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Guidance on food served to older people in residential care

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Introduction

1. There are approximately 410,000 older people in residential and nursing homes across the UK. The quality of care for older people needs to meet the National Minimum Standards for Care Homes for Older People¹. The Food Standards Agency's advice for food served to older people in residential care aims to support the wider care standards and provide the basis of assessment for residents, their family, care home staff and those responsible for commissioning and monitoring standards.

Who is this advice for?

2. This paper provides specific guidance to care homes for older people who do not have nutritional requirements due to illness or disease. General healthy eating advice for institutions is provided in the Food Standards Agency's nutrient and food based guidelines for UK institutions.² It is good practice to conduct a full nutrition and health screening on admission to residential or other care setting for older people.³ Further advice for those with special requirements has been published by the National Association of Care Caterers.⁴
3. The nutrient standards provided in this document are based upon the needs of older people aged 75 and over. The guidance given in this document will be sufficient, in most cases, for all those older people in residential care. The needs of older people below 75 years old have similarities with those provided in this document, but people below 75 years will have a requirement for greater amounts of some nutrients than identified here. Further clarification of their needs is provided in Guidance on Food Served to Adults in Major Institutions.

Background

4. Data from the National Diet and Nutrition Surveys (NDNS)^{5 6 7} show us that while, on average, the population consumes about the right amount of total fat, the highest consumers of fat are eating close to 50% of their energy as fat; far greater than recommended amounts. These surveys also tell us that, on average, the population consumes too much saturated fat, salt and non-milk extrinsic sugar (NMES, some people call this added sugars). We also know that for different sections of the population, some people have intakes of vitamins and minerals below recommended levels.

¹ Department of Health. Care Homes for Older People National Minimum Standards Care Homes regulations (3rd edition) (2000)

² Food Standard Agency nutrient and food based guidelines for UK institutions (2007) see <http://www.food.gov.uk/multimedia/pdfs/nutguideuk.pdf>

³ Forthcoming Nutrition Action Plan, Department of Health for England. Further details can be found at www.dh.gov.uk/publications

⁴ National Association of Care Caterers. Planning special diets for adults and older people in care homes. (2006).

⁵ Gregory, J (2000) National Diet and Nutrition Survey: young people aged 4 to 18yrs, The Stationary Office. London

⁶ Henderson et al (2002) National Diet and Nutrition Survey: adults aged 19 to 64yrs . The Stationary Office. London

⁷ Finch, S (1998) National Diet and Nutrition Survey: older people aged 74yrs + . The Stationary Office. London

5. As such, we would advise those providing food for sections of the population where such discrepancies in intake are apparent, to buy and provide foods such that they result in lower intakes of fat, salt and NMES. We would also advise that foods providing vitamins and minerals should be bought and provided in greater amounts where insufficiencies are likely. This is not new advice.

Nutrient Based Guidance

6. For older people in care homes the Agency therefore advises that provision of food should meet the *average population requirement* as a minimum, but provide food to meet *target recommendations* where intake in this section of the population are known to be either in excess, or in deficit, of Government recommendations.
7. The Agency therefore recommends that residential care for older people should aim to provide food that meets the target recommendation for total and saturated fat, salt and NMES. That is to aim to provide food that provides less than 98% of the daily dietary reference value or Scientific Advisory Committee on Nutrition (SACN) recommended levels for these nutrients covering all meals and snacks.
8. Where vitamin and mineral intakes are below recommended levels, residential care should aim to provide food to meet the target recommendation for these nutrients. That is at 90-100% of the daily reference nutrient intake⁸ before inclusion of snacks. For older people in residential care this would include **folate, riboflavin, potassium, magnesium, iron and zinc**. It is difficult for most older adults to obtain the full daily requirement of vitamin D from the diet alone. The action of sunlight on the skin is the major source of vitamin D. Government advice is that older adults (over 65yrs) who do not have adequate exposure to sunlight should take a **10mcg daily vitamin D supplement**.
9. The Agency's guidance on nutrient provision in residential care for older people, based upon recommendations from the Committee on Medical Aspects of Food and Nutrition Policy (COMA) and SACN, and taking account of excesses and insufficiencies from NDNS data is laid out in Table 1.

⁸ The reference nutrient intake is the amount of a nutrient that is enough for almost every individual, even those with high needs.

Table 1. Nutrient-based guidance for older people in care:

Nutrient	Average population requirement (provided as daily averages over 7 days)	Recommended target for areas of excess or insufficiency (provided as daily averages over 7 days)
Energy (kcal)	1955	
Total fat (g)	Max 76	Less than 74.5
Saturated fat (g)	Max 24	Less than 23.5
Carbohydrate (g)	Min 260	
NMES (g)	Max 57	Less than 55.86
Fibre (as NSP) (g)	18	
Protein (g)	50	
Vitamin D (mcg)	Min10*	
Folate (mcg)	Min 200	more than 200
Iron (mg)	Min 9	more than 9
Zinc (mg)	Min 9.5	more than 9.5
Sodium (mg)	Max 2400	less than 2352
Salt (equivalent) (g)	Max 6.0	less than 5.88
Potassium (mg)	Min 3500	more than 3500
Magnesium (mg)	Min 300	more than 300
Riboflavin (mg)	Min 1.3	more than 1.3

*see paragraph 8

10. Nutrient intake across the day is conventionally divided across four eating occasions, namely breakfast, lunch, evening meal and food consumed between meals (snacks). Given that a wider range of foods tend to be consumed in lunch and evening meals compared to breakfast, these conventionally are assigned a greater proportion of intake. The Agency's guidance for institutions will assume that, breakfast will contribute 20% of daily intake, with lunch and evening meals contributing 30% each. Foods consumed between meals (snacks) will contribute 20% of intakes.

Food Based Guidance

11. Table 2 provides further food-based advice to caterers that would help them to meet the nutrient recommendations above.⁹ The food group advice in table 2 corresponds to that illustrated in the eatwell plate. See figure 1.

Figure 1



⁹ Table 2 is modified from Government advice on healthy eating (including that in Catering for Health available from the Stationary Office), food allergy, food hygiene and a report to the Food Standards Agency from the Caroline Walker Trust which is available at [www.food.gov.uk/healthiereating/nutritioncommunity/care].

