

NACC RECOMMENDED STANDARDS FOR OLDER PEOPLE IN RESIDENTIAL, DAY CARE AND COMMUNITY MEALS



The NACC is committed to providing older recipients of meals in residential, day care and community services (i.e. meals at home and in luncheon clubs) with tasty and appealing food, that is appropriate to meet a complex range of individual tastes and nutritional requirements.

1. Nutritional analysis of meals

The nutritional content of all meals and snacks must be provided.

2. Overall nutrient content of meals

A meal such as is served at lunch, tea or suppertime consists of a main course e.g. the entrée, starch, vegetables and gravy /sauce, or a lighter meal such as sandwiches and their fillings plus side salad/garnish, must:

- provide a minimum of 300kcal of energy
- provide a minimum of 15g of protein
- include a good source of protein and a starch, and a minimum of 80g serving of vegetables

A dessert must: (unless fruit)

- provide a minimum of 200kcal

For those providing wider meal services:

- breakfast must provide a minimum of 380kcal and 8g of protein
- 5 portions of fruits and vegetables per day should be available, some as snacks
- between meal snacks throughout the day should provide at least 400kcal
- where fluids are provided: a minimum of 7 beverages per day (1500ml) including the use of a minimum of 400ml milk.

3. Support individual meal requirements

A varied menu should be available to suit a variety of clients' needs including

- ethnic, cultural and religious requirements
- medical /health conditions e.g. gluten free, modified texture etc.
- local and regional customs and traditional practices e.g. fish on Fridays.

4. Groupings for specific dietary needs

- **Healthier Eating** which embraces tolerances for salt, saturated fat, sugar and total fat thus making it suitable for people with diabetes, and those managing their weight, cholesterol levels and /or blood pressure
- **Higher energy** for those who require extra calories
- **Softer** may also be useful for identifying which dishes are easier to eat
- **Allergen content** of meals must be available in accordance with UK Food Labelling Regulations and Amendments

5. Hydration

- Fresh drinking water must be available and accessible at all times and a choice of hot and cold drinks offered at refreshment and meal times.
- Over the day hot and cold drinks together should provide each client with at least 1.5 litres of fluid (see 2 above).

DAILY MINIMUM NUTRIENT INTAKE



Breakfasts, Main meals, Snacks and Beverages	Total Energy (approx.)	Protein (approx.)
Breakfast (Assuming a choice of fruit juice, cereal and milk, bread and spread, preserves)	380kcal	8g
Main Meal and dessert (Two per day each providing 500kcal)	1000kcal	30g
Higher energy snacks including a supper snack Total of at least three daily (if fruit is served this will provide less calories but is a good option for fibre and for those who need to control their energy intake)	400kcal	4g
Milk for drinks 400 mls (minimum of 7 beverages including milky drinks)	264kcal full fat variety	13g full fat variety
<p style="text-align: center;">For practical purposes the total provided from these can be rounded to 2050kcal and 55g protein</p>		

***Currency:** The NACC nutritional standards are being launched in October 2010 and should be in place by end of December 2012. They will be updated each 5 years.
 The standards address the **minimum acceptable level**. Many providers of meals for the care sector already provide high standards of meals with nutritional content commendably in excess of the standards outlined here.*