

# WEIGHT REDUCTION IN THE NURSING HOME SETTING

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 best way to reduce weight, whilst maintaining muscle strength is:

- ✓ For the main meal, aim for the **plate to consist of 1/4 protein, 1/4 wholegrain carbohydrate and 1/2 vegetables or salad**
- ✓ Include a source of protein at all 3 meals throughout the day
- ✓ Encourage mobility or exercise where possible
- ✓ Continue to encourage mealtimes as pleasant sociable parts of the day
- ✓ Encourage family and friends visiting to support the person on their weight loss journey i.e. avoid bringing high calorie food and drinks

Use the table below to see where healthier choices can be made:

Replace these high fat foods	With these low fat / healthier alternatives
Full fat dairy products e.g. cheese, milk and yoghurts	Reduced fat cheddar, low fat soft cheese, low-fat milk, diet or low fat yoghurts
Soup made with butter/cream	Low fat soup made with minimal oil and thickened with potato or cornflour
Chips (fried), roast potatoes. Potatoes mashed with butter and full fat milk	Boiled or steamed potatoes, potatoes mashed with low-fat milk, oven chips Try pasta and rice as alternatives
Butter, lard, dripping	Low fat / light spread
Processed meat such as sausages, burgers, pasties, pies, sausage rolls	Skinless chicken breast, lean cuts of meat e.g. pork, beef with fat trimmed, lean minced beef, rindless rashers or lean bacon medallions, eggs.
Fried foods	Try poaching, boiling, steaming, grilling or stewing instead
Biscuits with chocolate and/or cream filling	Plain biscuits e.g. Tea biscuits, Ginger nut, Fruit shortcake, Malted biscuits, Fig rolls (limit 1-2)
Nibbles such as crisps and nuts	Dried fruit, flavoured rice cakes, unsalted popcorn
Ordinary jelly	Sugar-free jelly powder or ready made in individual pots
Confectionery e.g. cakes, chocolate, toffee	Fresh or tinned fruit, boiled sweets (3-4) or sugar-free mints, fun size chocolate bar, slice fruit brack
High calorie desserts	Sugar-free jelly, fresh or tinned fruit, low fat custard or rice pudding, meringue with fruit, 1 scoop or slice of plain vanilla ice cream or sorbet, low fat / diet yoghurt, trifle with low fat custard / sugar-free jelly
Fizzy drinks and full sugar squashes	Sugar free/ Diet/low calorie drinks, no added sugar fruit squash, unsweetened fruit juice

# SAMPLE MENU FOR OVERWEIGHT RESIDENTS



## Breakfast

- ✓ Fresh fruit/unsweetened fruit juice (150ml)/fruit smoothie (150ml)
- ✓ Wholegrain cereal/wholemeal toast with low fat spread (1-2 slices)
- ✓ Flaxseed/Boiled egg/high protein yoghurt



## Mid Morning

- ✓ Tea/coffee with low fat milk, no sugar
- ✓ Low fat vegetable soup/yoghurt
- ✓ Whole fruit/fruit salad/unsweetened fruit juice (150ml)



## Main Meal

- ✓ 100g lean meat/fish/vegetarian alternative
- ✓ Moderate serving of potatoes/rice/pasta
- ✓ Large serving of vegetables/salad
- ✓ Suitable dessert/fruit (see table overleaf)



## Light Meal

- ✓ Wholemeal or granary bread/wholegrain crackers/baked potato
- ✓ Lean meat (50g)/fish (50g)/2 eggs/low fat cheese (25g)/baked beans
- ✓ Plenty of salad/vegetables e.g. Caesar salad with low fat dressing



## Between Meals

- ✓ Limit the number of snacks as much as possible, particularly for residents with low activity levels
- ✓ Offer fruit/fruit salad/rice cakes/1-2 plain biscuits

For further information, please refer to the Weight Reduction Booklet which is available in the Resources section of the Nutricia Care app or on [nutricia.ie](http://nutricia.ie).

For any other queries please email [nutriciacare@nutricia.com](mailto:nutriciacare@nutricia.com) or speak to your Nutricia Care Dietitian

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