

Feeding Plan for Suspected or Confirmed Eating Disorder in Paediatric Patients

Instructions for use

1. Diet history to ascertain baseline calorie intake
2. Assess level of refeeding risk

	Risk factors for developing refeeding syndrome	Consider refeeding risk if:
Body Mass	Weight for height <70% [Approximates to below 0.4th BMI centile] Recent loss of weight of 1kg or more/week for two consecutive weeks	Weight for height 70-80% [Approximates to between 2nd and 0.4th BMI centile] Recent loss of weight of 500g-999g/week for two consecutive weeks
Calorie Intake	Acute food refusal or estimated calorie intake 400-600kcal per day Vomiting Purging with laxatives	Severe restriction (less than 50% of required intake). Vomiting Purging with laxatives
Biochemical Abnormalities	Hypophosphataemia Hypokalaemia Hyponatraemia Hypocalcaemia	
Cardiac	QTC >460ms with evidence of bradyarrhythmia or tachyarrhythmia (excluded sinus bradycardia and arrhythmia) ECG evidence of biochemical abnormality	
Hydration Status	Severe dehydration over 10%	
Temperature	<35.5°C (tympanic) or 35.0°C axillary	

3. Work out starting calories and final calorie aim
Risk refeeding syndrome:
 - Commence at not lower than intake prior to admission or as per medical team advice based on risk of refeeding
 - Increase by 250kcal per day until Estimated Average Requirement (EAR) for height age is achieved
 - Monitor weight: once patient completed the refeeding plan aim for 0.5-1kg of weight gain per week, if less this will need to be discussed with CEDS and consider to increase by 200-300kcal every 4 days until weight gain achieved.

If no refeeding risk work out energy requirements for weight gain using EAR for height age.

4. Delete pages that are outside of this range
5. Insert Name of patient and hospital number (Quicker to do 'Find and Replace' function). Insert Name throughout document.
6. REMOVE calorie total from the top of each day
7. Insert the date for each day
8. Print off the meal plan without the calorie total table at the bottom for the patient
9. Print 2 copies of the meal plan with calorie table for the nursing notes and medical notes
10. Save the meal plan under complicated ward patients with patient's name and hospital number
11. Go through meal plan with child and family. Use clear non negotiable language. For examples of language to use go to Trustnet, departments, paediatrics, guidelines, ward management of patients suspected AN
12. Weigh after waking with minimal clothing and after elimination at least twice weekly
13. Review daily where possible especially if refeeding involved. Provide support to the nursing staff.

This meal plan has been designed around our menus and is therefore very varied. The patients may try to negotiate for cold puddings/sandwiches/salads. Try to avoid agreeing to these as they then know they can negotiate. The menu will not be nutritionally complete either. From experience they will eat the food when it comes to the meal time even if they said they wouldn't with you.

Snacks can be discussed with the family – if family want to bring in snacks they can but they need to be 250kcal.

Rationales:

- 40kcal/kg/day from GOSH guidelines
- Risk factors from GOSH and Marsipan Junior 2007 guidelines
- Fortini 200mls used instead of Fortisip Compact 125mls. This goes against Marsipan but concerned about protein content if all supplements are taken. Potentially 132g. Checked against requirements and Fortini will meet all requirements except for sodium, potassium and chloride which FSC does not meet anyway.

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Time Limits: All meals and snacks need to be eaten within 30 minutes followed by supervision for 30 minutes.

_____ will be allowed to go to the toilet before meals and snacks.

_____ will not be allowed to go to the toilet for 1 hour post each meal and snack.

SNACK LIST

Minimum of two different options off this list when snacks are included two or more times each day.

