



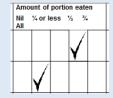
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This is a quick guide on some strategies of how to manage malnutrition when first identified ('food first' approach). It can be used as a bedside poster or inserted in a resident's bedside folder as a reminder for all staff.

Ensure close monitoring

- Provide with assistance during meals
- Commence a food and fluid chart
- ✓ Commence weekly weights



Encourage extra snacks

- ✓ Full fat yoghurt, custard (all textures including puree)
- Rice pudding/soft cake (normal and soft texture)
- Biscuits/sandwiches (normal texture only)



Food fortification e.g. adding extra cream/protein powder*

- ✓ Add 1-2 tbsp of cream to milky porridge/cereal and soup, milky drinks and puddings.
- ✓ Add 1-2 tbsp of milk powder to milky porridge/cereal and soup, milky drinks and puddings.

*Ask your chef to provide these products for additional fortification

Encourage 2 nourishing drinks a day

- ✓ Ovaltine/hot chocolate
- ✓ Homemade smoothie
- ✓ Glass of fortified milk**

**Ask 2 tsp of milk powder to 200ml of full fat milk



