



**NATIONAL CONGRESS  
ON FOOD, NUTRITION  
AND THE DINING EXPERIENCE  
IN AGED CARE**

**Collation of Manuals  
and Reports**



# Collation of Manuals and Reports

**The Australian Government Department of Health is partnering with the Maggie Beer Foundation in the delivery of a National Congress.**

**The objectives of the Congress are:**

- to bring together key stakeholders to provide diverse perspectives and expertise
- identify contemporary evidence-based literature and examples of best practice
- provide key findings about how to improve nutrition and food experience for older Australians in aged care services and
- help inform future Government policy decisions relevant to food and nutrition in aged care services.

This **Collation of Manuals and Reports** is one of a series of papers that have been prepared to inform the National Congress on Food, Nutrition and the Dining Experience in Aged Care. This paper is an overview of published manuals and reports that the Providers of food in Residential Aged Care homes in Australia could use to guide best practice. It includes statistics obtained from a survey of Australian residential aged care homes. There were two options for completing this survey: individual homes or providers covering multiple homes ('provider homes'). The statistics for these two surveys are reported separately in this document, because there was a notable difference in responses in relation to the question related to the use of manuals.

A considerable number of organisations use their own food manual (46% individual homes, 54% provider homes) and/or a food manual provided by their dietitian or nutrition advisor (42% individual homes, 52% provider homes).



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## **The other papers are:**

- Landscape Survey - a quantitative Survey of current food related practices in Australian Residential Aged Care homes
- Literature Review - the literature review will examine the relationship between nutrition and quality-of-life (QoL) in older residents of long-term care facilities and the factors affecting this relationship. An especial focus of the review will be an examination of the strategies that improve food and fluid intake of older adults in aged-care with a focus on the impact of the physical environment on residents' psychosocial well-being during meal-times (i.e. the impact of the dining experience). A secondary focus of the review will be an examination of the strengths and limitations of the measurement tools used to assess nutrition and QoL in aged-care residents.

## **Acknowledgements are due to the following organisations for the Collation of Reference Manuals:**

- Maggie Beer Foundation
- University of South Australia
- CSIRO
- Members of the Congress Working Group
- Nutrition Professionals Australia



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The Australian Government Department of Health is partnering with the Maggie Beer Foundation in the delivery of a National Congress on food, nutrition and the dining experience in aged care.

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**This Collation of Manuals, Guidelines and Reports includes the following:**

- 1.0 List of Manuals proposed by the Working Group
- 2.0 Aged Care Quality Standards
- 3.0 IDDSI International Dysphasia Diet Standardisation Initiative
- 4.0 Recommended Resources Aged Care compiled by Nutrition Professional Australia



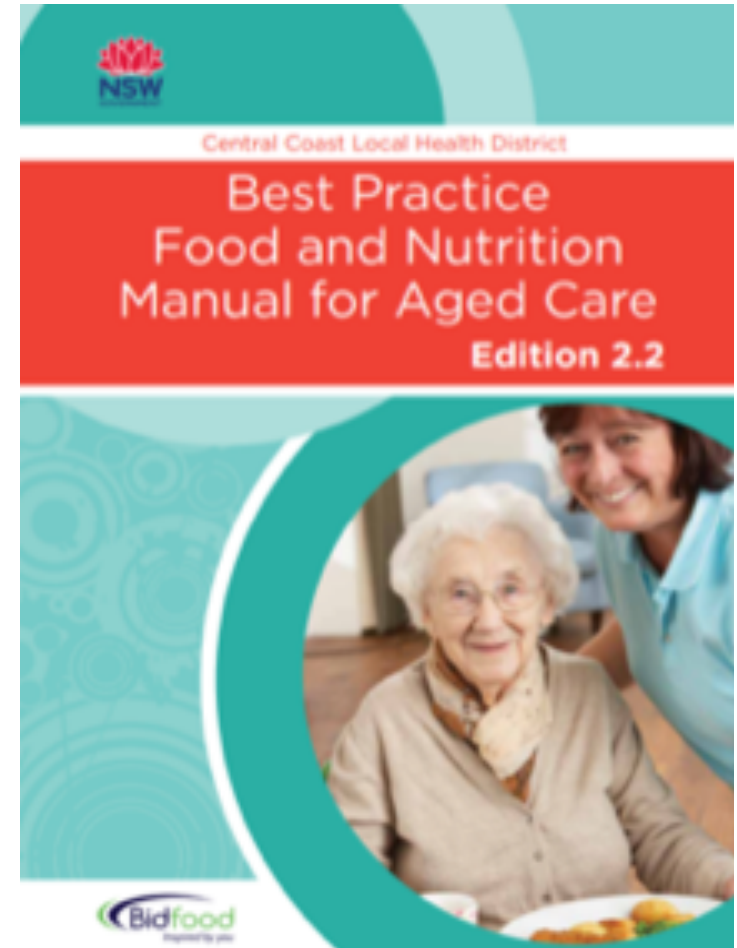
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# 1.0 List of Manuals proposed by the Working Group

- 1.1** Best Practice Food and Nutrition Manual for Aged Care Homes (Bartl & Bunney 2nd Edition 2015)  
incl of NSW Health Best practice – Food & Nutrition Manual for Aged Care
- 1.2** Nutrition Standards for Menu Items in Victorian Hospitals and Residential Aged Care Homes  
Department of Human Services (Victoria) (2009)
- 1.3** Nutrition Standards for Meals and Menus Queensland Health
- 1.4** Best Practices for Nutrition, Food Service and Dining in Long Term Care Homes (Canada) A  
Working Paper of the Ontario LTC Action Group 2019

## 1.1 Best Practice Food and Nutrition Manual for Aged Care Homes (Bartl & Bunney 2nd Edition 2015)

Bartl and Bunney remains the most widely used general reference Manual in Australia. Initially published in 2004, the second edition of the Manual was published in 2015. It is specifically written for Aged Care. The manual is currently used by 59% of Individual homes and 80% of Provider homes.



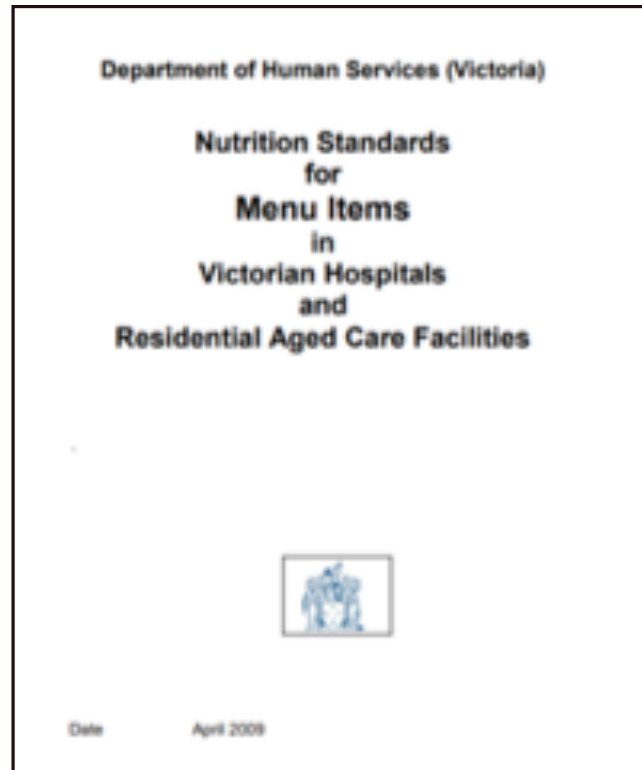
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# Content overview (Bartyl and Bunney)

