

Healthy Eating Care Plan

Patient: _____ DOB: _____

1. Ensure you have completed the residents nutritional screening using MUST (Malnutrition Universal Screening Tool)

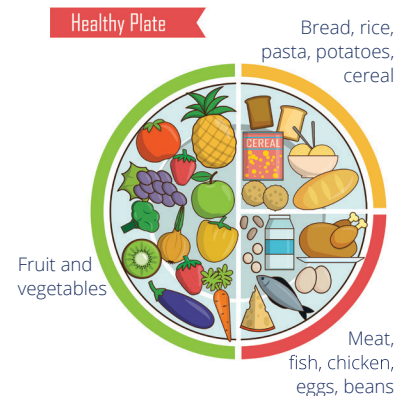


MUST Score 0 or 1

For those that are overweight/obese, have diabetes or a history of cardiovascular disease

Encourage Healthier Eating practices by:

- Encourage a regular meal pattern
- Have a high fibre breakfast (porridge, Weetabix branflakes etc)
- Choose wholemeal breads, potatoes, pasta where possible
- Aim to have at least 5 portions of fruit and vegetables per day
- Fruit juice should be limited to one portion daily (150ml) and taken with a meal where possible
- Choose lower fat dairy products e.g. low-fat milk, reduced-fat cheese, low-fat yoghurts
- Choose lean meats, poultry, fish, eggs, beans - encourage 1 portion at each main meal
- Limit processed salty meats such as sausages, bacon and ham
- Don't add salt at the table
- All spreads should be used sparingly, using lower-fat vegetable spreads and light mayonnaise where possible
- Limit high fat and high sugar snacking between meals e.g. biscuits, crisps, cakes
- Encourage healthier snacks like fruit, soup, low-fat yoghurts, sugar-free jelly
- Choose healthier options for dessert e.g. low-fat yogurt, sugar-free jelly, fruit salad
- Choose sweetener over sugar in teas and coffees
- Drink plenty of water during the day, aiming for 8 -10 cups



Continue to monitor weight and MUST monthly

MUST Score 2+

Healthy eating Care Plan may not be appropriate

- Refer to Dietitian via online referral system for an individual nutritional assessment
- Complete a 3-day food and fluid chart
- Refer to our Malnutrition Care Plan if necessary

Considerations:

- The above care plan is only appropriate for the above residents who have been identified as low malnutrition risk following screening with MUST.
- This may also not be appropriate for those with fluctuations in weight due to fluid retention, please consult your Dietitian for individual advice.
- Please note if the resident is following this advice, weight loss at a rate of 1 - 2 kg per month is acceptable and considered intentional weight loss.

Ensure to document Dietitian's recommendations in the resident's nutrition care plan & continue to monitor weight and MUST screening monthly.