

FORTIFIED HIGH PROTEIN SNACKS AT HENGIST FIELD CARE HOME

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It is very common for people to eat less as they get older for a variety of reasons. As a result, older people can be at risk of missing out or lacking vital macro and micronutrients, despite their need for many nutrients being higher.

Our bodies need a high protein diet when recovering from illness or pressure sores for cell repair and growth. For residents with a poor protein intake, we include a range of tasty high protein snacks and treats on the menu, to help fortify their diet and stave off malnutrition.

Head Chef Kay at Hengist Field Care Home in Sittingbourne recently introduced a delicious selection of new snacks; including oat, orange and sultana cookies, peanut butter protein bars, protein energy bites and peanut butter cups. *They taste lovely and one is never enough!*



