

What is Malnutrition?

NutriCaRe - Improving Nutrition & Hydration, Enhancing Care & Recovery

Malnutrition, or **undernutrition**, happens when your body **does not receive enough calories and protein** that it needs

Poor eating/drinking can happen because of:



Illness/diseases



Taste change



Cognitive/
Mood issues



Environment changes



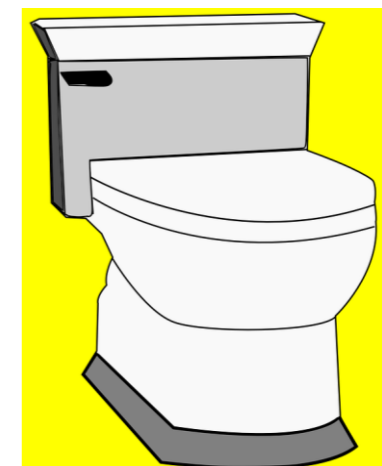
Bloatedness



Nausea/vomiting



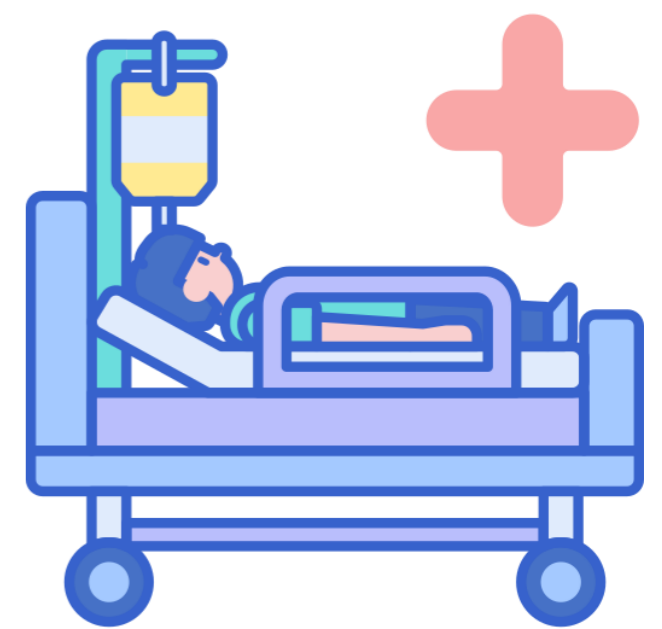
Chewing/
swallowing issues



Diarrhoea

Malnutrition can result in...

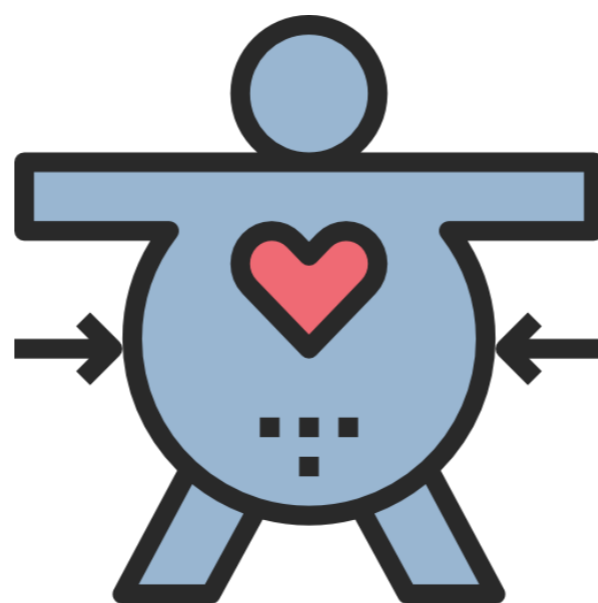
- Higher risk for falls
- Poor healing and increased infections
- Hospital re-admissions
- Longer hospital stays



Signs of malnutrition or risk of malnutrition



Loss of fat
and/or muscles



<Insert relevant website link here>

DEPARTMENT OF XXX (ClinicXX)
TTSH Medical Centre, Level X. Tel: XXXX XXXX

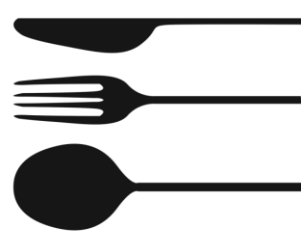
Food Fortification

NutriCaRe - Improving Nutrition & Hydration, Enhancing Care & Recovery



How can I help someone to improve his/her overall nutritional intake?

Add any of the ingredients here to the main food item to improve its nutritional value without increasing its portion size!



Fortify

to increase the nutritive value of foods



Wholemeal bread

1 slice (30g)
80 kcal
3g protein



Congee

1 cup (250ml)
100 kcal
10g protein



Cream crackers

3 pieces (30g)
120 kcal
2g protein



Oats /Nestum

4 tbsp (30g)
120 kcal
5g protein



* This food may raise sugar levels in patients with diabetes



<Insert relevant website link here>

DEPARTMENT OF XXX (ClinicXX)
TTSH Medical Centre, Level X. Tel: XXXX XXXX

Canned Tuna in Oil



1/3 can (40g)
90 kcal,
10g protein

Kaya*



2 tbsp (30g)
110 kcal,
0g protein

Sliced cheese



1 slice (20g)
70 kcal,
4g protein

Braised peanuts



3 tbsp (45g)
110 kcal,
6g protein

Tofu



2/3 block (200g)
100 kcal,
10g protein

Fruit jam*



2 tbsp (30g)
110 kcal,
0g protein

Sesame oil



1 tbsp (15ml)
110 kcal,
0g protein

Peanut butter



2 tbsp (30g)
190 kcal,
8g

Canned sardines



1 piece (70g)
100 kcal,
10g protein

Gravy, curry (meat)



1/2 cup (125ml)
240 kcal,
3g protein

Chocolate spread*



2 tbsp (30g)
170 kcal,
2g protein

Honey*



2 tbsp (30g)
90 kcal,
0g protein

Cooked minced meat



3 tbsp (90g)
150 kcal,
21g protein

Chicken floss



2 tbsp (30g)
130 kcal,
10g protein

Egg



1 large whole (60g)
80 kcal,
7g protein

All nutritional values are an estimate from available information sources (i.e. Health Promotion Board database, food packaging).