Topic	Available in Manual	Topic	Available in Manual
Characteristics of the older palate	No	Nutrition	Nutritional Requirements Vitamin D Best Weight Range for Residents Hydration Needs Nutrition Checklist for Menu Planning Tips to Maximise the Nutrition Content of Foods offered on the Menu Obtaining expert advice for Residents
Cooking techniques	No		
Menu planning guidelines	Nutrition checklist for menu planning Daily menu planning checklist		
Menu cycles	No		
Recipes for Aged Care	Basic Finger foods Mid-meal and Light meal ideas		
Food safety	No	Hydration	Hydration needs Tips to increase fluid intake
Choice and dignity	No	Malnutrition	Malnutrition causes and prevention Measuring each resident's Weight and Height Malnutrition risk screening Eating to prevent weight loss Practical suggestions to maintain weight or Regain lost weight
Cultural requirements	Religious, Spiritual, Cultural and Linguistic backgrounds of residents		
First Australian requirements	No		
Dining room	Mealtime assistance and assistive devices Mealtime independence Dining room ambience Maximising food intake and enjoyment Mealtimes Staffing at mealtimes Socilisation	Oral health and swallowing	Swallowing and food texture Tube feeding Oral Health assessment tool
		Evaluation of consumption, satisfaction and QoL	Resident Food and Nutrition Communication Card Resident Meal Satisfaction survey
		IDDSI principles	Yes
		Texture modification techniques	No
Portion size	What is a serve	Food fortification	Meal fortification Commonly available commercial supplements
Kitchen and dining room design	No	Outsourcing Food Services	Outsourcing Food service checklist
Catering style	Meal service		
Food presentation	No		
Condition specific requirements	Food, nutrition and dementia Diabetes and the Glycaemic Index Fibre, food and constipation Pressure injuries Exercise		

# 1.2 Nutrition Standards for Menu Items in Victorian Hospitals and Residential Aged Care Homes Department of Human Services (Victoria) (2009)

1 The Victorian Standard is used by 15% of Individual homes and 31% of Provider homes.



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# Content overview (Victorian Standard)

Topic	Available in Manual	Topic	Available in Manual
Characteristics of the older palate	No	Nutrition	The Bands – a concept <ul style="list-style-type: none"> <li>• Soup</li> <li>• Main Dishes - Meat</li> <li>• Main Dishes - Vegetarian</li> <li>• Salads</li> <li>• Sandwiches</li> <li>• Desserts</li> <li>• Vegetables</li> </ul> How to use the Standard Recipe analysis – protocol for undertaking nutritional analysis
Cooking techniques	No		
Menu planning guidelines	No		
Menu cycles	No		
Recipes for Aged Care	No		
Food safety	No		
Choice and dignity	No		
Cultural requirements	No		
First Australian requirements	No		
Dining room	No		
Portion size	Portion sizes for Standard Items		
Kitchen and dining room design	No	Hydration	No
Catering style	No	Malnutrition	No
Food presentation	No	Oral health and swallowing	No
Condition specific requirements	No	Evaluation of consumption, satisfaction and QoL	No
		IDDSI principles	No
		Texture modification techniques	No
		Food fortification	No
		Outsourcing Food Services	No

# 1.3 Nutrition Standards for Meals and Menus Queensland Health

The Queensland Standard is quite recent (Dec 2018). It is used by 9% of Individual homes and 21% of Provider homes.



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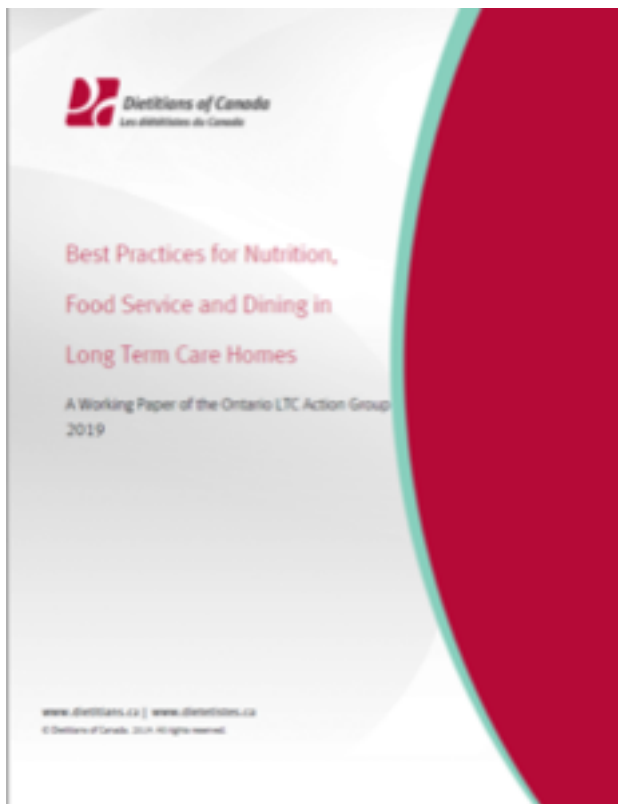
# Content overview (Queensland Standard)

Topic	Available in Manual	Topic	Available in Manual
Characteristics of the older palate	No	Condition specific requirements	No
Cooking techniques	No	Nutrition	Standards Nutrition Standards for Meal Components (adapted from Vic) Nutrition standards for meals and Menus
Menu planning guidelines	Minimum menu choice		
Menu cycles	Menu table for different cycle lengths		
Recipes for Aged Care	No		
Food safety	No	Hydration	No
Choice and dignity	No	Malnutrition	No
Cultural requirements	No	Oral health and swallowing	No
First Australian requirements	No	Evaluation of consumption, satisfaction and QoL	No
Dining room	No		
Portion size	Portion sizes for Standard Items	IDDSI principles	No
Kitchen and dining room design	No	Texture modification techniques	Texture modified menu
Catering style	No	Food fortification	No
Food presentation	No	Outsourcing Food Services	No

# 1.4 CANADA Best Practices for Nutrition, Food Service and Dining in Long Term Care Homes

A Working Paper of the Ontario LTC Action Group 2019

The Canadian Best Practice Manual for Nutrition, Food and Dining in Long Term Care Homes is included as a point of comparison.



The image shows a page titled 'Table of Contents' from the report. The page has a white background with a red header bar at the top. The title 'Table of Contents' is in a red, sans-serif font. Below the title, there is a list of sections and their corresponding page numbers, separated by dotted lines. The sections are: ORGANIZATION AND ADMINISTRATION (2), MENU PLANNING (4), STANDARDIZED FOOD PRODUCTION (10), NUTRITION AND HYDRATION CARE (12), MEAL SERVICE AND PLEASURABLE DINING (34), CONTINUOUS QUALITY IMPROVEMENT (CQI) (42), CONCLUSION (43), Comments / Questions / Concerns (43), Sample Forms and Policies (44), and RESOURCES and SELECTED REFERENCES (58). The page number '2019' is printed in the top right corner.

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# Content overview (Canadian Manual)

Topic	Available in Manual	Topic	Available in Manual	
Characteristics of the older palate	No	Food presentation	No	
Cooking techniques	No	Condition specific requirements	Diabetes	
Menu planning guidelines	Menu planning standards, Guidelines and Considerations Menu and Meal evaluation Therapeutic and Texture modified menus Nutrient analysis		Constipation management Dementia/responsive behaviours Enteral feeding (tube feeding) End of life care	
Menu cycles	Types of menus	Nutrition	Nutrition care process Nutrition Assessment, Care Planning, Monitoring Common nutrition and Hydration Care Challenges in LTC Unplanned weight changes Skin and wound care Residents' nutrition and care needs	
Recipes for Aged Care	Standardised food production		Hydration	Hydration Assessment and monitoring
Food safety	Protocols, Policies, Procedures and Tools Food and beverage at safe and palatable temperatures		Malnutrition	No
Choice and dignity	Consent to treatment Liberalised diets Food and beverage choices	Oral health and swallowing	Dysphasia	
Cultural requirements	No	Evaluation of consumption, satisfaction and QoL	Continuous Quality improvement Sample forms and policies	
First Australian requirements	No	IDDSI principles	IDDSI Options for LTC homes to consider in the implementation of IDDSI	
Dining room	Meal service and pleasurable dining Relaxed, supportive dining environment Organised meal service Dining procedures and activities Medication and treatments at mealtimes Supportive/restorative dining	Texture modification techniques	Texture modified menu	
Portion size	Portion sizes for Standard Items	Food fortification	Nutrition supplements and food first approach	
Kitchen and dining room design	No	Outsourcing Food Services	No	
Catering style	No			

# 2.0 Aged Care Quality Standards

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## Aged Care Quality Standards

### Standard 1 Consumer dignity and choice

**Consumer outcome:**

1(1) I am treated with dignity and respect, and can maintain my identity. I can make informed choices about my care and services, and live the life I choose.