Procurement

12. When buying foods the following table** can be used to help caterers establish whether a food has high, medium or low amounts of fat, saturated fat, sugars and salt in 100g of the food. These figures correspond to the Agency's signpost traffic light labelling system.

Check how much fat, sugar and salt is in your food



Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

	Sugars	Fat	Saturates	Salt
What is HIGH per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is MEDIUM per100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is LOW per100g	5g and below	3g and below	1.5g and below	0.3g and below

Daily maximum intake of salt

Adults: 6g per day (2.4g sodium)*

**To calculate salt from sodium, multiply sodium by 2.5*

***Taken from joint Which? and Food Standards Agency's shoppers card*

13. Caterers are advised to ask suppliers about the levels of salt, fat, saturated fat and sugars in their products and choose lower salt, fat, saturated fat and sugars options where appropriate – and where possible check the information provided on the packaging label.
14. Try to choose products that meet the Food Standards Agency's salt targets. These are targets to limit the amount of salt in a wide range of foods, which retailers, manufacturers and some caterers (and catering suppliers) are working voluntarily to achieve by 2010. It might be difficult initially to find products that meet the targets, but over time this should become easier as work progresses.

Table 2: Food-based guidelines for provision to older people residential care.

Bread, rice, potatoes pasta and other starchy foods	
Guidance	<ul style="list-style-type: none"> • Starchy foods should make up a third of the daily diet. • Offer a variety of breakfast cereals (preferably fortified), porridge and/or bread at breakfast. • Offer a variety of starchy foods with main meals including potatoes, rice, pasta, noodles and other grains. • A variety of breads should be available daily as starters or meal accompaniments. • Offer wholegrain varieties where possible which are often higher in fibre and other nutrients.
Why	<ul style="list-style-type: none"> • Foods from this group are a good source of energy and the main source of a range of nutrients in the diet. As well as starch, these foods supply fibre, calcium, iron and B vitamins such as folate and riboflavin. • Wholegrain cereals are higher in fibre. • Insoluble fibre in wholegrain bread, brown rice, fruit and vegetables etc helps to keep bowels healthy and helps prevent constipation. • Soluble fibre, e.g. in oats and pulses, may help reduce cholesterol. • Breakfast cereals can be a good source of folate, riboflavin, fibre and iron.
What's included	<ul style="list-style-type: none"> • All breads including wholemeal and granary bread, pitta bread, chapattis, roti, tortillas and bagels. • Potatoes, plantain, yam, sweet potato, squash and cassava (where sweet potato or squash are eaten as a vegetable portion to a main meal, they do not count as a starchy food) • Breakfast cereals. • All rice, couscous, bulgar wheat, semolina, tapioca, maize, cornmeal • All noodles, pasta. • Beans, peas, lentils and other pulses can be eaten as part of this group. • Other grains e.g. oats, millet, barley etc.
Tips on choosing foods	<ul style="list-style-type: none"> • Ask suppliers about and check the levels of salt, fat, saturated fat and sugars in their products. • Try to choose products that meet the Food Standards Agency's salt targets. It might be difficult initially to find products that meet the targets, but over time this should become easier as work progresses. • Look for white bread with added nutrients and fibre if residents don't like brown or wholemeal bread – choose lower salt bread where possible. • Older people may prefer white bread, and higher fibre white bread may also be acceptable. • Wholemeal bread/flour can be good sources of folate, iron and provide useful amounts of zinc and fibre. • Choose wholegrain bread, flour, rice and pasta where possible, or consider using a mixture of wholemeal and white if residents are not keen on the wholemeal variety • Choose fortified breakfast cereals but look for those with a lower salt and/or sugar content

Tips on choosing food	<ul style="list-style-type: none"> • Fortified breakfast cereals are a good source of vitamin D, folate, iron and zinc. Some will be good sources of fibre. • Potatoes can be a useful source of folate. • Beans and pulses such as soya beans, chick peas, lentils and broad beans can be useful sources of iron and fibre.
Tips on cooking and serving foods	<ul style="list-style-type: none"> • Porridge is a great warming winter breakfast and whole oats with fresh fruit and yoghurt makes a great summer breakfast. • Some older people find it easier to chew brown or wholemeal bread if it is lightly toasted. • Where appropriate, try different breads such as seeded, wholemeal and granary and use thick cut bread for sandwiches • Use combinations of wholemeal and white bread in sandwiches to encourage consumption of wholemeal varieties • Where appropriate, try not to add too much fat e.g. butter on bread and potatoes • Boil potatoes in the minimum amount of water and for the shortest amount of time to retain vitamins, but ensure they are cooked until soft. • Use skimmed or semi-skimmed milk rather than butter or margarine to mash potatoes to smoothness. • Roast potatoes in small amounts of vegetable oil, brush the oil on to potatoes to use smaller amounts • Try to cut down on the amount of fried foods offered, such as chips and other reconstituted potato dishes • Choose thick cut chips or potatoes wedges instead of thin cut chips – they absorb less oil when cooking or use oven chips • Pre-blanch chips in steamers before frying, this will reduce the amount of oil absorbed • Use unsaturated oils such as sunflower or rapeseed oils instead saturated fats e.g. lard in cooking • Make sure the oil used for frying is at the correct temperature – this reduces the amount of fat absorbed • Drain fried foods before serving • Use baked products where possible instead of frying as they are likely to contain less fat; compare product labels for more information • Choose tomato and vegetable based sauces in preference to creamy, buttery sauces where appropriate • Use more starchy foods e.g. pasta in relation to meat/rich sauces (e.g. in lasagne, potato to meat in cottage pie, sausages and mash – have more of the mash, some vegetables and one less sausage. <p>Serve plenty of boiled rice with curries, rather than poppadums or fried rice</p>
Other tips	<ul style="list-style-type: none"> • Offer high-fibre cereals only where an older person has a very good appetite. • Consider the texture of the starchy option being provided, you may wish to consider offering an option that is softer to chew when also offering crisper/firmer foods

