



Planning for nutrition and health

Nutritional considerations for those with a disability and how to optimize nutrition for long-term health and wellbeing.

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Accredited Practising Dietitian



THANK YOU!



A little about me...



- Bachelor of Exercise and Nutrition Sciences
- Masters of Dietetics Studies
- Exact Physiology
- Diverse workload
- Autism Spectrum Disorder, Sensory Processing Disorder, ADHD, Down Syndrome, mental health conditions
- Client-centred, multidisciplinary approach!



Benefits of Dietetic care



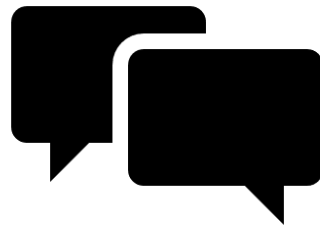
- What do Dietitians do?
- Helping to achieve client goals – client-centred care
- Building knowledge and increasing independence
- Increasing strength, preventing illness and improving long-term health
- Reducing risk of chronic disease
- Correction of nutritional deficiencies
- Bidirectional relationship between diet and mental illness (depression and anxiety)
- Effect of medications on physical health, appetite regulation, motivation and alertness and physical activity
- Improving quality of life!

Nutrition and Disability



Many challenges and barriers to optimal nutrition

What are some challenges you and your clients have faced?





Changes to appetite

Swallowing/feeding
difficulties



Motivation

Nutritional
deficiencies

Nutrition support

Chronic Disease

Knowledge

Shopping and
cooking

Food safety

Budgets

Weight loss

Weight gain

Fussy eating

Access

Undernutrition

Limited food preferences

Meal planning

Swallowing/feeding difficulties

- Can lead to inadequate food intake, pain when eating, aspiration, choking, malnutrition, pneumonia
- Dysphagia – soft moist foods, adding sauces/gravies, bite sized pieces
- Texture modified diets – Speech Pathologist/Health Professional prescribed



Soft food*



Puréed food served using scoops*

Fussy eating/limited food preferences



- Common in children with ASD, SPD – continues into adulthood
- Vegetarian/vegan diets
- Can lead to malnutrition and micronutrient deficiencies
- Dietitian, OT, Speech Pathologist, Psychologist, GP
- Regular blood tests to assess nutritional status
- Food preference trends – colour, texture, flavor, smell
- Positive encouragement to try new foods
- Structured eating times may be of benefit

Changes to appetite



- Can be both increased and decreased due to medications, stress/anxiety, depression, illness, acute and chronic diseases
- Can result in unintentional weight loss or gain
- Improve regularity of eating – 3 main meals or 6 smaller more frequent meals
- Mindfulness around hunger and satiety cues
- If cues missing, setting alarms/designated eating times may be beneficial
- Meals with/without fluids

Undernutrition and unintentional weight loss



- Losing weight without trying, underweight, loss of appetite, prolonged illness or injury, unmet energy needs, untouched food, loss of strength risk factors for malnutrition
- Can lead to increased rates of morbidity and mortality
- GP and Dietitian review immediately
- Foods high in protein and energy improve weight, strength and independence

High protein foods:

- Lean meats, poultry, fish, tofu and egg food group.
- Milk, yoghurt or cheese food group.



High energy foods:

- Healthy fats and oils.
- Grain (cereals) food group.
- Supplement drinks.