The following items are available for snack choices:

- Sandwiches (various fillings)
- 2 Rectangular slices of cake
- 2 Crackers with 1 portion of cheese and 1 portion of butter
- 3 Custard Creams or Bourbons **PLUS** 2 x 85 ml pots of Apple or Orange Juice
- 3 Gingernuts. Fruit Shortcakes, Shorties or Digestives **PLUS** 100mls of whole milk mixed with 2 tsps of Nesquik **OR** 150mls plain whole milk
- 2 x 125g Thick & creamy yoghurts or 2 x Tims Dairy yoghurts
- Meritene Shake made with whole milk (Max 1 per day)
- Meritene Soup + 1 slice toast + 1 portion butter (Max 1 per day)
- 250mls of whole milk mixed with 4 tsps of Nesquik

To be brought in by parents if requested:

- Chocolate Bars (including Mars (51g), Twix (50g), Kit Kat (4 fingers), Aero (50g) Bounty (50g) Crunchie (50g), Solid Chocolate bar (50g))

NUTRITIONAL DRINKS

The following drinks are suitable for use:

Fortini Bottle (200mls) Vanilla or Strawberry

Fortini Multifibre (200mls) Chocolate or Strawberry

* Fortisip/Fortisip Compact **not** to be used due to concern regarding protein content, unless advised by dietitian.

250kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient:
Hospital No:

Date:
Ward: Ash

EVENING MEAL – Sandwich or Salad

Sandwich options:

- Beef, ham, turkey, chicken, salmon, tuna, cheese or egg

If the meal has not been completely finished within 30 minutes, **NAME** to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

Drinks - aim for 1 cup of water or squash with evening meal, and another before bed

Drinks will be provided by nursing staff. The patient must not go to the water machine, or drink from bottles by the bedside.

500Kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME

Date:

Hospital No:

Ward: ASH

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 1 slice of white/brown toast with 1 portion of butter and jam/marmalade.

Option b) 1 cup of cereal or 1 Weetabix with 1 cup of whole milk (cereal and milk measured using white cups from water machine)

If the meal has not been completely finished within 30 minutes, NAME to drink 100mls nutritional drink within 10 minutes. If the nutritional drink has not been finished within 10 minutes, insert an NG tube, and bolus remaining volume.

LUNCH - Salad or half sandwich

- Salad plate with protein (e.g. ham/fish/cheese/egg), salad vegetables and starchy carbohydrate (e.g. pasta/potato/rice/bread roll)
- Half Sandwich options: Beef, ham, turkey, chicken, salmon, tuna, cheese or egg

If the meal has not been completely finished within 30 minutes NAME to drink 100mls of nutritional drink within 15 minutes. If the nutritional drink has not been finished within 15 minutes, insert an NG tube, and bolus remaining volume.

EVENING MEAL – Whole sandwich

Whole sandwich options:

- Beef, ham, turkey, chicken, salmon, tuna, cheese or egg

If the meal has not completely finished within 30 minutes, NAME to drink 200mls of nutritional drink within 15 minutes. If the nutritional drink has not been finished within 15 minutes, insert an NG tube, and bolus remaining volume.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. NAME must not go to the water machine, or drink from bottles by the bedside.

750kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME

Date:

Hospital No:

Ward: ASH

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 1 slice of white/brown toast with 1 portion of butter and jam/marmalade.

Option b) 1 cup of cereal or 1 Weetabix with 1 cup of whole milk (cereal and milk measured using white cups from water machine)

If the meal has not been completely finished within 30 minutes, **NAME** to drink 100mls nutritional drink within 10 minutes. If the nutritional drink has not been finished within 10 minutes, insert an NG tube, and bolus remaining volume.

LUNCH - one portion of a salad or sandwich

- Salad plate with protein (e.g. ham/fish/cheese/egg), salad vegetables and starchy carbohydrate (e.g pasta/potato/rice)
- Sandwich options: Beef, ham, turkey, chicken, salmon, tuna, cheese or egg

If the meal has not been completely finished within 30 minutes, **NAME** to drink 150mls nutritional drink within 15 minutes. If the nutritional drink has not been finished within 15 minutes, insert an NG tube, and bolus remaining volume.

