

What's Your Story?

What was good about your experience?
What could be improved?
It's safe and anonymous.

*Tell us what was good or what could have been better
and get a response on the Care Opinion website –
www.careopinion.org.uk*

Your Dietitian's Details:

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Fife Health
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Partnership



Supporting the people of Fife together



Top 10 Tips For Eating and Drinking with Dementia



Produced by the Nutrition and Clinical Dietetic Department©

10 Top Tips for Eating and Drinking with Dementia

1. To maximise enjoyment and reduce stress at mealtimes ensure the person is comfortable and prepared for the meal.
2. Reduce distractions i.e. noise, ensure the table is uncluttered.
3. Contrasting coloured plates can be helpful and adapted cutlery and cups if necessary.
4. Sometimes people with dementia may forget to eat. Offer gentle prompting, encouragement and assistance as required.
5. Offer favourite foods to increase intake and to continue enjoyment of food.
6. Offer 3 small meals and 3 nutritious snacks per day.
7. Offer nourishing fluids such as full fat milk, hot chocolate, milkshakes or ice cream smoothies.
8. Aim for 6-8 cups of fluids per day.
9. Finger foods can be a useful alternative if cutlery is becoming difficult to use e.g. sausage rolls, sandwiches, quiche, toasted fingers.
10. Leave snacks where they can be seen and are readily available. If losing weight, add extra energy to the diet by – adding butter, cream, cheese, jam, honey or full cream milk to appropriate foods.



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High Calorie Snack Suggestions

Small Pot of Custard or Rice Pudding

Thick and Creamy Style Yoghurt

Scone with Butter and Jam



Slice of Cake

Jam Doughnut

Chocolate Eclair



2 Chocolate Digestives

2 Cream Filled Biscuits

Shortbread Biscuit



Crisps

Cheese and Biscuits

Small Cold Meat/ Ham/ Egg Sandwich

1 Slice of Buttered Toast with Jam, Honey or Syrup



Useful Contacts

Alzheimer's Scotland www.alzscot.org
 Dementia Helpline: 0808 800 3000
 (Free phone 24hrs)



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