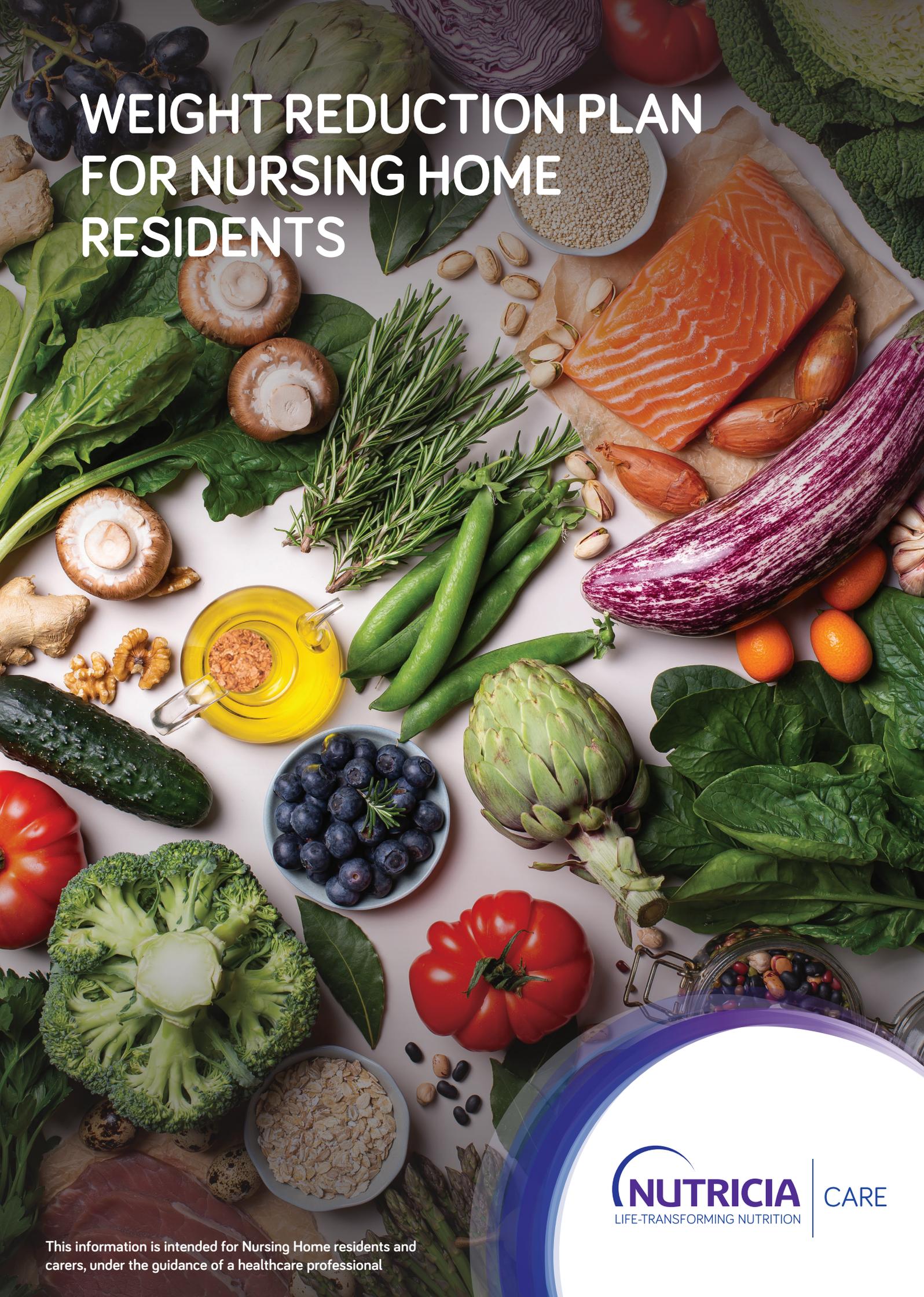


# WEIGHT REDUCTION PLAN FOR NURSING HOME RESIDENTS



**NUTRICIA** CARE  
LIFE-TRANSFORMING NUTRITION

This information is intended for Nursing Home residents and carers, under the guidance of a healthcare professional

# WEIGHT REDUCTION PLAN FOR NURSING HOME RESIDENTS

Weight loss is generally discouraged in older age as it can increase the risk of sarcopenia i.e. “loss of muscle mass and function”.