**Organisation statement:**

1(2) The organisation:

1(2) (a) has a culture of inclusion and respect for consumers; and

1(2) (b) supports consumers to exercise choice and independence; and

1(2) (c) respects consumers' privacy.

**Requirements**

1(3) The organisation demonstrates the following:

1(3) (a) Each consumer is treated with **dignity and respect**, with their identity, **culture and diversity** valued.

1(3) (b) Care and services are **culturally safe**.

1(3) (c) Each consumer is supported to exercise **choice and independence**, including to:

- make decisions** about their own care and the way care and services are delivered; and
- make decisions** about when family, friends, carers or others should be involved in their care; and
- communicate their decisions**; and
- make connections with others and **maintain relationships** of choice, including intimate relationships.

1(3) (d) Each consumer is **supported to take risks** to enable them to live the best life they can.

1(3) (e) **Information** provided to each consumer is **current, accurate and timely**, and communicated in a way that is clear, easy to understand and enables them to exercise choice.

1(3) (f) Each consumer's **privacy is respected** and personal **information kept confidential**.

### Standard 2 Ongoing assessment and planning with consumers

**Consumer outcome:**

2(1) I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being.

**Organisation statement:**

2(2) The organisation undertakes initial and ongoing assessment and planning for care and services in partnership with the consumer. Assessment and planning has a focus on optimising health and well-being in accordance with the consumer's needs, goals and preferences.

**Requirements**

2(3) The organisation demonstrates the following:

2(3) (a) **Assessment and planning**, including consideration of risks to the consumer's health and well-being, informs the delivery of **safe and effective care** and services.

2(3) (b) Assessment and planning identifies and addresses the consumer's **current needs, goals and preferences**, including advance care planning and **end of life planning** if the consumer wishes.

2(3) (c) Assessment and planning:

- is based on ongoing **partnership with the consumer** and others that the consumer wishes to involve in assessment, planning and review of the consumer's care and services; and
- includes other organisations**, and individuals and providers of other care and services, that are involved in the care of the consumer.

2(3) (d) The outcomes of assessment and planning are effectively communicated to the consumer and documented in a **care and services plan** that is readily available to the consumer, and where care and services are provided.

2(3) (e) Care and **services are reviewed regularly** for effectiveness, and when circumstances change or when incidents impact on the needs, goals or preferences of the consumer.

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## Aged Care Quality Standards

### Standard 3 Personal care and clinical care

**Consumer outcome:**

3(1) I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me.

**Organisation statement:**

3(2) The organisation delivers safe and effective personal care, clinical care, or both personal care and clinical care, in accordance with the consumer's needs, goals and preferences to optimise health and well-being.

**Requirements**

3(3) The organisation demonstrates the following:

3(3) (a) Each consumer gets **safe and effective personal care, clinical care, or both personal care and clinical care**, that:

- is **best practice**; and
- tailored** to their needs; and
- optimises their **health and well-being**.

3(3) (b) **Effective management of high-impact** or high-prevalence **risks** associated with the care of each consumer.

3(3) (c) The needs, goals and **preferences** of consumers **nearing the end of life** are recognised and addressed, their comfort maximised and their dignity preserved.

3(3) (d) Deterioration or change of a consumer's mental health, cognitive or physical function, capacity or condition is **recognised and responded to** in a timely manner.

3(3) (e) Information about the consumer's condition, needs and preferences is **documented and communicated** within the organisation, and with others where responsibility for care is shared.

3(3) (f) Timely and appropriate **referrals** to individuals, other organisations and providers of other care and services.

3(3) (g) **Minimisation of infection-related risks** through implementing:

- standard and transmission-based precautions to prevent and **control infection**; and
- practices to promote **appropriate antibiotic prescribing** and use to support optimal care and reduce the risk of increasing resistance to antibiotics.

### Standard 4 Services and supports for daily living\*

**Consumer outcome:**

4(1) I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.

**Organisation statement:**

4(2) The organisation provides safe and effective services and supports for daily living that optimise the consumer's independence, health, well-being and quality of life.

**Requirements**

4(3) The organisation demonstrates the following:

4(3) (a) Each consumer gets **safe and effective services and supports** for daily living that meet the consumer's needs, goals and preferences and optimise their independence, health, well-being and quality of life.

4(3) (b) Services and **supports for daily living** promote each consumer's emotional, spiritual and psychological well-being.

4(3) (c) Services and supports for daily living assist each consumer to:

- participate in their **community** within and outside the organisation's service environment; and
- have social and personal **relationships**; and
- do the things of **interest** to them.

4(3) (d) Information about the consumer's condition, needs and **preferences** is **communicated** within the organisation, and with others where responsibility for care is shared.

4(3) (e) Timely and appropriate **referrals** to individuals, other organisations and providers of other care and services.

4(3) (f) Where **meals** are provided, they are varied and of suitable **quality and quantity**.

4(3) (g) Where **equipment** is provided, it is safe, suitable, clean and **well maintained**.

\* Services and supports for daily living include, but are not limited to, food services, domestic assistance, home maintenance, transport, recreational and social activities.

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## Aged Care Quality Standards

### Standard 5 Organisation's service environment\*

**Consumer outcome:**

5(1) I feel I belong and I am safe and comfortable in the organisation's service environment.

**Organisation statement:**

5(2) The organisation provides a safe and comfortable service environment that promotes the consumer's independence, function and enjoyment.

**Requirements**

5(3) The organisation demonstrates the following:

5(3) (a) The service **environment is welcoming** and easy to understand, and optimises each consumer's sense of belonging, independence, interaction and function.

5(3) (b) The service **environment:**

- is **safe, clean, well maintained** and comfortable; and
- enables consumers to **move freely, both indoors and outdoors**.

5(3) (c) Furniture, fittings and equipment are **safe, clean, well maintained** and suitable for the consumer.

\* An organisation's **service environment** refers to the physical environment through which care and services are delivered, including aged care homes, cottage style respite services and day centres. An organisation's service environment does not include a person's privately owned/occupied home through which in-home services are provided.

### Standard 6 Feedback and complaints

**Consumer outcome:**

6(1) I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.

**Organisation statement:**

6(2) The organisation regularly seeks input and feedback from consumers, carers, the workforce and others and uses the input and feedback to inform continuous improvements for individual consumers and the whole organisation.

**Requirements**

6(3) The organisation demonstrates the following:

6(3) (a) Consumers, their family, friends, carers and others are encouraged and supported to **provide feedback and make complaints**.

6(3) (b) Consumers are made aware of and have access to advocates, **language services** and other methods for raising and resolving complaints.

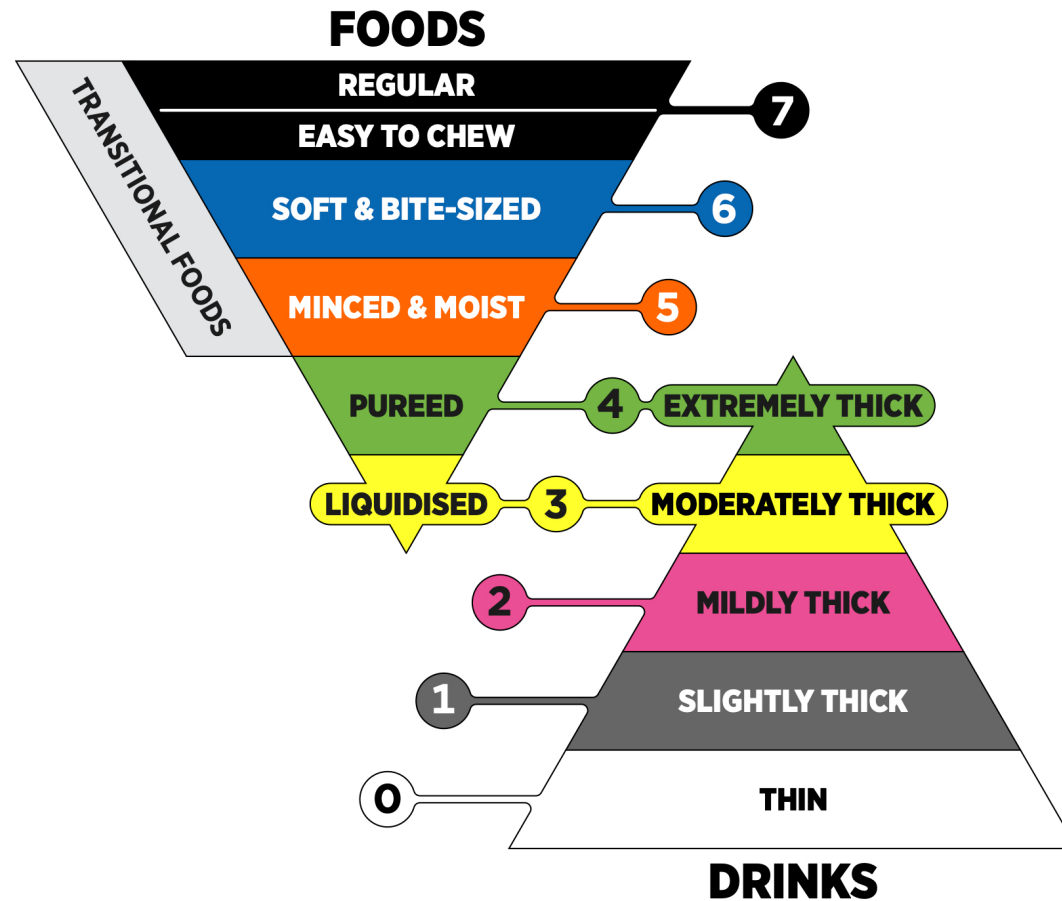
6(3) (c) Appropriate **action is taken** in response to complaints and an **open disclosure** process is used when things go wrong.

