

Emergency Refeeding Plan

To be used out of hours until patient has been reviewed by Dietitian

Gillian Baksh

7/9/2019

Emergency Feeding Plan

	100 Kcal			200 Kcal			300 Kcal			400 Kcal			500 Kcal		
	Suggested Food	Alternative	Kcal	Suggested Food	Alternative	Kcal	Suggested Food	Alternative	Kcal	Suggested Food	Alternative	Kcal	Suggested Food	Alternative	Kcal
Breakfast	50ml Full fat milk	20ml Fortini	32	105ml Full fat milk	45ml Fortini	68	115ml Full fat milk	50ml Fortini	74	115ml Full fat milk	50ml Fortini	74	I slice of bread and 1 packet of butter OR 1 cup of cereal and 1 cup of full fat milk	100ml Fortini	150
Lunch	60ml Full fat milk	25ml Fortini	38	105ml Full fat milk	45ml Fortini	68	I slice of bread and 1 packet of butter OR 1 cup of cereal and 1 cup of full fat milk	100ml Fortini	150	I slice of bread and 1 packet of butter OR 1 cup of cereal and 1 cup of full fat milk	100ml Fortini	150	Half portion of a balanced meal (Equal portions of protein, carbohydrate and veg)	135ml Fortini	200
Evening Meal	50ml Full fat milk	20ml Fortini	32	105ml Full fat milk	45ml Fortini	68	115ml Full fat milk	50ml Fortini	74	Half Sandwich: Any flavour	115ml Fortini	175	115ml Full fat milk	50ml Fortini	74
Snack													115ml Full fat milk	50ml Fortini	74
Total			99			204			298			399			498
	600 Kcal			700 Kcal			800 Kcal			900 Kcal			1000 Kcal		
	Suggested Food	Alternative	Kcal	Suggested Food	Alternative	Kcal	Suggested Food	Alternative	Kcal	Suggested Food	Alternative	Kcal	Suggested Food	Alternative	Kcal
Breakfast	I slice of bread and 1 packet of butter OR 1 cup of cereal and 1 cup of full fat milk	100ml Fortini	150	I slice of bread and 1 packet of butter OR 1 cup of cereal and 1 cup of full fat milk	100ml Fortini	150	I slice of bread and 1 packet of butter OR 1 cup of cereal and 1 cup of full fat milk	100ml Fortini	150	I slice of bread and 1 packet of butter OR 1 cup of cereal and 1 cup of full fat milk	100ml Fortini	150	I slice of bread and 1 packet of butter OR 1 cup of cereal and 1 cup of full fat milk	100ml Fortini	150
Lunch	Half portion of a balanced meal (Equal portions of protein, carbohydrate and veg)	135ml Fortini	200	Half portion of a balanced meal (Equal portions of protein, carbohydrate and veg)	135ml Fortini	200	Whole portion of a balanced meal (Equal portions of protein, carbohydrate and veg)	270ml Fortini	400	Whole portion of a balanced meal (Equal portions of protein, carbohydrate and veg)	270ml Fortini	400	Whole portion of a balanced meal (Equal portions of protein, carbohydrate and veg)	270ml Fortini	400
Evening Meal	Half Sandwich: Any flavour	115ml Fortini	175	Whole Sandwich: Any flavour	230ml Fortini	350	Half Sandwich: Any flavour	115ml Fortini	175	Whole Sandwich: Any flavour	230ml Fortini	350	Whole Sandwich: Any flavour	230ml Fortini	350
Snack	115ml Full fat milk	50ml Fortini	74				115ml Full fat milk	50ml Fortini	74				155ml Full fat milk	65ml Fortini	99
Total			599			700			799			900			999

- Aim for an additional 8-10 cups of fluid per day.

- Please keep strict food and fluid chart.

- If unable to achieve target calories orally use nasogastric tube.

Oral nutritional supplements: Fortini (1.5kcal/ml) to be used – Fortisip/Fortisip Compact **not** to be used due to concern regarding protein content, unless advised by dietitian. Aim to build up by **250kcal per day** if phosphate levels normal.

Refer to Dietitian for ongoing feeding plan.

EB/GB/May19

- Aim for an additional 8-10 cups of fluid per day.
- Please keep strict food and fluid chart.
- If unable to achieve target calories orally use nasogastric tube.

Oral nutritional supplements: Fortini (1.5kcal/ml) to be used – Fortisip/Fortisip Compact **not** to be used due to concern regarding protein content, unless advised by dietitian. **Aim** to build up by 250kcal per day.