Allergy tips	<ul style="list-style-type: none"> • Be aware of residents who have coeliac disease, also known as gluten intolerance, who need to avoid all cereals containing gluten (wheat, oats, barley or rye). Alternative foods made from maize (i.e. polenta), rice, rice flour, potatoes, potato flour, buckwheat, sago, tapioca, soya and soya flour are available. Seek expert advice from a dietitian where necessary. Some gluten free foods are available on prescription.
Food safety tips	<ul style="list-style-type: none"> • Starchy foods and particularly foods such as grains and rice can contain spores of <i>Bacillus cereus</i>, a bacteria that can cause food poisoning. When the food is cooked, the spores can survive. Then, if it is left standing at room temperature, the spores will germinate, multiply and may produce toxins (poisons) that cause either vomiting or diarrhoea. Reheating will not get rid of the toxin. • Low numbers of <i>Bacillus cereus</i> won't make someone ill, but if food contains high numbers of the bacteria, or if a toxin has been produced, it could cause food poisoning. The longer that food is left at room temperature, the more likely it is that bacteria, or the toxins they produce, could make food unsafe. Therefore these types of food should be served directly after cooking, if this is not possible they should be cooled within an hour and kept in the fridge until reheating (for no more than 1 day). Avoid reheating more than once.

Fruit and vegetables	
Guidance	<ul style="list-style-type: none"> • Fruit and vegetables should make up about one third of the daily diet. • Offer at least 5 different portions of fruits and vegetables every day. • Aim for 1 or 2 portions with each meal and offer fruit as a snack. • A portion of fresh or cooked fruit or vegetables should be about 80g.
Why	<ul style="list-style-type: none"> • Fruit and vegetables are good sources of many vitamins (incl. folate) minerals and fibre. • There is increasing evidence that consuming more than 400g of fruit and vegetables every day may reduce the risk of developing chronic diseases such as coronary heart disease and some cancers. • Fruit and vegetables are very low in fat. • Fruit and vegetables are a good source of potassium, which may help to lower blood pressure.
What's included	<ul style="list-style-type: none"> • All types of fresh, frozen, tinned, juiced and dried fruit. • All types of fresh, frozen, juiced and tinned vegetables. • 100% Fruit and vegetable juices count as one portion however much you drink. • Some smoothies can count as more than one portion if they contain all the edible pulped fruit/vegetable. The number of portions depends on how many fruits or vegetables are used and how the smoothie was made. • Beans and pulses are also included but, again, only count as a maximum of one portion per day.
Tips on choosing foods	<ul style="list-style-type: none"> • Ask suppliers about and check the levels of salt, fat, saturated fat and sugars in their products. • Try to choose products that meet the Food Standards Agency's salt targets. It might be difficult initially to find products that meet the targets, but over time this should become easier as work progresses • Buy tinned fruit in natural juice rather than in syrup. • Buy tinned vegetables and pulses in water, with no added salt or sugar. • Store fresh vegetables in a cool, dark place. • Fruit and vegetables which are useful sources of iron include dark green leafy vegetables (but not spinach), broccoli, dried apricots and raisins, blackcurrants and broad beans. • Bananas are a particularly good source of potassium. • Fruit and vegetables which are useful sources of folate include, green leafy vegetables, broccoli, Brussels sprouts, peas, asparagus and oranges. • Bananas, raisins, peas and pulses are a particularly good source of potassium. • Leafy green vegetables such as spinach are good sources of magnesium.

Tips on cooking and serving foods	<ul style="list-style-type: none"> • Steaming or cooking vegetables with minimum amounts of water, for as short as time as possible and serving as soon as possible will help retain vitamins. • Use fresh fruit and vegetables as soon as possible, rather than storing them, to avoid vitamin loss. Alternatively, use frozen fruit and vegetables. • Avoid leaving any cut vegetables exposed to air, light, heat or leaving them to soak. Cover and chill them. • Add vegetables and pulses to stews, casseroles or other dishes and offer a variety of vegetables at main meals. • Offer a variety of dried fruits to add to cereal options and porridge and include dried fruit in cakes and desserts. • Offer colourful and interesting salads (with low fat dressings) and vegetables with main meals. • Always have attractive looking fresh fruit on display. • Try to offer alternative fruit dishes, and incorporate fruit into other desserts and dishes, including cold starters and savoury dishes (e.g. citrus chicken and pork and apple sauce). • Fruit juice is still a healthy choice, and counts as one of the five portions of fruit and vegetables we should be having every day, but it is best to drink fruit juice at mealtimes.
Other tips	<ul style="list-style-type: none"> • Offer fruit as a snack. Older people may find it difficult to peel or cut whole fruit, so a plate of sliced ready prepared fruits may be more acceptable. • Encourage a glass of 100% fruit juice, e.g. with breakfast or with a main meal, But remember fruit juices are high in NMES so if you offer this with breakfast everyday you will need to adjust NMES intake at other eating occasions. • Pureed stewed fruit can be offered with custard or yoghurt or ice cream as dessert. • If appropriate, avoid adding sugar or syrupy dressings to fruit (such as stewed apple). • If appropriate avoid adding fat or rich sauces to vegetables (such as carrots glazed with butter). • Foods and drinks rich in vitamin C, such as citrus fruit, green vegetables, peppers, tomatoes and potatoes, may help the body absorb iron. • For more information on guidelines for fruit and vegetables see annex 1.
Tips on food-related customs	<ul style="list-style-type: none"> • Some people, such as Jains, have restrictions on some vegetable foods. Caterers should check with the individual resident about their needs.
Allergy tips	<ul style="list-style-type: none"> • Some people can be allergic to certain fruits, such as apples, peaches, melon, mango, pineapple and kiwi. Allergy to fruits can be linked to pollen allergy and hay fever.

**Food
safety tips**

- Because most fresh fruits and vegetables are grown outdoors in non-sterile environments, it is possible that they may occasionally harbour potential food poisoning organisms that are present in soil, air and water. The number of potentially harmful micro-organisms on fresh produce intended to be eaten raw can be reduced by using hygienic growing practices and careful washing of fruit and vegetables with potable water before consumption.
- NEVER use household cleaners/ washing up liquid as these products may not be safe for human consumption, and by using them harmful residues may be left on the food.

