

HEALTHY NUTRITION

FOR PEOPLE NEEDING SPECIAL CARE

When your patient can eat normally:

High-nutrition beverages & desserts and thickeners can be used as **supplements** or serve as a **whole meal**



Find the right **taste & texture** for your patient



Achieve the right texture through **thickeners**



Symptoms that may indicate malnutrition:

Weak appetite



Swallowing difficulty



Nausea



Changed defecation patterns



BMI under **20.5**



Loss of more than **5%** of weight in 1 month



The Right Products



Watch Out!

The Right Routines

When your patient can't get enough nutrition by mouth (Tube Feeding):

Calculate the amount on an **individual basis**



Ensure correct **mobilization**



Don't administer **too quickly**



Consider a **change of product** if your patient experiences complications (diarrhea, allergies, etc)



Ensure good eating habits:

Encourage physical **activity**



8 small meals per day, high in energy and protein



Ensure sufficient intake of fluids



Good hand hygiene is **essential**



Malnutrition:

Imbalances in a person's intake of energy and/or nutrients



People in risk:



Elderly



Chronical ill

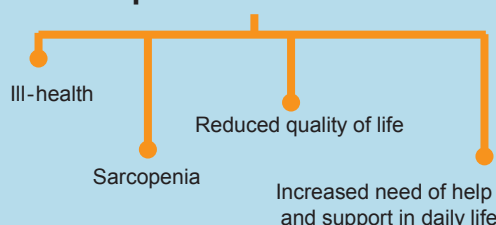


Chewing & swallowing problems



Need assistance during meals

Consequences of Malnutrition:



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Recommended Diet:



High protein to build up muscular mass: meat, fish, egg, dairy products



High energy fat: oil, butter, cheese, mayonnaise, avocado, nuts



Frequent meals



Solids should be **20%** of total fluid intake



Fluids: milk based drinks, water, other beverages



6-8 meals per day



50% of daily intake of nutrients should come from snacks