

Kff guide to Allergies

What is a food allergy?

A food allergy is caused by an immune response by the body in reaction to certain foods. A study by the Food Standards Agency has shown that approximately 6% of the UK adult population, over 2 million people, live with a clinically confirmed food allergy. In some people, a food allergy can cause a severe reaction called anaphylaxis. An anaphylactic response can cause the throat to swell, breathing difficulties and if untreated, it can be fatal. Food allergic reactions are most commonly caused by milk, egg, wheat, nuts, peanuts, fish and shellfish.

Intolerance

A food allergy and a food intolerance are not the same. A food intolerance is caused by a reaction to certain foods that does not involve the immune system. An example of food intolerance is reaction to any 'gluten' found in certain cereals like 'wheat' or 'rye', where those suffering from 'coeliac's' disease cannot digest gluten and get severe cramps; and another example is lactose intolerance where lactose, the sugar found in milk, can't be digested.



Kff labelling

Under EU legislation, the presence of allergens must be highlighted within the ingredients list on our packaging. In Kff/Sysco branded products, we do this by emphasising the name of the allergen in a BOLD font.

There are 14 allergens that must be highlighted, they are:



GLUTEN



LUPIN



CELERY



CRUSTACEANS



MILK



SULPHUR DIOXIDE



SESAME



PEANUTS



MOLLUSCS



MUSTARD



TREE NUTS



EGG



FISH



SOYBEANS

Caterer's advice

Caterers need to be aware of the following when serving food to a customer with a food allergy or intolerance:

- Emphasise to all staff the importance of accurate allergen information. If unsure, say so and then check, never guess about allergen information
- Check the ingredients list and allergy advice of everything you buy
- Keep a copy of the ingredients list and allergy advice (keep the outer packaging or product specification) of everything you buy so they can be referred to if a customer requests
- Keep a copy of all recipes and any changes made to them
- Keep a record of allergens in regularly bought products
- Suppliers may send a substitute product if the requested product is unavailable. Substitute products may have different ingredients, so always check that the ingredient information used is for the actual product being used
- When storing food, ensure products are still identifiable and that there is a clearly labelled ingredients list and allergen information available for each product
- Store nuts, peanuts and sesame (the allergens most frequently associated with severe reactions) in separate, labelled containers and store them on lower shelves to reduce any risk of contamination
- Cross-contamination during preparation may happen by:
 - Food to food (touching)
 - Food to hand (handling by kitchen staff)
 - Food to equipment (sharing chopping boards)
- Minimise the risk of cross-contamination by:
 - Cleaning hands, work surfaces, kitchen equipment and utensils thoroughly
 - Try to keep certain preparation areas nut-free
 - Only use major allergen containing foods if essential



Kff guide to Your 5 a day

Fruit and vegetables – 5 a day

Most people know they should be eating more fruit and vegetables but as a nation, we still don't eat the recommended 5 portions each day. Help your customers increase their fruit and vegetable intake by serving them with all your meals. You can choose from fresh, frozen, dried, canned or juiced varieties, they all count towards 5 a day.

Vegetables should make up about a third of the plate coverage. Frozen vegetables are often thought to be less nutritious than fresh which is just not true. Frozen vegetables are frozen within a few hours of being harvested which helps retain the nutrients. Frozen vegetables can also help you eat seasonally as they are harvested and frozen in season, such as peas.



Hints and tips

You could save money by reducing the meat in your meals and bulking it out with more vegetables such as onions, carrots and swede in soups, casseroles and stews

Fruit is a great snack, such as fresh apple bags and apple and grape bags or even dried fruit such as sultanas and raisins and apricots snack bags

Use imperfectly shaped vegetables in dishes to save money but maintain the same nutritional quality

Fruit salads are pre-prepared to save you time and can be used as a snack or dessert option

Add flavour to foods without using salt. Try our micro herbs – red chard, red mustard frills, amaranth, purple basil, garlic chives and salad rocket

Serve 100% fruit juice, this counts as a portion too!