Milk and dairy products	
Guidance	<ul style="list-style-type: none"> • Milk and dairy foods should be served every day. • Moderate amounts should be offered each day as milk in drinks, cheese, yoghurt or milk-based puddings and sauces. • Reduced fat dairy products are suitable for older people with good appetites.
Why	<ul style="list-style-type: none"> • Milk and dairy products are excellent sources of calcium which is needed for optimal bone strength as well as sources of, protein, vitamin A and riboflavin. • The fat content of different dairy products varies, and much of this is saturated fat. • Fortified dried milks are a good source of vitamin D.
What's included	<ul style="list-style-type: none"> • All types of milk, including dried milk, goat's and sheep's milk. • Cheeses – e.g. Cheddar, cottage cheese, cheese spreads, Edam, goat's cheese, stilton. • Yoghurt (fruit or plain, whole milk or low-fat), or fromage frais. • Milk-based sauces, custard and milk puddings. • Fortified soya drinks.
Tips on choosing foods	<ul style="list-style-type: none"> • Ask suppliers about and check the levels of salt, fat, saturated fat and sugars in their products. • Try to choose products that meet the Food Standards Agency's salt targets. It might be difficult initially to find products that meet the targets, but over time this should become easier as work progresses. • Consider switching to semi-skimmed or skimmed milk if appropriate for residents. • Milk, cheese and yogurt are useful sources of riboflavin.
Tips on cooking and serving foods	<ul style="list-style-type: none"> • Use fromage frais, quark or plain yogurt in dishes in place of some of the cream or mayonnaise (but be careful not to alter the taste or appearance of the dish). • Offer frozen yoghurts as an alternative to ice cream, to reduce fat content. • Use milk in sweet and savoury sauces, custard and puddings. • Use béchamel, instead of cheese, sauce for dishes covered in cheese (e.g. lasagne). • Use reduced fat cheese in sandwiches or on cheese boards, or use smaller amounts of full fat cheeses. • Use smaller amounts of stronger tasting cheese to provide flavour, this helps lower salt and fat content of dishes. • Grate cheese for use in salads, sandwiches and fillings; you will tend to use less.
Other tips	<ul style="list-style-type: none"> • Older people with small appetites who may need to gain weight, or who are of low weight, should be encouraged to have full-fat milk and yoghurt. • Add extra calories, protein and nutrients to dishes by adding extra milk, cheese or dried milk powder in cooking. • Offer milky drinks as snacks and before bed. Milkshakes may be an acceptable alternative, particularly in hot weather. • Offer smooth yoghurt and fromage frais as a snack particularly for

Other tips	<p>residents who have difficulty eating.</p> <ul style="list-style-type: none"> • Use plain yoghurt and fromage frais instead of cream, soured cream or crème fraîche. • older people should avoid unpasteurised and soft-mould-ripened cheese (e.g. Camembert, Brie and all blue-veined cheese).
Tips on food-related customs	<ul style="list-style-type: none"> • People of certain religions, such as Hindus, Sikhs and Muslims may not eat milk products, and Jewish people may require kosher milk products. • Strict Jews who eat kosher foods do not eat milk products at the same time as, or immediately before or after foods/meals containing meat. • Vegans, including some Rastafarians, will not eat milk products. • Caterers should check with the individual resident about their needs.
Allergy tips	<ul style="list-style-type: none"> • Some people are allergic to milk and will need to avoid all milk products, including yoghurts and cheese. • Other people may be intolerant to lactose, the sugar found in milk. Such people may be able to tolerate small amounts of milk in their diets but people's sensitivities can vary. Lactose intolerance is found in about 5% of the adult population in the UK but is more common in certain ethnic communities where milk is not traditionally part of the adult diet. For example, in South America, Africa and Asia, more than 50% of the population are intolerant to lactose, rising to nearly 100% in some parts of Asia. • There are a number of alternative products such as soya drink or rice drink. Choose alternatives that are fortified with nutrients such as calcium.
Food safety tips	<ul style="list-style-type: none"> • Unpasteurised (raw) milk should be avoided as it may contain micro-organisms harmful to health. • Milk and dairy products should always be refrigerated and stored at temperatures below 8°C (ideally at temperatures between 0°C & 4°C). • In order to avoid the risk of listeriosis, vulnerable groups, such as older people, are advised to avoid eating ripened soft cheeses of the Brie, Camembert and blue veined types, whether pasteurised or unpasteurised. This is because ripened soft cheeses are less stable than hard cheeses (they are less acidic and contain more moisture) and are therefore more inclined to allow growth of undesirable bacteria such as <i>Listeria</i>.

Meat, fish, eggs, beans and other non dairy sources of protein	
Guidance	<ul style="list-style-type: none"> • A meat or meat alternative should be offered at all main meals. • Fish should be offered at least twice a week, one of which should be oily (a typical portion is about 140g.) • Meat alternatives for vegetarians should be varied and a variety of foods from this group should be used. Cheese may be used as a substitute; however it should not be used too often as the protein source for vegetarians as it can be high in salt and saturated fat.
Why	<ul style="list-style-type: none"> • Meat and fish are good source of protein and of vitamins and minerals such as iron and zinc and all the B vitamins except folate. Meat is a particularly good source of riboflavin. • Oily fish provide long chain omega-3 fatty acids which may help to prevent heart disease. Such foods are also a source of vitamins A and D and iron. • Beans and pulses are sources of protein, fibre, iron and zinc. • Eggs are useful sources of protein, vitamins A & D and Riboflavin (B2) • Nuts provide a source of protein, magnesium, iron, fibre, and essential fatty acids.
What's included	<ul style="list-style-type: none"> • Meat, poultry, offal, fish, eggs, nuts, beans, pulses and other non dairy sources of protein. • Meat includes all cuts of beef, lamb and pork and meat and meat products such as ham, bacon, salami, corned beef, beefburgers and sausages. • Fish includes fresh, frozen and tinned fish, such as tuna, sardines, pilchards and mackerel, and fish products such as fish cakes and fish fingers. • Oily fish, such as salmon, sardines and fresh tuna. Canned tuna is not considered an oily fish as the long chain omega-3 fatty acids are lost in the canning process for tuna. Other canned oily fish are not affected in the same way. • All eggs e.g. boiled, poached, scrambled, fried, omelettes. • Beans and pulses – e.g. baked beans, butter beans, kidney beans and lentils are in this group and provide a good source of protein for vegetarians and are low in fat. • Other textured protein products suitable for vegetarians, such as tofu, and textured protein products such as soya, quinoa and quorn(R).
Tips on choosing foods	<ul style="list-style-type: none"> • Ask suppliers about and check the levels of salt, fat and sugars in their products. • Try to choose products that meet the Food Standards Agency's salt targets. It might be difficult initially to find products that meet the targets, but over time this should become easier as work progresses. • If appropriate use lean cuts of meat. Some types of meat are high in fat, particularly saturated fat, which can raise cholesterol levels. • If appropriate go for turkey and chicken, without the skin, because these are lower in fat. • Look for meat products with higher meat content, look at the label for more information. • White fish are low in fat. • Chose tinned fish in spring water rather than oil.

