

Leeds Food Consensus

We are making a pledge to: keep older people nutritionally 'well'; and identify and act for older people, who are nutritionally 'vulnerable'



KEEP HYDRATED



MONITOR WEIGHT



EAT FOR HEALTH



HELP AND SUPPORT





Promoting good levels of hydration by:

- having and encouraging the consumption of fluids which ensures hydration;
- aiming for at least six to eight (200ml) drinks daily, for many people this means more fluid;
- promoting regular drinks throughout the day.

Any fluids, except alcohol count. This includes water, milk, tea, coffee and fruit juice.

Promoting a varied daily diet consisting of:

- three or four meals with additional snacks as appropriate;
- foods rich in starch and fibre at each meal;
- food providing an adequate protein intake of two to three portions;
- five servings of fruit and vegetables; and
- ensuring everyone has sufficient calcium and vitamin D which support bone health.



The guidance for the daily diet comes from the 'Eatwell Plate'. Anyone with a special dietary requirement might want to check with a registered dietitian whether the Eatwell Plate applies to them.

Notes: For those needing to maintain or gain weight fat and sugar should always be included as part of the 'Eatwell Plate' but it is the amount or proportion that would change if someone needed to gain weight.

During the terminal phase of illness emphasis may need to be placed on provision of food and eating for comfort and pleasure, and not necessarily nutritional adequacy.

MONITOR WEIGHT



Promoting a healthy weight by:

- knowing what weight changes are happening*;
- eating the right amount of food to be a healthy weight, this may mean eating less for others this means eating more; and
- encouraging activities to promote or maintain muscle mass.

*If it is not possible to weigh a person then look at clothing, photographs to help assess weight changes. To some this means weight loss, others to stabilise or to gain weight. A Body Mass Index (BMI) of 24-29kg/m² can be considered healthy in older people aged 70 years and over.



Supporting and enabling people by:

- recognising when assistance is required;
- preparing and serving foods that are acceptable and will be enjoyed in a safe hygienic way; and
- ensuring the promotion of good oral and dental health.

Mealtimes should be a positive experience that acknowledges the health benefits and pleasure of food.



HELP AND SUPPORT



What does the Leeds Food Consensus do?

The Leeds Food Consensus is seeking to ensure consistent evidence based, person centred food messages for older people. The principles for all food related activity - to enable good health and wellbeing for older people - should focus on enabling, preventing, promoting and maintaining independence.

You can find out more about the Leeds Food Consensus and the LeedsFood Consensus pledge by visiting:
www.leeds.gov.uk/phrc/Pages/Leedsfoodconsensus.aspx

How to use this leaflet?

As a simple guide highlighting key principles that will help reduce the risk of nutritional deficiencies among older people in Leeds. It is aimed primarily at frontline workers so that they can understand the principles of the Leeds Food Consensus and the agreed approach taken by partner organisations in the city.

Further consideration:

To enable good health and wellbeing for older people using seven questions may help you identify areas of support. By simply asking the following questions could make a difference by identifying the support required.

7 Key Questions

- Able to shop or go out to access food?
- Able to prepare/access 3 meals?
- Able to prepare/access 2 snacks?
- Able to prepare/access 6-8 hot/cold drinks?
- Able to feed/drink self?
- Good oral health? Consider teeth, mouth, swallowing ability?
- Weight stable? Consider unintentional weight loss, underweight or frail?