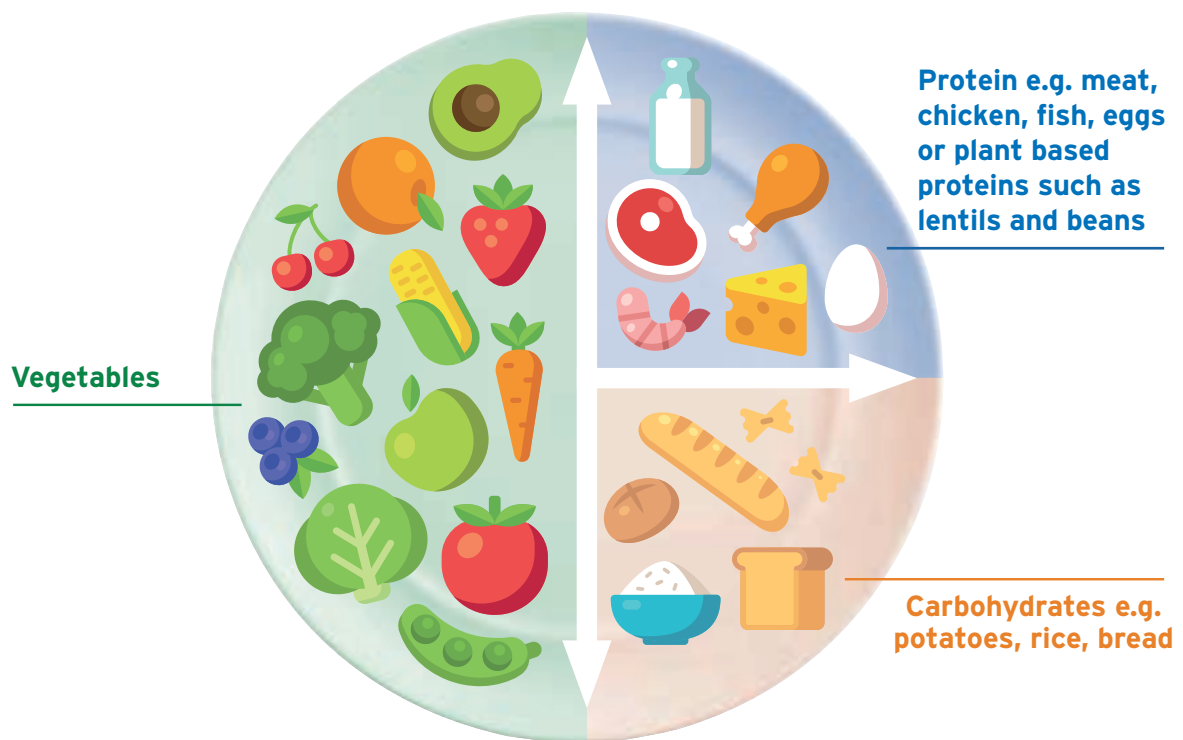


# Weight management advice for Nursing Home residents

**Main meals should aim to follow the composition below:**  
(e.g. 1/2 plate of vegetables, 1/4 plate potatoes, 1/4 plate chicken)



## Healthy snacks (2-3 per day if desired)

2-3 glasses  
of low fat milk



Diet yoghurt or  
fat free natural  
yoghurt and fruit



Fresh fruit  
salad as snacks  
or dessert



## Examples of calorie free and low calorie fluids



Water



Tea



No added sugar  
blackcurrant squash



Black Coffee



No added sugar  
orange squash



Skinny Latte



Diet Lemon  
and Lime



Diet Cola