



HEHP Diet Code

Purpose:

The purpose of the HEHP Diet Code is to provide additional energy (kilojoules or calories) and protein to residents who require additional support to meet their nutritional needs. The HEHP diet code may be implemented for residents discharged from hospitals with a diet code of HEHP or those identified as losing weight.

What is it?

The HEHP diet code consists of the regular menu structure (in itself HEHP) plus a fortified milk at Breakfast (High Protein Milk), a fortified milkshake (HEHP Milkshake) at morning-tea and a HEHP dairy item at afternoon-tea.

These two fortified food items will provide the residents with an additional:

High Protein (HP)Milk at Breakfast - 1040kjs and 8g protein

HEHP Milkshake at morning tea — 1130kj and 9g protein

HP dairy at afternoon tea – range 550kj – 1380kj and range 4-9g protein

How is it implemented?

RN:

- Documents the HEHP Diet Code under Special Diet Heading on the Dietary Care Plan **and**
- Charts:
 - a HP Milk 200mls at 08h00
 - a HEHP Milkshake 200mls at 10h00
 - a HP dairy item at 14h.

Food Service:

- Prepares the High Protein (HP)Milk according to the recipe provided and provides on the breakfast trays for residents on a HEHP diet.
- Prepares the HEHP Milk shake according to the recipe provided and provides this on the morning-tea trolley.
- Prepares the HP dairy items:

- Regular diets - cheese and biscuits or yoghurt or custard or in-house dessert,
- Soft, Minced and Moist and Pureed Diets - yoghurt, custard or mousse/suitable in-house dessert.

Care Staff:

- Provide the HP Milk at Breakfast to the appropriate residents (on the HEHP Diet Code under Special Diet). HP milk can be put on cereal or porridge, given as a glass of milk to drink and/or placed in hot drinks.
- Provide the HEHP Milkshake to the appropriate residents at morning-tea.
- Provide the appropriate HP dairy item to the appropriate residents at afternoon tea.
- To chart consumption on the work log.

Residents:

- To consent to and advise of their preference for taking the HP Milk; on their cereal or porridge, as a glass of milk, in their tea or coffee
- To consent to and to consume their HEHP Milkshake, 200mls at morning-tea.
- To consent to and consume their HP dairy item at afternoon-tea.

Exceptions : The HEHP Diet Code is not suitable for residents on a low lactose diet. Please contact your Food Solutions Diet Consultant or Food Solutions on 1300 850 246 for a low lactose alternative.