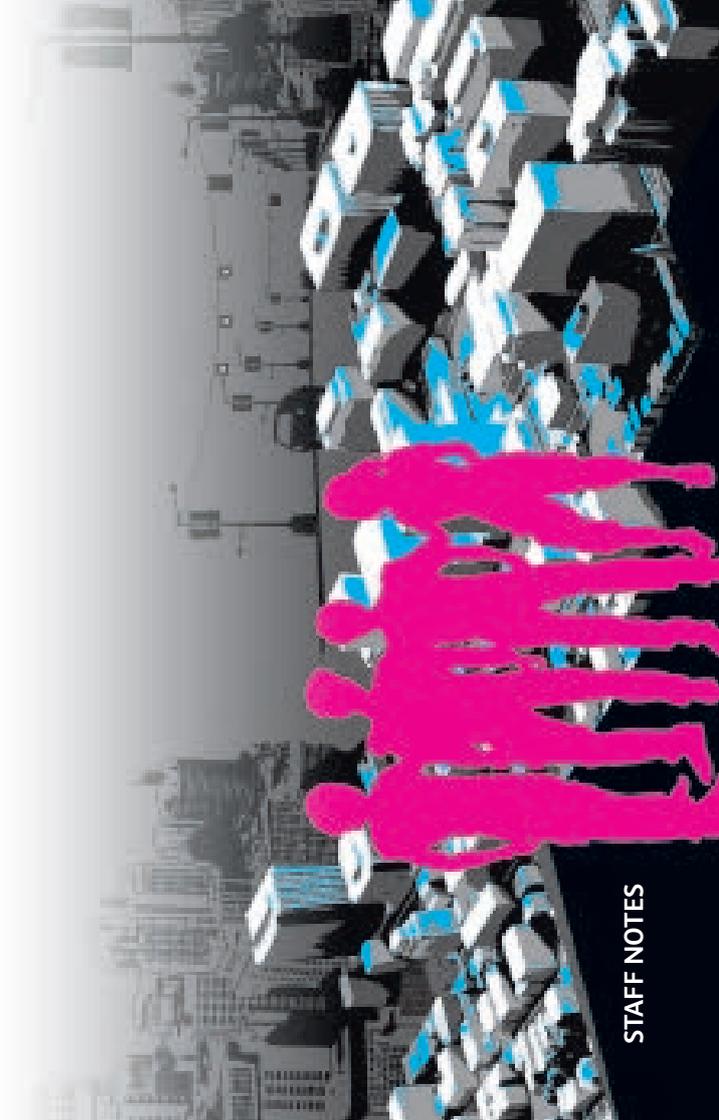


Mini Steps to better nutrition

Supporting individuals or groups to a better diet.

The aim of this programme is:-

- to increase staff confidence in delivering basic food messages in a step by step process to individuals or groups
- to support people who are not ready to engage with all of the healthy eating message at one time.
- to support individual/groups through a process of dietary changes at their pace, with achievable 'mini steps'



All staff can have a role in supporting individuals to have a better diet. This resource is recommended to help individuals or groups experiencing difficulties in achieving a reasonably balanced diet at a pace suited to them, making mini steps to making long lasting changes. It can be used as a tool by staff to take people through a process alongside other issues that an individual may be experiencing. Food activities can be a non-threatening vehicle for engaging people to help address a range of health and social issues not only nutrition. It is suitable for use by a variety of staff in both clinical and voluntary sectors working with any group of people, including substance misuse, mental health and other vulnerable groups.

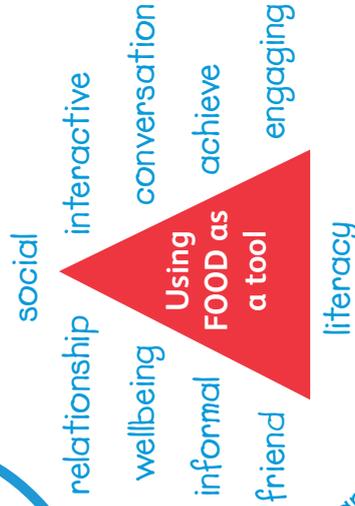
Including basic food activity as part of other social sessions can help make food 'normal', part of a routine and an informal approach to encouraging new tastes. Individuals can move forward in mini steps/goals, for example, using the ideas and activities for food within individual or group sessions.

The mini steps programme is

- Regular meals
- 2 pieces of fruit
- Fluids
- Vegetables
- Fibre
- Putting it all together

If people are already engaging with your service for support, that's a positive and talking about food can become part of the process.