6(3) (d) Feedback and complaints are **reviewed and used** to improve the quality of care and services.



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# 3.0 IDDSI International Dysphasia Diet Standardisation Initiative



# 4.0 Recommended Resources Aged Care compiled by Nutrition Professionals Australia

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## AGED CARE RECOMMENDED RESOURCES

### NUTRITION FOR THE OLDER PERSON

Australian Guide to Healthy Eating	Provides guidelines re recommended quantities of food for older Australians. Not specifically developed for frail elderly or the very old.	<a href="https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating">https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating</a>
Mediterranean Diet	There is increasing evidence of the benefits of a Mediterranean diet for long term health.	<a href="https://themediterraneandietblog.wordpress.com/">https://themediterraneandietblog.wordpress.com/</a> <a href="https://dietamediterranea.com/en/">https://dietamediterranea.com/en/</a>
Blue Zones	Explores the common features of the lifestyles of the longest lived populations.	<a href="https://www.bluezones.com/">https://www.bluezones.com/</a>
Healthy Ageing <i>British Nutrition Foundation</i>	Guidelines about healthy ageing and raising the awareness of malnutrition.	<a href="https://www.nutrition.org.uk/healthyliving/healthyageing.html">https://www.nutrition.org.uk/healthyliving/healthyageing.html</a>
Brain Body Food Better Brain Food <i>Ngaire Hobbins</i>	Ngaire is an Accredited Practising Dietitian with an expertise in nutrition for older people.	<a href="https://www.ngairehobbins.com/">https://www.ngairehobbins.com/</a>
Food and Nutrition Guidelines for Healthy Older People: A Background Paper <i>Ministry of Health, NZ</i>	This background paper highlights how Food and Nutrition Guidelines can be specifically applied to healthy older people. It is in New Zealand based but still a useful guide.	<a href="https://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-older-people-background-paper">https://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-older-people-background-paper</a>
Best Practice Food and Nutrition Manual for Aged Care Facilities 2015 2nd Ed. <i>Rudi Bartl and Caroline Bunney</i>	This is the benchmark document to assist facilities in meeting accreditation and best practice guidelines for nutrition in aged care. Full of practical information for nursing, care and catering staff.	<a href="https://x2x8z3r3.stackpathcdn.com/wp-content/uploads/BestPracticeFoodandNutritionManualforAgedCare.pdf">https://x2x8z3r3.stackpathcdn.com/wp-content/uploads/BestPracticeFoodandNutritionManualforAgedCare.pdf</a>



<p>Eating Well - A Nutrition Resource for Older People and Their Carers <i>Caroline Bunney and Rudi Bartl</i> <i>Central Coast Local Health District</i></p>	<p>Practical information for carers of older individuals.</p>	<p><a href="https://x2x8z3r3.stackpathcdn.com/wp-content/uploads/EatingWellANutritionResourceforOlderPeople.pdf">https://x2x8z3r3.stackpathcdn.com/wp-content/uploads/EatingWellANutritionResourceforOlderPeople.pdf</a></p>
<p>Older People in Hospital - Nutrition and Swallowing <i>Victoria Health</i></p>	<p>Hospital focus but has some excellent information about nutrition for the older person.</p>	<p><a href="https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/older-people/nutrition-swallowing">https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/older-people/nutrition-swallowing</a></p>
<p><i>Maggie Beer Foundation</i></p>	<p>Maggie is a strong advocate for better food in aged care.</p>	<p><a href="https://www.maggibeerfoundation.org.au/">https://www.maggibeerfoundation.org.au/</a></p>
<p><i>The Lantern Project</i></p>	<p>Aiming to improve food and nutrition care in aged care homes.</p>	<p><a href="http://thelanternproject.com.au/">http://thelanternproject.com.au/</a></p>
<p>Eating Well Resources <i>The Caroline Walker Trust</i></p>	<p>UK Guidelines for older people - especially those with Dementia.</p>	<p><a href="http://www.cwt.org.uk/publications/">http://www.cwt.org.uk/publications/</a></p>
<p>New Dining Practice Standards 2011 <i>Pioneer Network Food and Dining Clinical Standards Task Force</i></p>	<p>US guidelines and recommendations re nutrition, choice and food service standards in aged care homes. Website includes numerous resources regarding improvements in the dining service.</p>	<p><a href="https://www.pioneernetwork.net/wp-content/uploads/2016/10/The-New-Dining-Practice-Standards.pdf">https://www.pioneernetwork.net/wp-content/uploads/2016/10/The-New-Dining-Practice-Standards.pdf</a> <a href="https://www.pioneernetwork.net/resource-library/">https://www.pioneernetwork.net/resource-library/</a></p>
<p>Best Practices for Nutrition, Food Service and Dining in Long Term Care Homes <i>Dietitians of Canada</i></p>	<p>Canadian Guidelines on nutrition in aged care.</p>	<p><a href="https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/2019-Best-Practices-for-Nutrition-Food-Service-and-Dining-in-Long-Term-Care-LTC-Homes.pdf">https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/2019-Best-Practices-for-Nutrition-Food-Service-and-Dining-in-Long-Term-Care-LTC-Homes.pdf</a></p>
<p>Nutritional guidelines and menu checklist for residential and nursing homes <i>UK Public Health Agency</i></p>	<p>UK Guidelines for nutrition in aged care.</p>	<p><a href="http://www.publichealth.hscni.net/sites/default/files/Nutritional_guidelines_and_menu_checklist_march_2014.pdf">http://www.publichealth.hscni.net/sites/default/files/Nutritional_guidelines_and_menu_checklist_march_2014.pdf</a></p>



Promoting nutrition in care homes for older people  
*Scottish commission for the regulation of care*

Promotes the concept of a Nutrition Champion to be responsible for the coordination of nutrition care in an aged care home.

[https://www.dignityincare.org.uk/\\_assets/Resources/Dignity/CSIPComment/promotingnutritionincare\\_homes1.pdf](https://www.dignityincare.org.uk/_assets/Resources/Dignity/CSIPComment/promotingnutritionincare_homes1.pdf)

Guidelines to Effective Hydration in Aged Care Facilities  
*Assoc Prof Michael Woodward 2013*

A summary of fluid requirements, practical strategies for encouraging adequate fluids and prevention of dehydration.

[https://www.mcgill.ca/familymed/files/familymed/effective\\_hydration\\_in\\_elderly.pdf](https://www.mcgill.ca/familymed/files/familymed/effective_hydration_in_elderly.pdf)

## AGED CARE

Aged Care Quality Standards

<https://www.agedcarequality.gov.au/providers/standards>

Charter of Aged Care Rights

<https://agedcare.health.gov.au/quality/single-charter-of-aged-care-rights>

Aged Care Mandatory Quality Indicator Program

<https://www.health.gov.au/initiatives-and-programs/national-aged-care-mandatory-quality-indicator-program>

Dignity of Risk

<https://www.preventingharm.com.au/training/defensible-documentation/>

## FOOD SERVICE RESOURCES

Nutrition Standards for adult inpatients in NSW hospitals  
*NSW Agency for Clinical Nutrition*

NSW hospital food service guidelines.