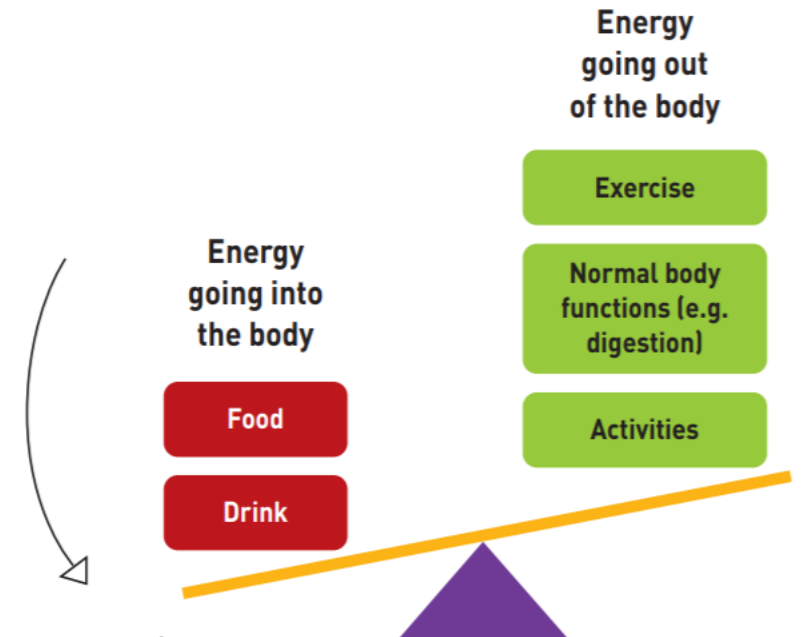
Vitamin and mineral deficiencies



- Can result from previous medical conditions, fussy eating, malnutrition, eating patterns
- At risk of developing chronic diseases later in life e.g. Osteoporosis
- Blood test and GP confirmation
- Supplementation to correct, ultimately want to treat root cause
- Dietitian review for altering dietary pattern

Weight gain

- Consuming more energy than body is using
- Overconsumption of EDNP foods
- Stress/anxiety, medications, boredom, emotional eating, not listening to fullness cues, quit smoking, lack of sleep
- Risk factor for chronic diseases
- Dietitian referral for personalized, client centred plan
- Weight centric or weight neutral
- Reducing EDNP amount and frequency, altering portion sizes of meals
- Increasing fruit and vegetable intake, physical activity, improving stress and sleep, mindful eating



The Australian Dietary Guidelines



Australian Dietary Guidelines

- Guideline 1:** To achieve and maintain a healthy weight, be physically active, and choose amounts of nutritious food and drinks to meet your energy needs.
- Guideline 2:** Enjoy a wide variety of nutritious foods from the five food groups every day and drink plenty of water.
- Guideline 3:** Limit intake of foods containing saturated fat, added salt, added sugars, and alcohol.
- Guideline 4:** Encourage, support and promote breastfeeding.
- Guideline 5:** Care for your food; prepare and store it safely.

<https://www.eatforhealth.gov.au/>
<https://www.healthier.qld.gov.au/>
<https://www.getthehealthyqld.com.au/>

Source: A toolkit for healthy eating in supported accommodation: A best practice guide

Vegetables and legumes/beans



Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

The infographic displays a variety of grain and cereal products arranged in a semi-circular pattern. At the top right is a box of 'rolled oats'. Below it is a bowl of 'Muesli'. To the left of the muesli is a bowl of 'Polenta'. Further left is a bowl of 'Quinoa'. Below the quinoa is a bowl of 'Penne' pasta. To the right of the penne is a bowl of 'Fettuccine' pasta. Below the fettuccine is a bowl of 'Wheat flakes'. To the left of the wheat flakes is a bowl of 'Rice'. Below the rice is a bowl of 'Lentils'. At the bottom right is a bowl of 'Red kidney beans'. The products are shown in various forms: boxes, bowls, and individual pieces. The background is white with a large orange arc on the left side.

Vegetables and legumes/beans

Red kidney beans

Red lentils

Chickpeas

Chips

A collage of various food items including bread, chickpeas, mixed nuts, lentils, fried kidney beans, fish, shrimp, tofu, and soy drinks, illustrating a variety of protein sources.