Use fruit and vegetables to add colour to plates and always garnish meals. Red and yellow peppers, carrots and salad leaves add colour to main meals whereas blueberries, raspberries and strawberries look great as a dessert garnish

Don't overcook fruit and vegetables. Steam or microwave vegetables to preserve nutrients. Use as little water as possible then re-use this water for stocks or in sauces

Don't keep vegetables on a hot plate too long, nutrients can diminish very quickly so cook vegetables regularly in batches

Increase the fruit and vegetable content at your meal times



BREAKFAST

- Dried fruit, juices, fruit salad, prunes, grapefruit.
- Mushrooms, tomatoes, beans



LUNCH

- Salad
- Vegetables as accompaniments
- Fruit salad



DINNER

- Soups,
- Vegetables within meals
 - stews/casseroles
- Vegetables accompaniments
- Fruit within desserts



SNACKS

- Fresh fruit
- Dried fruit
- Smoothies
- Office fruit baskets

Kff guide to Bone health

Bone health

The human skeleton is made up of 206 bones that protect the internal organs, work with muscles to allow movement, store minerals such as calcium, and contain bone marrow which is where red blood cells are made. Bone is living tissue and the adult skeleton is completely replaced every 7-10 years. Strong bones together with strong muscles, can help people to live a healthy, active and independent life.

Osteoporosis

Losing bone is a normal part of the ageing process but some people lose bone faster than normal. This can lead to a condition called osteoporosis where bones become fragile, brittle and more likely to break. Osteoporosis develops slowly over a number of years and can cause bone fractures even after a minor trip, fall or even a sneeze! Women are more at risk of developing osteoporosis than men, because the hormone changes that happen during the menopause directly affect bone density.

Calcium

Calcium is the most abundant mineral in the body – 98% is in the bones, 1% in your teeth and the other 1% circulates around in your blood stream. Adults need 700mg calcium each day but after the menopause, women need even more, about 1200mg calcium a day. Calcium is an important nutrient for healthy bones and teeth.

It's also needed for normal blood clotting and plays a role in nerve and muscle function too. Calcium is found in green leafy vegetables, some nuts and canned fish with bones but the calcium found in dairy foods is the easiest for our bodies to absorb.

Sources of calcium:

- Dairy foods; milk, cheese, yogurt
- Green leafy vegetables
- Canned sardines/pilchards
- Almonds
- Tofu
- White flour (fortified)

Vitamin D – the sunshine vitamin

Vitamin D is an essential nutrient for bone health because it helps the body to absorb calcium from foods. We get most of our vitamin D from sunlight, it's made under the skin when you're outside during daylight. In the winter, the sun isn't strong enough in the UK to make enough vitamin D.

It's recommended that everyone should take a vitamin D supplement, especially during the autumn and winter months. Vitamin D deficiency is known as osteomalacia in adults and rickets in children. It can be found in small amounts in the following foods:

- Oily fish, such as salmon and sardines
- Eggs (the yolk)
- Fortified fat spreads
- Fortified breakfast cereals



Kff guide to Bone health

Meal/snack ideas to incorporate calcium rich foods:

- Cereal with milk or yogurts
- Canned fish sandwiches/on toast
- Variety of green leafy veg with meals
- Yogurt, milk and custard-based desserts
- Milky drinks
- Cheese & crackers, yogurt or nuts as a snack
- If using dairy alternatives – make sure they are fortified with calcium



Top tips for bone health

Eat a healthy balanced diet – including foods rich in calcium and vitamin D

Take a daily supplement containing 10 micrograms of vitamin D

Take regular exercise to keep bones as strong as possible

Lifestyle changes – if relevant, give up smoking and reduce alcohol consumption



Trips and falls

The majority of hip fractures happen as a result of a trip or fall.

The following factors can significantly increase the risk of falls and subsequent fractures:

- Poor eyesight
- Hazards on the floor – wires, rugs, loose carpet, equipment
- Loss of balance/poor immobility
- Poor lighting
- No handrails on walkways and staircases
- Inappropriate footwear
- Medication – some can cause drowsiness or unsteadiness



Kff guide to Coeliac disease

What is Coeliac disease?

Coeliac disease (pronounced see-lyac) isn't an allergy or a food intolerance, it's an autoimmune disease where the body's immune system attacks its own tissues when gluten is eaten. Gluten is a protein found in wheat, barley, rye, spelt and Khorasan wheat (commercially known as Kamut®). Oats can be contaminated with gluten so only oats labelled as gluten free are suitable for someone with coeliac disease.