[https://www.aci.health.nsw.gov.au/\\_data/assets/pdf\\_file/0004/160555/ACI\\_Adult\\_Nutrition\\_web.pdf](https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0004/160555/ACI_Adult_Nutrition_web.pdf)

Nutrition Standards for Menu Items in Victorian Hospitals and Residential Aged Care Facilities  
*Department of Human Services (Victoria)*

Victorian hospital food service guidelines.

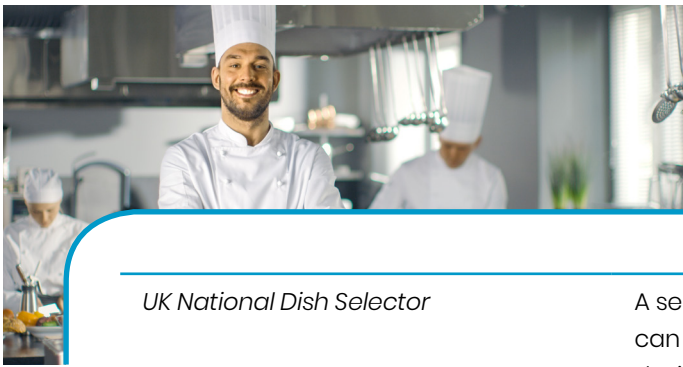
[http://www.health.vic.gov.au/archive/archive2011/patientfood/nutrition\\_standards.pdf](http://www.health.vic.gov.au/archive/archive2011/patientfood/nutrition_standards.pdf)



<p>Nutrition Standards for Meals and Menus <i>Queensland Health</i></p>	<p>Queensland hospital food service guidelines.</p>	<p><a href="https://www.health.qld.gov.au/_data/assets/pdf_file/0030/156288/qh-nutrition-standards.pdf">https://www.health.qld.gov.au/_data/assets/pdf_file/0030/156288/qh-nutrition-standards.pdf</a></p>
<p>Nutrition Standards for Adult Inpatients in WA Hospitals <i>WA Health</i></p>	<p>WA hospital food service guidelines.</p>	<p><a href="http://www.health.wa.gov.au/circularsnew/attachments/1108.pdf">http://www.health.wa.gov.au/circularsnew/attachments/1108.pdf</a> <a href="https://www.healthywa.wa.gov.au/-/media/Files/Corporate/Policy-Frameworks/Clinical-Services-Planning-and-Programs/Policy/Nutrition-Standards-for-Adult-Inpatients-in-WA-Hospitals/Supporting/Compliance-Strategy-for-the-Nutrition-Standards-2015.PDF">https://www.healthywa.wa.gov.au/-/media/Files/Corporate/Policy-Frameworks/Clinical-Services-Planning-and-Programs/Policy/Nutrition-Standards-for-Adult-Inpatients-in-WA-Hospitals/Supporting/Compliance-Strategy-for-the-Nutrition-Standards-2015.PDF</a></p>
<p>Menu and Nutritional Standards for Public Hospitals in South Australia <i>SA Health Hospital and Menu Standards Working Party</i></p>	<p>SA hospital food service guidelines.</p>	<p><a href="http://www.sahealth.sa.gov.au/wps/wcm/connect/45b4ae-0045d04e7d9bdcfbac725693cd/14130+1+Menu+Nutr+Stand+Report-v5.pdf?MOD=AJPERES&amp;CACHEID=ROOTWORKSPACE-45b4ae0045d04e7d9bdcfbac725693cd-IBl4Kui">http://www.sahealth.sa.gov.au/wps/wcm/connect/45b4ae-0045d04e7d9bdcfbac725693cd/14130+1+Menu+Nutr+Stand+Report-v5.pdf?MOD=AJPERES&amp;CACHEID=ROOTWORKSPACE-45b4ae0045d04e7d9bdcfbac725693cd-IBl4Kui</a> and Supporting Evidence: <a href="http://www.sahealth.sa.gov.au/wps/wcm/connect/7a5420004659c29d8c8fbd795015c38d/14130.2+Supporting+Evidence-v4.pdf?MOD=AJPERES&amp;CACHEID=ROOTWORKSPACE-7a5420004659c29d8c8fbd795015c38d-IDQKwb6">http://www.sahealth.sa.gov.au/wps/wcm/connect/7a5420004659c29d8c8fbd795015c38d/14130.2+Supporting+Evidence-v4.pdf?MOD=AJPERES&amp;CACHEID=ROOTWORKSPACE-7a5420004659c29d8c8fbd795015c38d-IDQKwb6</a></p>
<p>Resident Food Service Satisfaction Questionnaire</p>	<p>Validated satisfaction questionnaires.</p>	<p><a href="https://www.health.qld.gov.au/_data/assets/pdf_file/0029/655850/fs_racf_satisfaction.pdf">https://www.health.qld.gov.au/_data/assets/pdf_file/0029/655850/fs_racf_satisfaction.pdf</a> <a href="https://www.health.qld.gov.au/_data/assets/pdf_file/0030/655851/fs_racf_satisfaction_short.pdf">https://www.health.qld.gov.au/_data/assets/pdf_file/0030/655851/fs_racf_satisfaction_short.pdf</a></p>



<i>Australian Institute of Food Safety</i>	Food safety guidelines re taking food into an aged care facility.	<a href="https://www.foodsafety.com.au/resources/guides/taking-food-into-aged-care-facilities">https://www.foodsafety.com.au/resources/guides/taking-food-into-aged-care-facilities</a> <a href="http://foodsafety.asn.au/wp-content/uploads/2016/09/Aged-Care-food-safety-tips-brochure_continuous.pdf">http://foodsafety.asn.au/wp-content/uploads/2016/09/Aged-Care-food-safety-tips-brochure_continuous.pdf</a>
National Meal Guidelines (Meals on Wheels) <i>Meals on Wheels and University of Wollongong</i>	A newly released document providing guidelines for home delivered meals.	<a href="http://mealsonwheels.org.au/wp-content/uploads/2016/10/NationalMealsGuidelines2016.pdf">http://mealsonwheels.org.au/wp-content/uploads/2016/10/NationalMealsGuidelines2016.pdf</a>
Meal Quality Audit <i>Merilyn Banks Adv APD</i>	A simple tool to evaluate the quality of meals.	<a href="https://www.health.qld.gov.au/_data/assets/pdf_file/0025/646054/fs_mqat.pdf">https://www.health.qld.gov.au/_data/assets/pdf_file/0025/646054/fs_mqat.pdf</a>
Audits and More - A Nutrition and Food Service Audit Manual <i>British Columbia</i>	A very detailed document regarding nutrition and food service based audits in aged care. (Canadian)	<a href="http://www.health.gov.bc.ca/library/publications/year/2008/Audits_and_More_Manual.pdf">http://www.health.gov.bc.ca/library/publications/year/2008/Audits_and_More_Manual.pdf</a>
<b>RECIPES</b>		
Don't Give me Eggs that Bounce <i>Peter Morgan-Jones, Emily Colombage, Danielle McIntosh, Prudence Ellis</i>	Provides ideas and recipes for people with dementia, understanding swallowing difficulties and how to prepare and present appetising and nutritious meals, including texture-modified food and drinks.	<a href="http://www.hammond.com.au/services/food-culture/dont-give-me-eggs-that-bounce">http://www.hammond.com.au/services/food-culture/dont-give-me-eggs-that-bounce</a>
<i>Oscar Hospitality</i>	Provides a number of recipes specific to aged care.	<a href="https://www.oscarcaregroup.com.au/oscar-plus">https://www.oscarcaregroup.com.au/oscar-plus</a>
<i>Unilever Food Solutions</i>	Recipes for aged care.	<a href="https://www.unileverfoodsolutions.com.au/recipes.html">https://www.unileverfoodsolutions.com.au/recipes.html</a> <a href="https://www.unileverfoodsolutions.com.au/chef-inspiration.html">https://www.unileverfoodsolutions.com.au/chef-inspiration.html</a> <a href="https://www.unileverfoodsolutions.com.au/chef-inspiration/refresh-meal-inspirations-for-aged-care.html">https://www.unileverfoodsolutions.com.au/chef-inspiration/refresh-meal-inspirations-for-aged-care.html</a>



*UK National Dish Selector*

A searchable database of leading chefs' recipes that can be searched by both recipe and ingredient. It is designed to be used by catering services as a resource from which to develop local menus.

