

“Super Menus”

Optimizing nutrition in long term care

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Greenbelt Fund workshop
January 10, 2017

Agri-Food for Healthy Aging: aha.the-ria.ca

The screenshot shows the homepage of the A-HA website. At the top left is the logo for A-HA (Agri-Food for Healthy Aging), featuring a fork, a leaf, and a spoon. To the right are social media icons for Facebook, Twitter, and two versions of YouTube. Below these is a search bar with the text "Search this website...". A green navigation bar contains the following menu items: Home, About Us, Projects, News & Events, Resources, I-DINE, Get Involved, and Contact Us. The main content area is split into two columns. The left column features a large image of a person in a blue shirt holding a wooden crate filled with fresh vegetables like carrots and leafy greens. Below this image is a section titled "News & Events" with a sub-header "Sign up for A-HA e-News!" and a date "December 14, 2016". The text describes the e-news service and includes a "Read More" button. The right column has a dark grey background with the heading "Recipe Resource for Healthy Aging" and a paragraph about Ontario's nutrient-rich foods, followed by a "Learn More" button. At the bottom right, there is a logo for the Research Institute for Aging (RIA) with the tagline "Enhancing Life" and a green button that says "A-HA e-News Sign up today".

A-HA
AGRI-FOOD for
HEALTHY AGING

Home About Us Projects News & Events Resources I-DINE Get Involved Contact Us

Recipe Resource for Healthy Aging

Ontario offers many nutrient-rich foods that have a number health benefits and support healthy aging.

Learn More

News & Events

Sign up for A-HA e-News!
December 14, 2016

Interested in staying in the loop about A-HA? A-HA e-News provides updates on all of A-HA's exciting research and knowledge translation activities. Delivered right to your email! Sign up today!...