EVENING MEAL – one portion of a hot balanced meal

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

If the meal has not been completely finished within 30 minutes, **NAME** to drink 300mls nutritional drink within 30 minutes. If the nutritional drink has not been finished within 30 minutes, insert an NG tube, and bolus the full volume over 30 minutes.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. **NAME** must not go to the water machine, or drink from bottles by the bedside.

1000kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME

Date:

Hospital No:

Ward: ASH

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 2 slices of white/brown toast with 2 portions of butter and jam/marmalade.

Option b) 2 cups of cereal or 2 Weetabix with 1 ½ cups of whole milk (cereal and milk measured using white cups from water machine)

Option c) 1 cup of cereal or 1 Weetabix and 1 cup of whole milk AND 1 slice of white/brown toast with 1 portion of butter.

If the meal has not completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

LUNCH - one portion of a hot balanced meal

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example hot meals:

- Shepherd's pie with potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake with vegetables
- Roast chicken with roast potatoes and vegetables
- Vegetable lasagne with chips and vegetables

If the meal has not been completely finished within 30 minutes, NAME to drink 250mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

EVENING MEAL – one portion of a hot balanced meal

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

If the meal has not been completely finished within 30 minutes, NAME to drink 250mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. NAME must not go to the water machine, or drink from bottles by the bedside.

1250kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME
Hospital No:

Date:
Ward: ASH

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 2 slices of white/brown toast with 2 portions of butter and jam/marmalade.

Option b) 2 cups of cereal or 2 Weetabix with 1 ½ cups of whole milk (cereal and milk measured using white cups from water machine)

Option c) 1 cup of cereal or 1 Weetabix and 1 cup of whole milk AND 1 slice of white/brown toast with 1 portion of butter/margarine

If the meal has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

LUNCH - one portion of a hot balanced meal

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example hot meals:

- Shepherd's pie with potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake with vegetables
- Roast chicken with roast potatoes and vegetables
- Vegetable lasagne with chips and vegetables

If the meal has not been completely finished within 30 minutes, NAME to drink 300mls nutritional drink within 30 minutes. If the nutritional drink has not been finished within 30 minutes, insert an NG tube, and bolus remaining volume.

EVENING MEAL – one portion of a hot balanced meal AND cold pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

Pudding:

Only suitable options are:

- Standard portion of chocolate/banana/lemon/raspberry flavour dessert
- Thick & creamy yoghurt or Tims Dairy yoghurt
- Portion of custard with a portion of fruit
- Portion of trifle

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 40 minutes. Main meal = 300mls.

pudding = 100mls. If the nutritional drink has not been finished within 40 minutes, insert an NG tube, and bolus remaining volume.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. NAME must not go to the water machine, or drink from bottles by the bedside.

1500kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME

Date:

Hospital No:

Ward: ASH

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 2 slices of white/brown toast with 2 portions of butter and jam/marmalade.

Option b) 2 cups of cereal or 2 Weetabix with 1 ½ cups of whole milk (cereal and milk measured using white cups from water machine)

Option c) 1 cup of cereal or 1 Weetabix and 1 cup of whole milk AND 1 slice of white/brown toast with 1 portion of butter/margarine

If the meal has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

LUNCH - one portion of a hot balanced meal and pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example hot meals:

- Shepherd's pie with potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake with vegetables
- Roast chicken with roast potatoes and vegetables
- Vegetable lasagne with chips and vegetables

Pudding:

- Large portion of rice pudding
- Two pots of ice cream
- Small portion of sponge and custard
- Standard portion of pie and custard
- Double portion of trifle
- 2 pots of Thick & creamy yoghurt or Tims Dairy yoghurt

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 40 minutes. Main meal = 300mls, pudding = 150mls. If the nutritional drink has not been finished within 40 minutes, insert an NG tube, and bolus remaining volume.