<p>Tips on choosing foods</p>	<ul style="list-style-type: none"> • Choose smoked meats and fish less often as they can be high in salt. • Oily fish, such as herring, mackerel, pilchards, salmon, sardines, trout or roe and egg yolks are rich in vitamin D. • Look for canned beans and pulses with no added salt and sugar. • Nuts and seeds can be a good alternative to snacks high in saturated fat, however avoid salted nuts where possible. Nuts and seeds may not be suitable for some residents who have difficulty in eating.
<p>Tips on cooking and serving foods</p>	<ul style="list-style-type: none"> • Remove visible fat from meat and skin from poultry. • Stand poultry and joints on racks when cooking to allow the fat to flow away. • Larger pieces of meat will absorb less fat than smaller pieces. • Boil, bake, grill or poach rather than frying or roasting where possible as this will lower the fat content. • Reduce the amount of processed meat and fish on offer e.g. coated chicken, burgers, fish fingers. • Add pulses to meat dishes to increase the fibre content, reduce the overall fat content and add extra protein. • Serve slightly less meat with extra vegetables or starchy foods. • Serve foods with tomato or vegetable based sauces rather than creamy, buttery sauces where appropriate to lower the fat content. • If frying, make sure the temperature is correct and change fat./oil regularly and drain well to reduce fat content. • Serve oily fish as pâtés and spreads on bread and toast. • When baking fish, brush with unsaturated vegetable oil rather than butter. • If a dish must be finished with butter, try lightly brushing with melted butter before serving. • Boil, poach or scramble eggs rather than frying them. • When serving foods with gravy opt for lower salt versions of gravy mixes, or stock/bouillon cubes/granules. • Gradually lower the salt content of food you cook yourself to allow customers taste buds to adapt and try using alternative herbs and spices to flavour foods. • Season food sparingly with salt or seasonings containing salt, a chef's palette may be less sensitive to salt than many of the customers.
<p>Other tips</p>	<ul style="list-style-type: none"> • For older people who have difficulty chewing, offer soft lean meat and fish or meat and fish dishes where the meat has been minced or served in a sauce. • Liver pâté is a useful source of nutrients for older people but liver and liver products should not be served more than once a week as it contains a lot of vitamin A. Older men and women, who are more at risk of osteoporosis, should avoid having more than 1.5mg of vitamin A per day. This means: <ul style="list-style-type: none"> • not eating liver or liver products, such as pâté, more than once a week - or having smaller portions of these, • taking no more than 1.5mg of vitamin A a day in supplements (including fish liver oil), if not eating liver, • not taking any supplements containing vitamin A (including fish liver oil) if eating liver once a week, • having a total of 1.5mg or less of vitamin A a day, on average,

Other tips	<p>from diet and supplements combined is unlikely to cause any harm.</p> <ul style="list-style-type: none"> • Pulses are a good source of iron, but try to have some food (such as peppers or dark green vegetables) or a drink rich in vitamin C (such as orange juice) with meals as this may help absorb the iron.
Tips on food-related customs	<ul style="list-style-type: none"> • People of certain religions, such as Hindus and Sikhs, as well as vegetarians and vegans including some Rastafarians, may not eat eggs, meat or fish. • Some Jewish people will require kosher meat and Muslims will require Halal meat. Pork and pork products are not appropriate. • Strict Jews who eat kosher foods do not eat meat products at the same time as, or immediately before or after foods/meals containing meat. They may only eat fish with fins and scales and do not eat shellfish. Eggs should not contain blood spots. • Hindus who eat fish may only eat fish with fins and scales and may also not eat shellfish. • Caterers should check with the individual resident about their needs.
Allergy tips	<ul style="list-style-type: none"> • Some people are allergic to nuts, peanuts, fish, shellfish and eggs. The labelling of bought-in products will need to be checked carefully to see if these allergenic foods are used as ingredients.
Food safety tips	<ul style="list-style-type: none"> • Always store meat and fish in the fridge, ideally at temperatures between 0°C and 4°C. • Always ensure that uncooked meat and ready to eat foods are stored apart. Ideally raw meat & fish should be covered and stored on the bottom shelf where they can not drip onto other foods. Cooked meat and fish should be covered and stored above raw in the fridge. • Eggs are a useful source of nutrients but when served to older people they should always be well cooked, until both the yolk and white are solid. This is to avoid the risk of Salmonella, which causes a type of food poisoning. • At risk groups should avoid all types of pâté, including vegetable. This is because pâté can sometimes contain listeria. • Always ensure that meat is well cooked. This is especially important with poultry and products made from minced meat, such as sausages and burgers. Make sure these are cooked until they are piping hot all the way through any juices run clear and no pink meat is left. • Vulnerable groups should avoid raw shellfish. This is because raw shellfish can sometimes contain harmful bacteria and viruses that could cause food poisoning. It is far safer to eat shellfish as part of a hot meal, such as in a curry.