Eating gluten can damage the lining of the gut and reduce the absorption of nutrients from food in people with coeliac disease. Symptoms of coeliac disease can include gastric problems such as bloating, diarrhoea and nausea, and other issues such as weight loss, tiredness and anaemia.

The only treatment for coeliac disease is to follow a gluten free diet for life. If a gluten free diet is not followed, the disease can lead to nutritional deficiencies and other complications such as osteoporosis, a rare type of bowel cancer of the small bowel and unexplained infertility problems.

Foods that don't contain gluten

- Potatoes
- Rice
- Lentils
- Plain meat, poultry & fish
- Fruits
- Vegetables
- Salad
- Milk
- Butter
- Eggs
- Plain cheese
- Plain yogurt
- Cream
- Oils
- Uncoated nuts & seeds
- Anything stating 'Gluten Free' on packaging

Ingredients that don't contain gluten

- Textured vegetable protein
- Maize starch
- Modified maize starch
- Corn malt
- Maltodextrin
- Dextrose
- Modified starch
- Rice malt
- Rice rusk
- Glucose syrup

Foods that sometimes contain gluten

- Sausages
- Gravy
- Dressings
- Burgers
- Sauces
- Relishes

Foods to avoid

- Bread
- Crackers
- Cakes
- Biscuits
- Pasta
- Pastry
- Pies
- Pizza
- Battered and breaded products

Ingredients that do contain gluten and must be avoided

- Wheat starch
- Wheat rusk
- Barley malt
- Oat bran
- Modified wheat starch
- Wheat bran
- Barley flour
- Rye flour



How many people does it effect?

Coeliac disease affects 1 in every 100 people. However, it's thought that only 36% who have the condition, have been clinically diagnosed. This means there could be over 400,000 people in the UK who have coeliac disease, but aren't aware.

Catering for gluten free diets

Always read food labels on products to check if wheat, rye, barley, spelt, Khorasan wheat or oats are listed within the ingredients list. If present, they will be emphasised, usually in bold, underlined and/or in italic font. If a product contains one of these ingredients, then it is not suitable for someone with coeliac disease.

- Where possible, serve plain foods
- Serve meat/fish with no sauce or dressing
- Use naturally gluten-free starchy foods like rice and potatoes
- Serve vegetables with no sauce or dressing
- Ensure a variety of foods is offered
- Avoid cross-contamination with foods containing gluten

Gluten Free Foods

Foods and meals can only be called gluten free if they contain less than 20ppm (parts per million) gluten. Unless you're sure of this, you can't advertise foods or dishes on your menu this way.

Kff guide to Dementia

What is dementia?

Dementia is a group of symptoms associated with a decline in brain function. Dementia can bring about various symptoms including memory loss, and reduced mental agility, thinking speed and language. Dementia can also affect mood, movement and the ability to carry out daily activities.

Dine with dignity

Dementia can also cause problems with eating and drinking and some people can find social situations challenging. Suggestions are listed below to help overcome some of the common behaviours associated with dementia.

If someone...

Then try one of these...

Has difficulty cutting their food with cutlery	Help them cut up their food or alternatively, offer finger foods
Has difficulty getting food onto cutlery	A plate guard or lipped plate may help
Is easily distracted in a busy dining room	Keep the dining room calm & quiet. Make sure they have been to the toilet before eating, that they have their glasses/hearing aids if needed and they are sitting comfortably
Struggles to sit down during mealtimes, prefers to wander and pace	Try to encourage they eat with others. Offer finger foods. Aim for a time of day when the person will sit for longer periods of time
Chews food but doesn't swallow it	Contact a speech & language therapist. Use verbal cues to prompt people to chew and to swallow food



How many people does it effect?

There are around 900,000 people in the UK with dementia and this number is increasing, mainly because people are now living longer. It's predicted that 1.6 million people will be living with dementia by 2040*.