EVENING MEAL – one portion of a hot balanced meal AND cold pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables

- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

pudding:

Only suitable options are:

- Standard portion of chocolate/banana/lemon/raspberry flavour dessert
- Thick & creamy yoghurt or Tims Dairy yoghurt

If the savory meal and pudding have not been completely finished within 50 minutes, **NAME** to drink full volume of nutritional drink within 40 minutes. Main meal = 300mls, pudding = 100mls. If the nutritional drink has not been finished within 40 minutes, insert an NG tube, and bolus remaining volume.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. **NAME** must not go to the water machine, or drink from bottles by the bedside.

1750kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME
Hospital No:

Date:
Ward: ASH

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 2 slices of white/brown toast with 2 portions of butter and jam/marmalade.

Option b) 2 cups of cereal or 2 Weetabix with 1 ½ cups of whole milk (cereal and milk measured using white cups from water machine)

Option c) 1 cup of cereal or 1 Weetabix and 1 cup of whole milk AND 1 slice of white/brown toast with 1 portion of butter/margarine

If the meal has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

LUNCH - one portion of a hot balanced meal and pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example hot meals:

- Shepherd's pie with potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake with vegetables
- Roast chicken with roast potatoes and vegetables
- Vegetable lasagne with chips and vegetables

Pudding:

- Standard portion of sponge and custard/ice cream
- Standard portion of pie and custard/ice cream
- Standard portion of cake
- Double portion of rice pudding or trifle with 1 tbsp of custard added

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

EVENING MEAL – one portion of a hot balanced meal AND pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

Pudding:

Only suitable options are:

- Standard portion of sponge and custard
- Cheesecake
- Standard portion of pie and custard

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. NAME must not go to the water machine, or drink from bottles by the bedside.

2000kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME
Hospital No:

Date:
Ward: ASH

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 2 slices of white/brown toast with 2 portions of butter and jam/marmalade.

Option b) 2 cups of cereal or 2 Weetabix with 1 ½ cups of whole milk (cereal and milk measured using white cups from water machine)

Option c) 1 cup of cereal or 1 Weetabix and 1 cup of whole milk AND 1 slice of white/brown toast with 1 portion of butter/margarine

If the meal has not been completely finished within 30 minutes, **NAME** to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

MID MORNING SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, **NAME** to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

The snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

LUNCH - one portion of a hot balanced meal and pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example hot meals:

- Shepherd's pie with potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake with vegetables
- Roast chicken with roast potatoes and vegetables
- Vegetable lasagne with chips and vegetables

Pudding:

- Standard portion of sponge and custard/ice cream
- Standard portion of pie and custard/ice cream
- Standard portion of cake
- Double portion of rice pudding or trifle with 1 tbsp of custard added

If the savory meal and pudding have not been completely finished within 50 minutes, **NAME** to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

EVENING MEAL – one portion of a hot balanced meal AND cold pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

Pudding:

- Standard portion of sponge and custard
- Cheesecake
- Standard portion of pie and custard

If the savory meal and pudding have not been completely finished within 50 minutes, **NAME** to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. **NAME** must not go to the water machine, or drink from bottles by the bedside.

2250kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME

Date:

Hospital No:

Ward: ASH

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 2 slices of white/brown toast with 2 portions of butter and jam/marmalade.

Option b) 2 cups of cereal or 2 Weetabix with 1 ½ cups of whole milk (cereal and milk measured using white cups from water machine)

Option c) 1 cup of cereal or 1 Weetabix and 1 cup of whole milk AND 1 slice of white/brown toast with 1 portion of butter/margarine

If the meal has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

MID MORNING SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

The snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

LUNCH - one portion of a hot balanced meal and pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example hot meals:

- Shepherd's pie with potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake with vegetables
- Roast chicken with roast potatoes and vegetables
- Vegetable lasagne with chips and vegetables

Pudding:

- Standard portion of sponge and custard/ice cream
- Standard portion of pie and custard/ice cream
- Standard portion of cake
- Double portion of rice pudding or trifle with 1 tbsp of custard added

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

MID AFTERNOON SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

The snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

EVENING MEAL – one portion of a hot balanced meal AND cold pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

Pudding:

- Standard portion of sponge and custard
- Cheesecake
- Standard portion of pie and custard

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. NAME must not go to the water machine, or drink from bottles by the bedside.