Read More

Webinar: Making the Most of Mealtimes in LTC

RIA RESEARCH INSTITUTE for AGING
Schlegel • UWaterloo • Conestoga
Enhancing Life

A-HA is a program of the
Schlegel-UW Research Institute for Aging

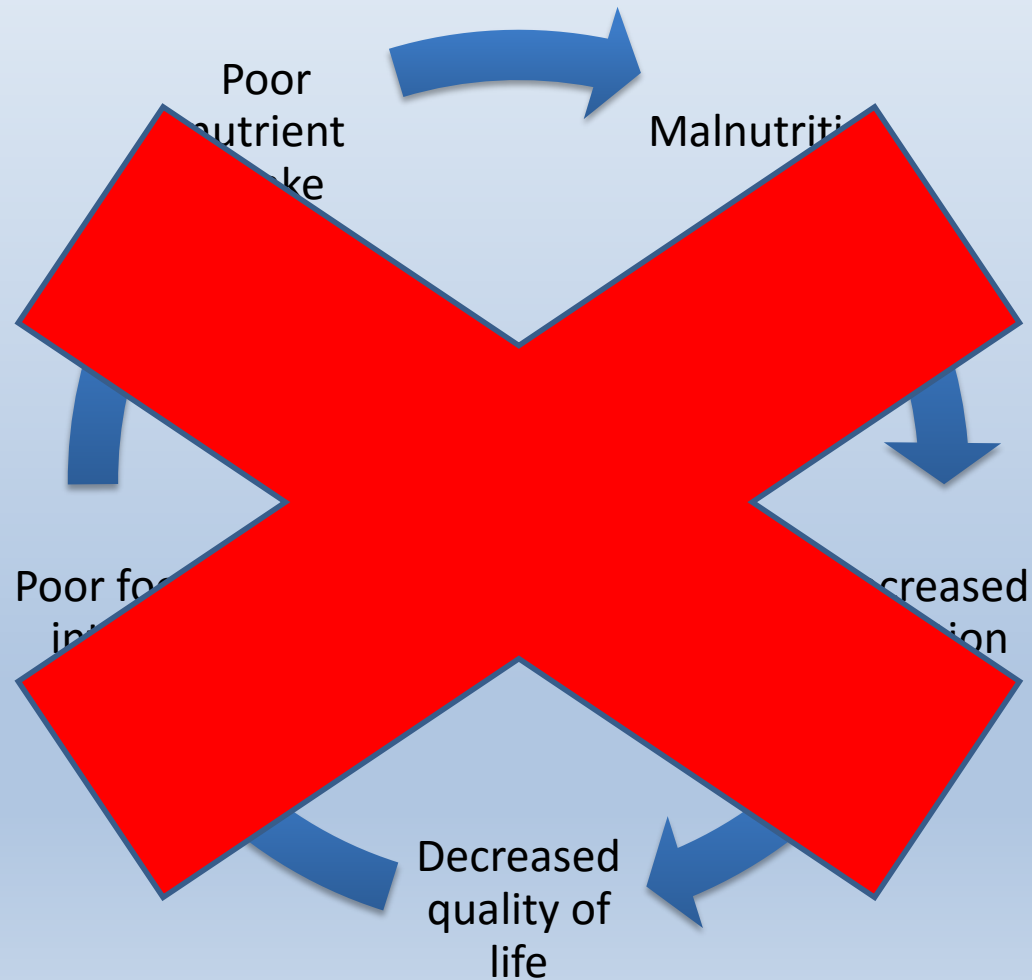
A-HA e-News
Sign up today

Malnutrition is a problem in long term care



- 20-60% of LTC residents are affected
- It is preventable
- A-HA is looking at this
 - Making the Most of Mealtimes (M3)
 - Putting more nutrition on the plate
 - Nutrition in Disguise

Poor food intake is a main reason for malnutrition



Food First Strategies

Micronutrient enhancement
“Super Menu” development
Nutrition by disguise



Menu analysis

- Menus from 5 homes selected for analysis
 - Homes chosen to represent provinces, type home, diversity
- ESHA Food Processor nutrient analysis program
- eaTracker used to count CFG servings and confirm ESHA results

Micronutrients of concern

From menu analysis:

- **Vitamin D**
 - mean 8.9 µg (RDA 20 µg)
- **Vitamin E**
 - mean 5.13 mg (RDA 15 mg)
- **Folate**
 - mean 260 µg DFE (RDA 400)
- **Magnesium**
 - mean 255 mg (320F/420M mg)
- **Potassium**
 - mean 2854 mg (4700 mg)

From literature:

Intakes <50% RDA

- Vitamin D
- Vitamin E
- Folate
- Calcium
- Vitamin B6
- Vitamin B12
- Zinc

“Supermenu” development

- Focused on 11 micronutrients
- Common foods in LTC
- The total volume = current consumption volumes
- Timing can't change – ie breakfast items at breakfast
- Must include food preferences

“Supermenu” development

- Strategies include:
 - Addition of herbs and spices
 - Inclusion of food item varieties with different micronutrient contents
 - Replace water with other liquids
 - Alter cooking methods
 - Steam vegetables, reuse vegetable water

FOODS AND INGREDIENTS	CHOICES
Vegetables and Fruit	<p><u>Vegetables:</u> Bell pepper (red), Broccoli, Cabbage (red), Carrot, Eggplant, Endive (curly), Fennel, Kale, Mushrooms, Potatoes w skin, Spinach, Squash (butternut, zucchini), Sweet potatoes</p> <p><u>Fruits:</u> Apricots, Clementine, Oranges</p>
Grain Products	Bran, Brown Rice, Quinoa, Wheat germ
Meat and Alternatives	<p><u>Beans:</u> Black beans, Chickpeas, White beans</p> <p><u>Nuts/seeds:</u> Almond, Flax, Pecan, Pumpkin, Squash, Sunflower, Walnut, Nut butters (almond butter)</p>
Milk and Alternatives	Cheese (Ricotta, Mozzarella, Swiss), Milk, Soy milk, Yogurt
Fats and Oils	Butter, Canola oil, Margarine,
Herbs and Spices	<p><u>Herbs:</u> Basil, Bay leaf, Cilantro, Coriander, Oregano, Parsley, Rosemary, Thyme</p> <p><u>Spices:</u> Cinnamon, Chili/cayenne pepper, Cloves, Cumin, Garlic, Ginger (ground vs root), Nutmeg, Paprika, Turmeric</p>

SUPER TURKEY QUINOA CHILI

Quinoa, cooked (1 cup)

Folate: 19%,
Magnesium: 30%,
Zinc: 13%,
Selenium: 7%

Chili powder (1 tbsp)

