



HACKS

Helping Aged Care Kitchens Succeed



**A HANDY
GUIDE**

----- TO -----

**OPTIMAL
NUTRITION**

----- FOR -----

SENIORS



**Simplot**

FOODSERVICE



About HACKS

What does HACKS stand for?

HACKS is an acronym for *Helping Aged Care Kitchens Succeed*. The programme is designed to help you do more than just meet the expectations of your residents; with HACKS by your side, we aim to make your kitchen elite!

Why has Simplot created HACKS?

At Simplot, we know aged care resident needs are complex. That's why we want to share the expertise of our dedicated professionals, including chefs and dietitians, to help improve the quality of life for seniors in care. HACKS allows you to better integrate Simplot's market-leading products with the unique requirements of the sector, to help you put residents first.



About HACKS

How can HACKS help you?

We understand your residents live with a variety of conditions, and that this results in specific meal requirements. HACKS is an integrated needs-based meal initiative for seniors.

An entire support package that has been developed to easily and cost effectively meet the varying nutritional needs of your residents, HACKS is your go-to resource for inspiring recipes and mealtime tips.

“Stay tuned for delicious recipes that are nutrition-approved!”

*David White,
Executive Chef,
Simplot*





About HACKS

How do I interact with HACKS?

This fan deck is designed for kitchen and care staff use. Sorted by culinary and nutritional challenge, it provides aged care staff with fast access to key information and advice at any time.



Another important part of the HACKS programme is a series of videos that explores a range of great ideas and culinary tips that will make life in aged care kitchens more efficient than ever.

Let's get started!

We encourage you to work through the Essentials section, starting on the next page. Then simply refer to the HACKS fan deck whenever you need inspiration or advice in your aged care setting.



ESS ESSENTIALS



ESSENTIALS

General nutrition principles for the elderly

Food is one of our biggest sources of enjoyment, and it's also essential to keep us in good health. This becomes even more important in old age, when our nutritional requirements increase and we look to meal times for pleasure.

Food should look and taste good, be nutritious and fit for an elderly resident's dietary needs. This is crucial to optimise resident health and happiness, as well as maintain quality of life during the golden years. Good food is also a way to improve resident satisfaction with the services provided by a facility, and reduce nutrition-related medical expenses.

"Symptoms of malnutrition may not always be visible. In aged care homes, malnutrition will adversely affect a resident's quality of life and can drastically increase the medical expenses associated with treating resulting health conditions."

Kim Tikellis, Dietitian, Simplot

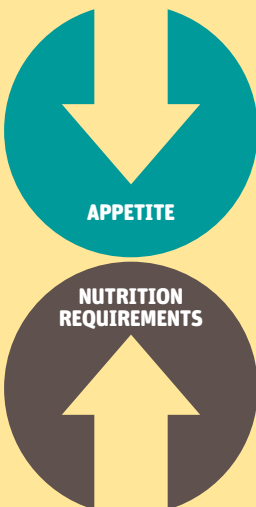


ESSENTIALS

Nutrition challenges

Maintaining good nutrition in old age can be challenging for many reasons.

Appetite may decrease naturally, and medical conditions can make eating and drinking difficult or even painful. Therefore, elderly residents may find it hard to eat the right types of foods and in sufficient quantities to meet their needs.



The elderly have a higher requirement for protein, calcium and Vitamin D to maintain healthy muscles and bones.

Chronic or acute health conditions such as cancer, dementia or constipation may increase nutrition requirements. Further nutrition requirements may also apply during injury, illness or infection to aid in recovery.

ESSENTIALS

All aged care menus should be designed to promote weight maintenance and the prevention of malnutrition. Serving small, frequent and nutritious meals can help meet these objectives.

Monitoring residents' food intake is also essential. This provides useful feedback to kitchen staff as to the suitability or popularity of a meal. It also aids health professionals in assessing resident nutrition status.

GOOD TO KNOW

Meal times also present an opportunity for residents to socialise. Socialisation improves resident mental health outcomes by combating loneliness and social isolation.

***“Need help with your menu?
Consult a qualified health
professional when designing
special diets for residents
with health conditions.
Dietitians are here to help
you meet the dietary needs
of each resident!”***

Kim, Dietitian, Simplot



HACKS and facts

Weight loss is not a normal part of ageing.

Food intake of residents should be monitored to prevent unintentional weight loss.

Combat poor food intake by fortifying foods and drinks to increase calories and nutrient density. See [Meal Fortification](#) for easy ways to fortify with food ingredients.

Constipation is common in the elderly.

Fortify foods with fibre-rich ingredients to improve bowel regularity.

Offer mid-meals and snacks every day (i.e. morning/afternoon tea and supper). This is especially useful for small eaters as it creates more opportunities for eating and drinking.

Obtain a list of dietary preferences including specific likes and dislikes from the resident or their family.

Asking a resident for their feedback during menu planning, or even after a meal, can be an inclusive way to improve the meal service.

Residents with dementia may struggle to feed themselves using cutlery. See [Dementia](#) to see how finger foods can help.

Texture modification for food and drink may be required for residents who have chewing or swallowing difficulties. See [Dysphagia](#).

Cater for dietary requirements including cultural and religious requests. For example, gluten-free, lactose free, Halal or vegetarian.

Mealtime matters

Safe and suitable: Food and drinks provided should be appropriate for the dietary needs of your residents. For example, some residents may require texture modified food and drinks, or food that can be hand-held to enable self-feeding.



Menu choices: 58% of residents state that having control over food is very important.¹ Input into the menu or at least having several choices during meal times increases resident food satisfaction and a sense of control in an environment where their autonomy may be decreased. For example, asking a resident what toppings they want on their porridge or what foods they would like to see on a menu can make your residents feel involved in the meal service.

Offer variety and a longer menu cycle: Variety in food and drinks is important to avoid repetition in menus. For example, rotating the protein component of the meal (e.g. chicken, beef and fish) so that it's not served in consecutive meals can create a sense of variety. Seasonal menus also promote variety in food and drinks. Longer menu cycles have been found to decrease malnutrition compared to shorter cycles, due to greater diversity in foods and drinks.²

Taste and presentation: Meal times are an important source of enjoyment for residents. This means food should not only taste good, but also look appetising. Serving foods in a familiar way can evoke nostalgia in residents and improve intake through enhanced food recognition.

Daily food intake guide

Do you know how much a resident should eat each day, by food group? The following table represents an estimate of how much a healthy older adult aged 70+ years may need to eat each day. Please note that an individual's requirement may differ depending on his or her specific health needs.

Table 1: Food intake per day for adults aged 70+ years

	What is a serve?	Men 70+	Women 70+
Vegetables & legumes/beans	75g, or 1/2 cup cooked, or 1 cup raw	5	5
Fruit	150g, or 1 medium apple/banana/orange/pear	2	2
Grain (cereal) foods	40g bread, or 1/2 cup cooked rice/pasta/noodles	4.5	3
Lean meat, poultry, fish, eggs, tofu, legumes/beans	65g cooked lean meat, or 100g cooked fish fillet, or 2 large eggs, or 1 cup canned legumes/beans	2.5	2
Milk, yoghurt, cheese and/or alternatives*	250ml milk, or 2 slices of hard cheese, or 200g tub yoghurt	3.5	4
Allowance for fats and oils (10g butter/margarine, 7g oils, 10g peanut butter/tahini)		2.5	2

Adapted from the Australian Dietary Guidelines (2013) * Full-fat milk, yoghurt and cheeses are recommended as these provide greater calories.



FOR MEAL FORTIFICATION

Making every bite count



MEAL FORTIFICATION

Meeting nutrition requirements can be difficult for those with small appetites or poor food intake, since they may not be eating a sufficient quantity of food. These residents are at a greater risk of malnutrition.

To combat small appetites and insufficient food intake in the elderly, meal fortification and clever ideas around additional eating opportunities can make certain that every bite counts.

GOOD TO KNOW

Malnutrition is a deficiency, excess or imbalance in energy and/or nutrient intake that leads to negative health outcomes. It may present in many forms, including being underweight or overweight.

"Food and drink for small eaters should be enriched where possible because residents may not be able to eat a whole meal or they may only choose to eat a part of the meal, such as a sandwich, soup, salad or dessert, at any particular time."

*David,
Executive
Chef,
Simplot*



MEAL FORTIFICATION

The nutrition challenge

To tackle small appetites or poor eating there are two main strategies.

A. Increase the number of opportunities to eat and drink

Residents who eat only small amounts during main meals can also benefit from mid-meals and flexible snacking times. By increasing the number of eating and drinking opportunities, residents are able to increase their intake of food and drinks throughout the day.