This resource is intended for those whose weight affects their quality of life and activities of daily living. Slow, sustainable weight loss of approximately 1-2kg per month is recommended for those with a high BMI.

The following booklet provides information on:

- What to include for a healthy weight reduction diet
- Sample meal ideas
- How to reduce sugar and fat in your diet
- Blank goal sheet for individual patients

## A healthy well balanced daily diet for weight reduction patients should include:

### Aim for 5 + servings of Fruit and Vegetables

Fruit and vegetables provide essential nutrients and are high in fibre. They bulk out meals, increase satiety and promote immune function and general wellbeing.

#### **One serving =**

- 1 medium sized apple, orange, pear, banana
- 2 small sized fruits (kiwi, plum, mandarin)
- 1 slice of large fruit (pineapple, melon)
- 1 cupful of berries (cherries, blueberries, raspberries, strawberries)
- 4 dessert spoons of fruit salad, fruit tinned in own juice (not syrup) or frozen fruit
- 1 heaped dessert spoon of dried fruit (raisins/sultanas)
- 100ml glass of fruit juice
- 4 dessert spoons of cooked vegetables
- 1 bowl of mixed salad (lettuce, tomato, cucumber)
- 4 heaped dessert spoons of sweetcorn



## Carbohydrates - Choose 3-5 servings

Carbohydrates provide energy as well as many vitamins and minerals.

Include starchy carbohydrates at each meal (bread/rice/cereal/potatoes/pasta) and choose high fibre options where possible.

### **One serving =**

- 2 slices wholemeal or wholemeal soda bread
- 1 pitta pocket
- 1 bowl porridge oats
- ½ cup unsweetened muesli
- 1 cup high fibre breakfast cereal e.g. wholegrain flakes, wheat or oat biscuits
- 1 cup cooked rice, pasta, noodles or cous cous
- 2 medium sized potatoes – boiled or baked if possible
- 4 dessert spoons of mashed potatoes – with Low Fat/Slimline milk in place of butter
- 2-3 crackers or crisp breads – choose wholegrain where possible



## Dairy – Choose 3 servings

Milk and dairy products are great sources of protein and calcium. Remember, low fat dairy products contain the same amount of protein and calcium.

### **One serving =**

- 200ml (1 large glass) of low fat milk
- 125g (1 small) yoghurt carton – choose low fat varieties
- 25g (small matchbox size) of cheese or 2 processed cheese triangles

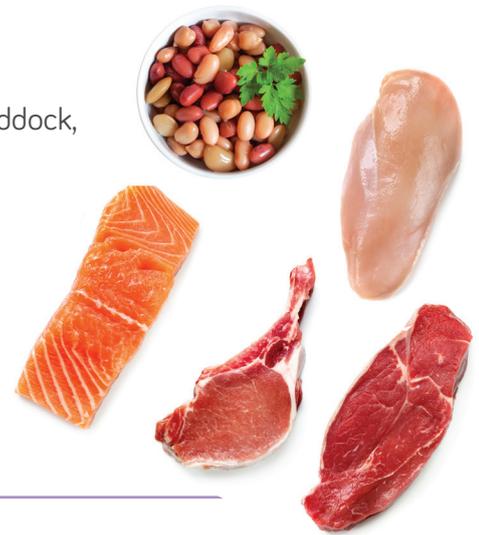


## Protein – Choose 3 servings

Protein helps the body to grow and repair itself. Protein also slows the digestion of carbohydrates which can help stabilize blood glucose levels, keeping us feeling fuller for longer. Aim to have a serving of protein at each meal, including breakfast.

### One serving =

- 50-75g cooked beef/pork/lamb/chicken/turkey
- 100g cooked fish – aim to include fish 1-2 times per week (e.g. cod, haddock, plaice) including one portion of oily fish (salmon, mackerel, sardines)
- 2 eggs
- 6 dessert spoons of baked beans, other beans, lentils, cooked pulses
- 100g soya or tofu
- 40g nuts/nut butter/seeds (choose unsalted and monitor portion size as high in energy)



## Fluid\*

Adequate fluid intake is important to prevent dehydration and can also help to ease constipation.

