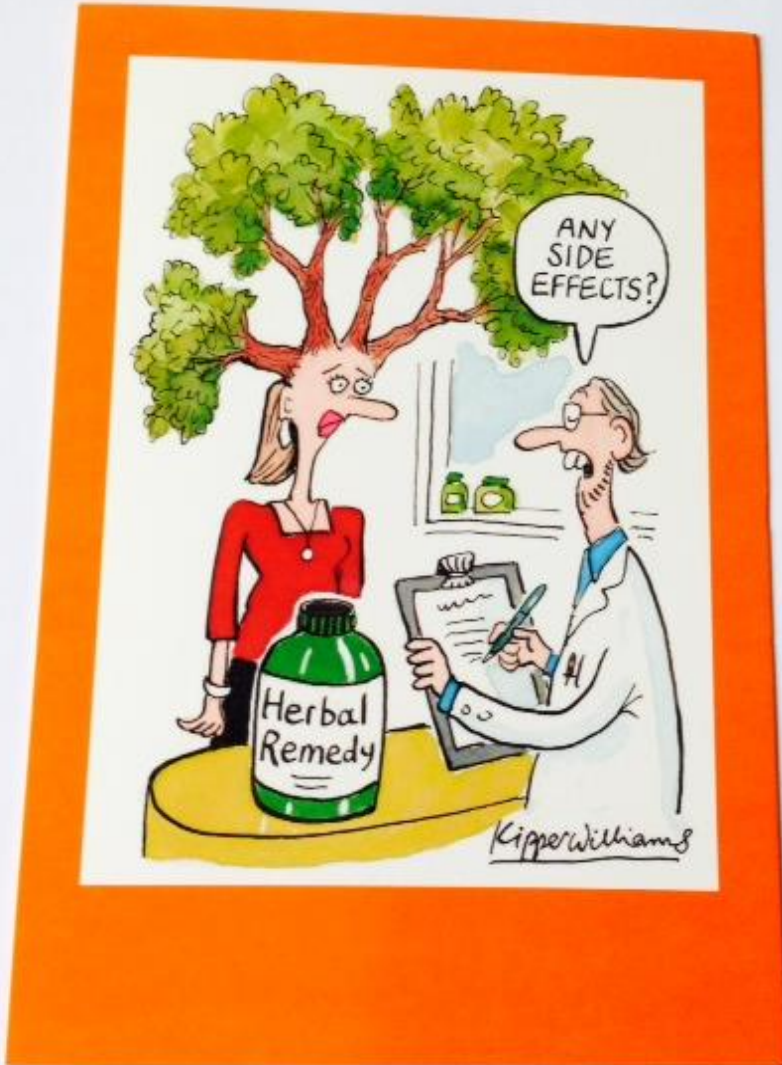


# Nutrition and Dementia

Debbie Sutton

Dietitian

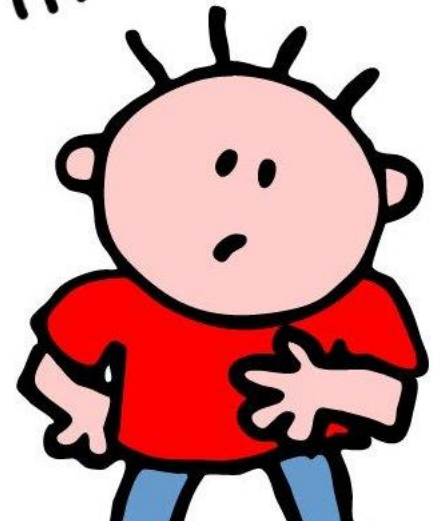
# What it's not



IT'S NOT  
**WHAT**  
BUT WHY  
YOU DO IT



who me?



# What it is

- Why
  - What
  - How
  - Who
  - When
- Why bother about nutrition and hydration?
  - What food and drink do people need?
  - How can you achieve this?
  - Who to include
  - When to introduce

# Why does nutrition help?

- Muscle weakness
- Poor balance and stability
  - falls
- Nutrient deficiency.
  - Tissue viability
  - Wound healing
  - Infection risk



# Pleasure of eating



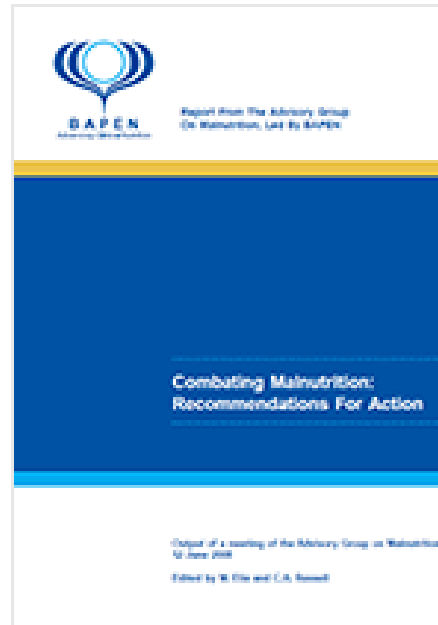


- What your menu must offer
- What are good choices?
- What should you resist?
- Nutritionally well or nutritionally vulnerable?



