



ORAL NUTRITIONAL SUPPLEMENTS:

- Pros:**
- Concentrated source of protein, calories and micronutrients
 - Easy to use and handle, no preparation from staff
 - Convenient and dense source of nutrition
- Cons:**
- Expensive
 - May lead to taste fatigue
 - May lead to reduced oral food intake as residents become *"too full"* after drinking supplement

FOOD FIRST INTERVENTIONS:

- 1. Food Fortification**
 - a. Easy and cost friendly way to fortify foods.
- 2. Nourishing Fluids**
 - a. Fortified shakes, juices and milks
- 3. Mid Meal Snacks – Three Times Daily**
 - a. Working with staff to encourage and prompt resident.
- 4. Offering larger quantity of favorite foods for those that have good intakes**
 - a. If residents eat well in the mornings at breakfast – provide larger portions of their breakfast favorites.

NUTRITION SERVICES



HEIDI WIETJES
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Director, Nutrition Services

Heidi is a full-time Registered Dietitian, qualified ServeSafe Instructor, and Certified Food Defense Coordinator, committed to assisting you in achieving & maintaining compliance with State and Federal Regulations.



Steve Munch
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REAL FOOD OR ORAL NUTRITIONAL SUPPLEMENTS

Weight loss, malnutrition and their associated complications are commonly found in long term care and residential care facilities. In hospitals, patients may become malnourished very quickly due to poor intakes, loss of appetite or their diet order. As a result, many facilities rely on oral nutritional supplements in order to assist in promoting weight gain in residents who are underweight, or those residents/patients unable to meet their needed nutritional requirements through food and fluid. Oral nutritional supplements can provide positive outcomes; however, it is vital that oral nutritional supplementation use is monitored regularly to ensure that prescribed nutritional supplements remain necessary and are offering beneficial outcomes for the resident – are they drinking it? Are there better approaches? Every resident or patient has different needs so its important to assess what is appropriate depending on their nutritional situation and disease state.



Enhancing Nutrition Through Fortified Foods & Snacks: Some Great Ideas

Average Cost per 8 oz Ready To Use Oral
Drink Nutrition Supplement:
\$1.33 per unit

Nutrients per Serving (varies)
Approximately:
250 calories
9 g protein

Fortified Milk & Super Bakery Mini Loaves:

Cost per serving - \$0.60

Half and Half Milk – 4 oz

Super Bakery Ultra Mini Loaves, any flavor – 1 each

Nutritional Profile: 430 calories, 11 g protein

Snack Pack: Cost per serving – \$0.80

Summer Sausage (2 oz)

Sliced Cheddar Cheese (1 oz)

Crackers (5 each)

100 % Juice – 4 oz

Nutritional Profile: 435 calories, 17 g protein

Greek Yogurt & Chocolate Chip Cookie:

Cost Per Serving: \$0.98

Greek Yogurt – Vanilla or Plain – 6 oz

Honey Drizzle – 1 Tbsp

Best Maid Oatmeal Raisin Cookie – 1.0 oz

Nutritional Profile: 310 calories, 17 g protein

Fortified Hot Chocolate & Mini Donuts

Cost Per Serving: \$0.98

Half and Half Milk – 6 oz

Hot Chocolate Packet – 1 each

Baker Boy Whole Grain Mini Donuts – 3 each

Nutritional Profile: 465 calories, 7 g protein

Peanut Butter Bagel: Cost per Serving: \$0.37

Sara Lee Plain or Wheat Bagel – 2.3 oz

Peanut Butter – 2 Tbsp

Nutritional Profile: 380 calories, 14 g protein

Cottage Cheese & Fortified Peaches:

Cost Per Serving: \$0.79

Cottage Cheese – ½ cup

Canned Peaches – ¼ cup

Corn Syrup – 1 oz

Nutritional Profile: 230 calories, 11 g protein

Egg Salad Sandwich: Cost Per Serving: \$0.68

Whole Wheat Bread – 2 Slices

Egg Salad – 1/4 cup

Nutritional Profile: 370 calories, 18 g protein

Fortified Oatmeal with Raisins & Honey

Cost per Serving: \$0.60

1/2 Cup Portion; Serves 10:

Oatmeal 3 1/3 cup

Half-and-half 5 cup

Water 2 ½ cup

Salt 1 ¼ tsp

Margarine 3 1/3 Tbsp

Brown Sugar 10 Tbs

Raisins – 1 cup

Drizzle of Honey on Top – 1 Tbsp

Directions: 1. Measure half-and-half, water, salt & margarine into saucepan. Bring to a boil. **2.** Add oatmeal and cook until thick. **3.** Serve with brown sugar on top. **4.** Hold at > 135° F until service.

Nutritional Profile: 440 calories, 7 g protein

Fortified Pudding w/ Whipped Topping:

Cost per Serving: \$0.30

½ cup Portion; Serves 10

Nonfat Dried Milk 2/3 cup

Whole Milk 1 qt

Pudding Mix ½ lb

Whipped Topping

Nutritional Profile: 200 calories, 6.6 g protein