[http://bhf.parallel.co.uk/recipe\\_search.asp?primary\\_ID=null&secondary\\_ID=4&display=0&check\\_char=](http://bhf.parallel.co.uk/recipe_search.asp?primary_ID=null&secondary_ID=4&display=0&check_char=)

**MULTICULTURAL**

Multicultural websites

Not specific to aged care but these websites provide a wealth of ideas.

<http://www.tasteofharmony.org.au/recipes>  
<https://www.sbs.com.au/food/recipes/by-cuisine>

*A World of Food I and II  
Danielle Gallegos and Elizabeth Parry*

A manual to assist in the provision of culturally appropriate meals for older people.

(This book is no longer in print but may be available through libraries.)

**SPECIAL DIETS MANUALS**

*Meal Plans for Older People  
Nutrition Professionals Australia*

Provides a summary of nutrition for an older person, some information regarding menu planning as well as a meal plan for each of the various special diets that are likely to be encountered.

<https://www.npagroup.com.au/shop-product/aged-care-manuals/meal-plans-for-older-people>

*Diet Specifications for adult inpatients  
NSW Agency for Clinical Nutrition*

Does not include meal plans but provides the background on a number of special diets.

<https://www.aci.health.nsw.gov.au/resources/nutrition/nutrition-food-in-hospitals/nutrition-standards-diets>

**DIABETES**

*Healthy Eating and Diabetes - A Guide  
for Aged Care  
SA Health*

The Best Practice Guide for diabetes and diet management in aged care.

[https://www.healthylivingnt.org.au/system/files/f/HealthyEating%20and%20Diabetes\\_Aged%20Care%20Manual\\_Jan2012.pdf](https://www.healthylivingnt.org.au/system/files/f/HealthyEating%20and%20Diabetes_Aged%20Care%20Manual_Jan2012.pdf)

*Standards of Medical Care  
in Diabetes  
American Diabetes Association*

Overall guidelines for diabetes management including guidelines for aged care.

[https://care.diabetesjournals.org/content/diacare/suppl/2019/12/20/43.Supplement\\_1.DCI/Standards\\_of\\_Care\\_2020.pdf](https://care.diabetesjournals.org/content/diacare/suppl/2019/12/20/43.Supplement_1.DCI/Standards_of_Care_2020.pdf)



Management of Diabetes in Longterm Care and Skilled Nursing Facilities <i>A Position Statement of the American Diabetes Association</i>	Overall guidelines for diabetes management for aged care.	<a href="https://care.diabetesjournals.org/content/39/2/308.full-text.pdf">https://care.diabetesjournals.org/content/39/2/308.full-text.pdf</a>
Diabetes management in aged care: A practical handbook NDSS	Overall guidelines for diabetes management for aged care.	<a href="https://www.ndss.com.au/wp-content/uploads/resources/aged-care-diabetes-management-practical-handbook.pdf">https://www.ndss.com.au/wp-content/uploads/resources/aged-care-diabetes-management-practical-handbook.pdf</a>
The Glycaemic Index	This website includes practical information about the role of low GI foods in diabetes management.	<a href="https://www.glycemicindex.com/">https://www.glycemicindex.com/</a>

## WEIGHT CONTROL

BMI and all-cause mortality in older adults: a meta-analysis <i>Winter et al</i>	This article discusses the risks and benefits of a heavier weight in elderly individuals and recommends a BMI range of 22.9–31.	<a href="https://academic.oup.com/ajcn/article/99/4/875/4637868">https://academic.oup.com/ajcn/article/99/4/875/4637868</a>
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## VEGETARIAN

Vegetarian recipes and ideas <i>Vegetarian Victoria</i>	Websites with information about vegetarian diets and recipes.	<a href="https://www.vrg.org/nutrition/seniors.htm">https://www.vrg.org/nutrition/seniors.htm</a>
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## FIBRE

Gastro Net		<a href="http://www.gastro.net.au/diets/fibreboost.html">http://www.gastro.net.au/diets/fibreboost.html</a>
Gastroenterological Society		<a href="http://cart.gesa.org.au/membes/files/Consumer%20Information/Constipation.pdf">http://cart.gesa.org.au/membes/files/Consumer%20Information/Constipation.pdf</a>

## SALT

Gastroenterological Society		<a href="http://www.gesa.org.au/resources/patients/no-added-salt-diet/">http://www.gesa.org.au/resources/patients/no-added-salt-diet/</a>
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Heart Foundation

<https://www.heartfoundation.org.au/healthy-eating/food-and-nutrition/salt>

National Health Foundation and  
VicHealth

<http://www.gesa.org.au/resources/patients/no-added-salt-diet/>

## CHOLESTEROL

National Heart Foundation

<https://www.heartfoundation.org.au/blog/five-ways-to-lower-cholesterol>  
<https://www.heartfoundation.org.au/blog/draft-new-diet-recommendations-matter-to-your-heart>

## DEMENTIA

Dementia Australia

Website includes a number of resources relating to food and nutrition in dementia.

<https://www.dementia.org.au/resources/help-sheets>

Dementia Mealtime Assessment Tool  
(DMAT)

Supporting mealtime care for people living with dementia.

<https://thedmat.com/>

Enabling Environments  
*Alzheimer'sWA*

Provides practical tips, guides and resources to help make aged care homes more dementia enabling.

<https://www.enablingenvironments.com.au/>

Finger Food - A 3 week menu and  
recipes Nutrition Consultants Australia

Ideas for finger foods.

<http://www.nutritionconsultantsaustralia.com.au/products/finger-foods/default.aspx>

Its All About the Food not the Fork  
*Peter Morgan-Jones*

Ideas for finger foods.  
No cutlery needed.

<http://www.hammond.com.au/shop/food-culture/its-all-about-the-food-not-the-fork>

Finger Foods Video  
*Hammond Care*

[https://www.youtube.com/watch?v=kyR7pfxkIE8&index=4&list=PL1C2OC7ObwcJNL3LBf2LA\\_ztOINnacIVt](https://www.youtube.com/watch?v=kyR7pfxkIE8&index=4&list=PL1C2OC7ObwcJNL3LBf2LA_ztOINnacIVt)





*Hammond Care*

Its all about the food not the fork videos.

[https://www.youtube.com/playlist?list=PL1C2OC7ObwcJNL3LBf2LA\\_ztOINnacIVt](https://www.youtube.com/playlist?list=PL1C2OC7ObwcJNL3LBf2LA_ztOINnacIVt)

## MALNUTRITION

Frailty and Healthy Ageing  
*Centre of Research Excellence*

This short-documentary video captures older South Australian's perspectives on frailty and healthy ageing and integrates these view points with important evidence-based key messages about frailty, including its prevention and management.

<https://www.youtube.com/watch?v=Kzklk94ysAg&app=desktop>

Malnutrition – A Ubiquitous Danger

The video discusses malnutrition and the implications in healthcare especially hospitals, but is still relevant for aged care.

<https://www.youtube.com/watch?v=KJJY2WFAXu8&feature=youtu.be>

*Health Victoria*

A discussion re frailty and its effects. Hospital based but still relevant for aged care.

<https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/older-people/frailty>

BAPEN

UK based Association that raises awareness of malnutrition.

<http://www.bapen.org.uk/>

Fight Malnutrition (Netherlands)  
*Dutch Malnutrition Steering Group*

Some excellent initiatives from the Netherlands (website is in English)

<http://www.fightmalnutrition.eu/>

Malnutrition Taskforce (UK)  
*Prevention Program*

Malnutrition in later life prevention and early intervention.

