

## Recommended Resources Aged Care

NUTRITION FOR THE OLDER PERSON		
Eat to Cheat Ageing Eat to Cheat Dementia <i>Ngairé Hobbins</i>	Ngairé is an Accredited Practising Dietitian with an expertise in nutrition for older people.	<a href="https://www.ngairehobbins.com/">https://www.ngairehobbins.com/</a>
Best Practice Food and Nutrition Manual for Aged Care Facilities 2015 2 <sup>nd</sup> 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="http://www.cclhd.health.nsw.gov.au/ourservices/nutrition/Documents/BestPracticeFoodandNutritionManual-Edition2.pdf">http://www.cclhd.health.nsw.gov.au/ourservices/nutrition/Documents/BestPracticeFoodandNutritionManual-Edition2.pdf</a>
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>	Practical information for carers of older individuals.	<a href="http://www.cclhd.health.nsw.gov.au/ourservices/nutrition/Documents/EatingWellResource.pdf">http://www.cclhd.health.nsw.gov.au/ourservices/nutrition/Documents/EatingWellResource.pdf</a>
Older People in Hospital- Nutrition and Swallowing <i>Victoria Health</i>	Hospital focus but has some excellent information about nutrition for the older person.	<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>
<i>Dementia Australia</i>	Website includes a number of resources relating to food and nutrition in dementia.	<a href="https://www.fightdementia.org.au/about-dementia/resources/help-sheets">https://www.fightdementia.org.au/about-dementia/resources/help-sheets</a>
<i>Maggie Beer Foundation</i>	Maggie is a strong advocate for better food in aged care.	<a href="https://www.maggibeerfoundation.org.au/">https://www.maggibeerfoundation.org.au/</a>
<i>The Lantern Project</i>	Aiming to improve food and nutrition care in aged care homes.	<a href="http://thelanternproject.com.au/">http://thelanternproject.com.au/</a>
Eating Well Resources <i>The Caroline Walker Trust</i>	UK Guidelines but there are many ideas and even menus for catering for older people- especially those with Dementia.	<a href="http://www.cwt.org.uk/publications/">http://www.cwt.org.uk/publications/</a>
New Dining Practice Standards 2011 <i>Pioneer Network Food and Dining Clinical Standards Task Force:</i>	US guidelines and recommendations re nutrition, choice and food service standards in aged care homes.	<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>
Best Practices for Nutrition, Food Service and Dining in Long Term Care Homes <i>Dietitians of Canada</i>	Canadian Guidelines on nutrition in aged care.	<a href="https://www.dietitians.ca/Downloads/Public/2013-Best-Practices-for-Nutrition,-Food-Service-an.aspx">https://www.dietitians.ca/Downloads/Public/2013-Best-Practices-for-Nutrition,-Food-Service-an.aspx</a>