Source: A toolkit for healthy eating in supported accommodation:
A best practice guide

The five food groups



Vegetables and legumes/beans



Fruit



Milk, yoghurt or cheese
(mostly reduced fat)



Grain (cereal) foods (mostly
wholegrain and high **fibre** varieties)



Lean meats and poultry, fish, eggs, tofu,
nuts and seeds and legumes/beans

The five food groups: servings



Vegetables and legumes/beans

Serves per day

	19–50 years	51–70 years	70+ years
Men	6	5½	5
Women	5	5	5

A standard serve of vegetables is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked, dried or canned beans, peas or lentils*
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

**preferably with no added salt*

The five food groups: servings



Fruit

Serves per day

	19–50 years	51–70 years	70+ years
Men	2	2	2
Women	2	2	2

A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (with no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)

The five food groups: servings



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Serves per day

	19–50 years	51–70 years	70+ years
Men	6	6	4½
Women	6	4	3

A standard serve (500kJ) is:

1 slice (40g)	bread
½ medium (40g)	roll or flat bread
½ cup (75–120g)	cooked rice, pasta, noodles, barley, buckwheat, semolina; polenta, bulgur or quinoa
½ cup (120g)	cooked porridge
⅔ cup (30g)	wheat cereal flakes
¼ cup (30g)	muesli
3 (35g)	crispbreads
1 (60g)	crumpet
1 small (35g)	English muffin or scone

The five food groups: servings



Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

Serves per day

	19–50 years	51–70 years	70+ years
Men	3	2½	2½
Women	2½	2	2

A standard serve (500-600kJ) is:

65g	cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90–100g raw)*
80g	cooked lean poultry such as chicken or turkey (100g raw)
100g	cooked fish fillet (about 115g raw weight) or one small can of fish
2 large (120g)	eggs
1 cup (150g)	cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
170g	tofu
30g	nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

**weekly limit of 455g*

The five food groups: servings



1
cup



2
slices



3/4
cup



1
cup

**Milk, yoghurt, cheese and/or alternatives,
mostly reduced fat**

Serves per day

	19–50 years	51–70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

A standard serve (500-600kJ) is:

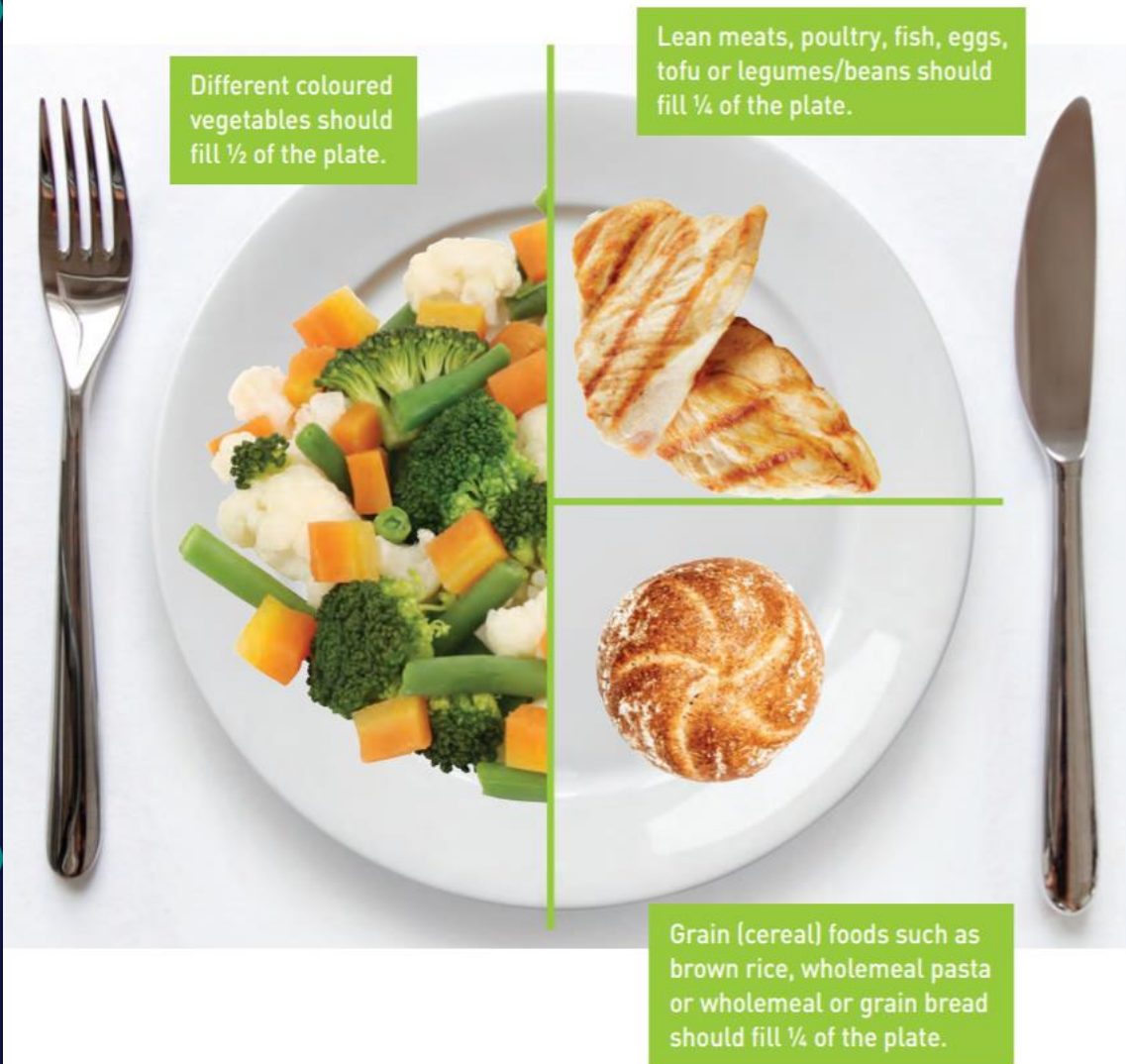
1 cup (250ml)	fresh, UHT long life, reconstituted powdered milk or buttermilk
½ cup (120ml)	evaporated milk
2 slices (40g)	or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
½ cup (120g)	ricotta cheese
¾ cup (200g)	yoghurt
1 cup (250ml)	soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

