

# High Protein, High Calorie Diet Recommendations for Nursing Home Residents at Risk of Malnutrition

## Maximize nutrition from every mouthful of food

- Eat little and often. Encourage the resident to eat something every 2-3 hours, aiming to eat 5-6 times per day
- Try not to skip meals - even taking a few tablespoons of food is better than none at all!
- Serve small portions so that the person is not put off by large meals

## Fortify food by....

Adding extra oil, cheese, butter to:	Adding skimmed milk powder to:	Adding condensed milk or cream to:	Adding sugar, honey, chocolate spread, jam to:
Mashed potato Soup Pasta Scrambled egg Sauces Toast	Custards/ Milk puddings Soup Milk based sauces Mashed potato Porridge	Porridge Coffee Custard Desserts	Cereals Desserts Drinks Breads Crackers Custard

## Nutritious snacks - offer 2-3 per day, in between meals

- Scone, bread or toast, fruit cake with butter and jam
- Bun, pastry or biscuits
- Custard or puddings made with fortified milk
- Full Fat, Greek or dessert type yoghurt
- 1/2 a sandwich (e.g. ham and cheese, egg mayo, tuna mayo)
- Cheese with buttered crackers or biscuits

## Nourishing drinks - can be used with meals or as snacks

- **Fortified milk:** add 5 tablespoons of dried skimmed milk powder to a pint of full cream milk (or 2tbs to 1 glass of milk) and whisk well. This can be used in place of ordinary milk in drinks, cereal, cooking etc. Try to use at least a pint a day
- **Nourishing hot chocolate/coffee/malted drink:** make instant coffee or hot chocolate or malted drink, e.g. Horlicks®, Ovaltine®, using hot fortified milk, and stir in some sugar or honey
- **Soup:** Add grated cheese or cream to soup. Make creamy 'Cuppa Soup' using fortified milk.

# SUGGESTED MEAL PLAN:

<b>Breakfast:</b>	<ul style="list-style-type: none"><li>• Porridge or cereal made with fortified milk, with added cream and sugar</li><li>• Scrambled egg with added butter and cream, with buttered toast</li><li>• Toast with butter and jam and a glass of fortified or full cream milk</li></ul>
<b>Mid-morning snack:</b>	<ul style="list-style-type: none"><li>• Creamed rice</li><li>• Slice of fruit cake and glass of fortified milk</li><li>• Milky coffee and biscuit</li></ul>
<b>Dinner:</b>	<ul style="list-style-type: none"><li>• Fish with white sauce made with fortified milk, mashed potatoes with cheese and butter</li><li>• Pasta Bolognese with cheese</li><li>• Shepherd's Pie with cheese and butter</li><li>• Stew or casserole with extra meat (mince or lamb or beef or chicken)</li><li>• Quiche with coleslaw and potato salad</li></ul>
<b>Mid-afternoon snack:</b>	<ul style="list-style-type: none"><li>• Croissant, fruit scone or pancake with butter and jam or chocolate spread</li><li>• Greek or full fat yoghurt with sliced banana, fruit muffins or cupcakes</li><li>• Hard boiled eggs and mayonnaise</li></ul>
<b>Tea:</b>	<ul style="list-style-type: none"><li>• Boiled or scrambled egg with buttered toast</li><li>• Beans on toast</li><li>• Omelette with cheese, vegetables and potato wedges</li><li>• Baked potato with cheese, bacon and butter or tuna and mayo or beans</li><li>• Tinned sardines or salmon on toast</li><li>• Toastie with cheese and coleslaw</li></ul>
<b>Supper:</b>	<ul style="list-style-type: none"><li>• Hot milky drink made with fortified or full cream milk</li><li>• Toast with butter and jam or peanut butter and banana</li><li>• Biscuits with butter and glass of fortified or full cream milk</li></ul>

\*The above plan does not take into consideration texture modified diets. Please ensure the correct texture of meals (e.g. soft diet) and drinks (e.g. level 2 thickened liquids) are offered as per SLT recommendations.

\*\*If there are any health concerns e.g. diabetes or high cholesterol, which may require fat or sugar restrictions, you should discuss this with the Dietitian.

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