

Healthier food and drink options for residents in care homes

This resource is to support residents who require weight management advice or those who want to make dietary changes to manage their diabetes. **If your resident has poorly controlled diabetes, is on hypo-glycaemic medication or insulin, please liaise closely with their GP before making dietary changes.**

Breakfast:



- ✓ Choose wholegrain cereals and bread as these are higher in fibre, so digest slowly filling you up for longer.

Main Meals:



- ✓ Choose lean proteins such as chicken, turkey, white fish and 5% fat beef or turkey mince.
- ✓ Have brown pasta, brown or basmati rice or new potatoes with the skin on, rather than white options, mashed potatoes, chips or jacket potatoes which are digested quicker.
- ✓ If having soup or a sandwich, ensure it has protein in it i.e. chicken, ham, tuna, egg.
- ✓ Avoid frying food in excessive oil or adding high fat sauces to foods, or use lower fat sauces and dressings.

Sweet and Savoury Desserts and Snacks:



- ✓ Reduced sugar whipped desserts, custard or rice pudding made with skimmed milk. Sweetener can also be used instead of sugar.
- ✓ Sugar-free jelly or individual chocolate mousse.
- ✓ Plain biscuits, boiled eggs, yoghurt

Drinks:



- ✓ Water, sugar-free squash, tea, coffee, herbal teas, diet drinks or low fat milk.

If a resident has dysphagia, please check food/drinks are suitable for the consistencies as recommended by SALT.