

Why Serve Real Food First?

When a resident experiences weight loss, is underweight, malnourished, has skin breakdown or just has no appetite, ordering a commercial liquid supplement is quite often not the answer!

PERSON
DIRECTED
DINING

A “Real Food First” Approach is Preferred, Here’s Why:



- ✓ Most people prefer eating real foods when they need to increase their calories and protein.
- ✓ Eating 3 large meals a day can be off putting, but eating small, high calorie, high protein meals and snacks throughout the day is a strategy that works well for many.
- ✓ Vitamins and minerals are better absorbed by the body via food rather than supplements.
- ✓ Real food helps foster a more homelike environment.
- ✓ Real foods cost less than commercial supplements.

Dietitians are here to help. Consult them when asking about a person’s calorie and protein needs.

Did you know?

- ☑ With the money saved from using no or fewer supplements, some communities have hired a baker or purchased more fresh fruits and vegetables.
- ☑ More fresh foods available help communities offer fewer canned and processed foods.
- ☑ If a resident prefers a commercial supplement instead of real food, then that product may be given. Consider giving it between meals and not at meal times. It should not be intended as a meal replacement but as a supplement. Consider a stop date to evaluate if there is a continued need for the supplement.



“After my mother lost 35 lb in 30 days in hospital, she needed to regain weight and strength. Offering nutritious and appealing snacks between meals allowed her to consume more than if she only had 3 meals a day. At 98 lb now, her weight is on the way back up!” - *Diane Hall, RD*

Consider Snacks Before Supplements

- ♥ Residents may get approximately 25% of their calories and protein from between meal snacks.
- ♥ Some seniors prefer six small meals daily instead of 3 regular meals. Snacks help to honor this preference and help with the impaired digestion process for many older adults.
- ♥ Many snacks have a high return of nutrition for a low volume of food.
- ♥ Offer a good variety of healthy snacks to accommodate those that may be on restricted diets, this includes a variety in textures and flavors.
- ♥ Make snacks readily available.
- ♥ Consider a snack cart and have resident input on the types of snacks offered.
- ♥ Serve cold foods cold.

Sanitation Tips for Snack Use

- Snacks kept in the refrigerator must be labeled and dated and stored at 41 degrees or lower.
- Temperature should be monitored and recorded frequently.

Calorie Boosters You Can Add to Real Food

Whole milk/ Half & Half – Add to cereals, soups, shakes, etc.

Cheese, sour cream or cream cheese - Add to sandwiches, eggs, meats, soups, rice and pasta.

Butter or margarine – Add to vegetables, hot cereals, bread, muffins, soups, rice and pasta.

Mayonnaise – Use with sandwiches, in fruit dip and dressings for vegetables.

Peanut Butter & Maple Syrup – Use as spreads or dips or mixed in yogurt.



CMS F - The facility must ensure that a resident—• 483.25(g)(1) Maintains acceptable parameters of nutritional status, such as usual body weight or desirable body weight range and electrolyte balance, unless the resident’s clinical condition demonstrates that this is not possible, or resident preferences indicate otherwise.

Instead of Supplements, Offer Real Food First

Real foods like cheese, peanut butter, homemade smoothies and milkshakes beat commercial supplements any day of the week for both taste and texture. When you offer familiar foods first, residents will likely eat more, helping them maintain their weight. This easy-to-use guide to replacing supplements with delicious real food lists the calorie and protein content of the supplement and the food to replace it.

Instead of:	Kcal/gm protein
120 ml (4 oz.) 2.0 kcal per ml liquid nutrition supplement (Medpass/Resource)	240/10
Offer:	Kcal/gm protein
¼ cup hummus	102/5
6" pita bread	168/6
2 Tablespoons peanut butter	191/7
2 sl. bread	150/6
2 oz. cheddar cheese	232/16
2 sl. bread	150/6
¼ cup egg salad	100/7
2 sl. bread	150/6

Instead of:	Kcal/gm protein
30 ml liquid protein supplement (Prostat)	101/15
Offer:	Kcal/gm protein
7 oz. (200 gm) Greek yogurt	146/20
8 oz. whole milk	150/8
8 oz. lowfat choc milk	190/8
Larger protein portion L&D	+20 gm/day
8 oz. high protein shake	400/15
8 oz. fruit smoothie	200/10
8 oz. low fat fruited yogurt	225/9
2 peanut butter cookies	330/12

Instead of:	Kcal/gm protein
Frozen dessert (Magic cup)	280/9
Offer:	Kcal/gm protein
½ cup enriched pudding	245/7

Other items:	Kcal/gm protein
½ cup baked custard	150/7
1 pkg. cheese crackers	191/4
1 pkg. peanut butter crackers	191/4
½ cup Cheesy mashed potato	315/10
½ cup cottage cheese creamed	110/12