Foods and/or drinks high in fat and/or sugar	
Guidance	<ul style="list-style-type: none"> • Use foods containing fat sparingly. Look out for lower fat alternatives or eat these foods in smaller amounts. Where possible replace saturated fat with unsaturated fat. • Snacking on sugary foods and drinks throughout the day is discouraged as this can cause tooth decay. Older people may enjoy some sweet foods as snacks. These should be provided less often or in small amounts.
Why	<ul style="list-style-type: none"> • Foods from this group principally provide energy in the forms of fats and sugars but may contain other nutrients in much smaller amounts. Some can also be high in salt. These nutrients are consumed in greater amounts than required and are associated with disease progression and/or dental caries. • As for the rest of the population, foods from this group can contribute to excess energy intakes if they are eaten in large amounts. • Often foods high in calories offer few other nutrients. If appetites are poor, it is important that these foods do not displace more nutrient rich foods.
What's included	<ul style="list-style-type: none"> • Foods containing saturated fat include: butter, margarine, lard, other spreading fats and, cooking oils (e.g. Palm oil), oil-based salad dressings, mayonnaise, cream, crème fraiche, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces, and gravies. • Foods containing unsaturated fats include: low-fat spreads, cooking oils (e.g. Sunflower, olive), oil-based salad dressings. • Foods containing sugar include: non-diet soft drinks, fruit juice, sweets, jams, honey and sugar, as well as foods such as cakes, puddings, biscuits, pastries and ice cream.
Tips on choosing foods	<ul style="list-style-type: none"> • Ask suppliers about and check the levels of salt, fat, saturated fat and sugars in their products. • Try to choose products that meet the Food Standards Agency's salt targets. It might be difficult initially to find products that meet the targets, but over time this should become easier as work progresses.
Tips on cooking and serving foods	<ul style="list-style-type: none"> • Use mono- and poly- unsaturated fats wherever possible for cooking, spreading and in dressings. • Consider using spreads that are soft straight from the fridge, so it is easier to spread thinly. • Choose soya, rapeseed and olive oils for cooking and salad dressings • Choose sunflower oil, soya oil or olive oil fat spreads. • Choose tomato and vegetable based sauces rather than cream based ones. • Offer fewer fried foods. • Where appropriate, use reduced calorie mayonnaise in dressings or dilute with lower fat yogurt. • Serve salad dressings and desert toppings separately so that residents can decide how much they want. • Don't automatically garnish potatoes and vegetables with butter prior to service.

Tips on cooking and serving foods	<ul style="list-style-type: none"> • Ensure correct temperatures when frying so that foods absorb less fat. • Reduce the amount of sugar used in dishes where practical and acceptable. • Use dried or fresh fruit to sweeten dishes. • Try halving the sugar you use in your recipes. It works for most things except jam, meringues and ice cream. • Choose wholegrain breakfast cereals rather than those coated with sugar or honey.
Other tips	<ul style="list-style-type: none"> • Foods high in fat and sugars can be included in the diet but should be consumed sparingly or in small amounts. • Offer chilled water (still, sparkling, with slice of lemon or lime), unsweetened fruit juices and chilled milk drinks.
Tips on food-related customs	<ul style="list-style-type: none"> • Many religious celebrations may include traditional foods that are high in fat or sugars. Providing these foods occasionally as part of a celebration or festival is important for many residents.
Allergy tips	<ul style="list-style-type: none"> • Many foods high in fat or sugar, such as cakes and biscuits, can contain eggs, milk or nuts and are not suitable for people allergic to these foods.
Food safety tips	<ul style="list-style-type: none"> • Eggs are a useful source of nutrients but when served to elderly people they should always be well cooked, until both the yolk and white are solid. This is to avoid the risk of Salmonella, which causes a type of food poisoning.

15. All food business operators need to follow food hygiene rules which are set out in EU legislation, including the requirement to have in place food safety management procedures based on the HACCP principles. The Agency already provides much information and guidance on its web site.
16. Background to the food hygiene legislation and pdf copies of the EU rules can be accessed from:
<http://www.food.gov.uk/foodindustry/regulation/europeleg/eufoodhygieneleg/>;
- Guidance to the legislation can be found at:
<http://www.food.gov.uk/foodindustry/guidancenotes/hygguid/fhlguidance/>
- A Questions & Answers page on the legislation for caterers can be found at:
<http://www.food.gov.uk/foodindustry/regulation/hyqleg/hyqleginfo/foodhygknow/>
17. If you have any questions about how the EU food hygiene legislation applies to your institution, the Agency strongly recommends seeking further advice from your local authority Environmental Health Department. Following recent changes in food labelling legislation, there is now a requirement for foods sold pre-packed to declare the presence of a list of specified allergenic foods. This applies to foods sold retail or to mass caterers. Therefore, if any residents in care homes have food allergies or intolerances, it is essential that those catering for them carefully read the labels or accompanying information for any products they buy, to check whether such allergenic ingredients are used. The list currently consists of cereals containing gluten (wheat, barley, rye, and oats), crustaceans, fish, peanuts, soybeans, milk, nuts (such as almond, hazelnut, walnut, cashew, and Brazil nut), celery, mustard, sesame and sulphur dioxide/sulphites. This list will be extended in 2007 to include molluscs and lupin.
18. The Food Standards Agency produced guidance for caterers on food allergy in 2004. This is available on our website (<http://www.food.gov.uk/safereating/allergyintol/caterers/>).

Example Menus

19. Menus 1 and 2 are example menus that meet the nutrient and food based guidance in tables 1 and 2.
20. The nutrient analysis of the example menus are provided in Table 3. The basis for this analysis is provided in a separate report from an independent dietitian.¹⁰ The analysis of the example menu is taken as a daily average over a 7 day period. It is assumed that the residential home provides for all the food for its residents.
21. Both 7-day example menus have met all the standards and targets over the average of seven days (see paragraph 8 for recommendations regarding Vitamin D). The standards and targets have been met over each individual eating occasion throughout

¹⁰ Daniels, L. Example Menus for care homes (2007) see www.food.gov.uk/healthiereating/nutritioncommunity/care

the day in menu 2 and in menu 1 with the exception of magnesium. These are documented in the accompanying technical report.

Table 3. Nutrient analysis of example menu plan for older people care homes.