*The Alzheimer's Society

General mealtime tips

- Ensure the dining area is calm and quiet so people can relax
- Use simple table settings, only use crockery and cutlery that is needed
- It's important that plates are clearly visible on the table. Try coloured plates or those with a coloured ring around the edge
- Make meals attractive, this can stimulate the appetite and the desire to eat
- Allow plenty of time to eat and assist if needed
- Food can act as a memory aid so try to find out food preferences from family members and friends
- Always check the temperature of food and drinks before serving, some people with dementia aren't able to tell if something is too hot to eat or drink



Kff guide to Dementia

Finger foods – hints and tips

Finger foods are foods that can be eaten easily by hand. They play a really useful role for those who have difficulty with co-ordination and for those that can't hold or don't recognise cutlery any longer. If someone finds it difficult to sit still at mealtimes (wanders or paces around a lot), then finger foods could be placed into a bag or a chip cone so they can still eat as they move about. Finger foods help to maintain independence, this is important to preserve dignity.

- Wash hands before and after meals or ensure that wipes are available to clean their hands with
- Use foods that are robust and easy to pick up
- Serve food in bite-size pieces
- If possible, make mini versions of the standard menu choice so that everyone can enjoy similar meals
- Choose foods that are moist but not too messy
- Serve foods at room temperature and allow hot foods to cool before serving
- Make sure finger foods look attractive and colourful
- Seek advice from a speech & language therapist if you are worried about swallowing difficulties
- Seek advice from a dietitian if you are concerned about weight loss



Recipe Idea:

Mini Yorkshire Pudding Beef Pots **Serves 10**

Ingredients

2" Fully Baked Yorkshire Puddings 8 each
British Red Tractor Cooked Diced Beef 100g
Crops Cauliflower Cheese 50g
Large Onions 50g
Carrots 50g
Celery 50g
Wholegrain Mustard 20g

Preparation

- Defrost Yorkshire puddings
- Defrost & break beef into small pieces
- Finely dice carrots
- Finely dice celery
- Finely dice onions

Method

1. In a frying pan lightly cook carrot, onion & celery
2. Add beef & continue to cook for 2-3mins
3. Add wholegrain mustard & mix well
4. Spoon into Yorkshire Puddings & top with a cauliflower cheese floret
5. Bake in oven at 180°C until golden
6. Allow to cool slightly before serving



Kff guide to Diabetes

What is diabetes?

When sugars from food are digested, they are absorbed into the blood stream. Insulin is a hormone that takes sugar from the blood to other cells in the body to be used as fuel for energy.

Diabetes is a serious, lifelong condition where the body either doesn't make enough insulin or the insulin it does make doesn't work properly. If left untreated, high levels of sugar in the blood can cause serious health complications.

How many people does it effect?

4.3 million people are now living with a diagnosis of diabetes in the UK*. It's estimated that there are also 850,000 people living with diabetes who are yet to be diagnosed, bringing the overall UK-wide figure beyond five million. *Diabetes UK

The Eatwell Guide

The Eatwell Guide shows the different types and proportions of foods that we need to eat a healthy, balanced diet. The proportions shown represent food intake over a period of a day or even a week, not necessarily each meal. The Eatwell Guide divides foods into five main groups.

Try to offer a variety of different foods from each of the groups, to help people get the wide range of nutrients their body needs to function properly.

Caring for people with diabetes

The advice for people with diabetes is to reach and maintain a healthy weight, to follow a balanced diet, do regular physical activity, give up smoking and to drink alcohol in moderation. This advice is also given to the rest of the population, not just to people with diabetes.

Having diabetes doesn't mean sugar has to be completely avoided, it can be included as part of a balanced diet. Choose healthier cooking methods such as steaming rather than boiling and grilling instead of deep frying. Microwaving can be a healthier option too as food is cooked much quicker therefore vitamin retention is maximised.



Kff guide to Diabetes

Diabetic food labelling

Labelling foods as 'suitable for diabetics' has been illegal in the UK since July 2016 because these foods offer no benefit to people with diabetes. These foods contradict general healthy eating advice, which is to eat foods that are high in sugar and/or fat, less often and in small amounts. In addition, these foods can:

- Be as high in fat and calories as standard products
- Still raise blood sugar levels
- Have a laxative effect if eaten in excess
- Be expensive