This means the resident may be eating a small amount but more frequently. Schedule main meals and snacks across the day to allow time for residents to get hungry again. For high protein snack solutions, see [Sarcopaenia](#).

B. Boost the nutrition in every bite

In addition to offering mid-meals and snacks, most food and drink items can be fortified with other ingredients to boost calorie, protein and/or fibre content. Ingredients such as full-fat dairy products, oils, legumes and beans are just some examples to boost the nutritional content of your dish. With the help of these ingredients, each bite (or sip) will contain more nutrients, and help edge an elderly resident closer to their daily needs.

Table 2. Quick recipe additions to enrich meals

Full fat dairy products	Boost the protein in milk by enriching it with milk powder before use in sweet and savoury foods, baked goods or even drinks. See page FOR:11 for recipe. Add cream or sour cream to main meals, sauces or as a garnish for additional calories. Cream can also be used in drinks such as coffee or hot chocolate.
	Add cheese to savoury dishes for added protein, calories and calcium.
Sugar, jam and honey	Can be added to pancakes, scones or toast to increase the calories in the dish. Avoid using sugar substitutes in baked goods.
Full-fat dressing	Can be used on salads, including mayonnaise-based dressings for additional energy.
Vegetable oils, butter and margarine	Add butter, margarine or melted cheese to bread before serving alongside soup or other dishes. Serve warm baked goods, pikelets and pancakes with some butter or margarine. Oils or butter can also be added to sauces for a glossy finish.

HACKS and facts

In the kitchen

Catering for small eaters.

If most of the residents at your facility are underweight and have small appetites, consider fortifying all meals. However, meals and snacks can be fortified individually to cater for a smaller number of poor eaters. For example, separate out some mains and sauces after cooking, fortifying them with the appropriate ingredients found in Table 2 on page FOR:3.



Substitute regular milk for enriched milk in any given recipe to increase the protein and calories in that dish. See page FOR:11 for the recipe.

Alternatively, add milk powder directly to dishes to increase protein and calories without additional liquids.

Boost vegetable sides. Steaming retains more nutrients in vegetables compared to boiling. Add oil, butter or a cream-based sauce to vegetables to boost appetite appeal and calorie content of a dish. See pages FOR:12-13 for Enriched Sauces recipes. Frozen vegetables cook to a tender texture, which can be ideal for residents who prefer or require softer textures.

HACKS and facts

Increasing vegetable intake. It may be difficult for a resident with a small appetite to eat five serves of vegetables each day. In addition to serving savoury vegetables at each meal (including the likes of roast tomatoes and baked beans in a hot breakfast), serve snacks and even desserts that contain veggies. Think vegetable rissoles, grated beetroot in meatballs, carrot cake, and black beans or zucchini in chocolate cake.

Canned fish and legumes make good pantry staples.

Toss canned tuna, salmon, sardines, beans or lentils through salads for an instant protein component. The oil or flavoured sauces in canned fish makes for an instant dressing.

Hummus or other bean dips can also be used in sandwiches, for added protein.

HACKS and facts

Setting the environment

Serve slow eaters first, or allow slow eaters additional time to finish their meal.



If large meals intimidate the resident, serve a smaller portion to start with and offer seconds.

Assistance may be required. Pay attention to slow eaters, as they may be struggling to eat and need assistance or support to finish their meal. Allow them first to eat independently, stepping in only where necessary.

If a resident is not able to eat the main meal, it is okay to offer them a dessert (or two) instead.

Serve fortified hot or cold drinks (as appropriate for the season) throughout the day to boost daily energy and protein intake.

Special occasions and eating outside may help improve appetite. In addition to birthdays, consider celebrating events such as Australia day, Chinese New Year or other cultural days. Other ideas include happy hour or even theme nights.

Mealtime matters

Breakfast



Hot breakfast: Use enriched milk, cream and/or butter in porridge, pancakes and other breakfast foods for extra protein, calcium and calories.

Top with sugar, honey or desired toppings for extra calories. Cook eggs in oil or serve baked beans for a good source of protein. Add cheese to omelettes and savoury muffins.

Continental breakfast: Serve enriched milk with breakfast cereals. If a resident is eating toast for breakfast, which is low in protein and calories, serve with cheese or yoghurt on the side. Offer to prepare them a fortified drink (e.g. hot chocolate, coffee or tea) enriched with milk and cream.

Sandwiches

Savoury: Use an adequate amount of protein-rich food such as roast chicken, beef, ham, sausages, rissoles or canned fish in addition to suitable vegetables such as sliced tomato, beetroot or lettuce. Add mashed egg and/or cheese to boost the protein content. Add full-fat mayonnaise if necessary so that sandwiches are moist and easier to eat.

Spreads: Spread butter or margarine on bread before adding fillings. While peanut butter is a good source of protein, fillings such as jam, honey and Vegemite are low in protein. Encourage residents eating low-protein sandwiches to have a milky drink or dessert alongside their sandwich.

Bread: Accommodate preferences in bread. Offer a choice of white, wholemeal or wholegrain.

Mealtime matters

Salads

Dressing: Use full-fat salad dressing such as full-fat mayonnaise or oil-based dressings.

Variety: Ensure there are varieties of vegetables in salads (tender roasted vegetables make good additions to salads). Vary salads daily to provide a variety of different nutrients and keep residents interested (e.g. Greek salad, pasta salad, coleslaw and roast vegetable salad).

Salad for mains: Ensure that these are sufficiently calorie-dense. These should also include one serve of protein-rich food such as roast or grilled meats, canned fish, eggs or ham (see Table 1 on page ESS:6 for what makes one serve). Add cheese to the salad where suitable and include starchy foods such as potatoes, sweet potatoes, rice, pasta or beans. Alternatively, serve alongside buttered bread or garlic bread. Examples of suitable salads include roast beef or chicken salad, tuna and egg salad, lentil salad, pasta salad with shredded chicken, and Thai beef noodle salad.



Mealtime matters

Soups

Sometimes residents may eat only soup during meal times, so it is essential for these to be enriched. Clear soups and broths with no additional ingredients are not suitable for meals. Ensure that soups contain plenty of vegetables, meat, legume/beans or barley so they provide adequate nutrients. These ingredients may also be added to canned or powder soups.



Meat, chicken, fish or legumes boost protein content of soups. For variety, turn meat or chicken into meatballs before cooking in the soup.

Neutral-flavoured protein powders may be added to soups. Where suitable, enrich soups with full cream milk for additional protein, calcium and calories. Additional cream or sour cream can also be used as garnishes.

For fibre, drained canned lentils and beans are a good addition to soups as they are often tender to begin with. To soften canned legumes even more, cook these in the soup until the desired softness is reached. Barley is also a nutritious addition to soups – cook this until tender before serving.

Vegetables and legumes added to meals count towards daily vegetable serves. Frozen veggie mixes are an easy addition to soups.

Serve soup with a bread roll or croutons – add some butter, margarine and/or melted cheese to the bread, to increase calorie and protein content.

Mealtime matters

Main meals

Ensure each main meal has 65-110g cooked meat, chicken or fish, or two eggs so that the total meal is high in protein*. Increase calories in sauces and gravies by using oil, butter and cream. Serve at least 40ml of sauces or gravy on the dish, so the food is moist and easy to eat.

Frying foods in oil can increase calories. Frying eggs in oil or deep-frying fish and chips can be a useful, nostalgic option.

* Check with your relevant menu guidelines



Desserts

Ensure desserts are a rich source of calcium and protein – these can be served as mid-meals or snacks. Desserts can be fortified with protein powders or milk powder for extra protein, in addition to using full-fat dairy products. Serve non-dairy based desserts (such as pastries, stewed or fresh fruit and jelly) with full-fat cream, yoghurt or custard.

Desserts are an important contributor to calcium intake for aged care residents. For maximal calories, use sugar instead of artificial sweeteners.



ENRICHED MILK

INGREDIENTS:

2L milk
65g milk powder

Makes 2L

METHOD:

1. Add milk powder to milk and stir or shake until dissolved.

CHEF'S TIP:

Make enriched milk ahead of time, so it's ready to go for when you need it!