Nutritional guidelines and menu checklist for residential and nursing homes <i>UK Public Health Agency</i>	UK Guidelines for nutrition in aged care.	<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>
<b>FOOD SERVICE RESOURCES</b>		
Nutrition Standards for adult inpatients in NSW hospitals <i>NSW Agency for Clinical Nutrition</i>	NSW hospital food service guidelines.	<a href="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</a>
Nutrition Standards for Menu Items in Victorian Hospitals and Residential Aged Care Facilities <i>Department of Human Services (Victoria)</i>	Victorian hospital food service guidelines.	<a href="http://www.health.vic.gov.au/archive/archive2011/patientfood/nutrition_standards.pdf">http://www.health.vic.gov.au/archive/archive2011/patientfood/nutrition_standards.pdf</a>
Nutrition Standards for Meals and Menus <i>Queensland Health</i>	Queensland hospital food service guidelines.	<a href="https://www.health.qld.gov.au/_data/assets/pdf_file/0030/156288/gh-nutrition-standards.pdf">https://www.health.qld.gov.au/_data/assets/pdf_file/0030/156288/gh-nutrition-standards.pdf</a>
Nutrition Standards for Adult Inpatients in WA Hospitals <i>WA Health</i>	WA hospital food service guidelines.	<a href="http://www.health.wa.gov.au/circularsnew/attachments/1108.pdf">http://www.health.wa.gov.au/circularsnew/attachments/1108.pdf</a>
Menu and Nutritional Standards for Public Hospitals in South Australia <i>SA Health Hospital and Menu Standards Working Party</i>	SA hospital food service guidelines.	<a href="http://www.sahealth.sa.gov.au/wps/wcm/connect/45b4ae0045d04e7d9bdcfbac725693cd/14130+1+Menu+Nutr+Stand+Report-v5.pdf?MOD=AJPERES&amp;CACHEID=ROOTWORKSPACE-45b4ae0045d04e7d9bdcfbac725693cd-IBL4Kui">http://www.sahealth.sa.gov.au/wps/wcm/connect/45b4ae0045d04e7d9bdcfbac725693cd/14130+1+Menu+Nutr+Stand+Report-v5.pdf?MOD=AJPERES&amp;CACHEID=ROOTWORKSPACE-45b4ae0045d04e7d9bdcfbac725693cd-IBL4Kui</a> <b>and Supporting Evidence:</b> <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>
Resident Food Service Satisfaction Questionnaire	Validated satisfaction questionnaires.	<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>
<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>
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="http://www.oscarhospitality.com.au/operational-support/recipes/">http://www.oscarhospitality.com.au/operational-support/recipes/</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/re-fresh-meal-inspirations-for-aged-care.html">https://www.unileverfoodsolutions.com.au/chef-inspiration/re-fresh-meal-inspirations-for-aged-care.html</a>
<i>UK National Dish Selector</i>	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.	<a href="http://bhf.parallel.co.uk/recipe_search.asp?primary_ID=null&amp;secondary_ID=4&amp;display=0&amp;check_char=">http://bhf.parallel.co.uk/recipe_search.asp?primary_ID=null&amp;secondary_ID=4&amp;display=0&amp;check_char=</a>
Care Cook Recipes <i>National Association of Care Catering (UK)</i>		<a href="http://www.thenacc.co.uk/resources/recipes">http://www.thenacc.co.uk/resources/recipes</a>
<b>MULTICULTURAL</b>		
Multicultural websites	Not specific to aged care but these websites provide a wealth of ideas.	<a href="http://www.tasteofharmony.org.au/recipes">http://www.tasteofharmony.org.au/recipes</a> <a href="https://www.sbs.com.au/food/recipes/by-cuisine">https://www.sbs.com.au/food/recipes/by-cuisine</a>
A World of Food I and II <i>Danielle Gallegos and Elizabeth Parry</i>	A manual to assist in the provision of culturally appropriate meals for older people.	(No longer in print but may be available through libraries)

Caring for Australian- Greek Residents in Aged Care Facilities. <i>Australian Greek Welfare Society</i>	For Greek residents living in aged care	<a href="http://www.agws.com.au/documents/CaringforAustralian-GreekResidentsinAgedCareFacilities-ORDERFORM.pdf">http://www.agws.com.au/documents/CaringforAustralian-GreekResidentsinAgedCareFacilities-ORDERFORM.pdf</a>
<b>SPECIAL DIETS MANUALS</b>		
Nutrition Manual <i>Dietitians Association of Australia</i>	The manual outlines requirements for any special diet and is now evidence based.	<a href="https://daa.asn.au/wp-content/uploads/2015/04/Publications-Order-Form-Jan-17.pdf">https://daa.asn.au/wp-content/uploads/2015/04/Publications-Order-Form-Jan-17.pdf</a>
Diet Specifications for adult inpatients <i>NSW Agency for Clinical Nutrition</i>	Does not include meal plans but provides the background on a number of special diets.	<a href="https://www.aci.health.nsw.gov.au/?a=160557">https://www.aci.health.nsw.gov.au/?a=160557</a>
<b>DEMENTIA</b>		
Dementia Mealtime Assessment Tool (DMAT)	Initial Assessment Tool Creates a Dementia Friendly Care Plan Dementia Friendly Mealtime Support Forum DMAT App	<a href="https://www.thedmat.com/wp-content/uploads/2017/03/TheDMATInitialMeasurementForm2017.pdf">https://www.thedmat.com/wp-content/uploads/2017/03/TheDMATInitialMeasurementForm2017.pdf</a>
Finger Food - A 3 week menu and recipes <i>Nutrition Consultants Australia</i>	Ideas for finger foods.	<a href="http://www.nutritionconsultantsaustralia.com.au/products/finger-foods/default.aspx">http://www.nutritionconsultantsaustralia.com.au/products/finger-foods/default.aspx</a>
Its All About the Food not the Fork <i>Peter Morgan-Jones</i>	Ideas for finger foods. No cutlery needed.	<a href="http://www.hammond.com.au/shop/food-culture/its-all-about-the-food-not-the-fork">http://www.hammond.com.au/shop/food-culture/its-all-about-the-food-not-the-fork</a>
Finger Foods Video <i>Hammond Care</i>		<a href="https://www.youtube.com/watch?v=kyR7pfxklE8&amp;index=4&amp;list=PL1C2OC7ObwcJNL3LBf2LA_ztOINnac1Vt">https://www.youtube.com/watch?v=kyR7pfxklE8&amp;index=4&amp;list=PL1C2OC7ObwcJNL3LBf2LA_ztOINnac1Vt</a>
<i>Hammond Care</i>	Its all about the food not the fork videos.	<a href="https://www.youtube.com/playlist?list=PL1C2OC7ObwcJNL3LBf2LA_ztOINnac1Vt">https://www.youtube.com/playlist?list=PL1C2OC7ObwcJNL3LBf2LA_ztOINnac1Vt</a>
<b>MALNUTRITION</b>		
<i>Positive Ageing Resource Centre</i>	Includes a risk screen for Frailty and resources and references re malnutrition, frailty and sarcopenia.	<a href="https://parc.net.au/index.php">https://parc.net.au/index.php</a>
<i>Health Victoria</i>	A discussion re frailty and its effects. Hospital based but still relevant for aged care.	<a href="https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/older-people/frailty">https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/older-people/frailty</a>
BAPEN	UK based Association that raises awareness of malnutrition.	<a href="http://www.bapen.org.uk/">http://www.bapen.org.uk/</a>
Fight Malnutrition (Netherlands) <i>Dutch Malnutrition Steering Group</i>	Some excellent initiatives from the Netherlands (website is in English)	<a href="http://www.fightmalnutrition.eu/">http://www.fightmalnutrition.eu/</a>