Hints and tips to help people with diabetes eat well

1. Offer regular and evenly spaced meals and snacks throughout the day.
2. Provide starchy carbohydrates such as bread, rice, potatoes and pasta with every meal. Leave the skin on potatoes and include a variety of wholegrain options too such as wholemeal bread, wholewheat pasta and brown rice.
3. Although some fat is needed in the diet, limit the amount of saturated fat from foods like butter, cheese, processed meats, cakes and biscuits. Too much saturated fat can increase the risk of heart disease.
4. Offer at least 5 portions of fruit and vegetables each day. Serve as accompaniments with every meal and offer as snacks too.
5. Limit salt – don't add salt during cooking, people can add it to their meals if they choose to.
6. Offer at least 2 portions of fish each week, 1 of which should be oily fish like salmon, mackerel and sardines. Oily fish contain omega 3 fats which can help reduce the risk of heart disease.
7. Beans, peas and pulses are good sources of protein so add kidney beans, chickpeas and lentils to your dishes. They are also high in fibre, low in fat and can help control blood fat levels.
8. Sugary foods don't need to be totally excluded. Small and occasional portions of cakes, desserts and biscuits are acceptable. Look out for reduced sugar or sugar free products and consider reducing some sugar in food and drinks, and replacing with sweeteners.
9. Keep people hydrated, offer at least 6-8 drinks each day. They should be available with every meal and regularly in between meals too. Water, milk, squash, fruit juice (no more than 150ml) tea and coffee all count as fluids.



Kff guide to Fortified diets

What is malnutrition?

Malnutrition literally translates as 'poor nutrition' which can either mean people aren't getting enough nutrients (under-nutrition) or they're getting more nutrients than they need (over-nutrition). For the purpose of this leaflet, we are focussing on under-nutrition.

How many people does it effect?

It's estimated that in the UK, malnutrition affects over 3 million people*. Of these, about 1.3 million are over the age of 65. BAPEN's Malnutrition and Nutritional Care Survey in Adults 2022 revealed that malnutrition risk is highest for people living in their own homes (56%) and in residents living in care homes (55%). In hospitals, 44% of patients were at risk of malnutrition.

*British Association for Parenteral and Enteral Nutrition (BAPEN)

How does it affect them?

There are a number of reasons why people become malnourished, such as having a poor appetite, as a result of an illness, having poor sense of taste and smell or it could be as a consequence of disorders like dysphagia (swallowing difficulties). It could also be because food is presented poorly, meals are served at unsuitable times, there is no choice of portion size, food is served at an inappropriate temperature or there is a lack of snacks and nourishing drinks throughout the day.

What to look out for:

- Unintentional weight loss
- General lack of interest in food
 - Feeling weak and tired
- Low body weight (body mass index of less than 18.5)
- Regularly being ill but taking longer to recover than usual
 - Loss of appetite

Hints and tips

Although nutritional supplements can play a useful role for some people, using the 'food first' approach is advised. Use nutrient dense ingredients to fortify meals and snacks with extra energy, protein, vitamins, minerals, and sometimes fibre. Making meals more nutrient dense without increasing the portion size, can be particularly useful for people with smaller appetites.

Food fortification can be more practical and cheaper than using nutritional supplements. Offering fortified snacks, meals and drinks regularly throughout the day, can help to stimulate appetite. You could consider these ideas:



Add skimmed milk powder to whole milk, custard and porridge



Use eggs as a snack (hard boiled) or add to custard, mashed potatoes and milk-based desserts



Add cheese to soups, vegetables and potatoes



Use Greek yogurt as a dessert accompaniment or add to porridge, milk-based desserts, curries



Add nut butters to porridge, rice pudding and curries



Use ground almonds when making biscuits and cakes or use to top breakfast cereals and porridge

Kff guide to Fortified diets

Snacking

Snacks between meals can be a really helpful way of increasing overall food intake, particularly for people with smaller appetites. Offer 2-3 snacks in between meals each day and some milky drinks too.



SAVOURY SNACKS

- Cheese and crackers
- Handful of nuts
- Cheese scone
- Fruit teacake
- Nut butter on toast
- Hard boiled egg



SWEET SNACKS

- Fruit & nut flapjack
- Handful dried fruit
- Cake and biscuits made with ground nuts
- Fruit with Greek yogurt
- Scone with cream & jam
- Frozen yogurt



MILKY DRINKS*

- Coffee made with fortified whole milk
- Hot chocolate made with fortified whole milk
- Malt drinks such as Ovaltine
- Ice cream/milk-based smoothie

**If cows milk is unsuitable, choose dairy alternatives that are fortified with vitamins and minerals.*

Kff guide to Fibre

What is fibre?