2500kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME

Date:

Hospital No:

Ward: Ash

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 2 slices of white/brown toast with 2 portions of butter and jam/marmalade.

Option b) 2 cups of cereal or 2 Weetabix with 1 ½ cups of whole milk (cereal and milk measured using white cups from water machine)

Option c) 1 cup of cereal or 1 Weetabix and 1 cup of whole milk AND 1 slice of white/brown toast with 1 portion of butter/margarine

If the meal has not been completely finished within 30 minutes, **NAME** to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

MID MORNING SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, **NAME** to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

The snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

LUNCH - one portion of a hot balanced meal and pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example hot meals:

- Shepherd's pie with potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake with vegetables
- Roast chicken with roast potatoes and vegetables
- Vegetable lasagne with chips and vegetables

Pudding:

- Standard portion of sponge and custard/ice cream
- Standard portion of pie and custard/ice cream
- Standard portion of cake
- Double portion of rice pudding or trifle with 1 tbsp of custard added

If the savory meal and pudding have not been completely finished within 50 minutes, **NAME** to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

MID AFTERNOON SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

The snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

EVENING MEAL – one portion of a hot balanced meal AND cold pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

Pudding:

- Standard portion of sponge and custard
- Cheesecake
- Standard portion of pie and custard

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

PRE BED SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

The snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. NAME must not go to the water machine, or drink from bottles by the bedside.

2800kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient: NAME

Date:

Hospital No:

Ward: Ash

The same meal plan as 2500 kcal plus 1 x 200ml nutritional drink

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 2 slices of white/brown toast with 2 portions of butter and jam/marmalade.

Option b) 2 cups of cereal or 2 Weetabix with 1 ½ cups of whole milk (cereal and milk measured using white cups from water machine)

Option c) 1 cup of cereal or 1 Weetabix and 1 cup of whole milk AND 1 slice of white/brown toast with 1 portion of butter/margarine

If the meal has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

MID MORNING SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

NAME snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

LUNCH - one portion of a hot balanced meal and pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example hot meals:

- Shepherd's pie with potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake with vegetables
- Roast chicken with roast potatoes and vegetables
- Vegetable lasagne with chips and vegetables

Pudding:

- Standard portion of sponge and custard/ice cream
- Standard portion of pie and custard/ice cream
- Standard portion of cake
- Double portion of rice pudding or trifle with 1 tbsp of custard added

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

MID AFTERNOON SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, **NAME** to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

NAME snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

EVENING MEAL – one portion of a hot balanced meal AND cold pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

Pudding:

- Standard portion of sponge and custard
- Cheesecake
- Standard portion of pie and custard

If the savory meal and pudding have not been completely finished within 50 minutes, **NAME** to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

PRE BED SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, **NAME** to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

NAME snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. **NAME** must not go to the water machine, or drink from bottles by the bedside.

3100kcal

DEPARTMENT OF NUTRITION & DIETETICS MEAL PLAN

Patient:NAME

Date:

Hospital No:

Ward: Ash

The same meal plan as 2500 kcal plus 2 x 200ml nutritional drinks

BREAKFAST – selection of hot or cold breakfast choices – choose one option

Option a) 2 slices of white/brown toast with 2 portions of butter and jam/marmalade.