NUTRITION INFORMATION per cup

Energy	873kj	Carbohydrate	15.3g
Protein	10.8g	Sugars	15.3g
Fat	12.0g	Sodium	132mg
Saturated fat	7.9g	Calcium	367mg

ENRICHED SAUCES:

GRAVY

INGREDIENTS:

Makes approx. 3L

- 500g powdered gravy
- 500g milk powder
- 2L boiling water

METHOD:

1. Combine dry ingredients.
2. Add boiling water to dry ingredients and whisk until combined.

NUTRITION INFORMATION per 100g

Energy	514kj	Carbohydrate	14.4g
Protein	6.0g	Sugars	6.5g
Fat	4.7g	Sodium	1409mg
Saturated fat	3.0g	Calcium	152mg

NAPOLI

INGREDIENTS:

Makes approx. 3L

- 2.95kg Leggo's Napoli Sauce
- 250g milk powder

METHOD:

1. Bring Leggo's Napoli to the boil, add milk powder and stir until combined.

NUTRITION INFORMATION per 100g

Energy	395kj	Carbohydrate	8.8g
Protein	3.3g	Sugars	7.9g
Fat	4.7g	Sodium	411mg
Saturated fat	1.6g	Calcium	68mg

ENRICHED SAUCES:

WHITE SAUCE INGREDIENTS:

Makes approx. 2.5L

- 250g milk powder
- 2L reduced fat milk
- 150g butter
- 150g plain flour

For Mornay:

- 300g grated tasty cheese

METHOD:

1. Combine the milk powder with the milk and set aside.
2. Make a roux with the butter and flour.
3. Slowly add the milk while continuously stirring until the sauce is thick.

CHEF'S TIP:

For mornay, add the cheese and stir until melted.

NUTRITION INFORMATION per 100g

WHITE SAUCE

Energy	672kJ	Carbohydrate	11.6g
Protein	5.9g	Sugars	7.4g
Fat	10.3g	Sodium	103mg
Saturated fat	6.8g	Calcium	176mg

MORNAY

Energy	780kJ	Carbohydrate	10.4g
Protein	7.9g	Sugars	6.7g
Fat	12.8g	Sodium	160mg
Saturated fat	8.5g	Calcium	233mg



ENRICHED MASH WITH GRAVY

INGREDIENTS:

Serves 10

- 1L enriched milk
- 100g chopped butter
- 200g Edgell Real Mash
- 200ml enriched gravy

METHOD:

1. Bring enriched milk to the boil and add butter.
2. Stir in Edgell Real Mash and whisk until combined.
3. Top with enriched gravy.

NUTRITION INFORMATION per serve

Energy	998kj	Carbohydrate	25.3g
Protein	7.6g	Sugars	8.1g
Fat	11.8g	Dietary fibre	1.2g
Saturated fat	5.7g	Sodium	652mg
		Calcium	193mg



DEMENTIA



DEMENTIA

Dementia is a collection of symptoms caused by various brain disorders affecting memory, thinking, behaviour and the ability to perform everyday tasks.

The most common cause of dementia is Alzheimer's disease, which accounts for up to 70% of the cases of dementia.

GOOD TO KNOW

A resident having difficulty eating may not be consuming the right type or amount of foods due to exhaustion during eating (difficulty using cutlery) or embarrassment (messy eating and an inability to feed themselves). In such cases, finger foods may be useful for nourishment as they can be eaten without assistance.

"The texture of finger foods must be considered in cases of a dry mouth or swallowing difficulty. Foods that might become sticky in the mouth such as peanut butter or very soft bread should be avoided to prevent the risk of choking on foods."

*David,
Executive
Chef,
Simplot*



DEMENTIA

The nutrition challenge

It can be more difficult to maintain good nutrition in people with dementia since they may:

- Suffer loss of appetite
- Forget where the dining room is
- Forget to eat, drink, chew or swallow
- Suffer from a dry mouth
- Crave sweet foods or develop an insatiable appetite
- Not recognise foods or drinks
- Be unable to use eating utensils because of loss of hand-eye coordination
- Be distracted easily

These symptoms may lead to residents not eating the right amount and/or types of food, and increase the risk of malnutrition. Malnourishment, with or without weight loss, can increase the risk of developing other serious illnesses.

Finger foods can be useful to tackle some of these challenges, including dementia-induced pacing (an inability to sit down for an extended period of time to eat a meal).

"Residents with dementia may need assistance during meal times. Staff may have to cut up foods into bite-sized pieces, offer words of encouragement to continue eating, or spoon feed residents, where necessary."

***Kim,
Dietitian,
Simplot***



HACKS and facts

In the kitchen



Prepare foods and serve in a way that is familiar to the resident. Ethnic foods

or nostalgic foods such as fish and chips served in butchers' paper can trigger memory and encourage eating. Ask residents, or family members, to name favourite foods for menu options.

Prepare foods that are easy to eat. Finger foods are useful for dementia-affected residents who struggle with cutlery. Do not serve foods that flop over in the hand or slippery foods (e.g. frankfurts, cherry tomatoes and grapes) as they can be choking hazards and are tricky for residents to manage.

Allow the aroma of pleasant-smelling food, such as baked goods, to flow out into the dining room. This can stimulate appetite and remind residents that it's time to eat.

Remove seeds, skin, bone, gristle and thick fruit pith. This will avoid choking hazards.

Serve foods one at a time to avoid confusion. Keep plating simple.

Serve enough sauce for those with dry mouths to moisten their food. Take care that the sauces do not hide the food so that residents can recognise the type of food.

HACKS and facts

Setting the environment



Remind the resident that it is time to eat. Residents with dementia may forget that it is mealtime.

Keep dining settings simple. Use plain table cloths and plates so the food is easily seen.

Make sure the food is easily accessible. Remove cling wrap, lids and other coverings from foods, as these might be difficult to remove due to a loss in hand-eye coordination.

Remove cutlery from the table where not required. Avoid cluttered table settings.

Some residents may need to be shown how to manage foods. Demonstrate how to pick up finger foods and show them how to eat and chew the food.

Offer constant encouragement to promote continued eating.

Allow plenty of time for eating. Residents with dementia may take longer to eat.

Mealtime matters

Breakfast: A cooked breakfast might be familiar and useful for stimulating appetite. Breakfast is the first meal of the day – this is an opportunity to address hunger with a cooked meal.



Mid-meals and lunch: Food and drinks that do not need to be refrigerated can be useful, as these can be left out where they can be easily seen. Be mindful of food safety when leaving foods at room temperature.

Need a finger food ASAP? Build finger food at the table from regular food items for those struggling to manage cutlery. The meat and vegetables at a meal time can be served in a bread roll, sandwich or wrap. Add a slice of cheese and vegetables from a salad, pressing down to make a sandwich.

Dinner and supper: Eating enough at dinnertime may mean less hunger throughout the night. Hunger can cause restlessness in dementia patients during the night.

Hunger outside usual mealtimes: Food or snacks that can be heated in the microwave, and sandwiches kept in the fridge, make quick options for when residents are hungry in between meals.



BEEF PIE WITH PEA MASH

INGREDIENTS:

Serves 10

Pie Mix:

- 1kg diced chuck steak
- 250g frozen Edgell Chopped Onion
- 250g frozen Edgell Diced Carrots
- 500ml beef stock
- 3g dried bay leaf
- 25g fresh thyme
- 25g fresh rosemary
- 25ml soy sauce
- 50ml Worcestershire sauce
- 50g plain flour
- 50ml water
- 500g frozen puff pastry

Pea Mash:

- 1.25L enriched milk
- 500g frozen Edgell Peas
- 350g pre prepared Edgell Real Mash
- 200g grated tasty cheese
- 50g butter

METHOD:

See method on next page.

BEEF PIE WITH PEA MASH

METHOD:

1. Seal off steak until well browned. Set aside.
2. Cook frozen Edgell Chopped Onion until transparent.
3. Add frozen Edgell Diced Carrot and cook for 5 minutes.
4. Deglaze with beef stock and bring to a simmer.
5. Add herbs, soy and Worcestershire sauce. Cover and cook for 45 minutes or until meat is tender.
6. Mix the flour and water together to make a slurry, gradually add to beef mixture until a thick gravy is formed.

Pea Mash:

1. Heat milk to almost boiling point and add peas. Remove from heat and puree.
2. Combine pre prepared Edgell Real Mash with cheese, butter and pureed pea mixture. Stand for 5-10 minutes until hydrated.
3. Cut pastry into 20 rounds and press into muffin tray. Fill with pie mixture and top with pea mash. Bake until pastry is cooked.

NUTRITION INFORMATION per serve

Energy	3230kj	Carbohydrate	63.9g
Protein	43.1g	Sugars	13.5g
Fat	36.0g	Dietary fibre	8.8g
Saturated fat	19.6g	Sodium	1330mg
		Calcium	401mg



VEGETABLE & BACON FRITTATA

INGREDIENTS:

Serves 10

- 200g diced rindless middle rasher bacon
- 200g frozen Edgell Chopped Onion
- 1kg frozen Edgell Mixed Vegetables
- 12 eggs, beaten
- 250g grated tasty cheese
- 300ml cream
- 20g chopped fresh parsley

METHOD:

1. Sauté bacon, frozen Edgell Chopped Onion and frozen Edgell Mixed Vegetables and transfer to a 1/2 gastronorm tray.
2. Combine remaining ingredients, season to taste and pour over vegetable mix.
3. Cook in a commercial oven at 165°C for 45 minutes.