Fibres are plant-based carbohydrates that aren't digested or absorbed in the small intestine. Fibre helps to keep the digestive system healthy and can prevent constipation by bulking up stools, making them softer and easier to pass.

There is strong evidence that eating a diet with lots of fibre is associated with reduced risks of type 2 diabetes, heart disease, stroke and bowel cancer. Fibre rich foods can also enhance the feeling of fullness.

How much fibre do we need?

The UK fibre target for adolescents and adults is 30g/day but on average, we consume much less than this so we all need to increase our fibre intake. It is recommended that children aged 2-5 should consume 15g/day; children aged 5-11, 20g/day and children aged 11-16, 25g/day.

Fibre and hydration

It's important to keep hydrated and to drink plenty of fluid. This helps to encourage the passage of waste through the digestive system and helps soften stools. Fibre acts like a sponge, absorbing water. Without fluid, fibre can't function properly and might lead to constipation.

We should drink 6-8 glasses of fluid every day which is approximately 1.5 litres. Water, low fat milk (semi-skimmed or skimmed milk) and sugar free drinks including tea and coffee, all count towards fluid intake. Fruit juice/smoothies also count but should be limited to a maximum serving of 150ml per day.



WATER



TEA & COFFEE



FRUIT JUICE & SMOOTHIES
limited to 150ml per day



MILK
semi-skimmed, 1% or skimmed milk

Which foods contain fibre?

Wholegrain breakfast cereals, porridge, wholewheat pasta, wholemeal and wholegrain bread, potatoes with the skin on, fruits, vegetables, peas, beans, lentils, pulses, nuts and seeds are all sources of fibre and should be included as part of a balanced diet.



How to include fibre in your daily meals:



BREAKFAST

- Porridge
- Wholegrain breakfast cereals
- Fruit



LUNCH

- Jacket potato (skin on) with beans
- Sandwich made with wholemeal bread
- Lentil & veg soup
- Dried fruit



DINNER

- Wholewheat pasta dishes
- Bean-based chilli
- Lentil-based curry



SNACKS

- Fruit
- Vegetable sticks with houmous
- Oatcakes

Source: Data collated and analysed by Kff nutritionist and Kff customer marketing from Public Health England, NHS and the BDA

Kff guide to Eating well

Understanding nutritional balance

Below is the Eatwell Guide, showing the proportions and types of foods needed for a healthy balanced diet. Balance is about diversity and variety, no single food needs to be avoided. Try to include a variety of different foods from each of the groups within your meals and menus to help residents get the wide range of nutrients they need.

Fruit and vegetables

Lots of people are aware that we should eat at least 5 portions of different fruits and vegetables each day, but most people still don't eat enough. This group should make up approximately one third of the diet and fresh, frozen, canned, dried and 100% juiced varieties all count. A fresh, frozen or canned portion is approximately 80g, a portion of juice or smoothie is 150mls (only 1 serving a day) and a portion of dried fruit is about 30g. This group provides vitamins and minerals like folate, vitamin C, vitamin A, fibre and fluid for your residents. Remember each portion must be different, and try to choose a variety of different colours to help your residents get a range of different nutrients. Offer your residents a choice of fruit and/or vegetables as an accompaniment with every meal, offer them as snacks throughout the day and use fruits and vegetables within dishes and desserts.

Potatoes, bread, rice, pasta and other starchy carbohydrates

This group provides starchy carbohydrate, energy, dietary fibre, B vitamins, and minerals like iron and calcium. Starchy foods should make up about one third of your residents diet. Fibre is important for gut health, and it's recommended that adults should have around 30g of fibre each day. Offer your residents some higher fibre options such as wholemeal bread, wholegrain breakfast cereal, brown rice and potatoes with the skin left on. Include some starchy food at each meal like cereals at breakfast, jacket potato at lunch or wholemeal bread with evening meal.

Beans, pulses, fish, eggs, meat and other proteins

It's important to offer your residents foods from this group regularly because they provide protein, vitamins and minerals. Beans and pulses are plant-based sources of protein that are also low in fat and high in fibre. Other plant-based sources of protein include tofu, bean curd and mycoprotein.