Vitamin A: 44%,
Vitamin E: 11%,
Iron: 6%

Cilantro, dried (1 tbsp)

Vitamin C: 17%,
Vitamin K: 30%



Black beans (1 cup)

Calcium: 5%,
Potassium: 17%,
Zinc: 13%

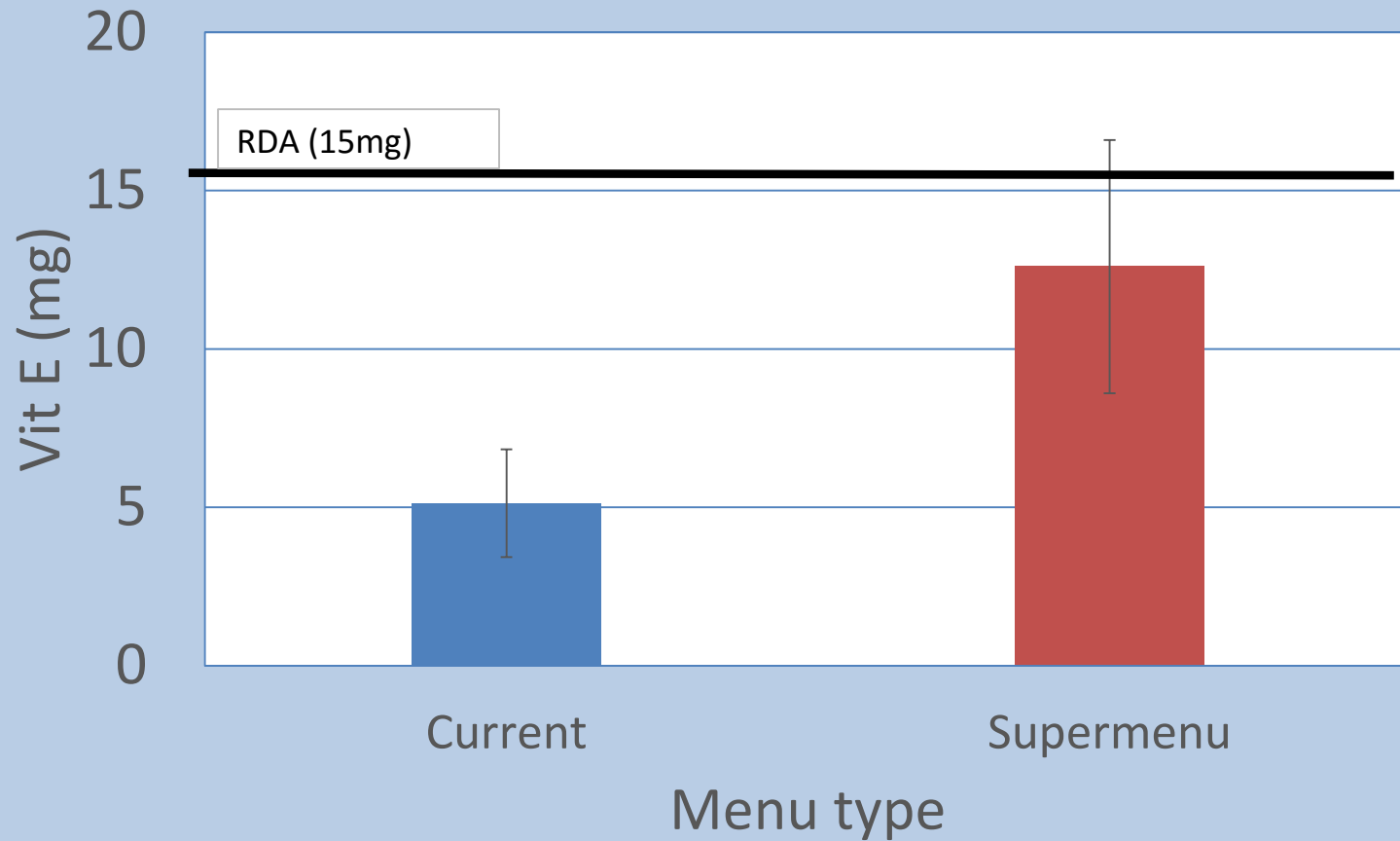
White beans (1 cup)