CHEF'S TIP:

This recipe can be made ahead of time and chilled.

NUTRITION INFORMATION per serve

Energy	1480kj	Carbohydrate	7.1g
Protein	19.2g	Sugars	6.0g
Fat	27.0g	Dietary fibre	4.0g
Saturated fat	15.2g	Sodium	554mg
		Calcium	226mg



FISH 'N' CHIPS

INGREDIENTS:

Serves 10

1kg frozen I&J South American Crispy Battered Flathead Fillets (20 x 50g portions)

1.5kg frozen Edgell Supa Crunch 13mm Shoestring Chips

METHOD:

1. Cook frozen I&J Flathead Fillets and Edgell Chips following packet directions.
2. For each serve, allow 2 fish fillets and approximately 150g of chips. Serve with residents' sauce of choice. We recommend tartare or tomato sauce.

NUTRITION INFORMATION per serve

Energy	1750kj	Carbohydrate	38.2g
Protein	16.0g	Sugars	2.3g
Fat	22.1g	Dietary fibre	3.2g
Saturated fat	2.0g	Sodium	899mg



GRILLED VEGETABLE LASAGNE

INGREDIENTS:

Serves 10

250g frozen Edgell Chef's Grill
Zucchini Slabs

350g frozen Edgell Chef's Grill
Red Capsicum Cheeks

350g frozen Edgell Chef's Grill Yellow
Capsicum Cheeks

350g frozen Edgell Chef's Grill
Eggplant Slabs

200g frozen Edgell Chef's Grill Sliced Onion

500g Leggo's Napoli Sauce

750g dried lasagne sheets

50g grated parmesan

20g fresh basil, torn into pieces

200g grated 3 cheese blend

Béchamel:

1L enriched milk

100g butter

100g plain flour

METHOD:

See method on next page.

GRILLED VEGETABLE LASAGNE

METHOD:

1. Cook frozen Edgell Chef's Grill Vegetables following oven instructions.
2. In a half square gastronorm tray, layer lightly with Leggo's Napoli Sauce, lasagne sheets, cooked Edgell Chef's Grill Vegetables (one vegetable per layer), parmesan, basil and béchamel sauce, pressing down each layer to make it compact.
3. Spread remaining Leggo's Napoli over the top layer and sprinkle with cheese blend. Cover with baking paper and foil.
4. Bake in a commercial oven at 180°C for 20 minutes. Remove cover and bake for a further 10 minutes.

CHEF'S TIP:

This lasagne can be made in advance and portioned as required. Press cooked lasagne with a weighted half gastronorm to yield a compacted lasagne, then cool. It makes it easier to cut into finger food portions when cold.

NUTRITION INFORMATION per serve

Energy	2662kj	Carbohydrate	79.0g
Protein	24.8g	Sugars	16.4g
Fat	23.4g	Dietary fibre	7.9g
Saturated fat	12.3g	Sodium	560mg



TUNA AND PEA CROQUETTES

INGREDIENTS:

Serves 10

- 400ml boiling water
- 100g Edgell Real Mash
- 100g thickened cream
- 100g frozen Edgell Chopped Onion
- 500g drained tuna
- 100g frozen Edgell Peas
- 10g finely chopped fresh parsley leaves
- 4 eggs, lightly beaten
- 500g dried breadcrumbs

METHOD:

1. Make mash by adding boiling water to Edgell Real Mash, add cream and set aside to cool.
2. Sweat off frozen Edgell Chopped Onion. Set aside to cool.
3. Add tuna, Edgell Peas, onion and parsley to mash and combine well.
4. Form mixture into 10 croquettes.
5. Pass croquettes through crumbing station and deep fry until golden.

CHEF'S TIP:

Serve with aioli, or sauce of choice.

NUTRITION INFORMATION per serve

Energy	1480kj	Carbohydrate	42.2g
Protein	23.0g	Sugars	3.4g
Fat	9.2g	Dietary fibre	3.6g
Saturated fat	3.8g	Sodium	533mg



DYS

DYSPHAGIA

and texture modified meals



DYSPHAGIA

Dysphagia describes a difficulty or discomfort in swallowing. It is characterised by weakened or easily fatigued mouth and throat muscles, which can lead to malnutrition and dehydration. In addition, there is a greater risk of food entering the lungs (aspiration), which can lead to severe chest infections.

The International Dysphagia Diet Standardisation Initiative 2016 (IDDSI) is the global dysphagia guide for safe food and drink textures.

Simplot recommends that you use the IDDSI website (<http://iddsi.org/framework/>) to familiarise yourself with the requirements for texture modification. The following chapter summarises key points only, and is not a complete replacement of the IDDSI guidelines.

A speech pathologist should be consulted for individualised texture requirements, and a dietitian can provide advice on the nutritional adequacy of your texture-modified menus.



DYSPHAGIA

The nutrition challenge

People with dysphagia may have reduced food intake due to:

- Fear of eating and swallowing
- Excessive or reduced saliva production
- Chewing or swallowing fatigue and being unable to finish their food within the designated mealtime

In most cases, residents on puree diets have small appetites. Suitable foods may be low in calories or nutrients so it's important to routinely fortify pureed food to maximise the nutrition in every bite.

A dietitian can assess an individual resident's nutrition and fluid requirements. They can also advise on meal plans to ensure a nutritious and appealing texture-modified diet is offered.

A summary description of food grading is shown below and food texture restrictions are shown in Table 3 on page DYS:6.

International Dysphagia Diet Standardisation Initiative (IDDSI) diet framework



Source: The International Dysphagia Diet Standardisation Initiative 2016 @<https://iddsi.org/framework/>

HACKS and facts

In the kitchen

Many of the following ideas are based on the fact that residents on texture modified diets may feel isolated or deprived because they are served food that is different from their fellow residents.



As much as possible, the main menu should be designed so that most food items lend themselves to being texture modified, including pureeing (see below for more information on the appearance of pureed meals).

When modifying textures, use high calorie, nutritious liquids rather than water to blend and moisten foods. Choose a liquid so that the natural colour and flavour of the food is retained. Examples include:

- Enriched milk – see recipe on page FOR:11
- Yoghurt
- Custard
- Cream
- Sour cream
- White or cheese sauce
- Pureed thick soups or cream soups
- Butter or oils

Options that are not so high in calories include:

- Fruit puree
- Apple sauce
- Fruit nectar

These three options can be used to modify the texture of dessert items.

HACKS and facts

Transitional foods are foods that change texture when moisture is added (water or saliva), or when food undergoes heating or cooling (e.g. ice chips, ice cream, shortbread, wafers). To classify these foods, add 1ml of water to a 1.5cm x 1.5cm sample and wait one minute. Then complete the IDDSI fork pressure test.

Puree individual food items separately, so each food can be distinguished from one another visually, and be tasted individually (e.g. a main meal where chicken and individual vegetables are pureed separately to retain colour and flavour).

Ensure accompanying sauces meet the resident's texture requirements, to prevent risk of choking. Fluids can be thickened with a starch-based thickener, which will give the added bonus of extra calories. Gum-based thickeners do not add calories.

Frozen vegetables are ideal for texture modified meal solutions. They are economical, convenient, highly nutritious and tender once cooked.

HACKS and facts

Texture modified foods may be lower in fibre. To avoid the issue of constipation in older people, boost fibre intake by trying:

- High fibre breakfast cereal such as softened and smoothed Weetbix or Vitabrits, or rolled oats
- Wheat bran added to breakfast, or even pureed main meal components at approximately 1 Tbsp per serve
- Red lentils added to thicken soups, stews and casseroles



“To increase visual appeal and enhance recognition of texture modified foods, retain the food’s form as much as possible. Using food moulds is a great way to shape foods!”

*David, Executive Chef,
Simplot*



Food texture requirements

requirements

A green shaded check mark ✓ in the table indicates a characteristic that is required and acceptable for foods in each level.

A red shaded ✗ in the table below indicates a characteristic that is not acceptable for foods in each level.

Table 3: Summary Descriptions of Foods Graded 3-6 According to IDDSI Framework

Description/Characteristics	 Liquidised/ moderately thick	 Pureed/ extremely thick	 Minced & moist	 Soft & bite-sized
No skin, no crust even after cooking, heating or standing	✓	✓	✓	✓
No separation of thin, watery liquid	✓	✓	✓	✓
Soft grainy texture quality	✗	✓	✓	✓
Visible lumps	✗	✓	✓	✓
Can contain soft, smooth, rounded, moist, small (2-4mm) lumps if tender throughout	✗	✗	✓	✓
Can contain soft, smooth, moist, large (8-15mm) lumps if tender throughout	✗	✗	✗	✓

Source: Complete IDDSI Framework Detailed Definitions (2017)

HACKS and facts

Setting the environment



Use the same cutlery and crockery for dysphagia and non-dysphagia residents where possible. Except where special equipment is required to support a resident to eat independently.