There should be at least two portions of sustainably sourced fish on the menu each week. You can help your residents achieve this by offering fresh, frozen or canned sustainably sourced fish. One of these portions should be an oily fish such as salmon, sardines, herring, mackerel and trout. Please note - fresh tuna is no longer considered a source of oily fish. Oily fish contains some vitamin D and is also a rich source of omega-3 fatty acids, which are important for heart health.

This group also contains eggs and meat. Some meats are high in fat so choose leaner cuts and lean mince. Remove the skin or cut off visible fat, and grill meat (and fish) where possible. Keep processed meats to a minimum, such as sausages, bacon, cured meats and reformed meat products. Try not to offer your residents more than 70g of processed meats per day.



Kff guide to Eating well

Dairy and alternatives

This group includes milk, yogurt and cheese, and they provide protein, some vitamins and calcium. Calcium is a really important mineral for bone health so make sure you offer your residents foods from this group every day. When choosing dairy alternative products, look for unsweetened and calcium-fortified versions so that they are nutritionally similar to their dairy equivalent.

Oils and spreads

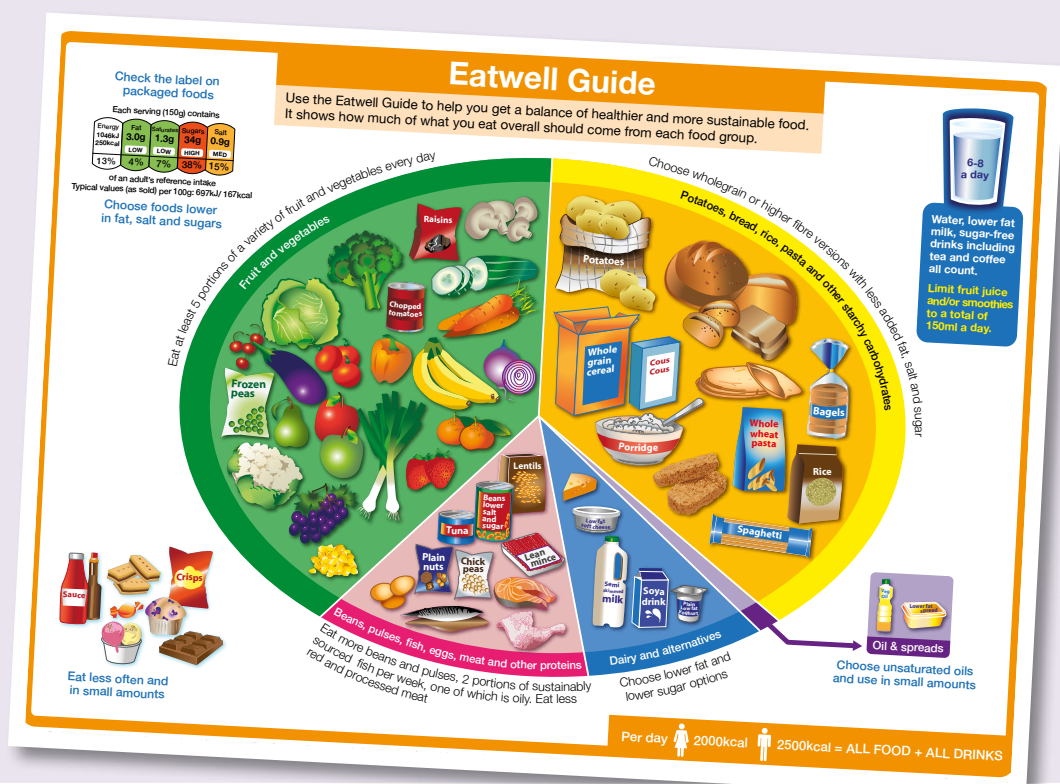
Although your residents need some fat in their diet, too much saturated fat can have a negative effect on heart health. Use unsaturated fats like vegetable oil, rapeseed oil and olive oil to cook with. Offering lower fat spreads instead of butter can also help to reduce saturated fat intake. Be aware that all types of fat are high in energy though, even unsaturated fats, so use them sparingly.

Foods high in fat, salt and sugars

This includes products such as chocolate, crisps, confectionary, biscuits, cakes, full-sugar soft drinks, ice cream and butter. Other than energy, these foods don't really provide many other nutrients so they should be eaten infrequently and in small amounts. However, these foods can play a role for residents who are at risk of, or who are already malnourished. Small, high-energy snacks can help to increase energy intakes for residents who are nutritionally vulnerable.