# Reports about nutrition

Impact Report 2012-13





WHAT?

5 - 2 - 2 - 5

# The eatwell plate



The eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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# HOW?

- High nutrient density.
- Familiar.
- Easy to eat.



# Tempting a poor appetite

- Small portion sizes
- Plenty of variety
- Little and often







- Personnel and personalities.

- Initiatives

- Collaboration

who me?



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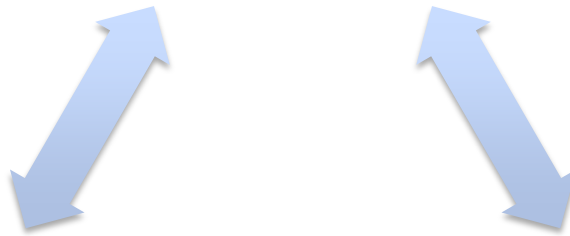
who me?



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# Project development

Dietitian



Catering



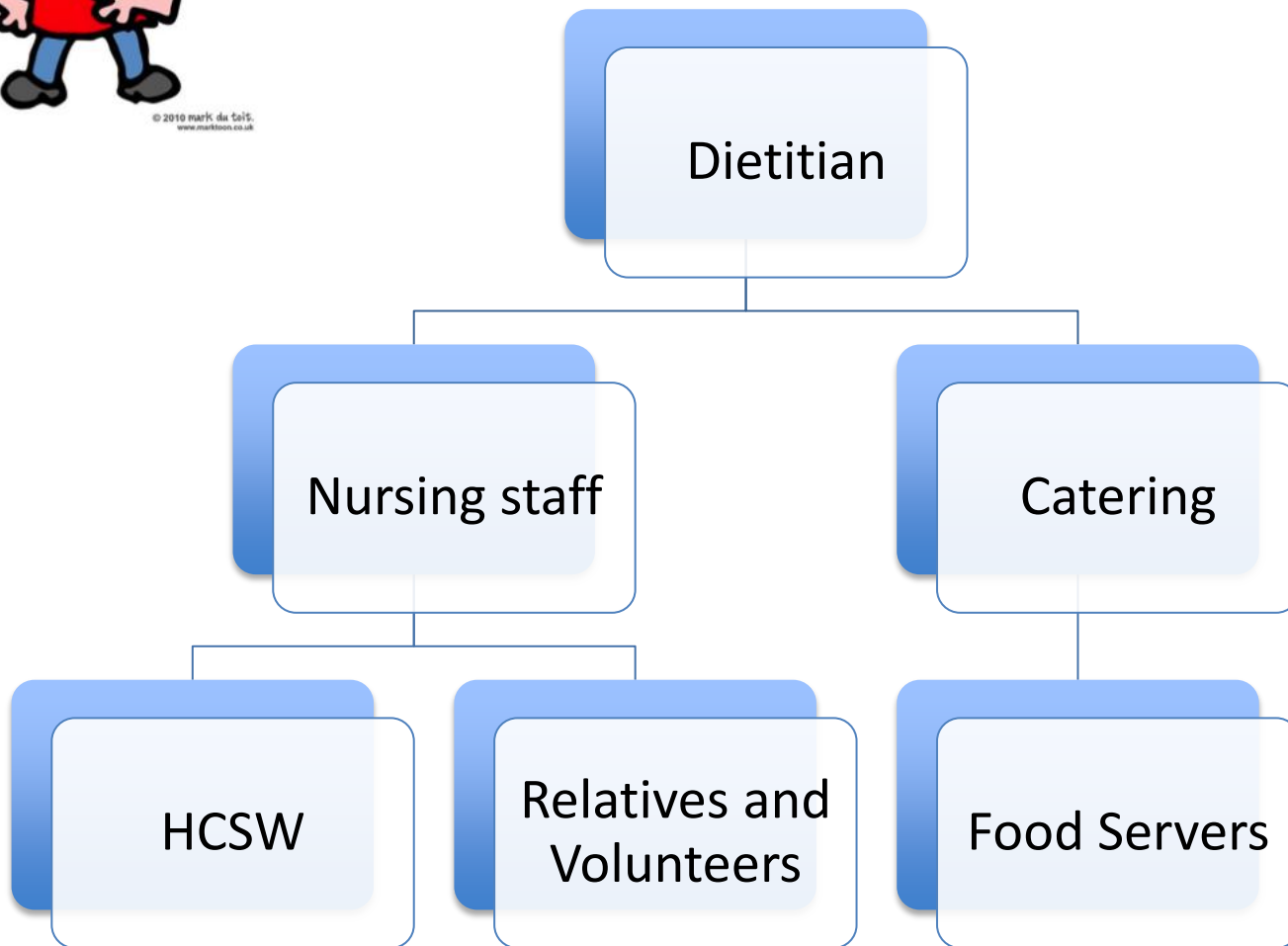
Nurse

who me?



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# Training needs





# Initiatives



IT'S NOT  
**WHAT**  
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who me?