Ensure there is adequate time for eating.

Evaluate meal satisfaction, likes and dislikes of the residents on texture modified diets. That way, you can improve your texture modified offerings.

To address appetite appeal, ensure pureed components are kept separated when served. Where possible, puree each food individually to allow the taste of each food to be experienced.

Garnishes and condiments of appropriate texture can improve the appearance of a meal.

For pureed foods, look beyond the scoop for presentation. Utilise piping and food moulds to make pureed foods appealing and as realistic as possible. Even try replicating details such as browning marks using a blowtorch, or heat a skewer over a flame and use to 'sear' cooked marks over pureed meat.

Mealtime matters

For residents requiring assistance with eating:

- Do not mix food items on a plate. Instead, allow the resident to taste each individual food to maximise food enjoyment
- Ask the resident what they would like next from their plate, and explain what the next mouthful of food will be. This helps with food recognition
- Sit beside the resident. Do not stand, as it can result in a resident tilting their head back, which can open up the airways and lead to choking



GOOD TO KNOW

Residents on thickened fluids require frequent fluid intake to maintain hydration. Note that some thick, liquid-based foods (such as jelly or other gelatine-based desserts and ice-cream) become thin fluids once in the mouth and therefore can be unsuitable for patients with dysphagia.



BUTTER CHICKEN

6

INGREDIENTS:

Serves 10

Marinade:

- 160g natural yoghurt
- 10g salt
- 40g crushed garlic
- 30g finely grated ginger
- 6g ground white pepper
- 6g chilli powder
- 12g garam masala
- 30g paprika
- 20g ground coriander
- 5g ground cumin
- Pinch saffron threads

10 skin off chicken thigh fillets (approx. 1.5kg)

20ml oil

500ml Leggo's Tomato Puree

100g butter

250ml cream

Rice and vegetables of choice, for serving

METHOD:

See method on next page.

BUTTER CHICKEN

METHOD:

1. Combine marinade ingredients. Cut the chicken into 2cm pieces and coat in marinade. Marinate for 20 minutes to 24 hours in the refrigerator.
2. Heat oil and brown chicken. Add Leggo's Tomato Puree, cover and simmer until chicken is cooked through. Stir in butter and cream.
3. Serve with rice and diced vegetables.

CHEF'S TIP:

For texture modified IDDSI level 5, pulse for 15-20 seconds.



For texture modified IDDSI level 4, reserve some sauce, blend remaining butter chicken for 30-40 seconds and brush reserved sauce lightly over the top to enhance visual appeal.



Serve with texture modified sides.

NUTRITION INFORMATION per serve

Energy	1850kj	Carbohydrate	6.0g
Protein	31.4g	Sugars	5.0g
Fat	32.2g	Dietary fibre	3.0g
Saturated fat	15.4g	Sodium	694mg

Nutrition information does not include rice and broccoli featured in the picture.



SHEPHERD'S PIE

6

INGREDIENTS:

Serves 10

Pie Mix:

- 100g butter
- 40g Leggo's Tomato Paste
- 200g frozen Edgell Chopped Onion
- 20g crushed garlic
- 1.5kg lamb mince
- 500g frozen Edgell Mixed Vegetables
- 1L Leggo's Classic Herb Sauce
- 90ml beef stock

Mash:

- 1L hot enriched milk
- 200g Edgell Real Mash
- 100g chopped butter

METHOD:

See method on next page.

SHEPHERD'S PIE

METHOD:

1. Melt butter and cook Leggo's Tomato Paste, frozen Edgell Chopped Onion and garlic.
2. Add lamb mince and brown.
3. Add frozen Edgell Mixed Vegetables, Leggo's Classic Herb Sauce and beef stock.
4. To make mash, stir hot enriched milk into Edgell Real Mash. Once mash has absorbed the liquid, add butter.
5. Pipe mash over lamb mix. Bake in a commercial oven at 180°C until mash turns lightly golden.

CHEF'S TIP:

For texture modified IDDSI level 4, puree lamb mixture before topping with mash potato.



NUTRITION INFORMATION per serve

Energy	2995kj	Carbohydrate	23.9g
Protein	41.7g	Sugars	13.6g
Fat	46.6g	Dietary fibre	2.8g
Saturated fat	22.1g	Sodium	715mg



GREEN PEA & HAM SOUP

7

INGREDIENTS:

Serves 10

Broth:

2kg ham hocks

2L water

300g frozen Edgell Chopped Onion

200g frozen Edgell Diced Carrots

200g chopped celery

5g dried bay leaves

25g fresh thyme

1kg frozen Edgell Peas

For texture modified options:

Edgell Real Mash

METHOD:

See method on next page.

GREEN PEA & HAM SOUP

METHOD:

1. To make the broth, cover ham hocks with water. Add frozen Edgell Chopped Onion, frozen Edgell Diced Carrots, celery, bay leaves and thyme. Bring to boil then simmer for 2½ hours.
2. Remove ham hocks, and set aside, discard bay leaves and herbs.
3. Return broth to the boil, add frozen Edgell Peas, bring to boil for 3 minutes. Puree soup and season to taste.
4. Shred the meat off ham hocks and add to soup.

CHEF'S TIP:

For texture modified IDDSI level 4, add 100g Edgell Real Mash granule per 1.5L of soup and blend for 30-40 seconds, or until completely smooth and lump free.



For texture modified IDDSI level 3, blend soup until completely smooth. Adjust texture with added milk, cream or Edgell Real Mash until desired texture is achieved.



NUTRITION INFORMATION per serve

TEXTURE 7

Energy	364kj	Carbohydrate	10.1g
Protein	5.8g	Sugars	5.4g
Fat	0.6g	Dietary fibre	9.0g
Saturated fat	0.2g	Sodium	37mg

TEXTURE 6 (with Edgell Real Mash)

Energy	807kj	Carbohydrate	30.7g
Protein	8.0g	Sugars	5.7g
Fat	1.8g	Dietary fibre	10.6g
Saturated fat	0.3g	Sodium	403mg



BROCCOLI WITH ENRICHED NAPOLI SAUCE



INGREDIENTS:

Serves 10

- 2kg frozen Edgell IQF Broccoli Florets
- 750g Leggo's Napoli Sauce
- 35g milk powder

METHOD:

1. Cook frozen Edgell Broccoli following packet directions or until tender.
2. Bring Leggo's Napoli Sauce to the boil and add milk powder.
3. Serve the sauce over the broccoli.

CHEF'S TIP:

For texture modified IDDSI level 6, pulse the cooked broccoli in a food processor several times, until the pieces are 1.5cm x 1.5cm in size.



For texture modified IDDSI level 5, continue to blitz the broccoli in the food processor for an additional 15-20 seconds until 4mm x 4mm in size.



For texture modified IDDSI level 4, blend the broccoli until a smooth puree is achieved.



Thicken sauce as required.

NUTRITION INFORMATION per serve

Energy	525kj	Carbohydrate	6.9g
Protein	11.3g	Sugars	6.1g
Fat	3.7g	Dietary fibre	9.9g
Saturated fat	0.8g	Sodium	368mg



CAULIFLOWER CHEESE



INGREDIENTS:

Serves 10

- 2kg frozen Edgell IQF Cauliflower Florets
- 250g milk powder
- 1L milk
- 75g butter
- 75g plain flour
- 150g grated tasty cheese

METHOD:

1. Cook frozen Edgell Cauliflower until tender.
2. Make a roux with butter and flour. Slowly add combined milk and milk powder, stir until thickened. Add cheese and stir to melt.
3. Pour cheese sauce over cauliflower. Bake in a commercial oven at 180°C until golden.

CHEF'S TIP:

For texture modified IDDSI level 6, pulse in a food processor several times, until the pieces are 1.5cm x 1.5cm in size.

For texture modified IDDSI level 5, continue to blitz for an additional 15-20 seconds until 4mm x 4mm in size.

For texture modified IDDSI level 4, continue to blitz for an additional 30 seconds or until a smooth puree is achieved.



NUTRITION INFORMATION per serve

Energy	1589kJ	Carbohydrate	25.5g
Protein	19.4g	Sugars	20.1g
Fat	21.9g	Dietary fibre	3.9g
Saturated fat	14.2g	Sodium	265mg
		Calcium	432mg

HONEY BUTTERED CARROTS

7

INGREDIENTS:

- 2kg frozen Edgell Baby Carrots
- 100g butter
- 100g honey

Serves 10

METHOD:

1. Cook frozen Edgell Baby Carrots following packet directions.
2. Melt butter, add honey, pour over hot carrots and serve.

