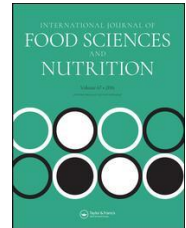


Can foodservices in aged care homes deliver sustainable food fortification strategies? A review

Danielle P Cave, Karen L Abbey & Sandra M Capra, 2019

All correspondence to d.cave@ug.edu.au +61 425 541 995

Web link - <https://www.tandfonline.com/doi/full/10.1080/09637486.2019.1658722>



Study

Food fortification involves adding ingredients to make foods or beverages more energy and nutrient-dense without increasing the portion size. It is a common nutrition support strategy used in aged care as part of the food-first approach, which involves increasing nutritional intake through food.

Food fortification is a versatile strategy, that can be used across the menu in food and beverages served at all main and mid-meals. For example, by adding cream to porridge, a neutral supplement powder to a milkshake or lentils to soup.

This review was undertaken to explore the delivery of food fortification in aged care and the long-term sustainability of these strategies.

What was found

For the long-term sustainability of food fortification strategies, aged care homes should choose low cost ingredients that are easy to use, choose foods to fortify that are popular with residents and allocate a staff member to act as a nutrition champion and oversee the delivery of these strategies.

There is limited information on the costs of food fortification strategies in the literature.

Aged care homes should be implementing food fortification strategies for residents who are malnourished or those that could be at risk. We need to further investigate ways to support the long-term sustainability of food fortification within foodservices.

Practical applications

- Popular menu items are ideal for fortification.
- Fortification can be delivered across the menu, in all main and mid-meals.
- A nutrition champion, a person who supports and advocates for the nutritional care of residents should be responsible for monitoring the delivery of nutrition support strategies.

Referencing guide - to use materials in this summary sheet reference as follows:

D P Cave K L Abbey S M Capra. Can foodservices in aged care homes deliver sustainable food fortification strategies? A review. *International Journal of Food Sciences and Nutrition* **2019**; <https://doi.org/10.1080/09637486.2019.1658722>