

Module 7

NUTRITION AND MEAL PREPARATION

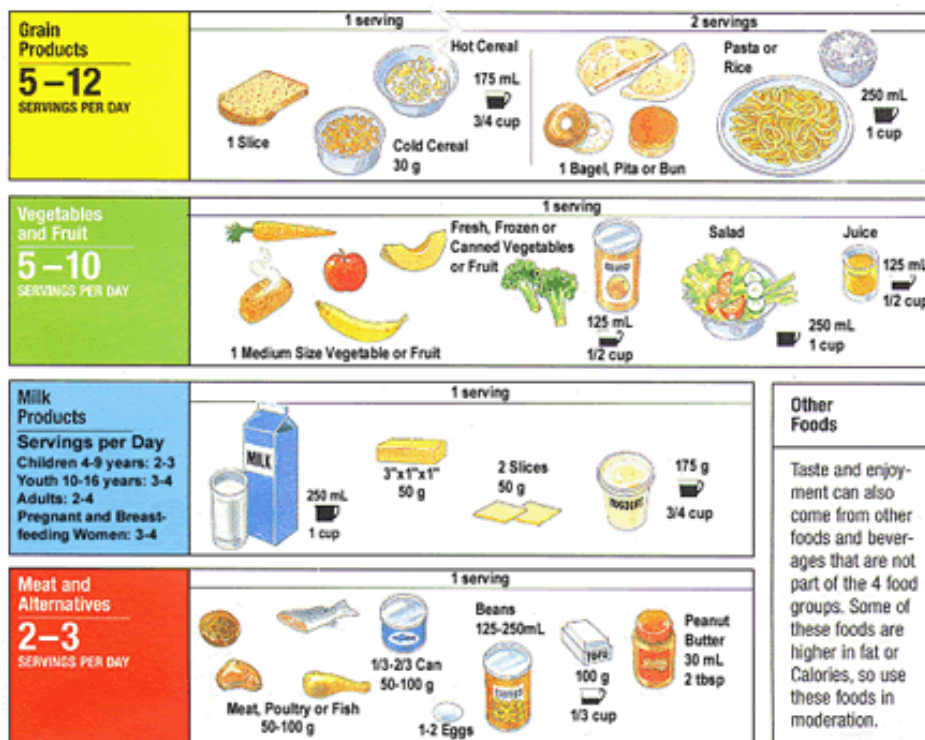
- Good Nutrition
- Following Canada's Food Guide
- Food Safety and Preparation
- Nutrition for Special Groups:
 - Seniors
 - Clients who are Diabetic
 - Clients who are Disabled

NUTRITION AND MEAL PREPARATION

Please note: At all times follow the principles of **Back Injury Prevention** as set out in Module 2. If you have any questions, of a specific nature, contact Compassion HomeCare immediately to discuss it with the Registered Nurse.

Good Nutrition

As a Home Support Worker you will often be responsible for the food preparation for your clients. In order to provide a well-balanced, properly planned meal, you must first understand and practice using **Canada's Food Guide**.



Different People Need Different Amounts of Food

The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.

☺ **Adequate Nutrition is Essential for Proper Growth and Development**

Healthy eating is a significant factor in reducing the risk of developing nutrition-related problems such as: *Heart Disease, Cancer, Obesity, High Blood Pressure, Osteoporosis, Dental Decay and some Bowel Disorders.*

Healthy eating contributes to an overall sense of well-being and helps people to look, feel and perform better.

Many of your clients require assistance because of illness or disease, and their nutrition will play a big role in enabling them to become well again or function to their maximum potential.

Potential Signs of Poor Nutrition

Body Area	Physical Signs
Hair	Hair is dull, dry, thin, sparse, brittle or easily plucked
Face	Loss of skin colour, skin is dark over the cheeks and under the eyes; swollen face
Eyes	Pale eye membranes, redness and cracking at the corners of the eyelids
Lips	Cracks, redness, flaking at both corners of the mouth or white and pink scars at the corner of the mouth
Tongue	Swelling; a scarlet and raw tongue; Purplish tongue; smooth tongue
Teeth	Missing teeth or teeth with grey, black or brownish spots
Gums	Purplish, red, swollen, spongy, bleed easily
Skin	Dryness, may have a sandpaper feel; black or blue marks due to bleeding; or lack of fat under skin
Nails	Spoon shaped, brittle, ridged
Muscles & Bones	Bony skeleton; folding of the skin under the buttocks
Circulation	Swelling of the ankles or feet

Following Canada's Food Guide

Canada's Food Guide provides information on establishing healthy eating habits through the daily selection of food.

The Food Guide is designed to help all Canadians (4 years and over), to look, feel and perform at their best. It does this by recommending a pattern of selecting foods to meet their needs for energy and essential nutrients.

