



Adapting a menu to add in extra fluid from everyday foods

This information sheet shows you how you could adapt a sample day's menu to add in extra fluid from everyday foods. There table on the second page shows you how the adapted menu could be further adapted to add in extra calories (energy) and protein for someone who is malnourished (undernourished) or at increased risk of malnutrition. For more information about screening and treating undernutrition, please visit <http://wessexahsn.org.uk/OPEN-toolkit>.

Sample day's menu plan showing how to adapt a sample menu to add in extra fluid:

	Original menu	Adapting the menu to add extra fluid from food	
		Food	Extra fluid provided
Breakfast	2 slices of toast with jam	Porridge (3 tablespoons)	90ml
Morning snack	2 rich tea biscuits	Pot of natural yoghurt (120g) with strawberries (80g)	150ml
Lunch	Cheese sandwich	Baked beans (100g) on toast	70ml
Afternoon snack	Slice of cake	Berry smoothie – mix together: 150ml milk, small pot of natural yoghurt, handful frozen berries and small banana	380 ml
Dinner	New potatoes, salmon fillet, carrots and green beans	Mashed potato (with added 15g butter and 1 tablespoon milk), salmon fillet, carrots, green beans, white sauce (50g)	75ml
Dessert / evening	Malt loaf	Jelly (120g) and a scoop of ice-cream (70g)	145ml
TOTAL			910ml

Sample menu showing how to adapt the foods further by adding in extra calories (energy) and protein for someone who is malnourished (undernourished):

	Menu	Adapting the menu to add extra energy and protein		
		Food	Extra energy provided	Extra protein provided
Breakfast	Porridge (3 tablespoons)	Porridge (3 tablespoons) made with whole milk* and 1 tablespoon ground almonds	95 kcal	3 g
Morning snack	Pot of natural yoghurt (120g) with strawberries (80g)	Pot of full fat Greek yoghurt (120g) with strawberries (80g)	85 kcal	1.5 g
Lunch	Baked beans (100g) on toast	Baked beans (100g) on toast, with handful (50g) of grated cheese	200 kcal	12 g
Afternoon snack	Berry smoothie: 150ml milk, small pot natural yoghurt, handful frozen berries, small banana	Berry smoothie: 150ml whole milk*, small pot Greek yoghurt, handful frozen berries, small banana	115 kcal	2 g
Dinner	Mashed potato (made with 15g butter & 1 tablespoon semi-skimmed milk), salmon fillet, carrots, green beans, white sauce (50g)	Mashed potato (add 15g butter and 1 tablespoon whole milk, 1 tablespoon grated cheese, 1 tablespoon dried skimmed milk powder), salmon fillet, carrots, green beans, white sauce (50g – made with single cream*)	285 kcal	10 g
Dessert / evening	Jelly (120g), scoop of ice-cream	Jelly mousse (120g**), scoop of ice-cream	55 kcal	3 g
TOTAL			835 kcal	31.5 g protein

* compared to semi-skimmed milk

** make up jelly with half the amount of water recommended, and add tin of whipped evaporated milk in place of the rest of the water – makes 4 portions