Calcium: 16%,
Potassium: 29%,
Zinc: 16%

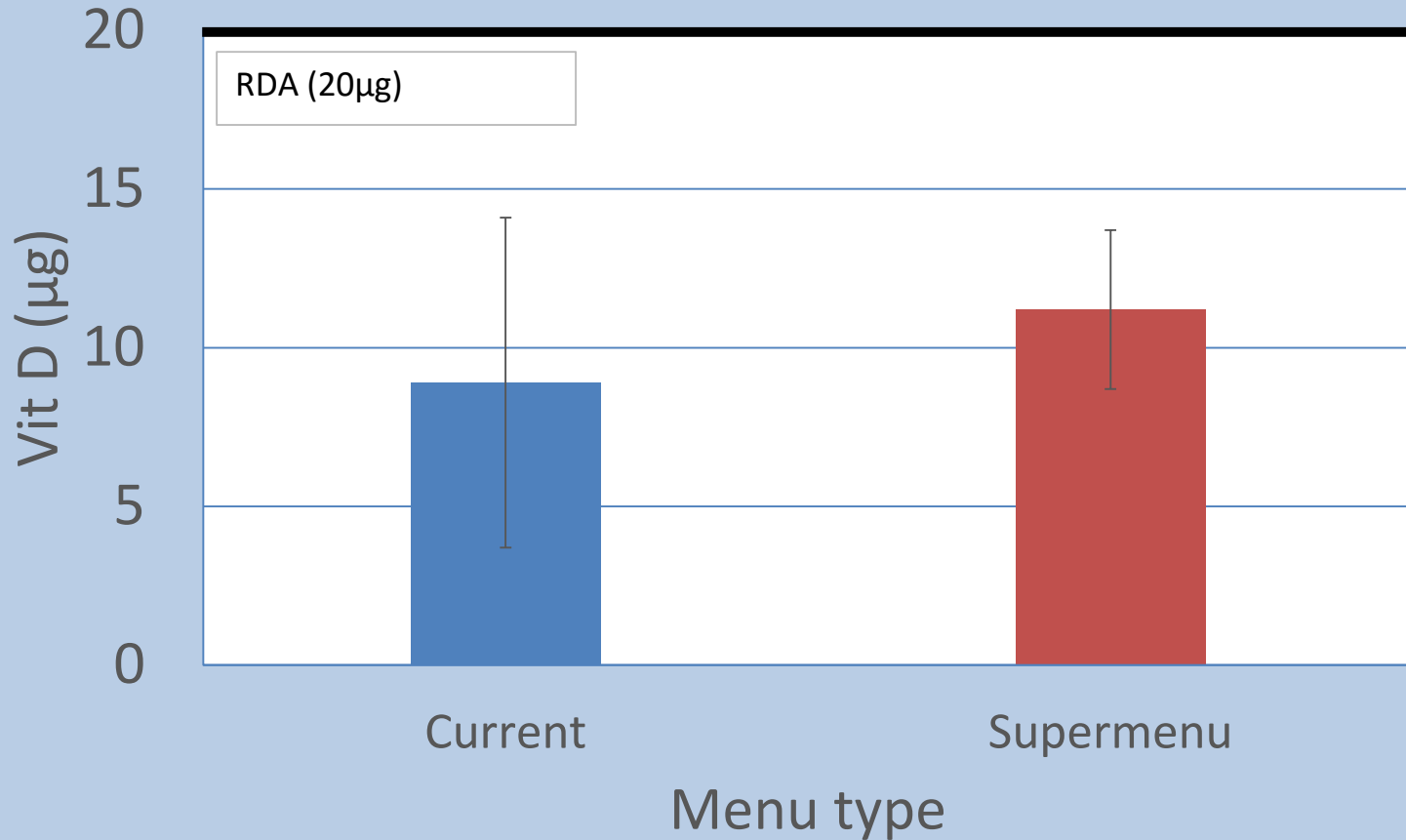
(Lam, 2014)

(Percentages shown as % Daily Values)