Hydration

Residents should be offered at least 6-8 glasses of fluid every day. This is to reduce the risk of dehydration which can lead to headaches, tiredness, confusion, constipation and even urinary tract infections (UTI). Water, milk, tea, coffee, fruit juice & smoothies (one 150ml serving per day) and sugar-free drinks all count towards fluid intake. Offer residents a drink upon waking, with every meal and regularly in between meals. Drinks should also be available upon request, and you could introduce hydration stations so those who are able to, can make themselves a drink.



Kff guide to Salt

Reducing salt in your food

The UK is facing an increase in diet-related diseases, some associated with eating too much salt. As more and more people become aware of the ways in which diet affects health and with a third of food consumed out of the home, caterers have a vital influence on consumer salt intake. Kff have been reducing salt for a number of years to help you offer your customers a healthier choice.

Salt – the facts

Salt contains sodium, which is an essential nutrient. Sodium is not produced by our bodies and we do need a very small amount which can be found in sodium that occurs naturally in un-processed foods.

Less is more

Too much salt in the diet can increase blood pressure, which can increase the risk of stroke and the development of coronary heart disease. Reducing salt intake has been shown to effectively lower blood pressure, which is a key step towards preventing stroke

Heart and circulatory disorders are the most common cause of death in the UK, with coronary heart disease and stroke the biggest killers, so it is vital that we work together to reduce the intake of salt in our diets.



Cutting down – how Kff is helping

Since 2001 Kff has reformulated many products to gradually reduce the salt content without reducing flavour. This work is continuing with about 75% of products that have a government salt target, meeting these targets. A large number of foods from Kff are inherently healthy such as lean meats, fish, wholegrain cereals, fruits and vegetables. These foods are naturally low in sodium and can be used to make healthier dishes.

How much is too much?

On average, the nation is consuming too much salt, approximately 8.4g per day. The Department of Health recommends a maximum daily intake of 6g of salt, which is about a teaspoonful. It can be difficult for your customers to measure or control this amount when up to 75% of it is already in the food they eat.

Providing food with less salt may be more important for caterers where their customers eat with them on a regular basis, such as in a workplace, but for all caterers there is an increasing expectation to offer lower salt foods. Kff has information on the salt content of all Kff brand foods.



Kff guide to Iron

What is iron?

Iron is a mineral that is needed to produce haemoglobin, a protein in red blood cells that transports oxygen around the body. Iron also plays a role in maintaining a healthy immune system. Lack of iron in the diet can lead to iron deficiency anaemia, which can make people feel tired, have reduced energy levels and become more susceptible to infections.

How much iron do we need?

How much iron you need depends on your age and sex but the requirements for adults are:

- 8.7mg a day for men over 18
- 14.8mg a day for women aged 19 to 50
- 8.7mg a day for women over 50

Requirements for children vary depending on their age:

- 6.9mg a day for children aged 1-3
- 6.1mg a day for children aged 4-6
- 8.7mg a day for children aged 7-10

Which foods contain iron?

Animal based sources of iron (haem iron) include red meat and liver (avoid liver during pregnancy). Plant based sources of iron (non-haem iron) include beans, peas, lentils, tofu, nuts, seeds, dried figs, dried apricots, dried dates and dark green leafy vegetables like spinach, cabbage, and broccoli. In the UK, all white flour is fortified with iron (plus calcium and some B vitamins) and many breakfast cereals are too.

Animal based sources of iron (haem iron) are absorbed more easily by the body. Vitamin C can increase the absorption of plant based sources of iron (non-haem iron). Fresh fruits especially citrus fruits, orange juice (no more than 150ml), berries, green vegetables, peppers, tomatoes and potatoes are all sources of vitamin C and can be eaten with plant based sources of iron, to increase absorption.



How to include iron with meals



BREAKFAST

- Fortified breakfast cereals
- Wholemeal/wholegrain toast
- Fruit



LUNCH

- Salads sprinkled with seeds
- Beans on wholemeal/wholegrain toast
- Lentil soup
- Dried fruit



DINNER

- Beef with green leafy vegetables
- Tofu stir-fry
- Bean-based chilli or curry



SNACKS

- Nuts
- Seeds
- Vegetable sticks