- Aim for at least 6-8 cups of fluid per day
- Increase fluid with water (preferably), low fat milk, sugar free squash, fruit juice (limit fruit juice to 150ml per day)
- Keep in mind in warmer weather fluid may need to be increased further

*\*Remember to check if your resident is on a fluid restriction*



## HOW CAN I REDUCE FAT?

- ✓ Aim to eat less overall fat. Spreads and oils provide essential fats, however these are only needed in very small amounts.
- ✓ Choose a low fat polyunsaturated or monounsaturated spread and spread it thinly. Approximately no more than 1oz of low fat spread per day (~2-3 pats).
- ✓ Choose low fat mayonnaise and oil based salad dressings.
- ✓ Grill, boil, bake, steam, poach or microwave to avoid fat whilst cooking e.g. baked, boiled and mashed potato instead of chips/roast potatoes.
- ✓ Choose low fat dairy products.
- ✓ Choose tomato-based dishes over creamy/cheesy dishes.
- ✓ Check the label! A low fat product is <3g per 100g, a high fat product is >20g per 100g.
- ✓ Monitor portion sizes – if smaller portions are required, try using a smaller plate.



## HOW CAN I REDUCE SUGAR?

- ✓ Reduce foods high in added sugar (such as fizzy drinks, chocolate, cake or biscuits) which contain a large amount of calories but few other nutrients.
- ✓ Try adding some chopped fruit and spices such as banana with nutmeg, or chopped apple with cinnamon to cereal in place of table sugar.
- ✓ Aim for healthy snacks such as fruit (fresh, frozen or tinned in own juices), small portion of unsalted nuts, oatcakes with small amount of mashed banana/avocado or plain popcorn in place of sweets/biscuits/cake.
- ✓ Swap chocolate for a low calorie instant hot chocolate drink made with low fat/skimmed milk.
- ✓ Choose drinks that are sugar free or have no added sugar.
- ✓ Swap sugar in tea/coffee for sweetener or try other flavoured hot drinks such as tea with lemon/hot water with lemon and ginger.
- ✓ Choose 'no added sugar' desserts and sugar free jelly.
- ✓ Limit biscuits to occasional treat.
- ✓ Choose plain biscuits (such as tea biscuits/digestive/ginger) instead of chocolate/added toppings.



# MENU OPTIONS

## Breakfast

**Bowl of porridge** made with 200ml low fat/skimmed milk

Add fresh fruit on side or chopped up over porridge (e.g. chopped banana/apple) or 150ml fruit juice. Add cinnamon/nutmeg for flavour or dollop of low fat Greek yoghurt for creamy texture

**Bowl of cereal** e.g. Wheat or oat biscuits, wheat/bran flakes with 200ml low fat/skimmed milk. Add fresh fruit on side or chopped up over cereal (e.g. chopped pear/strawberries) or 150ml fruit juice

**Two slices of wholemeal toast** with 2 tsp low fat olive oil spread with:

- 1 boiled or poached egg + grilled tomato **or**
- With jam/marmalade/marmite + 150ml glass of low fat milk **or**
- 1/3 of 400g tin of baked beans (reduced sugar)

Add fresh fruit or 150ml fruit juice

**Pot (125g) of low fat/diet yoghurt** with 1 piece of chopped fresh fruit served in bowl or blended as smoothie

Add 1 slice of wholemeal toast

**Two small pancakes** (made with low fat milk) with 1 tsp low fat spread + 1 chopped banana

**One toasted bagel** (wholemeal where possible) with 1 tsp low fat cream cheese spread

Add 1 piece of fresh fruit or 150ml fruit juice

**Omelette** – 3 eggs, 1 chopped pepper, 1 chopped mushroom cooked with 2 tsp light oil or light spread

Add 150ml fruit juice

**Alternative Irish Fry Up** – cut fat off 2 slices of bacon and grill. Serve with grilled tomatoes, mushrooms, boiled egg and 1 slice wholemeal/brown toast



## Main meal

The dinner plate should be made up as **1/4 protein, 1/4 carbohydrate (wholegrain if possible) and 1/2 vegetables or salad**. Be conscious of the calorie content of oils, dressings and sauces used. Try opt for lower calorie alternatives.

**Grilled lean meat** such as chicken, steak, gammon. Served with potato wedges made from 3-4 small potatoes (egg size). Large serving of vegetables or salad

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**Grilled chicken breast** with large serving of vegetables mixed with low fat curry sauce (add beans/lentils/chickpeas in place of chicken for an alternative of vegetarian curry). Served with rice or 3-4 small potatoes

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**Grilled/Oven baked white or oily fish** (such as cod or salmon). Served with 3-4 small potatoes (egg size) boiled or baked. Large helping of vegetables or salad

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**Dry-fried mince** (drain off fat) used to make Spaghetti Bolognese/Shepherd's Pie or Chilli-con-Carne.

