



Happy Meal – The Key to the New Era of Puree Diet

精緻軟餐 – 開啟糊餐新時代的鑰匙

新煮意 - 食慾大增！



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計劃由來...

- 尊重食物和人的**基本需要**，顯現服務**熱誠**及對長者的**關愛**。



計劃由來…

讓長者吸收**足夠營養**，亦
同時增加其**心靈滿足感**，
吃得開心又健康！



小事大意義 - Happy meal 改善 長者進食及生活質素

- [開心食軟飯HD.mp4](#)



- http://cablenews.i-cable.com/webapps/program/wish/videoPlay.php?video_id=12217117



分享

精緻軟餐先導計劃

日期	2013年6月至2014年4月
院舍數目	3間
對象	已進食糊餐(機打餐)及特碎(茸餐)3個月或以上之院友
參加人數	73人 (研究組：17人； 對照組：56人)
平均年齡	87歲
性別	52女；21男
平均體重	48公斤



我們關心的指標



每月
體重



拒餐
次數



進食量



使用營養
補充品

進餐
速度



排便及
使用瀉
藥



意見
調查



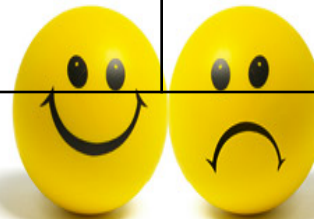
肯定和鼓勵(計劃成效)

評估指標	結果
精緻軟餐的賣相、味道、質感	長者表示喜歡
整體接受程度	理想
進食量	↑
進食速度	改善
體重	有效維持
使用營養補充品的次數和分量	↓
使用瀉藥的次數	↓
進食的興趣及營養狀況	↑



Happy Meal 精緻軟餐先導計劃 成效撮要

	使用者	非使用者
拒絕用餐	24%	41%
服用瀉藥	30%	59%
30分鐘完成用餐	65%	25%
滿意程度	使用者	非使用者
賣相	86%	7%
味道	57%	18%
質感	86%	18%




目標/效益



院友對餐膳感到滿意 (生活質素 )



院友的進食狀況有所改善
(餐後剩下食物之重量 )



院友的體重能維持在健康水平或有所進步



吃得好 • 精緻軟餐推廣計劃

- 開始日期: **2014年4月1日** (為期**18個月**)
- 參與院舍: **9間**
- 第一次工作坊: **2014年5月份**
- 員工培訓、技術支援

獲健康護理及促進基金贊助

- ✓ 以人為本
- ✓ 真誠熱誠
- ✓ 目標一致





第12屆亞洲營養大會

12th Asian Congress of Nutrition

時間：2015年5月14-18日
地點：日本橫濱



THE EFFECT OF WELL-PRESENTED TEXTURE-MODIFIED DIET (HAPPY MEAL) ON NUTRITION STATUS AND FOOD ENJOYMENT OF DYSPHAGIC ELDERLY

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Background:

Food intake and enjoyment are largely affected by food presentation, especially for dysphagic elderly who are on pureed or blenderized diet. Dysphagic elderly with poor oral intake are more susceptible to malnutrition. The objective of this study is to investigate the effect of well-presented texture-modified diet (Happy Meal) to dysphagic elderly in residential homes on nutrition status and food enjoyment over traditional dysphagic diet (Old-diet).

Methods:

73 comparable dysphagic subjects out of 120 participants in 3 same-caring-level institutions finished the prospective study. The intervention group (n=17) assigned with Happy Meal and the control group (n=56) continued with the Old-diet with convenience sampling. Data on food intake and nutritional parameters were collected at baseline, 3-month and 9-month intervals. Validated Chinese version of Abbreviated Mental Test was used to identify communicable subjects for the food satisfaction questionnaire. SPSS computer software was used for data analysis.

Results:

Intervention group was found to have a significant increase in food intake quantity (p=0.02) with Happy Meal. Intervention group also had a larger portion of subjects finishing the food within 30 minutes (p=0.01) and smaller portion of subjects using laxatives (p=0.03). Moreover, larger portion of intervention group subjects graded good general satisfaction (p=0.007) to the Happy Meal. Whereas the control group required more calorie and protein intakes from supplement (p<0.001) to maintain their body weights.

Intervention (N=17)	Baseline	Last visit	P-value	Test
Mean overall meal intake (gram)	339.80±56.50	397.90±75.48	0.02	Paired samples t-test

Last visit	Intervention (N=17)	Control (N=56)	P-value	Test
Meal finishing time (<30mins)	64.7%	25%	0.01	Chi-square test
Use of laxative	29.4%	58.9%	0.03	Fisher's Exact test

Intervention (N=17)	Baseline	Last visit	P-value	Test
Good appearance satisfaction	28.6%	85.7%	0.07	Chi-square test
Good taste satisfaction	0%	57.1%	0.03	Chi-square test
Good texture satisfaction	0%	85.7%	0.004	Chi-square test
Good general satisfaction	0%	71.4%	0.007	Chi-square test

Control (N=56)	Baseline	Last visit	P-value	Test
Calorie from supplement (kcal)	189.18±198.98	296.86±276.84	<0.001	Wilcoxon signed rank test
Protein from supplement (gram)	7.84±8.10	12.27±12.10	<0.001	Wilcoxon signed rank test

Conclusion:

The well-presented texture-modified diet (Happy Meal) improves food intake, nutritional parameters, satisfaction and quality of lives of local dysphagic elderly in residential homes.





日式茶碗蒸



雙色釀番薯

新菜式



南瓜薯茸餅



太極豆漿布甸



展望...新鑰匙

新一代產品



- ✓ 營養價值高
- ✓ 安全
- ✓ 方便(容易翻熱)
- ✓ 美觀吸引
- ✓ 個人化



Safe (texture & consistency endorsed by Speech therapist)
Mess-free (convenient to serve, save manpower)
Individualize (with choices)
Lovely presentation (appealing and attractive)
Enriched nutrients (nutrient-dense)





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