Meal planning and cooking



- Variety of foods from the 5 food groups
- Involve client in all steps: food preferences, menu planning, shopping, preparation, cooking
- Precut meats and vegetables
- Microwavable foods e.g. rice packets
- Canned legumes, lentils and vegetables
- Frozen meals, one pan meals
- Batch cook – freeze meals for future lunch/dinners





If dessert is served, choose low fat yoghurt, plain savoury biscuits with reduced fat cheese, low fat custard, tinned or fresh fruit or fruit crumble.

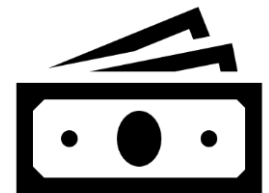


Serve water at every meal.



Shopping and budgets

- Buy shelf stable staples in bulk
- Frozen fruit and vegetables
- Local farmers markets, buy in season produce
- Buy on special items
- Save, freeze and reheat leftovers
- Generic home brands
- Reduce red meat consumption
- Eat more canned legumes and lentils



Food safety

- USE BY and BEST BEFORE dates
- Wash hands, fruits and vegetables well
- Separate utensils for raw and cooked foods
- Hot food above 60°C and cold food below 4°C
- Reheat thoroughly, very hot all the way through
- Do not refreeze food that has already been defrosted
- Defrost foods in fridge or microwave, not kitchen bench



Chronic diseases



- Type 2 Diabetes Mellitus
- Cardiovascular Disease
- High blood pressure
- Cancer
- Coeliac Disease
- Irritable Bowel Syndrome
- Food intolerances
- Mental health conditions

Communication is key!

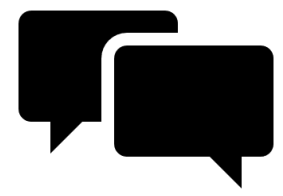


- Between all key stakeholders: client, GP, support coordinator and support staff, allied health practitioners, family
- For consistent effective care, everyone needs to be on the same page
- Clear understanding of the clients' needs, goals and healthcare plans
- Feedback wanted!





Q&A





Thank you.

DISABILITY SUPPORT WORKERS CONFERENCE

MADE POSSIBLE BY:

