

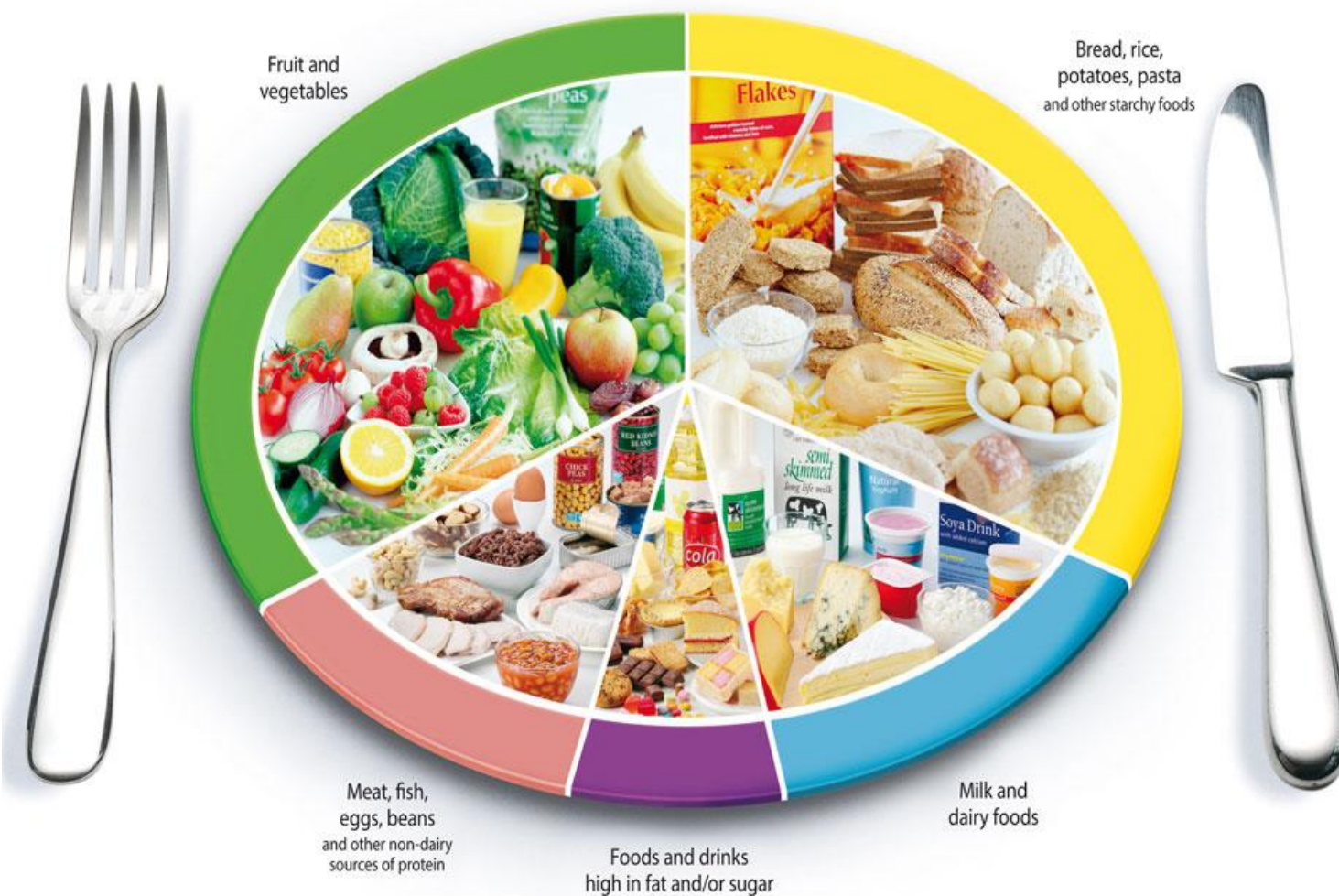


# Dining with Dignity

Kelly Fortune  
Nutritionist



# Eatwell Plate





## Challenges for the older person







Energy

Energy





## Protein

- Structure, all functions & metabolism within the body
- Growth

### Sources:

Meat

Fish

Diary and dairy products

Eggs

Beans

Pulses





## Calcium & Vitamin D

- Bone Health
- Calcium also involved in blood clotting and nerve & muscle function
- *Sources of Vitamin D:* Sunlight! Oily fish, fortified breakfast cereals, fortified margarine, liver and eggs
- *Sources of Calcium:* Milk and milk products, sardines (if bones are eaten). Fortified products
- Recommendation: Calcium = 700mg/day and Vitamin D = 10µg/day