Healthy eating is the sum total of all food choices made over time. It is the overall pattern of foods eaten and not any one food, meal or even a day's meals that determines if an eating pattern is healthy.

Eating is one of the best things life has to offer. Food helps you celebrate with your family and friends. It nourishes your body. It gives you energy to get through each day. The right balance of food and activity helps you stay at a healthy body weight.

The Food Guide allows you to make wise food choices – foods are placed into 4 groups:

- ✓ Grain Products
- ✓ Vegetables and Fruits
- ✓ Milk Products
- ✓ Meat & Alternatives

It also gives guidelines for the **types** of foods to choose:

1. Enjoy a variety of foods from each group every day
2. Choose lower fat foods more often
3. Choose whole grain and enriched products more often
4. Choose dark green and orange vegetables and orange fruit more often
5. Choose lower fat milk products more often
6. Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more.

Energy Needs – Fat vs. Carbohydrates

FAT

Home Support Workers involved in meal preparation and food purchases should choose lower fat dairy products, leaner meats and foods prepared with little or no fat.

× ***Some preparation methods can ADD significant amounts of fat – avoid these:***

- Bread becomes higher in fat when it is generously spread with butter or mayo
- Vegetables become sources of fat when breaded or fried, or served with cream sauces, sour cream or butter
- Lean meat, poultry and fish become higher-fat choices once they are fried or served with gravy or other high-fat sauces

✓ **Some preparation methods can REDUCE fat – practice these:**

- Trim visible fat from meats and poultry
- Drain fat from cooked ground meat
- Remove skin from poultry
- Roast or broil meat, allowing the fat to drip off
- Reduce the oil or fat called for in recipes
- Use lower-fat yogurt instead of sour cream in recipes
- Use milk instead of cream in recipes

CARBOHYDRATES

When a person reduces fat intake there is a significant reduction in energy intake since fat provides twice the energy of either protein or carbohydrates.

As fat intake is reduced, the energy should be compensated for by an increase in carbohydrate intake.

It is recommended that diets should include more carbohydrates. These can come from foods rich in complex carbohydrates and fibre. To do this you should emphasize:

- ⇒ Cereals
- ⇒ Breads and other Grain Products
- ⇒ Vegetables and Fruits

Kinds of Carbohydrates

COMPLEX CARBOHYDRATES	FIBRE	SIMPLE CARBOHYDRATES
<ul style="list-style-type: none">• Grains, wheat, oats, rice, wild rice, barley, buckwheat• Grain-based foods: breads, rolls, muffins, cereals, pasta• Vegetables, potatoes, sweet potatoes, peas, corn• Legumes, dried peas, beans and lentils	<ul style="list-style-type: none">• Whole grains such as whole wheat, brown rice, whole rye and barley• Bran of wheat and oats• Vegetables• Fruit• Legumes, dried beans, peas and lentils	<ul style="list-style-type: none">• Sugars occurring naturally in foods like milk, fruit and vegetables• Sugars added to foods

OTHER FOODS

The category of “Other Foods”, include a broad range of food items that Canadians commonly eat or drink that do not belong in one of the four food groups.

The **Other Foods** Category included:

- ✓ *Foods that are mostly fats and oils:*
i.e. butter, margarine, cooking oils, mayo, oil-based salad dressings, shortening, lard
- ✓ *Foods that are mostly sugar:*
i.e. most jams, jelly, all forms of sugar including honey and syrups, candy, marshmallows, sherbet, Popsicles
- ✓ *High Fat and/or High Salt Snack Foods:*
i.e. potato chips, pretzels, corn chips
- ✓ *Beverages:*
i.e. water, coffee, tea, soft drinks, fruit-flavoured drinks, alcohol
- ✓ *Herbs, Spices and Condiments:*
i.e. oregano, pepper, salt, mustard, relish, pickles, Soya sauce

Food Safety & Preparation

Avoiding Food Poisoning

Although thousands of food poisoning cases occur each year, few are reported unless they happen in an institution.

As a Home Support Worker, your food preparation skills are very important to avoid an outbreak of food poisoning.

