

**Your Guide  
to Nutrition &  
Mealtimes at  
CareChoice**

# In CareChoice our menu is reviewed by a Dietician twice a year, and any recommendations actioned.

CareChoice operate a rotational menu that reflects the seasons.

Residents are given the opportunity to comment on the menu daily and make suggestions at our resident committee and on completing our Resident Survey.

## Heathly Food for Life The Food Pyramid





# Nutrition

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**“Good quality nutritious food is crucial to maintaining the health, wellbeing and independence of older people.”**

(Mulvihill, M. and Pyper, S., 2001)

## **Adequate diet**

An adequate diet is one that provides ‘sufficient energy, protein fat and carbohydrates, micronutrients and other essential components required to meet the body’s needs in a balanced and diversified manner. (Rafferty et al, 2000. p.8)

## **Malnutrition**

‘A state of nutrition in which a deficiency, excess or imbalance of energy, protein, and other nutrients causes measurable adverse effects on tissue and body form (body shape, size, and composition), body function and clinical outcomes’ (BAPEN, 2016). Malnutrition is both a cause and a consequence of ill-health. (NICE, 2016)

# Assessment & Careplan

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On admission each resident is assessed to identify:

- Special dietary requirements
- The texture of food required by the resident
- The fluid consistency required by the resident
- Preferences for mealtimes
- Preferences for food and drink
- Ability and any assistance required
- Any special positioning requirements the resident has when eating
- Any special utensils needed
- Any specific monitoring (things to look out for) during mealtimes
- A history of weight loss

Should the resident have any special requirements, he/she shall be referred to the Dietician for review, and a personalised dietary review & careplan completed.

Our menus are available in written and picture format, a member of staff will facilitate reading the menu to you, should this be required to assist you in making a choice.





## Mealtimes

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Mealtimes in CareChoice are protected, so as to allow residents to eat their meals in a pleasant environment, without unnecessary interruption and to allow staff to focus on providing assistance to those residents unable to eat independently. The principles of protected mealtimes are:

- Activity is focused on the meal and the resident.
- The resident is ready to eat.
- The environment encourages eating.
- Assistance is provided.
- Observation/monitoring are carried out.  
(RCN, 2009)

## Snacks

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Nutritious snacks are available to our residents at all times, please ask a member of staff for the snack menu.



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 CareChoice Group Ireland

[www.carechoice.ie](http://www.carechoice.ie)

