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Bannerman, Elaine and McDermott, K (2009) *Dietary and fluid intakes of older adults in care homes requiring a texture modified diet. Proceedings of the 19th IAGG World Congress of Gerontology and Geriatrics, Paris: (5-7 July 2009)*. Journal of Nutrition Health & Aging (PB6 389). ISSN 1279-7707

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Bannerman, Elaine and McDermott, K (2009) **Dietary and fluid intakes of older adults in care homes requiring Texture Modified Diets** [*Proceedings of the 19th IAGG World Congress of Gerontology and Geriatrics, Paris: \(5-7 July 2009\)*](#). Journal of Nutrition Health & Aging (PB6 389). ISSN 1279-7707

Introduction

Texture modified diets (TMD) are often prescribed for individuals with dysphagia as part of its clinical management. Often these individuals present with poor appetites. This along-with the need for the addition of fluid to foods to achieve the desired texture means intakes may be compromised. The present study aimed to evaluate and compare energy, protein, fibre and fluid intakes of a care home population consuming a TMD with those on a standard diet and evaluate the role of snacks in individuals' diets.

Methods and materials Thirty individuals (n=15 Standard diet: n=15 TMD) from three care homes in Scotland were recruited. Dietary intakes were assessed using a three-day weighed plate-wastage method. All snacks and drinks consumed were observed and recorded and then weights of standard portions and volumes were used to determine actual amounts consumed of these items. Estimated intakes were converted to energy and nutrient intakes using WinDiets Dietary analysis software.

Results Residents on a TMD had significantly lower intakes of energy (1312 (326) kcal versus 1569 (260) kcal, $p < 0.024$), NSP (6.3 (1.7)g versus 8.3 (2.7)g, $p < 0.02$) and fluid (1196 (288) ml versus 1611 (362) ml, $p < 0.002$) when compared with residents on a standard texture diet. Snacks provided significantly less energy (13% or 173 kcal versus 22% or 343 kcal, $P = 0.001$) and NSP ($p < 0.001$) in those requiring the TMD.

Conclusion These results suggest that dietary and fluid intakes of older adults in care homes requiring a TMD are significantly less than individuals on a standard texture diet. These are unlikely to be meeting individuals' dietary and nutritional needs. Strategies that maximise provision of appetising energy and nutrient-dense foods (including snacks) & fluids of suitable textures require further investigation.