



# MALNUTRITION



FROZEN BAKERY



## Delight Older Adults with Dessert

Sara Lee Frozen Bakery products can help limit malnutrition risk for older adults

### What is malnutrition?

- Malnutrition is a condition where the body doesn't get enough nutrients, or the right balance of nutrients, to function properly
- Malnutrition can decrease quality of life and increase risk of disease and death 1

### How many older adults are malnourished?

- 1 in 4 older adults (>65 years of age) is considered malnourished or at risk of malnutrition
- An estimated 35-50% of older adults in long-term care facilities experience malnutrition 2

### How can dessert reduce the risk of malnutrition?

- Desserts are calorie dense, highly acceptable by older adults, and allow for independent and easy dining
- The presence of dessert elevates the whole meal and improves nutrition

## Dessert Options to Consider:



08018  
Sara Lee® French Cream  
Cheesecake 8"x15" Plain  
4ct/73oz




### Nutrition Facts

24 servings per Container  
Serving Size  
1/24 Cake (86g)


<b>Calories</b>	<b>250</b>
per serving	
Amount/serving	% Daily Value*
Total Fat 16g	21%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 230mg	10%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 15g Added Sugars	30%
<b>Protein 4g</b>	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 0mg	0%
Potassium 60mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A serving of Sara Lee French Cream Cheesecake has 4 grams of protein. Protein is an important nutrient for preventing malnutrition in the older adult.



07150  
Chef Pierre® Cream Pie 10"  
Classic Chocolate 6ct/27oz



### Nutrition Facts

6 servings per Container  
Serving Size  
1/6 PIE (128g)

<b>Calories</b>	<b>400</b>
per serving	
Amount/serving	% Daily Value*
Total Fat 22g	28%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 50g	18%
Dietary Fiber 2g	7%
Total Sugars 33g	
Includes 31g Added Sugars	62%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.5mg	8%
Potassium 120mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A serving of Chocolate Cream Pie provides 400 calories per slice to support energy needs.

Resources: 1 Prevention and Treatment of Malnutrition in Older Adults Living in Long-Term Care or the Community: An Evidence-Based Nutrition Practice Guideline. Journal of the Academy of Nutrition and Dietetics, Volume 124, Issue 7, 896 - 916.e24  
2 Arensberg MB, Brunton C, Richardson B, Bolhack S. The case for malnutrition quality Measures and Nutrition-Focused Quality Improvement Programs (QIPs) in US skilled nursing facilities. Healthcare. 2022;10(3):549. doi:10.3390/healthcare10030549

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