## Vitamin C

Antioxidant

Maintains skin integrity

Immune function



Recommendation: 40mg/day

Sources:

- Fruits (particularly citrus fruits and berries)
- Vegetables
- Potatoes
- Fruit Juice





## Zinc



Immune function

### Rich sources:

Red meat

Fish & shellfish

Milk & milk products

Poultry & eggs



### Good sources:

Bread & cereal products

Green leafy vegetables

Pulses







## Iron



Oxygen carrier

Recommendation: 8.7mg/day

### Sources:

Red meat

Liver and offal

Fortified breakfast cereals

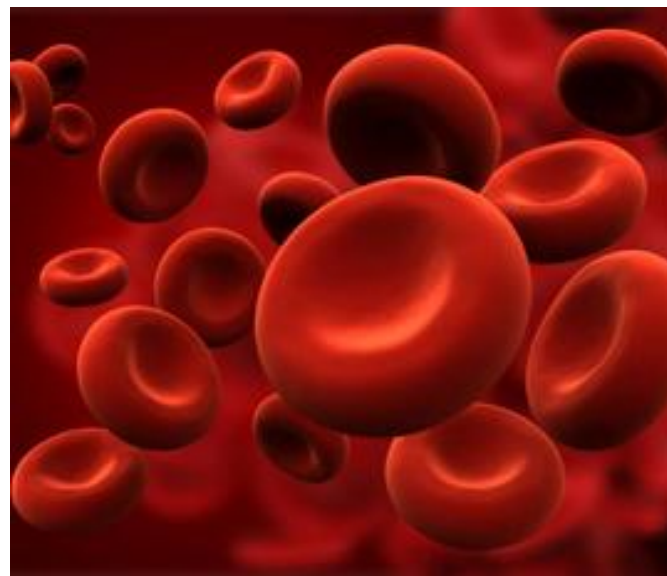
Green leafy vegetables

Pulses

Dried fruit

Nuts

Seeds





## Fibre

Recommendation = 18g/day

Healthy Bowels

Helps to lower cholesterol

### Sources:

- Fruit, Vegetables, beans, wholegrains, oats, seeds, wholemeal bread





## Fluid



- 6 – 8 cups a day
- Gravy, custard, ice cream & milk puddings

### Dehydration effects:

- Unpleasant taste in mouth
- Drowsiness
- Confusion
- Constipation
- UTI
- Altered Cardiac Function



## Menu Planning

Example menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast – a selection of breakfast cereals including porridge, toast (white and wholemeal options) with a selection of spreads. Cooked breakfast options available on request						
Beef Casserole Or Sausages in onion gravy	Liver & Bacon Or Pork & Apple Casserole	Beef Lasagne Or Salmon crumble	Irish stew Or Baked minced steak & potato pie	Battered Fish Or Chicken & Vegetable Casserole	Gammon & Pineapple Or Moroccan Lamb	Roast Chicken breasts in gravy Or Roast Beef in gravy
Mashed potato Or Croquette potatoes	Potato wedges Or Boiled potatoes	Traditional Roast Potatoes Or Mashed potato	Cheddar Mash Or Boiled potatoes	Mashed potato Or Chips	Mashed potato Or Whole jacket potatoes	Traditional Roast Potatoes Or Mashed potato
Cut green beans  Sliced carrots	Mixed vegetables  Mashed swede	Sliced carrots  Peas	Cauliflower  Cabbage	Peas  Carrot tips	Mixed Vegetables  Minted summer vegetables	Brussel sprouts  Mashed root vegetables
Apple sponge with custard Or Clotted cream rice pudding	Sticky toffee pudding with custard Or Tapioca	Sultana sponge with custard Or Butterscotch rice pudding	Jam sponge with custard Or Rice pudding	Raspberry & Apple Pie with custard Or Semolina	Rhubarb Crumble with custard Or Ice cream	Cherry pie with custard Or Rice Pudding
Minestrone soup  Three cheese pizza with Potato Lyonnaise	Tomato soup  Faggots in onion gravy with Cheddar mash	Scotch Broth  Whole jacket potatoes with Baked beans	Pea & Ham soup  Corned Beef Hash with Potato Lyonnaise	Carrot soup  Potato, cheese & onion pasty with Baked beans	Tomato soup  Macaroni Cheese with Saute Potatoes	Leek&Potato soup  Minced Lamb & Vegetable Potato Gratin with Mashed Root Vegetables

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast – a selection of <b>breakfast cereals</b> including <b>porridge</b> , toast (white and wholemeal options) with a selection of spreads. Cooked breakfast options available on request						
Beef Casserole Or Sausages in onion gravy	Liver & Bacon Or Pork & Apple Casserole	Beef Lasagne Or Salmon crumble	Irish stew Or Baked minced steak & potato pie	Battered Fish Or Chicken & Vegetable Casserole	Gammon & Pineapple Or Moroccan Lamb	Roast Chicken breasts in gravy Or Roast Beef in gravy
Mashed potato Or Croquette potatoes	Potato wedges Or Boiled potatoes	Traditional Roast Potatoes Or Mashed potato	Cheddar Mash Or Boiled potatoes	Mashed potato Or Chips	Mashed potato Or Whole jacket potatoes	Traditional Roast Potatoes Or Mashed potato
Cut green beans  Sliced carrots	Mixed vegetables  Mashed swede	Sliced carrots  Peas	Cauliflower  Cabbage	Peas  Carrot tips	Mixed Vegetables  Minted summer vegetables	Brussel sprouts  Mashed root vegetables
Apple sponge with <b>custard</b> Or <b>Clotted cream rice pudding</b>	Sticky toffee pudding with <b>custard</b> Or <b>Tapioca</b>	Sultana sponge with <b>custard</b> Or <b>Butterscotch rice pudding</b>	Jam sponge with <b>custard</b> Or <b>Rice pudding</b>	Raspberry & Apple Pie with <b>custard</b> Or <b>Semolina</b>	Rhubarb Crumble with <b>custard</b> Or Ice cream	Cherry pie with <b>custard</b> Or <b>Rice Pudding</b>
Minestrone soup  Three cheese pizza with Potato Lyonnaise	Tomato soup  Faggots in onion gravy with Cheddar mash	Scotch Broth  Whole jacket potatoes with Baked beans	Pea & Ham soup  Corned Beef Hash with Potato Lyonnaise	Carrot soup  <b>Potato, cheese &amp; onion pasty</b> with Baked beans	Tomato soup  <b>Macaroni Cheese</b> with Saute Potatoes	Leek&Potato soup  Minced Lamb & Vegetable Potato Gratin with Mashed Root Vegetables

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Mashed potato Or Croquette potatoes	Potato wedges Or Boiled potatoes	Traditional Roast Potatoes Or Mashed potato	Cheddar Mash Or Boiled potatoes	Mashed potato Or Chips	Mashed potato Or Whole jacket potatoes	Traditional Roast Potatoes Or Mashed potato
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<b>Cut green beans</b>  <b>Sliced carrots</b>	<b>Mixed vegetables</b>  <b>Mashed swede</b>	<b>Sliced carrots</b>  <b>Peas</b>	<b>Cauliflower</b>  <b>Cabbage</b>	<b>Peas</b>  <b>Carrot tips</b>	<b>Mixed Vegetables</b>  <b>Minted summer vegetables</b>	<b>Brussel sprouts</b>  <b>Mashed root vegetables</b>
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## Kitchen/Dining room





## Feeding Workshop

1. Peel Yoghurt lid off one handed
2. Working in pairs – One person closes their eyes
  - Feed your partner without communicating to them
  - Feed your partner really quickly
  - Feed your partner really slowly
  - Feed your partner whilst talking to someone else in the room
  - Feed your partner whilst standing up
  - Feed your partner whilst communicating to them



**Video**