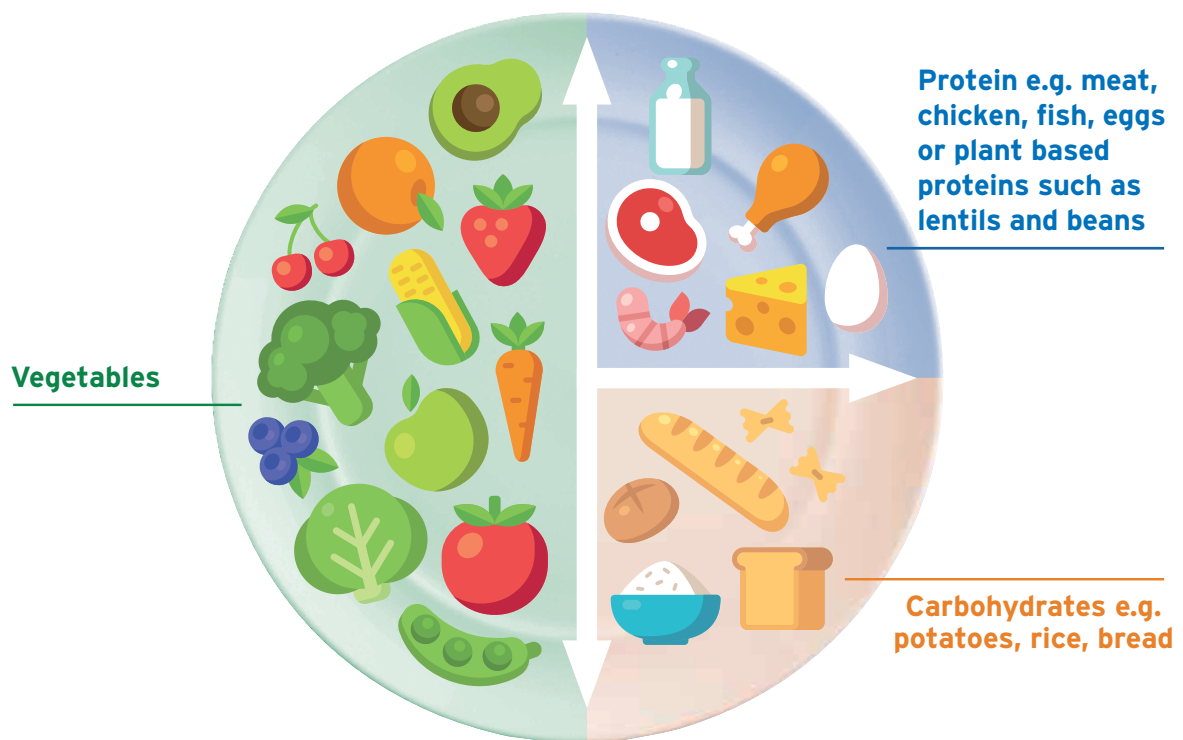


Weight management advice for Nursing Home residents

Main meals should aim to follow the composition below:
(e.g. 1/2 plate of vegetables, 1/4 plate potatoes, 1/4 plate chicken)



Healthy snacks (2-3 per day if desired)

2-3 glasses
of low fat milk



Diet yoghurt or
fat free natural
yoghurt and fruit



Fresh fruit
salad as snacks
or dessert



Examples of calorie free and low calorie fluids



Water



Tea



No added sugar
blackcurrant squash



Black Coffee



No added sugar
orange squash



Skinny Latte



Diet Lemon
and Lime



Diet Cola