



Nutrition Support for Residents with Diabetes

The prevalence of malnutrition and undernutrition is high in older people especially those with diabetes. It may therefore not be appropriate to reduce the fat, sugar and salt in the diet for every older person with diabetes. Malnourished people are at higher risk of developing co-morbidities, they will be less able to fight infection and be prone to wound and pressure ulcers.

As with all residents, if weight loss is occurring then it is important that an individual's energy and nutrient needs are met. It is not always appropriate to restrict sweet foods if these are the person's preference. Some individuals may have taste changes due to other medical conditions and prefer sweeter foods.

Serving dairy cream, ice cream, evaporated milk or custard with a dessert can help in two ways, it will increase the energy and protein of the snack and will reduce the speed the sugar is broken down which can help prevent high blood glucose levels

Residents should be offered 3 meals, to include a starchy food (bread, cereal, rice, pasta, potato) and to be offered a dessert, also residents at risk of malnutrition should aim to have 2 to 3 nourishing snacks or drinks and meals should be fortified. Consider initially offering naturally lower sugar snack options.

High-energy lower sugar snack options

- Full fat thick and creamy yogurt
- Sausage roll
- Scotch egg
- Cheese and biscuits
- Mini quiche
- Peanut butter on toast
- Crumpet toasted with cheese
- Pate on toast
- Mini pork pie
- Fruit or cheese scone with butter
- Samosa

Nourishing drinks

- Homemade milkshake
- Glass of whole milk
- Horlicks/Ovaltine
- Hot chocolate made with whole milk
- Coffee made with whole milk instead of water

Food Fortification

- Fortify milk for cereal and drinks with skimmed milk powder
- Add cream or skimmed milk powder to porridge or soups
- Add cream and grated cheese to meals
- Serve extra gravy or cream sauces with meat/fish

*if the resident is not able to tolerate dairy or is vegan discuss with the dietitian for plant based options

Please inform the residents GP or Diabetes Specialist Nurse that the person has been losing weight and is receiving nutrition support. They may need to make medication changes.

It is important that if the individual is prescribed Oral Nutritional Supplements, that the patient be given these.

Diabetic specific products are not recommended or necessary for people with diabetes, however we would suggest that sugar added to drinks is replaced with sweetener if this is acceptable to the resident.

If you have any questions please contact the dietitians
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