Option b) 2 cups of cereal or 2 Weetabix with 1 ½ cups of whole milk (cereal and milk measured using white cups from water machine)

Option c) 1 cup of cereal or 1 Weetabix and 1 cup of whole milk AND 1 slice of white/brown toast with 1 portion of butter/margarine

If the meal has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

MID MORNING SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

NAME snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

LUNCH - one portion of a hot balanced meal and pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example hot meals:

- Shepherd's pie with potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake with vegetables
- Roast chicken with roast potatoes and vegetables
- Vegetable lasagne with chips and vegetables

Pudding:

- Standard portion of sponge and custard/ice cream
- Standard portion of pie and custard/ice cream
- Standard portion of cake
- Double portion of rice pudding or trifle with 1 tbsp of custard added

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

MID AFTERNOON SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

NAME snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

EVENING MEAL – one portion of a hot balanced meal AND cold pudding

Main Course: Including one adult fist size portion of carbohydrates (potatoes, rice or pasta), protein (meat, fish, eggs, beans) and vegetables

Example meals:

- Beef goulash and dumplings with potatoes and vegetables
- Vegetable and bean cottage pie with parmentier potatoes and vegetables
- Vegetable, cheese, salmon or tuna pasta bake and vegetables
- Omelette with potatoes or 1 slice of bread and baked beans

Pudding:

- Standard portion of sponge and custard
- Cheesecake
- Standard portion of pie and custard

If the savory meal and pudding have not been completely finished within 50 minutes, NAME to drink full volume of nutritional drink within 50 minutes. Main meal = 300mls, pudding = 200mls. If the nutritional drink has not been finished within 50 minutes, insert an NG tube, and bolus remaining volume.

PRE BED SNACK – selection of cold choices from list

If the snack has not been completely finished within 30 minutes, NAME to drink 200mls nutritional drink within 20 minutes. If the nutritional drink has not been finished within 20 minutes, insert an NG tube, and bolus remaining volume.

NAME snacks will be ordered direct from the diet kitchen and sent down daily. Do not offer snacks from the snack trolley.

Drinks - aim for 8-10 cups of water or squash daily e.g. one with each meal or snack. Please also consider fluid intake from nutritional supplements into total fluid intake.

Drinks will be provided by nursing staff. NAME must not go to the water machine, or drink from bottles by the bedside.

	BF	Mid am	Lunch	Mid pm	Dinner	eve	TOTAL kcals
250kcal food	-	-	-	-	1 main 250	-	250
supps	-	-	-	-	300	-	300
500kcal food	150	-	Cold 150	-	1 sandwich 300	-	500
supps	150	-	150	-	300	-	600
750kcal food	150	-	Cold 200	-	1 main 400	-	750
supps	150	-	225	-	450	-	825
1000 food	300	-	1 main 350	-	1 main 350	-	1000
supps	300	-	375	-	375	-	1050
1250kcal food	300	-	1 main 400	-	1 main 1 pud 400 150	-	1250
supps	300		450	-	450 150	-	1350
1500kcal food	300	-	1 main 1 pud 400 250	-	1 main 1 pud 400 150	-	1500
Supps	300		450 225		450 150		1575
1750kcal food	300	-	1 main 1 pud 400 350	-	1 main 1 pud 400 300	-	1750
Supps	300		450 300		450 300		1800
2000kcal food	300	250	1 main 1 pud 400 350	-	1 main 1 pud 400 300	-	2000
Supps	300	300	450 300		450 300		2100
2250kcal food	300	250	1 main 1 pud 400 350	250	1 main 1 pud 400 300	-	2000
Supps	300	300	450 300	300	450 300		2400
2500kcal food	300	250	1 main 1 pud 400 350	250	1 main 1 pud 400 300	250	2500
Supps	300	300	450 300	300	450 300	300	2700
2800kcal food	300	250	1 main 1 pud 400 350	250	1 main 1 pud 400 300	250	2500 +1 supplement =2800
Supps	300	300	450 300	300	450 300	300	2700
3100kcal food	300	250	1 main 1 pud 400 350	250	1 main 1 pud 400 300	250	2500 +2 Supplements =3100
Supps	300	300	450 300	300	450 300	300	2700 + 1 additional supplement