<i>Malnutrition Taskforce (UK) Prevention Program</i>	Malnutrition in later life prevention and early intervention.	<a href="http://www.malnutritiontaskforce.org.uk/">http://www.malnutritiontaskforce.org.uk/</a>
<i>Nutrition and Hydration Week</i>	Includes 10 key characteristics for good nutritional care. UK based but principles apply anywhere.	<a href="https://nutritionandhydrationweek.co.uk/our-aim/the-10-key-characteristics-for-good-nutritional-care/">https://nutritionandhydrationweek.co.uk/our-aim/the-10-key-characteristics-for-good-nutritional-care/</a>
<i>Hungry to be Heard</i>	UK campaign to increase awareness of malnutrition in institutionalized settings.	<a href="https://www.ageuk.org.uk/brandpartnerglobal/londonvpp/documents/still_hungry_to_be_heard_report.pdf">https://www.ageuk.org.uk/brandpartnerglobal/londonvpp/documents/still_hungry_to_be_heard_report.pdf</a>
<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=bcQQymj11j4">https://www.youtube.com/watch?v=bcQQymj11j4</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="http://www.sustagen.com.au/delicious-recipes/">http://www.sustagen.com.au/delicious-recipes/</a>
<i>Supplement Company Website</i>	Nutricia	<a href="http://nutriciamedical.com.au/product-category/adult-nutrition/">http://nutriciamedical.com.au/product-category/adult-nutrition/</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>
<b>TEXTURE MODIFIED DIETS</b>		
Guidelines for Definitions of Texture Modified Diets <i>Dietitians Association of Australia and Speech Pathology Australia</i>	Definitive standards on texture modified diets in Australia.	<a href="https://daa.asn.au/wp-content/uploads/2015/04/A3_Aus-Standards-Food-and-Fluids-Poster-Check-2.pdf">https://daa.asn.au/wp-content/uploads/2015/04/A3_Aus-Standards-Food-and-Fluids-Poster-Check-2.pdf</a> <a href="http://onlinelibrary.wiley.com/doi/10.1111/j.1747-0080.2007.00153.x/epdf">http://onlinelibrary.wiley.com/doi/10.1111/j.1747-0080.2007.00153.x/epdf</a>