CHEF'S TIP:

For texture modified IDDSI level 6, use Edgell Diced Carrots and cook for 16 minutes until tender. Toss in the honey butter sauce.

For texture modified IDDSI level 5, continue to blitz for an additional 15-20 seconds until 4mm x 4mm in size.

For texture modified IDDSI level 4, add 100ml cream and blend for 45-60 seconds or until a smooth puree is achieved.

6



5



4



NUTRITION INFORMATION per serve

Energy	501kj	Carbohydrate	7.3g
Protein	11.6g	Sugars	6.5g
Fat	2.8g	Dietary fibre	9.9g
Saturated fat	0.2g	Sodium	372mg



PASSIONFRUIT MOUSSE

**INGREDIENTS:****Serves 10**

- 840g John West Passionfruit Pulp
- 395g sweetened condensed milk
- 250ml can reduced fat cream
- 6 sheets (11.25g) gelatine

METHOD:

1. Drain John West Passionfruit Pulp and discard the seeds. Reserve 200ml.
2. Add sweetened condensed milk, reduced fat cream, 4 soaked gelatine sheets and drained passionfruit pulp to a blender and puree until thick.
3. Pour into individual glasses and chill for 6 hours.
4. Bring reserved pulp to the boil, add the remaining 2 sheets of gelatine and dissolve. Cool before pouring on mousse and set for a further 2 hours.

CHEF'S TIP:

Canned reduced fat cream must be used in this recipe and not bottled light cream. Please note that gelatine-containing desserts are often considered to be transitional foods (definition on page DYS:4). Consult a speech pathologist regarding suitability for individuals.w

NUTRITION INFORMATION per serve

Energy	1148kj	Carbohydrate	40.7g
Protein	5.8g	Sugars	40.5g
Fat	9.5g	Dietary fibre	3.4g
Saturated fat	5.5g	Sodium	71mg



High protein solutions for

SARCOPAENIA

SAR



SARCOPAENIA

Sarcopaenia is an age-related, involuntary loss of muscle mass and strength. In Western countries, it's been reported to affect as many as 52% of men and 69% of women over the age of 60.³ In its advanced form, sarcopaenia is associated with frailty and an increased likelihood of falls.

Protein is a vital nutrient that has many roles, including tissue repair and the production of enzymes and hormones. It's particularly important in the elderly to preserve muscle mass.

GOOD TO KNOW

Aged care nutrition standards vary between Australian states for the recommended quantity of cooked meat in main meals from 65-110g. Some menu standards provide further targets for protein, e.g. 20g of protein per main meal and 5g of protein per snack.^{4,5} Check with the guidelines used in your facility.

SARCOPAENIA

The nutrition challenge

The requirements for protein increase for adults after 70 years of age. Certain illnesses and injury can also increase the need for protein.

Targeted protein consumption is one of the ways to combat sarcopaenia, although protein intake can be a challenge with increasing age. This may be due to reduced appetite, dentition/chewing difficulties or other chronic medical conditions.

In order for residents to eat enough protein, protein-rich foods should be included in each meal. Eating three main meals a day may be difficult for some to manage; therefore, snacks and drinks throughout the day should not be missed as opportunities to consume more protein.

Seek assistance from your dietitian regarding the protein content of your recipes.

"Canned legumes are not only a time saver, but they're an economical source of protein."

Kim, Dietitian, Simplot



HACKS and facts

In the kitchen

Ensure a protein-rich food is included in each meal.

Protein-rich foods include meat, poultry, eggs, fish, seafood, dairy products, legumes and soy products. Protein content in common pantry ingredients is listed below.



Protein content of common pantry items

Ingredient	Protein (g)
Tuna (1 small can, 80g when drained)	18.9
Egg (2 medium, 55-64g ea.)	12.8
Yoghurt (200g)	11.4
Ham (2 slices ~ 40g)	11.2
Tasty cheese (2 slices, 40g)	10.3
Evaporated milk (1/2 cup)	10.2
Full cream milk (1 cup)	8.5
Full Cream Milk Powder (4 Tbsp, 30g)	8.2
Peanut butter (30g, ~5 tsp)	8.0
Edgell Black Beans (1/2 cup, 75g drained)	6.4
Edgell Red Kidney Beans (1/2 cup, 75g drained)	5.6
Edgell Chick Peas (1/2 cup, 75g drained)	5.4
Custard, regular (140g, 1/2 cup)	4.6
Cream cheese (2 Tbsp)	3.3
Ice cream, regular (75g, 3 scoops)	2.8

Source: AusFoods 2012; AusNut; AusBrands 2012

HACKS and facts

Vegetarian main dishes need protein alternatives.

Examples include legumes (lentils, beans and chick peas) and meat substitutes. For more information in providing vegetarian meals, see [Vegetarian](#).



Add a protein food such as fish, meat, poultry, eggs and/or cheese to soups and salads. Canned legumes are easy to add, as they do not require pre-soaking or pre-cooking.

Make desserts with full cream dairy products. Fortify your desserts with full cream milk powder, enriched milk and/or serve them with custard, ice cream or yoghurt.

Nutritional supplement drinks may be prescribed by a dietitian to consume between meals. Powdered supplements may also be incorporated into recipes.

Mealtime matters

Whilst lunches and dinners are the logical meals to incorporate protein-rich food, creating a range of protein-rich breakfasts and snacks can be more challenging. We have provided recipes for protein-boosted breakfasts and snacks for your menu.



Some examples of high energy and high protein breakfast foods and snacks (>150cal, 627kJ/serve and >5g protein) are listed in the following table.

Protein rich breakfasts and snacks

Snack	Protein (g)	Energy (kJ)
1 cup enriched milk, page FOR:11	10.8	873
Porridge (1/2 cup oats + 2/3 cup enriched milk + 1 Tbsp cream + 1/2 tbsp honey)	12.5	1775
Tuna melt (1 slice wholemeal bread + 1 small tin of John West Tuna, drained + 1 Tbsp mayonnaise + 1 slice cheese)	28.4	1447
1 slice (20g) cheese + 2 digestive biscuits	7.1	844
200g tub of plain regular fat yoghurt	9.7	629
1/2 small tin John West Tuna in Olive Oil Blend, drained (34g) + 2 multigrain crispbread	12.3	638
1 small banana + 1/2 cup egg custard made with milk	6.2	798
1/2 egg sandwich (1 slice wholemeal bread + 1 egg + 1 Tbsp mayonnaise)	9.9	975

Source: AusFoods 2012; AusNut; AusBrands 2012



ASIAN PORK MEATBALLS

INGREDIENTS:

Serves 10

- 1kg pork mince
- 150g frozen Edgell Chopped Onion
- 300g fresh breadcrumbs
- 4 egg yolks
- 200g frozen Edgell Vegetable Mexican Mix
- 10ml fish sauce
- 20ml soy sauce
- 20g coriander paste
- 20g lemongrass paste
- 20g crushed garlic
- 40g crushed ginger

METHOD:

1. Combine all ingredients. Roll into 30g balls.
2. Fry off in a pan. Finish in the oven.

CHEF'S TIP:

Serve with additional Edgell vegetables of choice and sweet chilli sauce.

NUTRITION INFORMATION per serve

Energy	1340kj	Carbohydrate	23.5g
Protein	27.4g	Sugars	3.2g
Fat	12.1g	Dietary fibre	3.5g
Saturated fat	4.1g	Sodium	505mg



BANANA AND CHICK PEA BREAD

INGREDIENTS:

Makes 10 slices

- 125g butter, softened
- 215g brown sugar
- 2 eggs
- 260g drained Edgell Chick Peas
- 450g ripe bananas, mashed
- 120g sour cream or Greek style yoghurt
- 220g plain flour
- 4g baking powder
- 2g bicarbonate of soda
- 1g ground cinnamon

METHOD:

1. Cream butter and sugar until light and fluffy. Beat in eggs one at a time.
2. Process Edgell Chick Peas until roughly chopped. Combine banana, sour cream and chick peas. Add to creamed butter mixture and mix until just combined.
3. Add dry ingredients and beat until combined.
4. Spoon into a greased and baking paper lined 22cm x 12cm loaf pan and bake in a commercial oven at 180°C for 1 hour or until cooked. Stand for 10 minutes before inverting. Cut into 10 slices.