Mini steps to making long lasting changes



It is imperative not to overburden people with too many messages/steps at any one time:

- take time to achieve a step (goal),
- consolidate the step (goal) before moving on.
- each step should improve the diet
- all the mini steps may not be achieved
- concentrate on the individual strengths
- food can be incorporated as part of a care pathway...

People may have a range of nutrition related problems such as:

- poor appetite and weight loss
- nutritionally inadequate diet
- constipation
- dental decay

Reasons for nutrition related problems include:

- Chaotic lifestyles
- Lack of interest in food and eating
- Poor access to food
- Irregular eating habits
- Poor dental hygiene
- Poor nutrition knowledge and skills
- Low income may be intensified by increased spending on drugs or alcohol
- Homelessness / poor living accommodation
- Infection with HIV or hepatitis B and C
- Eating disorders +/- co-existent substance misuse
- Some drugs can often cause poor appetite, reduce pH of saliva leading to dental problems, constipation, craving sweet foods

GP's can refer to a dietitian after using the Oral Nutritional Supplement Pathway and Guidelines. This will help indicate if referral is necessary.

It is best if the referral to the Dietitian is only after the mini steps user is engaged and is achieving at least step 1. This should be for a period of time and nutritional status has not improved. It is generally inappropriate for supplements to be a first choice.

Use of supplements

Dietary changes should be attempted and supplement drinks given at the wrong time can cause problems for example:-

- taken instead of meals and therefore give little benefit.
- can prevent changes to the diet, which is the essential to future health and well being.
- once started on a supplement drink these can become a habit or relied on as an easy answer and therefore difficult to stop.
- they may be given to other members of the family / friends.
- Often sold and used as a source of income

Being underweight alone with no other medical conditions or diseases does not mean that supplements are appropriate and/or prescribable.

Anticipatory Care (Keep Well) in Forth Valley offer health checks including smoking cessation, keeping fit and healthier eating. It is recommended that referral to Keep well Community Food Worker is after 'mini steps' programme has been started with staff, the individual person is ready to engage and would benefit from increased food skills.

If you are unsure if this referral is appropriate you can contact Dept. of Nutrition & Dietetics or the Keepwell Team on 01786 434044 for more information and advice.

QUICK GUIDE TO IMPLEMENTING MINI STEPS

FACILITATOR

STEP	AIM / Targets	What it means	Ideas/activities for individuals	Ideas/activities for groups
Step 1 1st month + 1 month to consolidate	Regular eating 3 meals	Food is seen as normal part of routine. Breakfast, lunch and dinner (times can be flexible), however foods are not based around sweets crisps & fizzy drinks.	Breakfast — milkshakes e.g. banana booster	Breakfast cereal tasters Making Sandwiches & soup
Step 2 2nd or 3rd month	Fruit	Eating 2 pieces of fruit. Fresh, frozen, cooked, dried, tinned or juice.	Challenge new tastes incorporate into a milkshake	Have fruit tasting sessions Have fruit cut fruit on table at meetings
Step 3 3rd or 4th month	Vegetables	Again 2 pieces. Fresh, frozen, cooked, raw, tinned, juice, soup, combined with other foods. Moving on to 3 portions	Challenge new tastes,	Making salsa, wraps Use the 'Sandwich book'
Step 4 4th or 5th month	Fluids	Milk and water best Tea & coffee next - NB some service users may have adverse affects of too much caffeine.	Encourage water at group sessions	Caffeine quiz
Step 5 5th or 6th month	Fibre	A wider variety of foods are introduced eg wholemeal, high fibre breakfast cereals, oats, beans etc	This could be achieved by eating breakfast cereal, wholemeal/ seeded breads, oatcakes	aking sandwiches using wholegrain bread How many ways to eat oats. Cereal tasting session
Step 6 6th month +	Putting it all together Achieving mini steps	Reinforcing health messages eg. Sugar, Caffeine, Calcium & Vitamin D, 1 other fruit & vegetables, Low fat, Salt. No more than 4 sugar hits a day with 3 being included in meals.		Cooking sessions – finding out what skills individuals have, peer education, having and making a celebratory lunch

The resource is divided into 2 sections.

- Section 1 is staff for information
- Section 2 is the Mini Steps programme

Simple message to be shown to individuals with the reverse having information, discussion points and activity ideas for staff to use.

