

NUTRITION MANUAL

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Feedback

The DAA invites feedback from users on any aspect of this publication.

Comments, suggestions or requests for further information may be directed to:

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Disclaimer

This document is a general resource to guide appropriate practice within a facility where food provision is part of the core business. The Nutrition Manual is designed to provide information to assist decision making within a food service context and is based on the best information available at the date of compilation. Nutrition and dietary management is a rapidly changing field and as such, this resource does not replace the professional advice from a Dietitian. The occasional use of product brand names may be used to assist understanding or because of a specific nutrient profile. This manual is not intended to promote any product.

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Objectives of this nutrition manual

The objectives of this manual are to:

- Provide a practical dietary modification reference guide for menus that can be used by nursing, catering, and other members of the health care team when access to services of a qualified dietitian is limited or not available
- Base dietary modifications on evidence and not on subjective impressions
- Translate the science of nutrition into food related information for doctors, nurses and caterers for use in the context of menu development
- Assist catering departments in planning, preparation and serving of meals for adults that meet the 2013 *Australian Dietary Guidelines* where no dietary intervention or nutrition support strategies are needed.

The Nutrition Manual is utilised by multiple end users including but not limited to:

- Acute care hospitals
- Rehabilitation and chronic care facilities
- Aged care facilities catering for both high and low care residents
- Community care organisations
- Disability facilities.

Limitations of this nutrition manual

The DAA Nutrition Manual is primarily for use by food services and catering staff, care workers and nursing staff. It is not intended to replace the advice of an Accredited Practising Dietitian. Dietitians may refer to the manual for evidence based information but should refer to more detailed references and evidence based guidelines for more detailed information and medical nutrition therapy guidance.

There is a diverse range of needs that the above end user groups present. This manual does not provide individualised advice, but rather provides general advice and standardised guidelines for the dietary management of adults, to be used by catering and nursing personnel in the context of menu

planning and food provision in an institutional setting. As each individual's needs are unique, this standardised manual has the following limitations:

This manual will not:

- Provide menus that are designed for the specific needs of individuals
- Provide individualised dietary information: individual diets require interpretation of each person's medical, surgical and biochemical history; socio-economic, ethnic, and religious background; eating habits etc
- Describe the special dietary needs of infants and children requiring therapeutic diets: a dietitian with experience in paediatrics must be consulted when managing special diets for infants and children
- Provide advice on catering for allergies: individuals with allergies must be clearly identified and provided with a diet that meets their clinical needs, is nutritionally balanced, but avoids the identified food allergen(s). This can be complicated and for individuals with allergies it is strongly recommended that the individualised advice of a Accredited Practising Dietitian (APD) is sought.

Many of the individuals who will benefit from the guidelines in this manual are from vulnerable populations, e.g. acutely unwell hospitalised patients, frail residents in aged care and some individuals in disability supported accommodation. The *Australian Guide to Healthy Eating* and *Australian Dietary Guidelines* may not be appropriate for these populations and this should be taken into account when providing nutrition care or any special diet.

The need for a special diet should be assessed on an individual basis. It is important to ensure that the special diet is required and warranted. For example, it is not appropriate to impose a rigid low fat diet or a low cholesterol diet for frail residents in aged care, but may be warranted for a young, otherwise healthy individual in disability supported accommodation. On the other hand, it is essential to provide appropriate items for an individual who has a food allergy or intolerance. Advice should be sought from an APD with experience in the area of concern.

The menu may be providing individuals with 100% of their nutrition for the long term. Any changes to diet must be palatable, nourishing, and sustainable for food services and assist in enhancing nutritional status. If unsuitable diet changes are made then an individual's nutrition may suffer. Facets to consider are likely expected life span of the individual, quality of life, cost and capacity

for the kitchen to provide the meals/ snacks and how realistic the nutrition goals are.

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