NUTRITION INFORMATION per serve

Energy	1437kJ	Carbohydrate	50.3g
Protein	6.7g	Sugars	29.7g
Fat	12.7g	Dietary fibre	3.0g
Saturated fat	7.5g	Sodium	269mg



CARROT CAKE

INGREDIENTS:**Makes 36 pieces**

1kg frozen Edgell Diced Carrots,
semi thawed
940g drained Edgell Black Beans
1.2kg brown sugar
450ml vegetable oil
12 eggs
15g bicarbonate of soda
640g plain flour
320g self raising flour
10g ground cinnamon

Frosting:

500g cream cheese
240g butter
720g icing sugar
Grated zest of 4 lemons

METHOD:

1. Process Edgell Diced Carrots until finely chopped. Set aside.
2. Puree Edgell Black Beans.
3. Combine brown sugar, oil and eggs. Stir in dry ingredients, black bean puree and carrots.
4. Pour mixture into a greased and baking paper lined, half gastronorm tray. Bake in a commercial oven at 180°C for 50 minutes. Stand for 5 minutes before turning out to cool.
5. To make frosting, beat all ingredients together until light and fluffy. Spread over cake. Cut the cake into 36 slices (i.e. 6x6).

NUTRITION INFORMATION per serve

Energy	2320kj	Carbohydrate	76.6g
Protein	8.2g	Sugars	54.7g
Fat	24.2g	Dietary fibre	4.5g
Saturated fat	8.4g	Sodium	457mg
		Calcium	101mg



HUMMUS

INGREDIENTS:

Serves 10

- 800g drained Edgell Chick Peas
- 10g crushed garlic
- 60g tahini paste
- 2g ground cumin
- 40ml lemon juice
- 70ml olive oil

METHOD:

1. Puree Edgell Chick Peas, garlic, tahini, cumin, lemon juice and oil. Season to taste.

CHEF'S TIP:

For variations add 100g of the following purees to the processed Hummus:

1. Edgell Diced Beetroot.
2. Edgell Corn Kernels with saffron powder for colour.
3. Edgell Sliced Mushrooms.
4. Edgell Mexican Mix beans.

NUTRITION INFORMATION per serve

Energy	771kj	Carbohydrate	12.7g
Protein	6.1g	Sugars	1.0g
Fat	11.0g	Dietary fibre	5.7g
Saturated fat	1.7g	Sodium	192mg



RISSOLES PARMIGIANA

INGREDIENTS:

Serves 10

- 250g chopped lean bacon
- 500g frozen Edgell Chopped Onion
- 2kg lean beef mince
- 200g breadcrumbs
- 50g chopped fresh parsley or basil
- 1kg Leggo's Napoli Sauce
- 500g grated tasty cheese

METHOD:

1. Sauté bacon and frozen Edgell Chopped Onion for 2 minutes then remove from pan.
2. Combine beef mince, breadcrumbs, parsley, cooked bacon and onion. Shape into 20 rissoles. Brown in pan.
3. Place rissoles in half gastronorm, top with Leggo's Napoli Sauce, top with cheese and bake in a commercial oven at 170°C for 15 minutes.

CHEF'S TIP:

Serve with mashed potatoes and cooked Edgell Vegetables of choice.

NUTRITION INFORMATION per serve

Energy	3420kj	Carbohydrate	22.6g
Protein	76.3g	Sugars	8.8g
Fat	46.0g	Dietary fibre	4.4g
Saturated fat	23.0g	Sodium	1890mg
		Calcium	410mg



BEETROOT BLISS BALLS

INGREDIENTS:

Makes 40

- 300g drained Edgell Chick Peas
- 250g pitted dried dates
- 260g Edgell Diced Beetroot
- 300g rolled oats
- 30g cocoa powder
- 5g vanilla extract
- 100g milk powder
- 150g brown sugar
- Pinch salt
- 200g dessicated coconut (optional)

METHOD:

1. Blitz all ingredients until well combined. The mixture should resemble a fine sticky crumb.
2. Roll into balls. If using coconut, roll balls in coconut. Refrigerate for 1 hour to set.

CHEF'S TIP:

Recommended serving is 2-3 balls per resident.

NUTRITION INFORMATION per 3 balls

Energy	1110kj	Carbohydrate	46.9g
Protein	7.0g	Sugars	29.3g
Fat	4.5g	Dietary fibre	6.5g
Saturated fat	2.3g	Sodium	155mg
		Calcium	107mg



VEGG

VEGETARIAN



VEGETARIAN

People may choose vegetarianism for religious, ethical, health or environmental reasons. There are several different types of vegetarian diets, each excluding different types of animal products.

Common vegetarian diets include –

- **Ovo-lacto-vegetarian:** does not eat meat, poultry, fish or seafood
- **Lacto-vegetarian:** does not eat meat, poultry, fish, seafood or eggs
- **Vegan:** only eats plant-based foods

"Protein-rich foods are important for maintaining muscle mass in older adults. Retaining muscle mass supports mobility, reducing the risk of falls. Include plenty of protein-rich foods (e.g. legumes, beans, peas, eggs) in vegetarian dishes."

Kim, Dietitian, Simplot



VEGETARIAN

The nutrition challenge

Since vegetarians exclude some foods from their diet, it can be more difficult to meet daily requirements for nutrients such as protein, calcium, iron, zinc and Vitamin B12. This is especially true for older adults who have higher nutrition requirements but may have reduced appetites or a compromised ability to eat.

Care should be taken when planning meals for vegetarians to ensure that total dietary intake meet nutrient needs to avoid malnutrition. Here are some foods that may help meet daily nutrient requirements – tailor them to suit your residents' preferences:

Protein: Legumes (beans and lentils), peas, tofu, meat substitutes and eggs.

Iron: Wholemeal bread, dark green leafy vegetables, dried fruit, nuts and eggs.

Calcium: Dairy products such as milk, yoghurt and custard. For residents who don't eat dairy foods (including those with lactose intolerance), replace these foods with calcium-fortified dairy substitutes such as soy milk or soy yoghurt. Calcium-fortified breakfast cereals and fruit juices can also boost calcium intake.

Zinc: Milk and eggs.

B12: Fortified cereals, juices and soy milk, cheese (such as Swiss, mozzarella and fetta), eggs and yeast extract.

GOOD TO KNOW

Adequate calcium intake is important for maintaining healthy bones. Ensure that vegetarians have access to dairy products or calcium-fortified non-dairy products.

HACKS and facts

In the kitchen

Most vegetarian protein sources are also high in fibre, which can help to maintain bowel regularity

of residents. Since fibre has a satiating effect, ensure meals and snacks contain sufficient calories.

Ensure vegetarian meals and snacks are nutritionally adequate. As a guide, target greater than 5 grams of protein per serve for snacks.



Vegetarian meals and snacks can be served to non-vegetarians.

Vegetarian meals are often economical. Ensure these meals are nutritionally balanced and contain sufficient calories, protein and calcium. Serving a vegetarian meal once or twice a week may be acceptable to your residents.

Avoid singling out residents. Offer vegetarian residents similar meals and snacks as their non-vegetarian counterparts so they don't feel like they are missing out. Most recipes can be altered to be vegetarian-suitable (e.g. if serving beef lasagne, prepare a lentil and vegetable lasagne for vegetarian residents).

Table 4. Vegetarian food swaps

Meat, poultry, fish and seafood	Swap for	Lentils as a substitute for mince in lasagne or bolognese. Use beans, peas and lentils in stews, soups and casseroles. Use meat substitutes in burgers, stir fries or other applications (ensure that these contain at least 10g of protein per 100g). Tofu can be used in curries and stir fries. Nut and seed pastes (e.g. peanut butter and tahini) can be used in recipes for flavour, protein and fibre. Avoid whole nuts and seeds in cases of poor dentition, as these may be too hard for elderly individuals to chew. Eggs are permissible for some vegetarian diets. These are high in protein and can be used in a variety of dishes.
Dairy products (milk, yoghurt, etc.)	Swap for	Calcium-fortified, non-dairy alternatives (e.g. soy milk) where required. Many vegetarian diets permit the consumption of dairy products.
Eggs	Swap for	While not nutritionally equivalent, ground flaxseed and chia seeds soaked in water can replicate the function of eggs in some recipes (e.g. baked goods).

Mealtime matters

Breakfast: Protein-rich options could include:

- Baked beans
- Eggs (scrambled, omelette or frittata)
- Porridge made with milk/soy milk
- Continental breakfast (cereal, cheese with toast or fortified muffins).

Serve hot drinks made with milk or dairy alternatives to further boost protein, especially when serving a continental breakfast.



Lunch and dinner: Most recipes can be made vegetarian friendly with a few ingredient swaps (e.g. stews, quiches, pies, stir fries, burgers, pasta dishes, curries). See Table 4 on page VEG:4 for swaps in vegetarian recipes.