Staff starting point

Staff can use their own knowledge of a healthful diet. If staff haven't had any formal training on the basic food messages it will be useful to read the following resources outlined below. Details of other training is outlined below.



Our Food Our Health – Information to support those working with vulnerable groups covers all main aspects of nutrition and oral health from birth to Adults.



Keeping the meal real – A resource pack for delivering basic food messages and sessions, a tool for teaching nutrition, developing skills and knowledge in food choices, meal planning and budgeting.

More information about nutrition and resources can be found on

www.nhsforthvalley.com/healthpromotion click on nutrition, included links to other useful sources.

Training for staff to support the deliver key food messages. Information can be found on the website or contacting the Dept of Nutrition & Dietetics, details below.

- Food hygiene - if staff are preparing food with or for other people
- Awareness sessions giving staff the main messages and how to use the resources
- Food & Health (Nutrition) - Accredited course
- Delivering practical food skills
- Health Promotion Oral Health Team offers oral health packs and training on Oral health messages

Health leaflets are great for information, they don't need to be given to people until you know they will be useful to them. It is likely to be more productive to create opportunities for discussion

Contact Community Food Development Workers or Health Promotion Dietitian
Stirling Community Hospital, NHS Forth Valley, Livilands Gate, STIRLING FK8 2AU

Telephone 01786 434406

More details can be found on www.nhsforthvalley.com/healthpromotion

To support staff deliver key food messages and activities



The Meal Wheel – For people who are not eating regularly the meal wheel is a simplistic model to use and easy to put into practice. The focus is on regular meals and is divided into 3 sections, Carbohydrates, fruit & vegetables and protein illustrating a single meal.
Order from HIRS DEH 24/L*



Shop, Cook and Eat – This is a one to one resource ideally for use with vulnerable young people who are moving into their own or supported accommodation. It is a first step to develop skills in shopping, budgeting and encourage regular eating habits. Should be used with support from key workers.
Contact Dietetic Department for copies



Shop, Cook, Eat, When you are having a baby – This leaflet can be inserted into Shop Cook and Eat resource to support vulnerable pregnant women with the key nutrition messages in a simple format with Healthy Start voucher scheme included. Ideally the leaflet should be used with support from key workers.
Contact Dietetic department for copies.



'Lettuce make a sandwich' – A fun guide to making a healthy sandwich with ideas for sandwich fillings. Mainly suited to children, but may be useful for some adults.
Contact Dietetic Department for copies



What's for dinner? – A toolkit to support communities to: “Reduce food waste & save money on your shopping” Develop skills & knowledge to save money, ideas for making a meal from what may seem like ‘nothing’. Includes ‘What’s for Dinner’ mat and photos Reduce food waste’ information leaflets can be obtained.
Contact Dietetic department for details



Simple Steps ... – That can help you smile, oral health messages, containing information on 4 simple steps to follow to help young people and adults smile with confidence.
Order HIRS DEH 24/L*

There is a range of supporting materials that can be used at a time appropriate to the individuals at step 6 of the mini step ‘putting it all together’ on fruit, vegetables, water/fat, sugar, calcium & vit D and salt.

NHS Forth Valley Health Improvement Resource Service (HIRS)
www.nhsforthvalley.com/healthpromotion click ‘Health Improvement Resources Service’ for details of how to register and access resources.

Clackmannanshire CHP 01259 290 194 Falkirk CHP & Stirling CHP 01786 454 589

Regular Eating

Breakfast • Lunch • Evening Meal



REGULAR EATING

The first step in achieving good nutrition is having food at regular intervals throughout the day. As appetite may be poor, and habit of regular eating may have been lost, it may take a while to achieve this.

Don't focus on what kind of foods people are eating at this step, (unless it is only crisps, sweets and fizzy juice) the emphasis is on having some kind of breakfast, or smoothie type drinks, shop bought or homemade, something at midday eg, soups, even roll & sausage, some kind of meal at teatime.

Discussion points (all these may not be appropriate at one session)

- The barriers to having breakfast or other meals
- How does food fit in with the routine of the day
- How do people plan their shopping
- Help individual set a goal or challenge



Make food normal
and part of daily
routine

Ideas/activities for individual

- Breakfast — milkshakes eg banana booster
- Making a simple sandwich
- Give people the opportunity to buy bread for toast for breakfast
- Have a breakfast diary, challenge to see if breakfast stimulates appetite for the day

Ideas/activities for groups

- Breakfast cereal tasters
- Making Sandwiches
- Have a soup making and tasting session
- Have a sandwich making and tasting session, try different fillings and kinds of breads and wraps – use 'Lettuce make a sandwich'
- Try having small food preparation that don't require cooking sessions 'Keeping the meal real' resource has some ideas

Eat 2 pieces of fruit



Fruit gives you valuable minerals, fibre and supports your immune system. Vitamin C in particular protects body cells from damage, helping any wounds heal.