High Calorie Snacks

NutriCaRe - Improving Nutrition & Hydration, Enhancing Care & Recovery

Local desserts: 1 serving size = 1 bowl (250ml) unless otherwise stated



Yam paste/ Or Ni *
480kcal
3g protein



Bubur Cha Cha*
380kcal
5g protein



Cream wafers *
3 pieces (30g)
140kcal
1g protein



Chicken Pau
1 medium (60g)
140kcal
5g protein



Pandan Cake *
1 piece (40g)
100kcal
3g protein



Pulut Hitam with coconut milk *
210kcal
2g protein



Laddu *
1 piece (30g)
170kcal
3g protein



Yam Cake
1 piece (130g)
200kcal
3g protein



Soya Beancurd with beancurd *
160kcal
5g protein



You Tiao
1 stick (50g)
200kcal
4g protein



Keropok
1 serve (30g)
130kcal
1g protein



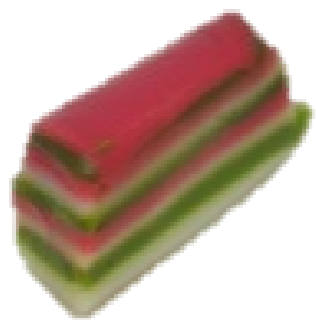
Snacks between meals may be a helpful way to increase caloric/protein intake



Jalebi *
1 piece (50g)
150kcal
2g protein



Chocolate *
1 bar (40g)
200kcal
2g protein



Rainbow Kueh *
1 piece (70g)
120kcal
1g protein



Ice cream *
1 scoop (50g)
180kcal
3g protein



Siew Mai
2 pieces (50g)
160kcal
4g protein



Payasam *
270kcal
4g protein



Butter Cake *
1 slice (40g)
160kcal
2g protein



Goreng Pisang *
1 piece (65g)
200kcal
1g protein



Tang Yuan (glutinous rice balls) 2 pieces *
150kcal
2g protein



Vadai
1 piece (50g)
150kcal
5g protein



Agar-agar *
1 piece (150g)
120kcal
0g protein

* This food may raise sugar levels in patients with diabetes

Use Variety, Be Creative!



<Insert relevant website link here>

DEPARTMENT OF XXX (ClinicXX)
TTSH Medical Centre, Level X. Tel: XXXX XXXX

*This food may contribute to high blood sugar levels for patient with diabetes.

All nutritional values are an estimate from available information sources (i.e. Health Promotion Board database, food packaging).



Ensure Adequate Fluids & Hydration

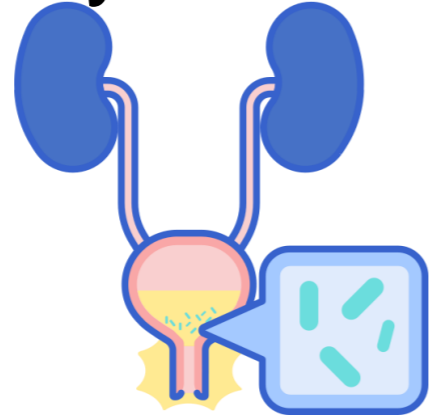
NutriCaRe - Improving Nutrition & Hydration, Enhancing Care & Recovery

Dehydration can result in adverse effects on function & clinical outcomes. Older adults are especially susceptible due to limited fluid intake.

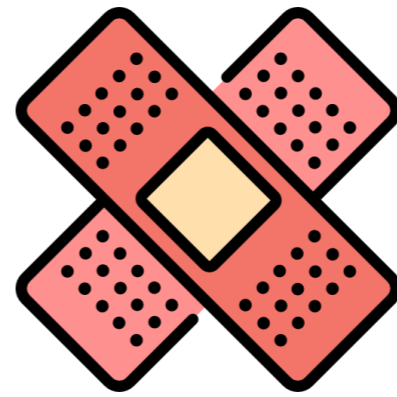
Poor fluid intake may result in complications such as:



Constipation



Urinary tract infection



Pressure sores



Low blood pressure

Causes:

- Vomiting
- Diarrhoea
- Insufficient water intake



Signs and symptoms:

- Tiredness and/or Headache
- Dry mouth/lips
- Dark colored or strong-smelling urine
- Dry & loose skin
- Fever



Nourishing fluids can be served to increase nutritional intake keep ensure enough hydration



Full cream milk/
Soya milk
1 cup (250ml)



Malted drink
3-in-1 or
3 tbsp powder
(e.g. Milo, Horlicks)*



Bandung*
1 cup



Yoghurt drink*
1 cup



Barley drink*
1 cup

* This food may raise sugar levels in patients with diabetes

Oral Nutritional Supplements (ONS):

- specially formulated beverages that contain energy, protein, vitamins & minerals
- complete in nutrition or modular (contain only 1 nutrient)
- used to supplement nutritional intake when someone is eating poorly at meals



<Insert relevant website link here>

DEPARTMENT OF XXX (ClinicXX)
TTSH Medical Centre, Level X. Tel: XXXX XXXX