Nutrient	Average population requirement (provided as daily averages over 7 days)	Recommended target for areas of excess or insufficiency (provided as daily averages over 7 days)	Nutrient Provision from example menu <u>plan 1</u> (provided as daily averages over 7 days)	Nutrient Provision from example menu <u>plan 2</u> (provided as daily averages over 7 days)
Energy (kcal)	1955		1973	1995.9
Total fat (g)	Max 76	<74.5	62.9	62.2
Saturated fat (g)	Max24	<23.5	22.6	22
Carbohydrate (g)	Min260		282.6	289.6
NMES (g)	Max57	<55.86	41.9	43.1
Fibre (as NSP g)	18		22.8	23.8
Protein (g)	50		84.5	85.7
Vitamin D (mcg)	Min10*		3	2.7
Folate (mcg)	Min 200	>200	370.4	379
Iron (mg)	Min 9	>9	14.3	15
Zinc (mg)	Min 9.5	>9.5	11	11.3
Sodium (mg)	Max 2400	<2352	2142.7	2188.9
Salt (equivalent g)	Max 6.0	<5.88	5	5.1
Potassium (mg)	Min 3500	>3500	4154.3	4331
Magnesium (mg)	Min 300	>300	373.6	391.4
Riboflavin (mg)	Min1.3	>1.3	2.4	2.4

* It is difficult for most older adults to obtain the full daily requirement of vitamin D from the diet alone. Government advice is that older adults (over 65yrs) who do not have adequate exposure to sunlight should take consider taking a 10mcg daily vitamin D supplement.

Example Menu 1 for Care Homes

(V)- Vegetarian Option	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water
Breakfast	Prunes Cereals / Porridge Boiled Egg Toast with butter / spread Preserves Tea or Coffee Water	Grapefruit Segments Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge Sausage and Tomato Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh Melon Cereals / Porridge Scrambled Eggs Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge , Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Bacon and Mushrooms Toast with butter / spread Preserves Tea or Coffee Water
Mid Morning Snack	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits
Lunch	Lancashire Hot Pot Grilled Plaice & Parsley Sauce Vegetable Pakora (V) Boiled Potatoes Cauliflower / Peas Banana Custard Fresh Apple Tea or Coffee Water	Spaghetti Bolognaise Tuna Pasta Bake Vegetarian Lasagne (V) Side Salad Rhubarb Crumble & Custard Fresh Pear Tea or Coffee Water	Poached Salmon Roast Chicken Vegetable Chilli & Rice (V) Roast / Mashed Potatoes Cabbage / Green Beans Plum Sponge & Custard Fresh Orange Tea or Coffee Water	Cottage Pie Chicken Chasseur Vege Shepherds Pie (V) Boiled Potatoes Broccoli / Leeks Rice Pudding & Apricots Fresh Banana Tea or Coffee Water	Fried Cod Gammon & Pineapple Vegetable Flan (V) Chips / Mashed Potatoes Peas / Sweet corn Tinned Pears & Custard Fresh Grapes Tea or Coffee Water	Chicken Curry & Rice Beef Grill Steak & Rice Vegetable Curry & Rice (V) Mixed Vegetables Crème Caramel Fresh Banana Tea or Coffee Water	Roast Beef Fish Pie Cauliflower Cheese (V) Roast / Mashed Potatoes Carrots / Sprouts Apple Pie & Custard Fresh Melon Tea or Coffee Water
Afternoon Tea	Tea or Coffee + Water Scone & Jam Soft Cheese Sandwich Biscuits Fresh Orange	Tea or Coffee + Water Malt Loaf Biscuits Fresh Pear	Tea or Coffee + Water Ring Doughnut Soft Cheese Sandwich Biscuits Fresh Grapes	Tea or Coffee + Water Currant Bun Biscuits Fresh Plums	Tea or Coffee + Water Chocolate Éclair Soft Cheese Sandwich Biscuits Fresh Apple	Tea or Coffee + Water Custard Tart Biscuits Fresh Orange	Tea or Coffee + Water Sponge Cake & Cream Soft Cheese Sandwich Biscuits Fresh Pear

Evening Meal	Pea Soup & Bread Roll Macaroni Cheese Sandwiches - Ham / Salmon Side Salad Fresh Fruit Salad & Ice-Cream Tea or Coffee Water	Tomato Rice Soup & Bread Roll Jacket Potato & Baked Beans Sandwiches – Turkey / Egg Side Salad Stewed Apple Yoghurt Tea or Coffee Water	Carrot & Coriander Soup & Bread Roll Cheese And Tomato Pizza Sandwiches – Beef Salad / Tuna Side Salad Melon Chocolate Mousse Tea or Coffee Water	Cream Of Mushroom Soup & Bread Roll Sardines & Tomato on Toast Sandwiches - Egg / Turkey Side Salad Canned Peaches/ Fruit Salad Ice-Cream Tea or Coffee Water	Potato & Leek Soup & Bread Roll Sausage Tomato & Bread Sandwiches – Cheese And Pickle / Salmon Side Salad Fresh Fruit Salad Yoghurt Tea or Coffee Water	Butter Bean & Tomato Soup & Bread Roll Jacket Potato, Cheese & Coleslaw Sandwiches – Beef Salad / Tuna Side Salad Fresh Fruit Salad Cheesecake Tea or Coffee + Water	Vegetable Soup & Bread Roll Prawn Salad & Bread Sandwiches – Egg / Turkey Side Salad Trifle Fresh Grapes Tea or Coffee Water
Nighttime Snack	Hot Drink Biscuits Water	Hot Drink Jam Sandwich / Biscuits Water	Hot Drink Biscuits Water	Hot Drink Jam Sandwich / Biscuits Water	Hot Drink Biscuits Water	Hot Drink Jam sandwich / Biscuits Water	Hot Drink Biscuits Water

* Hot drink for nighttime snack is choice of tea, coffee, hot chocolate, malted milk drink or ovaltine