Any form of fruit can be eaten, tinned, cooked, dried, frozen or as fruit juice.

Ideas – banana on toast, tinned fruit added to custard, apple/fruit crumble, with yoghurt, milkshakes/smoothies

NB – Dried fruit is better to have as part of a meal

Discussion Points (all these may not be appropriate at one session)

- If people are not eating fruit why not?
- How can fruit be incorporated after mealtimes
- Discuss trying familiar or different fruits
- The cost of fruit (budgets) in season / frozen / tinned



See if there is a local fruit & veg barra available, fresh fruit tastes best in season and cheaper

Ideas/activities for individual

- Give people the opportunity to buy fruit for snacks
- Chopped fruit can be on the table at meetings
- Investigate what a portion looks like
- Banana on bread, roll or toast is a quick breakfast, lunch or snack

Ideas/activities for groups

- Making fruit smoothie/milkshakes.
- Make fruit crumble
- Try having fruit as part of any social events (e.g. grapes with cheese and crackers)
- Fruit tasting session

Eat 2 vegetable portions



Any vegetables cooked, in soups, stews

Vegetables gives you valuable vitamins, minerals, fibre and keeps your immune system working properly. Vitamin C protects body cells from damage, helps any wounds heal.

Vegetables can easily be incorporated into a meals and snacks they can be eaten raw or cooked, tinned or frozen.

Discussion Points (all these may not be appropriate at one session)

- Discuss trying familiar or different vegetables
- Challenge new tastes
- How can vegetables be incorporated into meals, eg soups, bolognaise, curry, pizza spicy salsa.
- Vegetables don't need to be eaten on their own.
- Finding positive ways that vegetables are already eaten, eg Indian food



Making pizzas is a great way to try out vegetables like peppers.

Ideas/activities for individual

- Challenge new tastes
- How many different colours of vegetables
- Check out how many recipes in the 'Shop, Cook & Eat have vegetables'.
- Can the recipes be made and tried?
- Use the 'Sandwich book'

Ideas/activities for groups

- How to make your meals colourful using vegetables.
- Frozen versus tinned. Can the vegetable be disguised.
- Have a cooking session incorporating vegetables.
- Where are vegetables found that you don't realise you're having?

Having enough fluids



HAVE MORE



Will caffeine help me stay awake

unable to sleep

jitter



headache

HAVE LESS

A large amount of the body is water and is necessary for life. Having enough fluids can prevent constipation, flushes waste out from the kidneys, gives fibre fluid to swell, help bowels move and cools the body as 'sweat'. In addition keeps you more alert and enough fluid can help prevent headaches. Everyone should aim for about 8 large glasses (2 litres) bigger people will need more than small people, but everyone will need more when sweating, in hot weather or when dehydrated for example due to excess alcohol intake.

Discussion Points (all these may not be appropriate at one session)

- What about caffeine contain drinks
- What colour is your urine, if your urine is dark you are probably not having enough fluid. It should be a pale yellow colour
- What counts as fluids – water, juice, milk, weak tea and coffee

Ideas/activities for individual and/or groups

- Set a challenge to replace energy drinks, teas & coffee with water, start with 1 and gradually move to 2 then 3 and so on.
- Measure 2 litres of fluid to see what it looks like
- Compare decaffeinated coffee and tea with normal coffee and tea (have a blind tasting sessions)
- Have water available (visible) on the table or in waiting areas

Caffeine is a diuretic (makes the body lose water) so not all fluids in the day should be from caffeine containing drinks, teas and coffee can be included if weak. Caffeine is in energy drinks, coke, ironbrew and coffee

Each person can tolerate a different amount of caffeine. Too much can give you headaches, feel tired after feeling awake, jittery and affect your sleep at night.

Increasing your fibre



Having enough fibre and fluids will help to prevent and treat constipation. Fibre is not digested, so adds bulk to waste/stools and makes going to the toilet easier. This could be achieved by eating high fibre/wholemeal breakfast cereal, wholemeal/ seeded breads, wholemeal pasta, brown rice.

Fruit and vegetable and oats are all good sources of fibre and are valuable components to any diet, but are less likely to have an effect on constipation, cereal fibres are best for this.

