

**Regulation 14:**

**Keeping Nutrition Compliant**



In the UK, around 16% of the population is aged over 65, with over 400,000 living in a care environment. In the Care sector, a registered person must ensure service users are protected from the risks of inadequate nutrition and dehydration. Your service must provide choices of food and drink for people to meet their individual needs, making sure the food and drink is nutritionally balanced and supports their health and wellbeing.

How does a modern kitchen track the following example?;

*"A service user is recommended to supplement their diet with 10g of vitamin D every day, as well as remaining on a diet of oily fish and fortified breakfast cereals. They need less energy from food, as a lower metabolic rate matches their decrease in physical activity".*



Consider a medical professional prescribing dietary supplements without knowing the patients' food intake. Tracking nutrition should begin at procurement. Choosing supportive software means selecting a platform with automated nutrition using live supplier data. Records of ingredients are paperless, instantly accessible, and most importantly on hand for all staff and service users alike. Decisions will be informed by accurate data.

By 2025, the number of people aged 85 and over is projected to rise to 2 million (up 36%). Malnutrition in the elderly can appear after just three days of eating poorly planned menus. Effective nutrition and hydration can help prevent complications after a hospital visit and protect health and wellbeing. The cost to the health and social care market in treating someone who is malnourished is estimated at £7,400 which is three times greater than someone fed correctly.



**What the regulations say**

- (a) a choice of suitable and nutritious food and hydration, in sufficient quantities to meet service users' needs;
- (b) food and hydration that meet any reasonable requirements arising from a service user's religious or cultural background; and
- (c) support, where necessary, for the purposes of enabling service users to eat and drink sufficient amounts for their needs.



**Allergy labelling**

With a narrow range of diners, it's easy to forget the care kitchen is a food business. Like all others, they must provide information about the 14 allergens.

Easily keep compliant and provide a digital audit trail when you build recipes with an EU allergen compliance directory and regulation alerts.

Clear information is especially important when service users are unable to read menus or need their meals chosen for them. By deploying centrally-produced meal preparation steps across multi-site services, a care operation can identify concurrent safety risks such as separating foods.

A development kitchen that uses software is choosing an analysis-led operation with a powerful overview of allergen risks.



**What the facts tell us**

**Food Allergies (in the UK)**



\*% of total budget spent on prescriptions in England & Wales



Give service users and their loved ones a window into your kitchen when you unlock the power of Digital Menu Publishing.

Mitigate risk and build trust when you automatically share information through mobile apps or your website, to remove wasted time spent manually updating paper care plans as menus change.



**Caternet software supports your care operation and your service users.**

- ✓ Automated nutrition and HACCP food analysis guidelines
- ✓ Alerts that meet regulations now and in the future
- ✓ Bespoke recipe cards, portion planning and cost controls



Sources:  
Various Open Government Licences  
Care Quality Commission  
www.nutrition.org.uk  
www.ageuk.org.uk  
www.bapen.org.uk

