

Appendix 8: Sample meal plan for frail older people

The meal plan in Table A8 has been designed and checked to ensure it meets the recommended dietary intakes (RDIs) or adequate intakes (AIs) for frail older people aged 51–70 years and over 70 years. Table A9 provides a nutritional analysis of the plans, which was produced using FoodWorks Professional edition 2005.

The purpose of the meal plan is to demonstrate how the RDIs and/or AIs can be met, but it is not intended to be used as a dietary regimen for individuals. For more information on food groups and the nutrients they provide, see Part 1: The New Zealand Food and Nutrition Guidelines.

Table A8: Meal plan based on a frail female aged 85 years, 50 kg, 160 cm, sedentary activity*

Day 1	Day 2	Day 3
<p>Breakfast Fresh orange juice: 150 ml Whole wheat biscuit: 1 Wheat bran: 1 T Standard milk: 100 ml Stewed apples: ¼ cup Cup of tea with standard milk</p>	<p>Breakfast Pineapple juice: 150 ml Poached egg: 1 Tomato, canned or fresh: ½ Wholemeal toast: ½ medium slice Polyunsaturated margarine: 1 t Cup of coffee with standard milk</p>	<p>Breakfast Tomato juice: 150 ml Porridge made with milk: 100 g Brown sugar: 2 t Wheat bran: 1 T Stewed apples, with sugar: ¼ cup Cup of tea with standard milk</p>
<p>Mid-morning Egg sandwich (1 slice bread) Cup of tea with standard milk</p>	<p>Mid-morning Fruit yoghurt: 100 g Peaches, light syrup: 100 g Cup of tea with standard milk</p>	<p>Mid-morning Latté made with standard milk: 200 ml Cheese and tomato toasted sandwich: ¼ sandwich</p>
<p>Dinner Shepherd's pie: 1 cup Mashed carrot and parsnip: 4T Broccoli and cheese sauce ¼ cup Water to drink: 200 ml</p>	<p>Lunch Macaroni cheese: ½ cup Beetroot: 4 slices Lean grilled bacon: 1 rasher Chicken sandwich: 1 slice bread Water to drink: 200 ml</p>	<p>Dinner Baked hoki: 80 g Parsley sauce: 2 T Oven-baked potato chips: 10 Stir-fried vegetables: 2/3 cup Silverbeet: ¼ cup Water to drink: 200 ml</p>
<p>Mid-afternoon Milkshake, made with standard milk Orange: 1</p>	<p>Mid-afternoon Banana custard: 1 banana Cup of tea with standard milk</p>	<p>Mid-afternoon Ice-cream: 2 small scoops Chocolate sauce: 2 T Dark plums: 2 Cup of tea with standard milk</p>
<p>Tea Homemade pumpkin soup: 180 ml (¾ cup) Bread roll, small round: 1 Polyunsaturated margarine: 1 t Greek salad small serving: ¼ cup Canned fruit salad, sweetened: 100 g Fruit yoghurt, 1 pottle: 150 g Cup of tea with standard milk</p>	<p>Dinner Roast lamb, lean: 75 g Mint sauce: 30 ml Gravy: 4 T Mashed potato: 1 scoop Steamed pumpkin: 60 g (small piece) Spinach: ¼ cup Water to drink: 200 ml</p>	<p>Tea Chicken and corn soup: 180 ml Scrambled egg: 1 egg Wholemeal toast/bread: 1½ medium slices Polyunsaturated margarine: 1 t Fruit salad, canned: 3 T Cup of tea with standard milk</p>

Day 1	Day 2	Day 3
Supper Baked custard: 100 g Pear in juice: ½ Milo made with standard milk: 200 ml	Supper Homemade rice pudding: 100 g Wheat bran: 1 T Peaches, canned: ¼ cup Milo made with standard milk: 200 ml	Supper Banana cake: small slice Milo made with standard milk: 200 ml

T = Tablespoon; t = teaspoon

* Estimated energy level to gain weight based on ideal weight for height and age = 6.9–7.8 MJ (PAL 1.4–1.6).

Table A9: Summary of the nutritional analysis of the three-day menu plan for a frail female aged 85 years

Nutrient	Average per day
Fluid (ml)	2275
Energy (KJ)	7393
Carbohydrate (g)	206 (46.5% TE)
Protein (g)	78 (17.6% TE)
Total fat (g)	71 (36% TE) ¹
Saturated fat (g)	33 (16.8% TE) ²
Polyunsaturated fat (g)	8 (4% TE)
Monounsaturated fat (g)	22 (11.2% TE)
Fibre (englyst) (g)	19
Vitamin D (µg)	4.43
Folate (µg)	273 ³
Calcium (mg)	1246 ⁴
Iodine	Not assessed

% TE = Percentage of total energy.

- 1 Exceeds recommendations, but is necessary to add energy.
- 2 A high saturated fatty acid intake is due to a high (full-fat) milk intake.
- 3 Folate does not meet the recommendations, but could be improved with the addition of tomato juice every morning.
- 4 Calcium does not meet the RDI, but does meet the estimated average requirement (EAR).