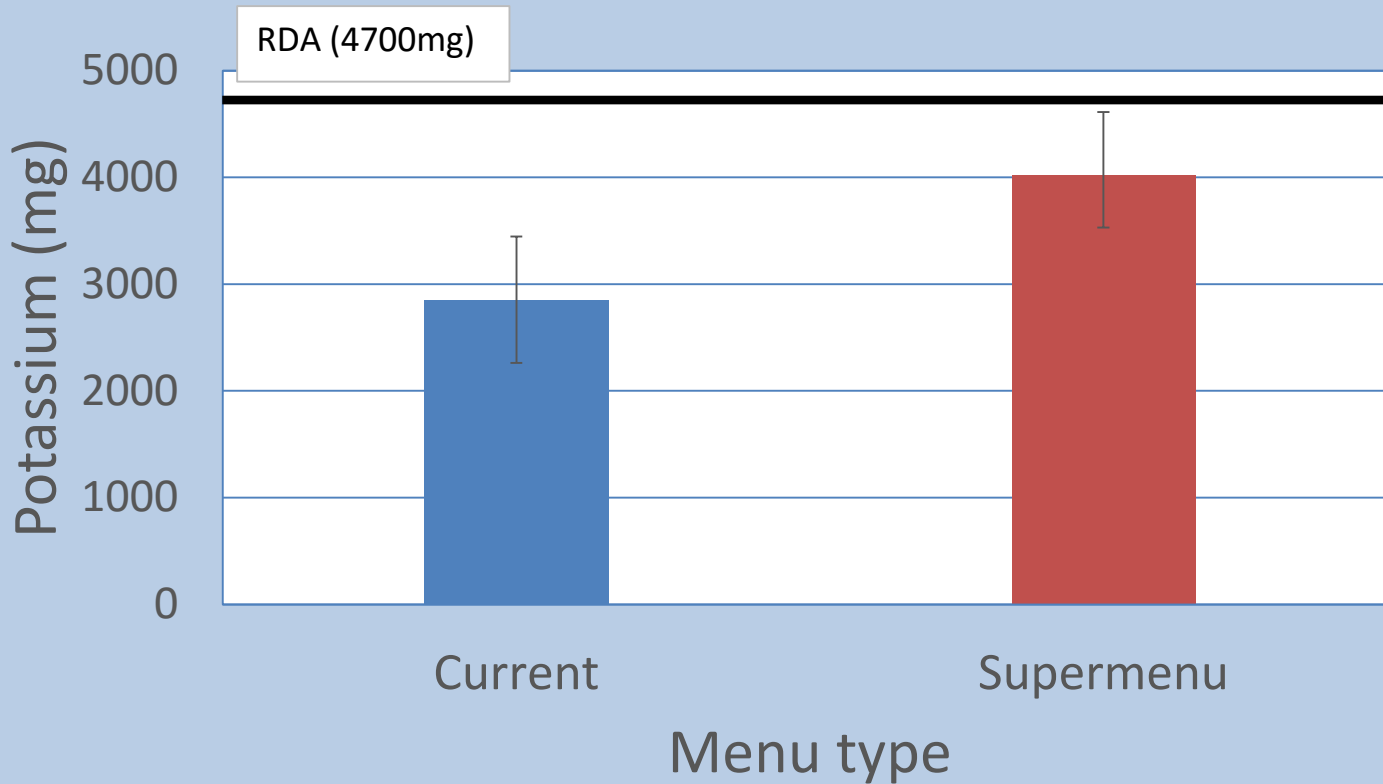
Daily Vitamin E provision



Daily Vitamin D provision



Daily potassium provision



Super Apple-Bacon muffin



Ingredients contributing extra nutrients:

Apple, bacon, spinach, seeds

Nutrition Facts

Serving Size (34g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 160mg **7%**

Total Carbohydrate 8g **3%**

 Dietary Fiber 1g **4%**

 Sugars 2g

Protein 4g

Vitamin A 10% • Vitamin C 2%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Super Kale and Red Cabbage slaw



Ingredients :

Kale, red cabbage, carrots, red onion, parsley

Nutrition Facts

Serving Size (74g)
Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 620mg **26%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 1g

Vitamin A 80% • Vitamin C 50%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Supermenus....

- Match current menus for food volume and caloric level (2046kcal/day)
- Meets RDA's for most micronutrients
- Still left to be done....
 - Assess feasibility of implementation
 - Examine barriers and facilitators

We need you....

- If you work in healthcare and have successfully incorporated local food onto your menus

OR

- If you work in a long term care home and you would like to talk to us about nutritional enhancement of menus

CONTACT ME:

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Questions?

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