Example Menu 2 for Care Homes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water
Breakfast	Prunes Cereals / Porridge Boiled Egg Toast with butter / spread Preserves Tea or Coffee Water	Grapefruit Segments Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge Sausage and Tomato Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh Melon Cereals / Porridge Scrambled Eggs Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge , Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Bacon and Mushrooms Toast with butter / spread Preserves Tea or Coffee Water
Mid Morning Snack	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits
Lunch	Lancashire Hot Pot Stir Fry Chicken & Rice Vegetable Pakora (/) Boiled Potatoes Cauliflower / Peas Banana Custard Fresh Apple Tea or Coffee Water	Roast Pork & Apple Sauce Spaghetti Bolognese Vegetarian Lasagne Roast/ New Potatoes Spinach/Carrots Side Salad Rhubarb Crumble & Custard Fresh Pear Tea or Coffee Water	Poached Salmon Roast Chicken Vegetable Chilli & Rice Roast / Mashed Potatoes Cabbage /Green Beans Plum Sponge & Custard Fresh Orange Tea or Coffee Water	Cottage Pie Chicken Chasseur Vegetarian Shepherds Pie Jacket Potatoes Broccoli / Leeks Rice Pudding & Dried Apricots Fresh Banana Tea or Coffee Water	Fried Cod Gammon & Pineapple Vegetable Curry & Rice Chips / /Mashed Potatoes Peas / Sweet corn Tinned Pears & Custard Fresh Grapes Tea or Coffee Water	Chicken Curry & Rice Beef Grill Steak Vegetable Flan New Potatoes Mixed Vegetables/ Cauliflower Crème Caramel Fresh Fruit Salad Tea or Coffee Water	Roast Beef & Yorkshire Pudding Pork Casserole Cauliflower Cheese Roast / Mashed Potatoes Carrots / Sprouts Apple Pie & Custard Fresh Melon Tea or Coffee Water
Afternoon Tea	Tea or Coffee + Water Scone & Jam Soft Cheese Sandwich Biscuits Fresh Orange	Tea or Coffee + Water Malt Loaf Biscuits Fresh Pear	Tea or Coffee + Water Ring Doughnut Soft Cheese Sandwich Biscuits Fresh Grapes	Tea or Coffee + Water Currant Bun Biscuits Fresh Plums	Tea or Coffee + Water Chocolate Éclair Soft Cheese Sandwich Biscuits Fresh Apple	Tea or Coffee + Water Custard Tart Biscuits Fresh Orange	Tea or Coffee + Water Sponge Cake & Cream Soft Cheese Sandwich Biscuits Fresh Pear

Evening Meal	Pea Soup & Bread Roll Macaroni Cheese Sandwiches - Ham / Salmon Side Salad Fresh Fruit Salad & Custard/Ice Cream Tea or Coffee Water	Tomato Rice Soup & Bread Roll Jacket Potato & Cheese & Coleslaw Sandwiches – Beef / Egg Side Salad Peaches & Yoghurt Peaches & Rice Pudding Tea or Coffee Water	Carrot & Coriander Soup & Bread Roll Cheese And Tomato Pizza Sandwiches – Turkey / Tuna Side Salad Melon Chocolate Mousse Tea or Coffee Water	Cream of Mushroom Soup & Bread Roll Sardines & Tomato on Toast Sandwiches - Egg / Ham Side Salad Banana Custard Fresh Fruit Salad Tea or Coffee Water	Potato & Leek Soup & Bread Roll Sausage Tomato & Bread Sandwiches – Cheese & Pickle /Beef Side Salad Stewed Plums & Ice-Cream / Natural Yoghurt Tea or Coffee Water	Vegetable Soup & Bread Roll Jacket Potato & Baked Beans Sandwiches – Ham / Tuna Side Salad Fresh Apple Cheese & Biscuits Tea or Coffee Water	Butter Bean & Tomato Soup & Bread Roll Prawn Salad & Bread Sandwiches – Egg / Turkey Side Salad Grapes Trifle Tea or Coffee Water
Nighttime Snack	Hot Drink Biscuits Water	Hot Drink Jam Sandwich/ Biscuits Water	Hot Drink Biscuits Water	Hot Drink Jam Sandwich / Biscuits Water	Hot Drink Biscuits Water	Hot Drink Jam sandwich / Biscuits Water	Hot Drink Biscuits Water

* Hot drink for nighttime snack is choice of tea, coffee, hot chocolate, malted milk drink or ovaltine

22. The above nutrient and food based advice do not represent new guidance. Rather, this advice provides a summary of current Government recommendations for people aged 75 years and over. The guidance is not intended for those who may have different nutritional requirements due to illness or disease and are undernourished or at risk of under nutrition (e.g. because of a poor appetite). All residents need appropriate assessment and monitoring of their food intakes and nutritional status. If residents are unable to meet their requirements for energy and other nutrients or have other specific medical dietary needs, then these must be appropriately provided for outside the scope of this guidance.
23. The example menus provided for care homes in this report represents an example. There are other menu options including different hot and cold main meals, snacks and drinks which will provide the nutrient intake outlined in Table 1. Acceptability of the options and sufficient variety are important aspects of food and need to be built into menu planning.
24. Many caterers employ registered nutritionists or dietitians who are able to assess menus against Government recommendations. The Food Standard Agency recommends that assessment against the guidance in this document will ensure that those, without specific medical dietary need, consuming food provided by institutions will be met. In undertaking any such assessment it is important that the analysis uses appropriate software with up-to-date information (as a minimum the most recent edition of McCance & Widdowson¹¹) and takes accounts of cooking losses and waste. We also recommend that those responsible for commissioning food provision in institutions request such information and check this with actual provision to ensure the needs of clients are met.

¹¹ Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth summary edition. Cambridge: Royal Society Chemistry.

Annex 1

What is a portion of fruit and veg?

ONE portion = 80g = any of these
1 apple, banana, pear, orange or other similar sized fruit
2 plums or similar sized fruit
½ a grapefruit or avocado
1 slice of large fruit, such as melon or pineapple
3 heaped tablespoons of vegetables (raw, cooked, frozen or tinned)
3 heaped tablespoons of beans and pulses (however much you eat, beans and pulses count as a maximum of one portion a day)
3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice) or stewed fruit
1 heaped tablespoon of dried fruit (such as raisins and apricots)
1 handful of grapes, cherries or berries
a dessert bowl of salad
a glass (150ml) of fruit juice (however much you drink, fruit juice counts as a maximum of one portion a day)

Further information on fruit and vegetables can be found on the following websites: <http://www.eatwell.gov.uk/healthydiet/nutritionessentials/fruitandveg/> or at <http://www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/FiveADay/fs/en> or <http://www.5aday.nhs.uk/WhatCounts/PortionSizes.aspx> for information on portion sizes