<i>International Dysphagia Diet Standardisation Initiative</i>	These new International Guidelines will be adopted in Australia at some time in the near future.	<a href="http://iddsi.org/">http://iddsi.org/</a>
Puree to Perfection - A Guide to Implementing the Approach <i>Osborne Park Hospital WA</i>	Recipes and menus for puree foods- using molds and providing practical ideas on how to do it!	<a href="http://www.oph.health.wa.gov.au/Services/pdf/Puree2Perfection_OrderForm.pdf">http://www.oph.health.wa.gov.au/Services/pdf/Puree2Perfection_OrderForm.pdf</a>
Presenting Puree <i>Megan Hanley and Kate Stansibie</i>	Provides presentation skills and ideas for pureed meals - practical but simple ideas for improving presentation of smooth puree diets.	No longer available for purchase. May be available in libraries.
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>
Simple, Sensational, Soft <i>Brightwater Care Group</i>	Recipes for a soft diet.	<a href="https://www.brightwatergroup.com/images/Electronic-Order-Form.pdf">https://www.brightwatergroup.com/images/Electronic-Order-Form.pdf</a>
Shaped <i>Bernadette Eriksen 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>
6 Short Videos <i>Loqui Speech Pathology</i>	A series of videos that showcase the diet textures and thickened fluids.	<a href="https://www.youtube.com/playlist?list=PLNgXaMyQdncfIOz5RqaZOR12jugEzOzca">https://www.youtube.com/playlist?list=PLNgXaMyQdncfIOz5RqaZOR12jugEzOzca</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>
<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>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 Thickn	<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>
<b>DIABETES</b>		
Healthy Eating and Diabetes - A Guide for Aged Care <i>SA Health</i>	The Best Practice Guide for diabetes and diet management in aged care.	<a href="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</a>
Standards of Medical Care in Diabetes 2018 <i>American Diabetes Association</i>	Overall guidelines for diabetes management including guidelines for Aged Care.	<a href="http://care.diabetesjournals.org/content/diacare/41/Supplement_1/S1.full.pdf">http://care.diabetesjournals.org/content/diacare/41/Supplement_1/S1.full.pdf</a>
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="http://care.diabetesjournals.org/content/diacare/39/2/308.full.pdf">http://care.diabetesjournals.org/content/diacare/39/2/308.full.pdf</a>
Resources for Health Professionals Working in Aged Care <i>Diabetes Australia</i>	Overall guidelines for diabetes management for Aged Care.	<a href="https://www.diabetessa.com.au/latest-news/diabetes-management-in-aged-care.html">https://www.diabetessa.com.au/latest-news/diabetes-management-in-aged-care.html</a>
<b>GLUTEN FREE</b>		
Coeliac Australia	Detailed information about coeliac disease and the gluten free diet.	<a href="https://www.coeliac.org.au/">https://www.coeliac.org.au/</a> Gluten Free Standard: <a href="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</a> Endorsed Products List: <a href="https://www.coeliac.org.au/uploads/65701/ufiles/Endorsement/EndorsedProductsList.pdf">https://www.coeliac.org.au/uploads/65701/ufiles/Endorsement/EndorsedProductsList.pdf</a> Ingredient List Booklet (Available with Membership)
Gluten Free in Food Service <i>Nestle Food Service</i>	Practical hints for catering for a gluten free diet.	<a href="https://www.nestleprofessional.com.au/sites/g/files/gfb136/f/media/gluten_free_toolkit_2016.pdf">https://www.nestleprofessional.com.au/sites/g/files/gfb136/f/media/gluten_free_toolkit_2016.pdf</a>

ALLERGY AND INTOLERANCES		
National Allergy Strategy	Online training and resources for food service.	<a href="https://foodallergytraining.org.au/">https://foodallergytraining.org.au/</a>
Allergy Information	Useful websites	Royal Prince Alfred Hospital Allergy Unit: <a href="http://www.slhd.nsw.gov.au/rpa/allergy/resources/allergy/infosheets.html">http://www.slhd.nsw.gov.au/rpa/allergy/resources/allergy/infosheets.html</a> Australasian Society of Clinical Immunology and Allergy: <a href="http://www.allergy.org.au">www.allergy.org.au</a>
Lactose Intolerance	Useful websites	Gut Foundation: <a href="http://www.gutfoundation.com.au/resources/lactose-intolerance">http://www.gutfoundation.com.au/resources/lactose-intolerance</a> Lacteeze: <a href="https://www.lacteeze.com.au/">https://www.lacteeze.com.au/</a>
The Gut Foundation	Includes a number of fact sheets on gastrointestinal conditions and diet.	<a href="http://www.gutfoundation.com.au/">http://www.gutfoundation.com.au/</a>
PALLIATIVE CARE		
Lobster for Joslin <i>Peter Hammond-Jones</i>	Ideas and recipes for people with life limiting illness and those facing end of life.	<a href="http://www.hammond.com.au/shop/food-culture/lobster-for-josino">http://www.hammond.com.au/shop/food-culture/lobster-for-josino</a>
Palliaged	Resources for palliative care including a discussion on nutrition support and end of life.	<a href="https://www.palliaged.com.au/tabid/4329/Default.aspx">https://www.palliaged.com.au/tabid/4329/Default.aspx</a>