Signs of Food Poisoning:

- Vomiting
- Diarrhea
- Anyone who ate the food also affected, not just one person

Rules to follow to protect the people you serve and yourself:

- 👍 Practice good hand washing techniques both before and after contact with food, especially poultry.
- 👍 Touch food with hands only when necessary.
- 👍 Never serve undercooked meats, fish or poultry.
- 👍 Never partially cook poultry the day before final cooking. If you start, be sure to finish the job, then refrigerate until required.
- 👍 Do not leave stuffing/dressing in poultry (i.e. turkey or chicken). Remove as soon as possible and store in a bowl or cook separately.
- 👍 Keep food preparation tables clean.
- 👍 Do not use the same cutting board for both meats and/or vegetables without washing it with hot soapy water in between.
- 👍 Prepare salads, sandwiches or other ready-to-eat foods on a clean surface – never on the meat block.
- 👍 Keep temperature of food to be served hot, above 60C until it is served.
- 👍 Keep temperature of food to be served cold, below 5C until it is served.
(Unless these temperatures are observed, food poisoning bacteria will multiply and a danger will exist.)
- 👍 Care should be taken not to transfer contamination to cooked food from raw food.
- 👍 Avoid all possibility of contaminating food with poisonous chemicals.

Special Groups - Seniors

The amount of food you need every day from the 4 Food Groups and Other Foods, depends on your age, body size, activity level, sex and if you are pregnant or breastfeeding.

This is why Canada's Food Guide gives a lower and higher number of servings for each Food Group.

Special Considerations:

As a Home Support Worker you may be working with clients who are older and their nutritional needs are very important for you to understand.

- Reduce Fat:

Many older Canadians have a weight control problem. That's because your body's metabolism naturally slows down as you get older.

With age, our body's require fewer calories, so its important to focus on QUALITY eating and not QUANTITY eating – this will allow your client to keep their weight in balance and still enjoy a wide variety of foods.

Some elderly clients do not eat a lot, so it's important to choose their food wisely:

- Women should choose foods high in iron such as beef or game meat, whole grains and enriched cereals, peas, beans and lentils
- Reduce or eliminate empty calories (i.e. fats, alcohol and sugars)
- Allow your client to eat regularly and encourage them to not skip meals

Osteoporosis is a crippling bone disease that affects older adults, particularly women over 50. It's the result of bones becoming so thin over the years that they break easily. Research indicates that a lack of calcium in the diet and decreased physical activity may contribute to the development of Osteoporosis.

- It is very important that your clients' diet include adequate calcium.
Milk and Milk Products are your best Calcium source.

Special Groups – Clients who are Diabetic

When food is eaten, much of it is broken down to sugar that appears in the bloodstream. When your client had Diabetes, their body does not have enough insulin to remove the sugar from their blood. Therefore the sugar from food remains in your blood and cannot be used by the body for energy.

Although there is no cure, Diabetes can be controlled through:

- ✓ Diet
- ✓ Diet & Pills
- ✓ Diet & Insulin

As a Home Support Worker, your goal is to prevent the level of sugar in your clients' blood from becoming too high or too low. Balancing the kind and amount of food available and their physical activity can do this.

A Diabetic Diet is a food plan specifically designed for a client with Diabetes. This diet will:

- Recommend how much food your client should eat
- Suggest how often and at what time of the day to eat
- Attempt to maintain or achieve the best weight for your client

→ Permit your client to eat usual food with a few important exceptions listed below.

The following foods are not recommended because they are concentrated sources of sugar and when eaten will produce a rapid rise in blood sugar:

AVOID:

- | | |
|--------------------------|-----------------------------|
| × Sugar (white or brown) | × Regular gelatine desserts |
| × Marmalade | × Molasses |
| × Iced baked goods | × Jams, jellies |
| × Regular soft drinks | × Candy |
| × Honey | × Maple syrup |
| × Preserves | × Regular chewing gum |
| × Condensed milk | × Regular pudding mixes |
| × Corn syrup | |

It is important that your clients with Diabetes not skip meals and eat only the quantities of foods listed on their meal plan.

Special Groups – Clients with Disabilities

For many of your clients – a meal is an occasion:

- A time for socializing
- A time to share good food, conversation and the joy of living

A pleasant atmosphere and a positive attitude to meals can improve your client's appetite and digestion

Often difficulties in preparing meals, or simply eating and drinking, can lead to poor eating habits:

- Routine, dull meals
- Insufficient food value in a diet
- Meal skipping

As a Home Support Worker, you may be required to prepare meals or grocery shop for clients with various disabilities that limit their ability to live independently. It is very important to encourage the clients' maximum potential and ability – give suggestions and assistance.

Tableware & Cutlery

There are specially designed plates and dishes, cups and glasses available to make mealtime easier for your clients:

- ⇒ Plates with a curved inner wall and a slightly raised rim help guide food onto the fork.
- ⇒ A heavier plate will prevent slipping and ensure that heat is retained longer
- ⇒ A non-slip scoop dish, a partitioned plate and dishes with high sides
- ⇒ Cups with lids can reduce spills and controls flow of liquids

Features to look for:

- ✓ Good balance when full or empty
- ✓ Insulation or large handles to prevent burns
- ✓ A wide base for good stability
- ✓ Break resistance
- ✓ Easily cleaned
- ✓ Easy to grip handles