Served with serving of pasta or rice and large serving of vegetables

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**Chicken pasta bake** made with chicken, tinned tomatoes, vegetable stock in 1 cup boiling water, large serving of vegetables and low fat cheese

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**Roast dinner of lean meat**, baked jacket potato with serving of cottage cheese and large serving of vegetables

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**Lasagne** made with lean mince, tinned tomatoes, large serving of vegetables and low fat cheese. Add beans/lentils/chickpeas for vegetarian alternative. Serve with large salad

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**Beef or chicken stew** made with low fat gravy, 3-4 small potatoes and large serving of carrots and onions. Add beans/lentils/chickpeas for vegetarian alternative

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**Chicken and broccoli bake** made with low fat mushroom/chicken soup, low fat cheese, low fat/skimmed milk, serving of brown breadcrumbs and large serving of broccoli and onions

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**Meat Loaf** made with lean beef, Worcestershire sauce, brown breadcrumbs and egg whites. Small serving of low fat monounsaturated/polyunsaturated spread in place of butter. Add large serving of shredded carrots and chopped onion



## Light Meal

**Medium sized jacket potato baked** and served with baked beans/low fat cheese and large serving of salad

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**Vegetable soup** served with wholemeal or brown bread or roll. Served with fruit and a low fat yoghurt

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**Sandwich** made with fish (mackerel/tuna) or 2 slices lean meat (chicken/turkey/ham), low fat spread and large serving of salad. Served with fruit and a low fat yoghurt

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**Large mixed salad** served with lean meat, boiled egg or tinned fish. 2 slices of brown/wholemeal bread with low fat spread

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**2 slices of brown/wholemeal bread with low fat spread** served with 2 poached/boiled eggs and baked beans

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**Omelette** made with 3 eggs, peppers, onions, tomatoes and serving of low fat cheese. Served with 1 slice of wholemeal/brown bread

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**2 slices of brown/wholemeal bread with smoked salmon**, lemon and low fat spread/cheese. Served with diet yoghurt



## Dessert (small portion)

**Fresh fruit salad** (2 portions of fruit) served with 125g pot of low fat yoghurt

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**150g low fat** rice pudding or custard

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**Stewed apple with cinnamon** served with low fat custard or yoghurt

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**Sugar free jelly** with ½ tin of tinned fruit (tinned in natural juices)

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**Low calorie chocolate** or **vanilla mousse**

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**2-3 crackers** with low fat hummus/cream cheese served with 1 piece of chopped fruit

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**Smoothie** made with 2 portions of fruit and diet yoghurt/150ml low fat milk

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**2 scoops of sorbet** with 1 portion chopped fruit

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**Pancake** made with 1 banana, served with lemon wedges

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**Small low fat muffin/slice of cake** – made with mashed banana/low fat yoghurt/low fat spread as butter substitute. Serve with chopped piece of fruit/diet yoghurt in place of cream



## Snacks

*Aim to limit snacks to one per day*

**Small glass of low fat/skimmed milk and one portion of fresh fruit**

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**Low fat yoghurt**

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**Bowl of chopped vegetables** (such as peppers and carrots) with low fat hummus

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**2-3 crackers with low fat cream cheese/cottage cheese**

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**1 slice of toast/homemade brown bread** with low fat spread/low fat cream cheese

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**Low calorie hot chocolate** made with low fat/skimmed milk

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**Small bag of plain popcorn**

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**Low fat custard/diet mousse**

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**Cup of tea/coffee with 1 plain biscuit**

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**Small glass of low fat/skimmed milk and ½ scone** with low fat spread



# GOALS

People who are successful at managing their weight set only two or three goals at a time. These goals should be **SMART** goals – **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**ime-dependent.

Examples of goals that are **NOT SMART**:

- I will eat less (not Specific)
- Be active (not Measurable)
- I will spend 3 hours exercising every day (not Achievable)
- No more snacks (not Realistic)
- I will lose 3kg (not Time Dependant)

Examples of **SMART GOALS**:

- Swap sugar in my tea for sweetener everyday
- I will aim to go for a 10 minute walk every day after lunchtime
- Instead of two biscuits with my tea mid-morning, I will have one

The above examples are **Specific, Measurable, Achievable, Realistic** and **Time Dependant**.

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Dietitian: \_\_\_\_\_ Date: \_\_\_\_\_

Contact details: \_\_\_\_\_

