**Please read the following instructions before using meal plan**

* Pre portion meals before serving to the patient as this can cause additional stress for them if incorrect portion provided.
* Please ensure portion sizes are exactly as meal plan dictates. Negotiations of meal plan only to be done by dietitian during scheduled dietetic reviews.
* If patient is unable to tolerate food option, then dose of Fortisip Compact should be offered orally as advised. Dose of nutritional supplement can be modified depending on how much of meal has been eaten e.g., if 50% of snack eaten then provide 50% of nutritional supplement afterwards. If the patient is unable to manage nutritional supplement orally, please bolus via nasogastric tube with 30ml water flush pre and post.
* Ensure fluid restriction is being adhered to, see other policy documents for how this should be calculated.
* If concerns regarding adherence to meal plan consider arranging 1:1 supervision if not already in place. Supervisor should make sure nutrition is provided in a timely manner and as per the meal plan.
* Avoid asking the patient questions around format of the meal plan as this may cause additional stress.
* Strict food and fluid balance charts should be kept at all times unless directed otherwise by dietitian.
* Snacks should be provided halfway between meals where possible. Suggested times could be 10am for morning snack, 3pm for afternoon snack and 8pm for evening snack
* Try to encourage the patient to complete their meal/snack within 45 minutes to avoid prolonged periods of stress throughout the day and also to prevent the patient from missing elements of their meal plan due to lack of sufficient time.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Stage** | **Date** | **Meal** | **Breakfast** | **AM Snack** | **LUNCH** | **PM SNACK** | **EVENING MEAL** | **EVENING SNACK** | **Total Kcal** |
| **Emergency Plan (to be used as Day 1 out of hours or if specified by dietitian)** |  | Food option | 1 cup1 of cereal2 with 100ml of semi skimmed milk PLUS ½ slice toast with butter/veg spread | 200ml semi skimmed milk PLUS 1 biscuit3  or fruit6 | Full sandwich | 150ml semi skimmed milk PLUS 2 biscuits | Half portion of hot meal, equal portions of protein, carbohydrate and veg. | 1 pot of yoghurt4 | **~1200** |
| Supplement Alternative (Fortisip Compact) | 80ml | 60ml | 150ml | 60ml | 90ml | 60ml |
| **Day 1** |  | Food option | 1 cup1 of cereal2 with 100ml of semi skimmed milk PLUS 1 slice toast with butter/veg spread | 200ml semi skimmed milk | Full sandwich  PLUS ½ pot of yoghurt4 | 150ml semi skimmed milk PLUS 1 biscuit3 or fruit6 | Full portion of hot meal, (equal portions) | 1 pot of yoghurt4 | **~1400** |
| Supplement Alternative (Fortisip Compact) | 105ml | 40ml | 170ml | 40ml | 170ml | 60ml |
| **Day 2** |  | Food option | 1 cup1 of cereal2 with 100ml of semi skimmed milk PLUS 1 slice toast with butter/veg spread | 200ml semi skimmed milk PLUS 1 biscuit3or or fruit6 | Full sandwich  PLUS 1 pot of yoghurt4 | 150ml semi skimmed milk PLUS 2 biscuits | Full portion of hot meal, (equal portions) PLUS cuplet of fruit juice | 1 pot of yoghurt4 | **~1600** |
| Supplement Alternative (Fortisip Compact) | 105ml | 60ml | 190ml | 60ml | 190ml | 60ml |
| **Day 3** |  | Food option | 1 cup1 of cereal2 with 150ml of semi skimmed milk PLUS 2 slices toast with butter/veg spread | 200ml semi skimmed milk PLUS 1 biscuit3 or fruit6 | Full sandwich PLUS Dessert5 | 200ml semi skimmed milk PLUS 2 biscuits | Full portion of hot meal, (equal portions) PLUS cuplet of fruit juice | 1 pot of yoghurt4 | **~1800** |
| Supplement Alternative (Fortisip Compact) | 160ml | 60ml | 210ml | 70ml | 190ml | 60ml |
| **Day 4** |  | Food option | 1.5 cups1 of cereal2 with 100ml of semi skimmed milk PLUS 2 slices buttered toast | 200ml semi skimmed milk PLUS 1 biscuit3 or fruit6 | Full sandwich PLUS Dessert5 | 150ml semi skimmed milk PLUS cheese portion and 2 crackers/biscuits | Full portion of hot meal, (equal portions)  PLUS Dessert5 | 1 pot of yoghurt4 | **~2000** |
| Supplement Alternative (Fortisip Compact) | 170ml | 60ml | 210ml | 100ml | 230ml | 60ml |

**Acceptable snack swaps - please note these items will need to be provided by families/visitors**

**For yoghurts:** Muller corner (136g) or 2 x 100ml actimel or 1 x yeo valley (120g)

**For 3 x biscuits:** Nakd bar (35g), Cadbury brunch bar (32g) Nutrigrain bar (45g), 2 x 20g Babybel, 2 x 20g Cheesestring, 40g dried fruit