet or soya desserts such as soya yogurt or soya ice cream

The following ordinary foods should NOT be used for a milk free diet:-

Milk puddings, custards, milk based sauces, batters (containing milk or milk products), Yorkshire puddings, pastry, quiches, sausage rolls, pies, cakes, sponges or crumbles made with ordinary margarine/butter. Fish fingers, fish cakes, battered or fish in breadcrumbs, chicken in bread crumbs, pizza, mayonnaise, salad cream, ice cream.

Nut/Peanut Free Diets

Some residents may be allergic to peanuts and other nuts. Some residents may only have mild symptoms others can have more severe reactions, and these symptoms can be life threatening.

Principles of a nut free diet

- Strict avoidance of nuts and all foods/products suspected of containing nuts or nut oils is the only totally safe policy for residents with a nut allergy.
- Some people who are allergic to nuts are also allergic to beans and pulses. It is best to check with the resident before offering these.
- All nuts should be excluded from the diet, these include:-

almond	betel nut	Brazil nut	cashew
cob nut	hazel		
filbert	peanut	pecan	
pistachio	walnut	oyster nut	monkey-nut
macadamia			

(Peanuts are also known as groundnut, ground pea, earthnut, pinder, goober nut, and monkey-nut)

In the UK we don't include chestnuts, coconut, acorns and pine nuts as nuts. People with allergy more commonly have a reaction also to pine nuts, sesame seeds and legumes but they shouldn't be avoided unless they are known to be allergic to them. If in doubt, speak with the Allergy Team at the Northern General Hospital.

- Check ingredients lists carefully – avoid any foods that have the following listed:-

Vegetable oil labelled to contain nut oil			
peanut oil	arachis oil	ground nut oil	mixed nuts
peanut butter	earth nuts	Chinese nuts	Goober
Goober pea	pinda	walnut oils	
Hydrolysed vegetable protein			

- Avoidance of food additives:- E471
E472 (a-c)
Lecithin (unless of soya or egg origin) is used as an emulsifier in food processing
- It is important not to fry in oil that has been used to fry foods containing nuts.
- It is very important to ensure that contamination does not occur from other foods, utensils and machinery.

Examples of a nut free diet

If a nut free diet is requested and no information is available the following meals would be suitable:

Breakfast

Fruit or fruit juice
Breakfast cereal – check it is nut free
Bread or toast – check it is nut free
Butter or margarine
Jam or marmalade

Lunch/evening meal

Roast, stewed meat or poultry (check gravy mix is nut free)
or Tinned or poached fish in sauce (check sauce is nut free)
or Eggs such as omelettes, egg mayonnaise (check labels)
or Quiche and vegetable dish (avoid bean dishes)

Served with any of the following:

Boiled, creamed, baked, roast potatoes
Boiled pasta or rice
Bread with butter or margarine
Vegetables or salad

Puddings

Jellies
Fresh or tinned fruit
Sponge puddings, fruit crumbles, fruit pies (check recipe is nut free)
Milk puddings
Yoghurts (check labels)
Ice cream (check labels)
Custard or cream

Note

Residents should not be given;

- Cakes decorated with nuts and cakes
- Cakes containing nuts such as carrot and walnut cake, rich fruit cake
- Salads containing nuts such as Waldorf salad.

Egg Free Diets

An egg free diet involves the complete avoidance of eggs and food containing egg derivatives.

Principles of an egg free diet

- Avoidance of fresh eggs or any foods containing fresh or dried eggs such as quiche, cakes, sponge puddings, scones, meringues, biscuits, pastries, pancakes, Yorkshire puddings, batters, egg and breadcrumbs coated foods, Scotch eggs, egg custard, lemon meringue filling or rissoles, croquettes bound together with egg, Quorn products.
- Avoidance of any foods containing egg derivatives such as dried egg, egg white (albumen), egg lecithin (E322, sometimes used as an emulsifier), egg yolk such as mayonnaise and dips.
- Egg nog drinks and Advocaat

Examples of an egg free diet

If an egg free diet is requested and no information is available the following meals would be suitable:

Breakfast

Fruit juice
Breakfast cereal (check labels) with milk
Bread or toast
Margarine or butter
Jam or marmalade

Lunch/evening meal

Fruit juice or soup (check soup labels)
Roast or stew or casserole meat or poultry (check gravy mix labels)
Poached fish in sauce (check sauce labels) or use tomato based sauce
Fried or tinned fish in oil or brine or tomato (check breadcrumb coatings)
Cheese
Beans such as baked beans, vegetable and bean casserole.

Served with any of the following:

Boiled, creamed, baked, chipped, roast or sauté potatoes
Boiled pasta or rice
Bread with butter or margarine
Vegetables or salads (no dressings)

Puddings

Fresh, tinned or stewed fruit
Milk puddings
Fruit crumbles or jelly

Note

Some supermarkets and health food shops stock egg substitutes for cooking and baking

Kidney (renal) diets

The main function of the kidneys is to remove waste products and water from the blood by making urine. Many of the waste products come from the food and drinks consumed.

When the kidneys do not work waste products build up to poisonous levels in the blood, making the resident feel ill.

Residents may have dialysis in order to remove these waste products as well as needing a 'renal diet' to help control the level of waste products and water.

Note:

- **If you have a resident with kidney (renal) failure under the care of the Sheffield renal unit always contact the dietitian at the renal unit for specific dietary guidance.**
- **If the resident is not under the care of the Sheffield renal unit ask your care home GP to refer to the community dietitians**

Further information/assistance

Sheffield Renal Dietitians

Telephone – 0114 2714162

Notes