

# Hertfordshire Nutritional Standards



## 1. Nutrition and hydration is everybody's business - Eating and drinking well is at the centre of health and well being

- Use every opportunity to check whether a person can meet their food and drink needs
- Use these trusted sources to give guidance on improving intake (a link will be created taking the user to the trusted guidance). Avoid giving advice based on your own health beliefs if these are different to the identified guidance
- Some people may need additional support to make choices that are better for their health and well-being
- Some family members/friends may also need support to understand the food and drink needs of their loved one

## 2. Promote the need for a varied diet - Meal times should be a positive experience that acknowledges the health benefits and pleasure of food.

- Where an person has a poor appetite, a food first approach should be encouraged
- Where it is appropriate for the person's health, encouraging nourishing snacks in addition to 3 - 4 meals a day, can be beneficial
- Oral health is very important – it may be more appropriate to suggest savoury nourishing snacks and those based on milk rather than sweet snacks

## 3. Promote good levels of hydration

- Encourage drinking at least 8 – 10 drinks as mugs or glasses a day, every day.
- If a person is reluctant to drink, nourishing foods which contain fluid should be encouraged in addition to drinks

## 4. Promote a healthy weight by increasing awareness that losing weight is not a normal part of ageing

- Individuals and their family members/friends may need support to understand that a healthy weight for older people may be higher than a healthy weight for younger adults.
- If planned weight loss is appropriate, this should be encouraged in a supportive way.

## 5. Promote continued need for regular exercise/activity

- Encourage people to keep moving and do whatever they can to help maintain their independence and well-being