Foods to incorporate into the diet

- Wholegrain breakfast cereals eg wheatabix, shredded wheat type
- Peas, beans and sweetcorn
- Lentils

Discussion Points (all these may not be appropriate at one session)

- How to incorporate these kind of foods into the three meals
- How do you know if its high fibre

Ideas/activities for individuals and groups

- Check the labels on breakfast cereals
- Have a cooking session using foods like beans, lentils, peas and sweetcorn
- Compare bread and cereal packet labels to check the fibre content with wholemeal bread and wholewheat cereals against other types.
- Have a bread tasting session.
- Collect labels and put in order of high to low fibre.

Putting it all together

How are you getting on?



Mini steps to making long lasting changes

Photocopy the chart for each person going through the mini steps programme, remember any step is a positive and some people may take longer to achieve each step than others. Always highlight the positives, for example, managing to incorporate vegetables, but not the fruit or cutting down on caffeine drinks. If individuals are not managing or progressing to achieve the steps, use the discussion points below..

Discussion Points (all these may not be appropriate at one session)

- Shopping & budgeting - how often, how do they know what to buy
- Who else is in the family, where do they fit in around food
- What kind of meals do people make at home
- How can you make steps 4 and 5 sustainable
- How to incorporate other healthy eating messages
- Discuss any barriers to achieving the mini steps



You can start to include other health and food related messages if individuals have reached this stage see page for more information

Ideas/activities for individual

- ‘Shop cook and eat’ resource is a basic recipe book with shopping lists – for use with individuals (not suitable for anyone who can cook.), however the shopping list can be used independently.

Ideas/activities for groups

- ‘What for dinner’ pictorial resource, helps people understand how to put food/ingredients together and save money by using up excess or store cupboard ingredients can be used individually or in groups.
- How to.... recipe sheets easy recipes using measures in spoons and mugs. ‘How to run a cooking workshop’ booklet supports staff to deliver a cooking session
- Download from Health Promotion Website—‘Nutrition’ then ‘Resources’ page or contact dietetic department for copies.

HOW ARE YOU GETTING ON?

RECORDING SHEETS

Name

Date Comments

MINI STEP	1 Not managing any of the time	2 Not managing most of the time	3 Managing 50% of the time	4 Managing most of the time	5 Managing all of the time
1 Regular meals					
2 Fruit					
3 Vegetables					
4 Fluid					
5 Fibre					

FAT

We need some fat but not a lot, to make hormones, and absorb fat soluble vitamins like Vit D and Vit A. However often we eat too much of saturated fats which are linked to heart disease. These are found mainly in pies, pastries, biscuits, some ready meals and takeaways. Try reducing the amount of these kind of foods and using lower fat products.

1. try to eat less of ready made, takeaway meals like sausage rolls, pies and chip shop fries.
2. use low fat products or smaller amounts of high fat products
3. avoid deep frying, grill or shallow fry in a small quantity of sunflower or other polyunsaturated fats instead

CALCIUM

Calcium and Vit D (along with weight bearing exercise) are needed for bone strength. The easiest way to get enough calcium is eating/drinking milk and milk products. If you do not eat these food then seek further advice as you may not be getting enough calcium. Vit D* is needed along with the calcium to enable it to be properly used in the body. Try and have a minimum of 1/2 pint (about 300mls/large mug) of milk and include other milk products like, milky desserts, yoghurt, fromage frais, cottage cheese, hard and soft cheese. Calcium is in some other foods but not in the same way.

SUGAR

Cutting down on how much and how often sugary foods are eaten can prevent dental decay. Dental decay is caused by the bacteria present in plaque (the sticky white stuff that forms on our teeth) making acid and this then attacks teeth. Plaque uses the sugar that we eat to make the acid. The more times sugar is eaten, the more often teeth will be under attack from plaque acid and will result in tooth decay. The easiest way to cut down on tooth decay and damage to teeth is to have sugary foods and drinks as part of a meal.

SALT

Most people eat too much salt, 75 % of our total salt is hidden in the foods we eat. The other 25 % we sprinkle or add on top.

To reduce your salt

1. Reduce your processed foods, like ready made meals and takeaways, crisps and salty snacks
2. taste your food before adding salt
3. change your salt shaker to one with a smaller hole

As you eat less salt your taste buds get used to it and you don't notice the change.



Pilot version

Developed by the Department of Nutrition and Dietetics, NHS Forth Valley
Community Dietitians and Community Food Development©
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