<http://www.malnutritiontaskforce.org.uk/>

*Nutrition and Hydration Week*

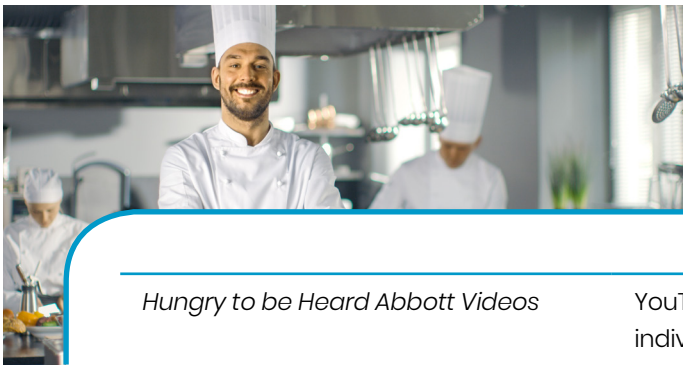
Includes 10 key characteristics for good nutritional care. UK based but principles apply anywhere.

<https://nutritionandhydrationweek.co.uk/>

Hungry to be Heard  
*AgeUK*

UK campaign to increase awareness of malnutrition in institutionalized settings.

<https://www.ageuk.org.uk/wp-assets/globalassets/london/documents/campaigns/still-hungry-to-be-heard.pdf>



<i>Hungry to be Heard Abbott Videos</i>	YouTube videos that take an amusing look at why individuals may be malnourished in hospitals.	<a href="https://www.youtube.com/watch?v=gJt9VuC84gU">https://www.youtube.com/watch?v=gJt9VuC84gU</a> <a href="https://www.youtube.com/watch?v=dmR1eK3UQ1c">https://www.youtube.com/watch?v=dmR1eK3UQ1c</a> <a href="https://www.youtube.com/watch?v=bcQQymj1lj4">https://www.youtube.com/watch?v=bcQQymj1lj4</a>
Preventing Falls <i>Australian Commission on Quality and Safety in Healthcare</i>		<a href="https://www.safetyandquality.gov.au/sites/default/files/migrated/30458-Guidelines-RACF.pdf">https://www.safetyandquality.gov.au/sites/default/files/migrated/30458-Guidelines-RACF.pdf</a> <a href="https://www.safetyandquality.gov.au/sites/default/files/migrated/Guidelines-COMM.pdf">https://www.safetyandquality.gov.au/sites/default/files/migrated/Guidelines-COMM.pdf</a>
Wound Care Management <i>Angela M. Quain and Nancy M. Khardori</i>		<a href="https://www.woundsresearch.com/article/nutrition-wound-care-management-comprehensive-overview">https://www.woundsresearch.com/article/nutrition-wound-care-management-comprehensive-overview</a>
MNA - Mini Nutrition Assessment <i>Nestle</i>	Screening Tool	<a href="http://www.mna-elderly.com/">www.mna-elderly.com/</a> <a href="https://itunes.apple.com/us/app/mna/id389361779?mt=8">https://itunes.apple.com/us/app/mna/id389361779?mt=8</a>
MNA Short Form	Screening Tool	<a href="http://www.mna-elderly.com/">www.mna-elderly.com/</a>
MST - Malnutrition Screening Tool	Screening Tool	<a href="https://www.health.qld.gov.au/_data/assets/pdf_file/0029/148826/hphe_mst_pstr.pdf">https://www.health.qld.gov.au/_data/assets/pdf_file/0029/148826/hphe_mst_pstr.pdf</a>
MUST - Malnutrition Universal Screening Tool	Screening Tool	<a href="http://www.bapen.org.uk/screening-and-must/must/introducing-must">http://www.bapen.org.uk/screening-and-must/must/introducing-must</a> <a href="http://www.bapen.org.uk/must-app.html">http://www.bapen.org.uk/must-app.html</a>
<i>Supplement Company Website</i>	Abbott	<a href="https://nutrition.abbott/au/nutritional-drinks">https://nutrition.abbott/au/nutritional-drinks</a>
<i>Supplement Company Website</i>	Flavour Creations	<a href="https://www.flavourcreations.com.au/">https://www.flavourcreations.com.au/</a>
<i>Supplement Company Website</i>	Nestle	<a href="https://www.nestlehealthscience.com.au/brands/resource">https://www.nestlehealthscience.com.au/brands/resource</a>
<i>Supplement Company Website</i>	Nestle Sustagen	<a href="https://www.sustagen.com.au/recipes">https://www.sustagen.com.au/recipes</a>



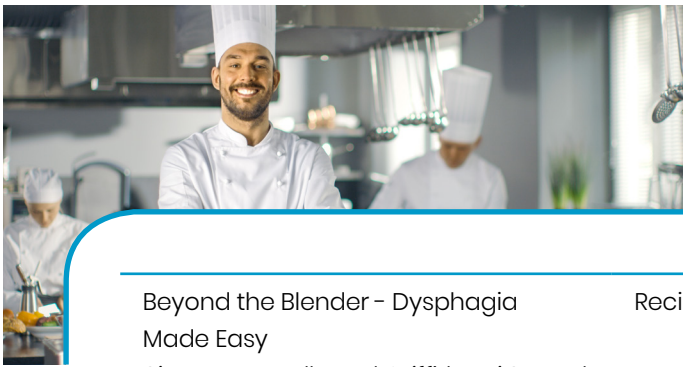
Supplement Company Website      Nutricia      <http://nutriciamedical.com.au/product-category/adult-nutrition/>

### ENTERAL FEEDING

Dietitians Association of Australia      <https://daa.asn.au/wp-content/uploads/2018/06/Enteral-nutrition-manual-june-2018-website.pdf>

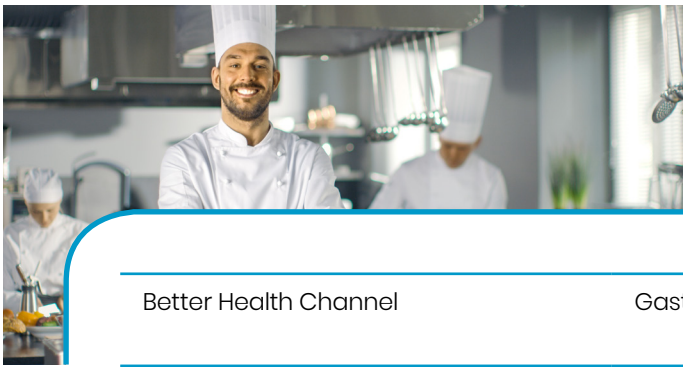
### TEXTURED MODIFIED DIETS

<i>International Dysphagia Diet Standardisation Initiative</i>	International Dysphagia Diet Standardisation Initiative. Implemented in Australia 1 May 2019.	<a href="http://iddsi.org/">http://iddsi.org/</a>
A Kitchen Manual for Preparation of Modified Texture Diets <i>Jan Martin</i>	Provides practical hints on preparing and presenting texture modified meals.	<a href="https://www.familyconcernpublishing.com.au/product/a-kitchen-manual-for-preparation-of-modified-texture-diets-2nd-edition/">https://www.familyconcernpublishing.com.au/product/a-kitchen-manual-for-preparation-of-modified-texture-diets-2nd-edition/</a>
Shaped <i>Bernadette Eriksen</i> <i>Flavour Creations</i>	Produced by Flavour Creations - shows how to mould pureed foods in shapes that resemble their original form.	<a href="https://www.flavourcreations.com.au/products/nutrition/shape-it/RecipeBook/shaped">https://www.flavourcreations.com.au/products/nutrition/shape-it/RecipeBook/shaped</a>
People React to Aged Care Food <i>The Lantern Project</i>	Video showing reaction to puree foods.	<a href="https://vimeo.com/200644225">https://vimeo.com/200644225</a>
<i>Unilever Food Solutions</i>	Guidelines and videos for presenting texture modified meals.	<a href="https://www.unileverfoodsolutions.com.au/chef-inspiration/re-fresh-meal-inspirations-for-aged-care/texture-modified-food.html">https://www.unileverfoodsolutions.com.au/chef-inspiration/re-fresh-meal-inspirations-for-aged-care/texture-modified-food.html</a>
<i>Tibors Kitchen</i>	A Facebook page with excellent hints re presenting puree foods.	<a href="https://www.facebook.com/tiborskitchen/">https://www.facebook.com/tiborskitchen/</a>