Snacks and mid-meals: Foods such as cakes, muffins, cheese and crackers, yoghurt, custard, ice-cream, hot chips and milkshakes may be suitable for vegetarians. Check ingredients list of ready-to-eat foods, to ensure they are suitable.

Dessert: Dessert is an important contributor to calcium intake in the elderly. Include full-fat dairy products in recipes, or non-dairy alternatives where required. Include beans in desserts, for example black beans in brownies and chick peas in blondies, to help boost the protein and fibre in these desserts.



TOMATO, FOUR BEAN & MUSHROOM SOUP

INGREDIENTS:**Serves 10**

50ml olive oil
 200g frozen Edgell Chopped Onion
 30g crushed garlic
 600g sliced button mushrooms
 1kg drained Edgell Four Bean Mix
 1kg Leggo's Crushed Tomatoes
 2L beef stock

METHOD:

1. Sauté frozen Edgell Chopped Onion, garlic and mushrooms in oil.
2. Stir in Edgell Four Bean Mix, Leggo's Crushed Tomatoes and stock. Cover and simmer for 15 minutes.

NUTRITION INFORMATION per serve

Energy	979kj	Carbohydrate	24.8g
Protein	12.7g	Sugars	6.7g
Fat	7.3g	Dietary fibre	10.1g
Saturated fat	1.2g	Sodium	1340mg



BREAKFAST BURRITOS

INGREDIENTS:

Serves 10

Avocado Salsa:

- 250g drained Edgell Four Bean Mix
- 495g thawed Edgell Avocado Pulp
- 200g deseeded and diced tomato
- 50g sliced spring onion
- 5g crushed garlic
- 20g lime juice
- 1g ground cumin
- 15g chopped fresh coriander

Burritos:

- 10 eggs
- 5g smoked paprika
- 10 Culinary Select 10" Flour Tortillas, thawed
- 500g grated tasty cheese
- 30g canola oil

METHOD:

1. Combine salsa ingredients. Set aside.
2. Whisk eggs with smoked paprika and season. Cook eggs to scramble.
3. Assemble Culinary Select Tortillas with scrambled eggs, avocado salsa and cheese, to make burritos.
4. Add burritos to a hot, lightly oiled pan, seam side down. Cook covered until the base of burritos are golden. Turn burritos over and cook until brown. Serve warm.

NUTRITION INFORMATION per serve

Energy	2780kJ	Carbohydrate	39.2g
Protein	27.0g	Sugars	1.6g
Fat	42.9g	Dietary fibre	3.8g
Saturated fat	17.4g	Sodium	833mg
		Calcium	393mg

VEGETABLE AND CHICK PEA CURRY

INGREDIENTS:

Serves 10

- 50ml olive oil
- 200g frozen Edgell Chopped Onion
- 200g diced potatoes
- 20g curry powder
- 20g brown sugar
- 15g grated fresh ginger
- 10g crushed garlic
- 1.2kg drained Edgell Chick Peas
- 700g frozen Edgell Melange Vegetable Mix
- 1.5L Leggo's Classic Herb Sauce
- 500ml coconut milk
- 400g baby spinach leaves

METHOD:

1. Sauté frozen Edgell Chopped Onion, potatoes, curry powder, sugar, ginger and garlic in oil.
2. Add Edgell Chick Peas, frozen Edgell Melange Vegetable Mix and Leggo's Classic Herb Sauce. Bring to simmer.
3. Add coconut milk, bring to the heat then stir in spinach.
4. Serve with rice or naan bread.

NUTRITION INFORMATION per serve

Energy	1790kj	Carbohydrate	34.4g
Protein	14.9g	Sugars	16.6g
Fat	20.4g	Dietary fibre	17.0g
Saturated fat	10.5g	Sodium	1070mg

Nutrition information does not include rice featured in the picture.



BEAN AND GRAIN SALAD

INGREDIENTS:

Serves 10

- 200g baby spinach leaves
- 500g drained Edgell Black Beans
- 500g drained Edgell Red Kidney Beans
- 250g drained Edgell Chick Peas
- 250g drained Edgell Corn Kernels
- 200g julienned carrot
- 500g cooked and cooled quinoa
- 100g Edgell Chef's Grill Red Capsicum Cheeks, sliced
- 300g diced avocado
- 200g crumbled feta
- 200g shaved red cabbage
- 100ml lemon dressing

METHOD:

1. Toss all the prepared ingredients and dress with lemon dressing.

CHEF'S TIP:

Can be served as a main or side dish, adjust serving size accordingly.

NUTRITION INFORMATION per serve

Energy	1709kJ	Carbohydrate	31.5g
Protein	17.1g	Sugars	5.4g
Fat	20.6g	Dietary fibre	14.3g
Saturated fat	6.0g	Sodium	687mg



100% NOT BEEF IN BLACK BEAN SAUCE

INGREDIENTS:

Serves 10

- 200g frozen Edgell Chopped Onion
- 1kg frozen 100% NOT Beef
- 1kg frozen Edgell Panache Vegetable Mix
- 5g arrowroot
- 200ml black bean sauce
- 200g bean shoots
- 1kg cooked rice, to serve

METHOD:

1. Sauté frozen Edgell Chopped Onion.
2. Add frozen 100% NOT Beef and brown.
3. Add frozen Edgell Panache Vegetable Mix and toss until cooked.
4. Dissolve arrowroot in black bean sauce, add to pan and stir to thicken. Add bean shoots.
5. Serve with rice.

NUTRITION INFORMATION per serve

Energy	1480kj	Carbohydrate	36.1g
Protein	24.9g	Sugars	7.0g
Fat	9.2g	Dietary fibre	12.8g
Saturated fat	1.1g	Sodium	1280mg



BLACK BEAN BROWNIE

INGREDIENTS:

Serves 18

- 200g chopped butter
- 200g chopped dark chocolate
- 220g brown sugar
- 3 eggs
- 5g vanilla extract
- 400g drained Edgell Black Beans
- 175g plain flour
- 2 tablespoons cocoa
- 50g milk powder
- Icing sugar, for dusting

METHOD:

1. Melt butter and chocolate. Add sugar and stir well. Add eggs and vanilla.
2. Puree Edgell Black Beans. Add to chocolate mixture and mix well.
3. Stir in dry ingredients.
4. Pour mixture into greased and lined 18cm x 28cm slice pan. Bake in a commercial oven at 190°C for 23-25 minutes. Cool completely in pan. Serve dusted with icing sugar, before cutting into 18 pieces.

NUTRITION INFORMATION per serve

Energy	1086kJ	Carbohydrate	29.8g
Protein	5.0g	Sugars	19.9g
Fat	13.5g	Dietary fibre	1.8g
Saturated fat	8.3g	Sodium	74mg



BAKED BEANS

INGREDIENTS:

Serves 10

- 75g unsalted butter
- 200g frozen Edgell Chopped Onion
- 20g crushed garlic
- 180g frozen Edgell Diced Carrots
- 150g frozen Edgell Chef's Grill Red Capsicum Cheeks, diced
- 100g Leggo's Tomato Paste
- 1kg Leggo's Classic Herb Sauce
- 400ml water
- 20g chopped fresh parsley
- 100ml Worcestershire sauce
- 1kg drained Edgell Four Bean Mix

METHOD:

1. Melt butter and sauté frozen Edgell Chopped Onion, garlic, frozen Edgell Diced Carrots and frozen Edgell Chef's Grill Red Capsicum.
2. Add Leggo's Tomato Paste, Leggo's Classic Herb Sauce, water, parsley, Worcestershire sauce and Edgell Four Bean Mix. Bring to the boil. Simmer until carrots and beans are soft and a saucy consistency is achieved.

CHEF'S TIP:

For added protein and calcium serve with toast and melted cheese.

NUTRITION INFORMATION per serve

Energy	1149kJ	Carbohydrate	28.4g
Protein	10.4g	Sugars	11.9g
Fat	10.8g	Dietary fibre	11.6g
Saturated fat	4.7g	Sodium	1065mg



REF

REFERENCES & RESOURCES



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- 5.** Bartl, R., Bunney C. (2015). Best practice food and nutrition manual for aged care homes (Edition 2). Central Coast Local Health District, Nutrition Department.

Helpful resources

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ABOUT SIMPLOT

Simplot in Australia

Simplot Australia is a family-owned company, employing more than 2,000 people across Australia and New Zealand. We are trusted as a leading provider of quality, sustainable and nourishing food for the ever-changing needs of consumers and customers.

Driven by our purpose: “We Contribute to Feeding Our World by Bringing Earth’s Resources to Life”, we have worked hard to build long-term partnerships with Australian farmers and our supply chain. Underpinning all we do is a spirit of innovation.

Simplot is committed to sustainability across our portfolio of brands so that Australians can always eat well.



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