Nutrition and Swallowing Procedures Other resources

Summary: The Nutrition and Swallowing Procedures Other resources contain additional information and links relating to providing support with nutrition and swallowing.

Other resources

Nutrition and Swallowing

1. Link to ELMO e-learning module for Nutrition and Swallowing Procedures and Guidelines
2. Lunchbox label
3. Choosing healthy foods when dining out

1   Link to ELMO e-learning module for Nutrition and Swallowing Procedures and Guidelines

Good to Great Portal

URL: http://www.elearn.com.au/adhc/goodtogreat

Username: adhc

Password: goodtogreat

Eating away from home – Lunchbox Label

INSERT CLEAR PHOTO	**BEWARE** **I have a Mealtime Management Plan**
	I could die if I eat or drink:
	I have food allergies:
	All foods must be: e.g. puree
	All fluids must be: e.g. mildly thick
	SUPPORT ME BY:
NAME:	1. Strictly following my Mealtime Management Plan. 2. Check that my food is prepared as per my Mealtime Management Plan. 3. Assist me to access <u>only my food and drinks.</u> 4. Check carefully <u>before</u> providing me with food and drink.

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A person who takes a meal to eat outside of the supported accommodation setting must store their food in a container which has the above label attached.

Choosing healthy foods when dining out

Eating out and ordering take-away can be part of a healthy diet if only done occasionally. Remember that portion size is as important as healthy choices.

	☑ Choose this	☒ Limit this
Pizza	Thin based pizza Less cheese and low fat cheese Low fat topping such as mushrooms, onion, capsicum Vegetarian, seafood, or ham and pineapple pizza	Thick bases (deep pan or stuffed crust) Fatty toppings such salami, bacon and pepperoni Lots of /extra cheese
Sandwich bars/ bakery/ deli	Sandwiches made with high fibre breads such as wholemeal or multi-grain, rye or mixed grain Use avocado as a spread Lean ham, lean beef, chicken or turkey with no skin, tuna Lots of salad ingredients; lettuce, tomato, beetroot, cucumber, carrot, sprouts	Butter or margarine Pastries, sausage rolls or quiches Mayonnaise Meat pies Chips Soft drinks Energy drinks
Burgers/ kebab	Grilled meats, chicken or fish burgers Lots of salad toppings such as lettuce, tomato, carrot, onion, pineapple, beetroot Tomato or sweet chilli sauce Thick cut chips or wedges	Battered or fried meats on burgers e.g. chicken schnitzel burger Adding extras such as cheese or bacon Creamy dressings Thin cut/serrated chips Soft drink Upsizing and burgers with multiple patties
Fish and chips/ chicken shop	Grilled fish or chicken options Skin free chicken Side salad with little or no dressing Tomato sauce Roast potatoes Thick cut chips or wedges	Deep fried fish Chicken with the skin on Stuffing Thin cut/serrated chips Added salt Gravy
Asian (Chinese, Thai or Vietnamese)	Vegetable based soups or clear noodle soups Steamed foods; rice, dim sims, fish, dumplings Sushi Stir-fried dishes with lots of vegetables,	Deep fried dishes; most things labelled 'crispy', springs rolls, dim sims, sweet and sour pork, prawn toast, money bags Any items battered Fried rice Curries made with coconut milk or cream
Italian	Minestrone or other vegetable based soups Tomato, vegetable or seafood based sauces Plain bread or bruschetta	Cream based sauces Garlic and herb breads