Beyond the Blender - Dysphagia Made Easy <i>Simone Howells and Griffith Uni Speech Path Students</i>	Recipes and meal options for texture modified diets.	<a href="https://www.griffith.edu.au/_data/assets/pdf_file/0012/540012/Beyond-the-Blender-dysphagia-cookbook.pdf">https://www.griffith.edu.au/_data/assets/pdf_file/0012/540012/Beyond-the-Blender-dysphagia-cookbook.pdf</a>
Texture Modified Food <i>Amanda Orchard</i>	Beautifully presented pureed food using coloured vegetables and piping.	<a href="https://www.facebook.com/texturemodifiedfood/">https://www.facebook.com/texturemodifiedfood/</a>
<i>Puree Food Molds</i>	This company sells the molds for puree foods and the website has a number of ideas for producing and presenting the food.	<a href="http://www.pureefoodmolds.com">www.pureefoodmolds.com</a>
<i>Textured Concept Foods</i>	Textured Concept Foods produce frozen molded foods.	<a href="https://texturedconceptfoods.com.au/">https://texturedconceptfoods.com.au/</a>
<i>Hospitality Catering Hardware</i>	This company provides cups and table mats etc. in the IDDSI colours.	<a href="http://www.hch.com.au/">http://www.hch.com.au/</a>
The Pure Food Company	Produce texture modified meals.	<a href="https://thepurefoodco.com/">https://thepurefoodco.com/</a>
<i>Thickener Company Website</i>	Flavour Creations - thickeners, prethickened products and molds	<a href="https://www.flavourcreations.com.au/">https://www.flavourcreations.com.au/</a>
<i>Thickener Company Website</i>	Nutilis (Nutricia)	<a href="http://nutilis.com/recipes/">http://nutilis.com/recipes/</a>
<i>Thickener Company Website</i>	Precise Thicken	<a href="https://www.precisethickn.com.au/">https://www.precisethickn.com.au/</a>
<i>Thickener Company Website</i>	Nestle Dysphagia products - Thicken Up Clear and pre thickened drinks	<a href="https://www.ncare.net.au/nutrition-products/dysphagia">https://www.ncare.net.au/nutrition-products/dysphagia</a>
<i>Thickener Company Website</i>	TM Pro	<a href="https://tm-pro.com.au/tm-pro">https://tm-pro.com.au/tm-pro</a>

## GASTROINTESTINAL ISSUES



Better Health Channel	Gastroenteritis	<a href="https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/gastroenteritis">https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/gastroenteritis</a>
Gastrointestinal Association	Diverticulitis	<a href="http://www.gesa.org.au/resources/patients/diverticular-disease/">http://www.gesa.org.au/resources/patients/diverticular-disease/</a>
Dietitians Association of Australia	Diverticulitis	<a href="https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-fast-facts/medical/the-doctor-said-ive-got-diverticular-disease-what-should-i-eat/">https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-fast-facts/medical/the-doctor-said-ive-got-diverticular-disease-what-should-i-eat/</a>
Gastrointestinal Association	Reflux	<a href="http://www.gesa.org.au/resources/patients/heartburn-reflux/">http://www.gesa.org.au/resources/patients/heartburn-reflux/</a>
Gastro Net	Reflux	<a href="http://www.gastro.net.au/diets/reflux.html">http://www.gastro.net.au/diets/reflux.html</a>
Australian Council of Stoma Associations	Stoma	<a href="http://australianstoma.com.au/">http://australianstoma.com.au/</a>
Gastrointestinal Association	Irritable Bowel Syndrome	<a href="http://www.gesa.org.au/resources/patients/irritable-bowel-syndrome/">http://www.gesa.org.au/resources/patients/irritable-bowel-syndrome/</a>
Gut Foundation	Irritable Bowel Syndrome Videos	<a href="https://gutfoundation.com.au/videos/">https://gutfoundation.com.au/videos/</a>
Dietitians Australia	Irritable Bowel Syndrome	<a href="https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-fast-facts/medical/a-guide-to-irritable-bowel-syndrome/">https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-fast-facts/medical/a-guide-to-irritable-bowel-syndrome/</a>
Gastrointestinal Association	Inflammatory Bowel Disease	<a href="http://www.gesa.org.au/resources/patients/inflammatory-bowel-disease/">http://www.gesa.org.au/resources/patients/inflammatory-bowel-disease/</a> <a href="http://www.gastro.net.au/diets/ibd.html">http://www.gastro.net.au/diets/ibd.html</a>
Gastrointestinal Association	Gall Stones	<a href="http://www.gesa.org.au/resources/patients/gallstones/">http://www.gesa.org.au/resources/patients/gallstones/</a>



Dietitians Association of Australia

Gall Stones

<https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-fast-facts/medical/what-to-eat-to-reduce-your-risk-of-gallstones/>

## GLUTEN FREE

Coeliac Australia

Detailed information about coeliac disease and the gluten free diet.

<https://www.coeliac.org.au/>

Gluten Free Standard for Food Service Providers:

[https://www.coeliac.org.au/uploads/65701/ufiles/Accreditation/CA\\_GF\\_Standard.pdf](https://www.coeliac.org.au/uploads/65701/ufiles/Accreditation/CA_GF_Standard.pdf)

Gluten and Other Allergens in Health Care:

<https://www.coeliac.org.au/hospitals-and-aged-care/>

Coeliac Australia App:

[https://play.google.com/store/apps/details?id=com.coeliacaustralia.android&hl=en\\_AU](https://play.google.com/store/apps/details?id=com.coeliacaustralia.android&hl=en_AU)

<https://apps.apple.com/au/app/gluten-free-ingredient-list/id385684649>

## ALLERGY AND INTOLERANCES

Dietitians Association of Australia

Allergy vs Intolerance

<https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-fast-facts/medical/whats-the-difference-between-food-allergy-and-food-intolerance/>



## National Allergy Strategy

Online training and resources for food service:

- Awareness of Food Allergen Management in Food Service - A Best Practice Guide
- Food Allergy and Intolerance Policy Template
- All About Allergens - Improving Allergy Awareness in Food Service
- Food Allergy and Food Intolerance Management Audit Tool
- Food Allergen Ingredient Substitution Tool
- Allergy Aware Checklist
- Food Allergen Matrix
- Food Allergen Cards

<https://nationalallergystrategy.org.au/>

<https://foodallergytraining.org.au/>

## Allergy Information

Useful websites

Royal Prince Alfred Hospital Allergy Unit:

<http://www.slhd.nsw.gov.au/rpa/allergy/resources/allergy/infosheets.html>

Australasian Society of Clinical Immunology and Allergy:

[www.allergy.org.au](http://www.allergy.org.au)

Allergy and Anaphalaxis Australia:

<https://allergyfacts.org.au/>

## Lactose Intolerance

Useful websites

Gut Foundation:

<http://www.gutfoundation.com.au/resources/lactose-intolerance>

Lacteeze:

<https://www.lacteeze.com.au/>



Low FODMAP diet

<https://www.monashfodmap.com/>  
<http://cart.gesa.org.au/membes/files/Consumer%20Information/Low%20FODMAP%20Diet.pdf>  
<http://fodmapfriendly.com>  
<http://www.gutfoundation.com.au/>

## CULTURAL DIETS

Queensland Health: Health care providers' handbook on Muslim patients

[https://www.health.qld.gov.au/\\_\\_data/assets/pdf\\_file/0034/155887/islamgde2ed.pdf](https://www.health.qld.gov.au/__data/assets/pdf_file/0034/155887/islamgde2ed.pdf)

Muslims Australia

<http://muslimsaustralia.com.au/>

Queensland Health: Health Care Providers' Handbook on Hindu Patients

[https://www.health.qld.gov.au/\\_\\_data/assets/pdf\\_file/0024/156255/hbook-hindu.pdf](https://www.health.qld.gov.au/__data/assets/pdf_file/0024/156255/hbook-hindu.pdf)

Kosher Australia

<https://www.kosher.org.au/>

Kashrut Authority

<http://www.ka.org.au/index.php/understanding-kosher/guide-Kashrut/>  
<http://www.ka.org.au/consumer-resources/pesach-guide>

Jewish Australia

<http://www.jewishaustralia.com/?Page=food>

## PALLIATIVE CARE

Lobster for Joslin  
*Peter Hammond-Jones*

Ideas and recipes for people with life limiting illness and those facing end of life.

<http://www.hammond.com.au/shop/food-culture/lobster-for-josino>

Palliaged

Resources for palliative care including a discussion on nutrition support and end of life.

<https://www.palliaged.com.au/tabid/4329/Default.aspx>