



# FEED WHO YOU ARE

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Better food and nutrition handbook

AVEO FOOD & NUTRITION



# THOUGHT FOR FOOD

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Together we're redefining retirement through better food and nutrition. This handbook is designed to take you through some of the vital ingredients necessary to enjoy a healthy lifestyle and make the most of life in one of our communities for many years to come. You'll also find some interesting videos and cooking demos at [aveo.com.au/redefiningretirement](http://aveo.com.au/redefiningretirement)

“ As a chef, I perfected my skills working in Michelin Star restaurants around the world. My greatest thrill is seeing the difference food can make to people's lives.

At Aveo, we believe nutritious food should be delicious, surprising, and easily accessible for everyone. Working with Nutrition Professionals Australia (NPA), we have created national nutritional guidelines for healthy food choices that cater for our residents' changing tastes and dietary requirements over time. Our dining rooms are where our menus come to life. Here our residents enjoy great food and a feeling of wellbeing, while sharing the dining experience in vibrant surroundings with family and friends.

We also encourage them to follow the same rules of thumb when eating meals at home. Thanks to the invaluable information provided by NPA, this handbook should go a long way to help achieve this.”



**John Casey**  
Executive Chef, Aveo

“ The fact is that older Australians, particularly those over the age of sixty-five, have very different nutritional requirements. For example, older people's nutrient needs increase often at the same time as their appetites drop. If we're not eating enough as we get older it increases the risk of falling; because protein maintains our muscle mass. Eating enough food also maintains our energy levels to do the things that we like to do.

With important facts like these in mind, Nutrition Professionals Australia (NPA) has been working with Aveo's chefs and kitchen staff to improve the nutrition to their residents by providing them with the know-how to understand the importance of nutrition as we get older. In what we believe is a retirement industry first, we've actually been involved in setting national nutritional guidelines for the menus based on the very latest science.

There's no doubt that the better we eat, the better we all feel.”



**Julie Dundon**  
Advanced Accredited Practising Dietitian,  
Nutrition Professionals Australia (NPA)









# LOAD UP YOUR FORK AND ENJOY A GOOD WALK

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Life offers us so many pleasures, like strolling on the beach with friends, walking the dog, taking the grandkids to the park or making things in the workshop. When your bones are sturdy and your muscles are strong it's so much easier to keep on doing these things and enjoying life the way you always have.

Fortunately, keeping yourself in good shape is not so hard. It just means paying a little more attention to what you eat so you get the necessary vitamins, minerals and nutrients.

That's why we've placed nutritious eating at the very centre of the Aveo lifestyle. We've filled this handbook with nutrition information and hints to help you get the most out of life through the food you prepare.

And for when you don't want to cook, we've developed our own range of tasty, home-delivered meals enriched with the nutrients older bodies need to keep you doing the things you love.

# THE GREAT FEED OLDER AUSTRALIANS NEED

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Our commitment to providing delicious, nutritious food that can make a real difference to older people's lives extends to our own **Nutrition Select** range. Again, we believe it is another retirement industry first that puts the health and wellbeing of our residents first.

If you're leading a busy, active life you don't always have the time or the inclination to cook. There are too many other things to do. But you still need to eat well if you want to keep enjoying your lifestyle.

Under the guidance of Nutrition Professionals Australia (NPA), we've created an expansive restaurant-quality home delivery menu. Every meal is cooked fresh, easy to prepare and enriched with all the good things older bodies need.

These extra tasty, portion-controlled meals come in the form of a healthy choice menu and a higher nutrient menu for those with diminished appetites.

So now more than ever, you can feed who you are.



**Meals designed for seniors**



**Variety of choice**



**Cooked fresh**



**Nutrition for seniors**



**Home delivered**



**Chef prepared**















# FEEL MORE BUOYANT WITH BETTER FOOD

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Everybody's muscles have a tendency to shrink as we get older. It's just a fact of life. But it's also a fact that you can rebuild your muscles and keep them strong with regular exercise and the right food.

When we talk about muscles, we're not just talking about being a Charles Atlas-style bodybuilder. (Although lifting a little weight is very good for older bodies.) We're also talking about the muscles we need to walk freely, to stay balanced, and to move in everyday life.

But whether you're a bodybuilder or a billy-cart builder, your muscles need protein to keep working. So you need to eat protein-rich foods like meat, chicken, fish, eggs, legumes/beans, milk, cheese and yoghurt.

You also need to eat protein throughout the whole day. So at breakfast, have a couple of eggs or baked beans, put some cheese on your toast, or add yoghurt to your cereal and milk. You'll power through the day more easily.





# MAKE EVERY MOUTHFUL COUNT

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It's one of life's ironies that just when we need more nutrients, we feel less like eating. But you can still get the most out of your food, and the most out of your day, by making every mouthful as nutritious as possible.

Skip the cake, biscuits, chocolate and deep-fried foods. They might fill you up but they won't give you what you need. Instead, choose meals or snacks made from meat, vegetables, fruit, milk, yoghurt, cheese, nuts and grains. You'll soon notice how much better they make you feel.





## COUNT YOUR MEALS TOO

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To maintain your get-up-and-go, it's important that you don't skip meals. You need at least three meals per day.

If you don't feel like three big meals, try eating five or six smaller meals spread throughout the day. Think of it as topping up the tank.

There are also no rules about what you eat and when. If you feel like breakfast cereal for supper, then by all means, go right ahead and give yourself the fuel you need for your next outing.







# DAIRY KEEPS YOU BOWLING ALONG

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As well as strong muscles, an active body needs healthy bones. And bones need calcium. Dairy foods are rich in calcium. By eating around four serves of dairy per day, you can maintain the sort of strong bones that will keep you living independently. You'll also get a bonus serving of protein.

You can get one serve of calcium from:

- 1 cup cow's milk or calcium fortified soy milk
- 200g tub yoghurt
- 2 slices of cheese
- ½ cup ricotta cheese

You can also get your serve of calcium from:

- 75-80g salmon with bones
- 45g sardines (about 1-2 sardines)
- 100g (½ cup) almonds with skin





# THE A TO Z OF VITAMIN D

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Good levels of vitamin D keep our muscles and bones healthy and can protect us from falls and hip fractures. Which is important if you're out there living an active life.

We get very little vitamin D from food. Instead our bodies produce it when the sun shines on our skin. Most people can maintain their vitamin D levels with about 10 minutes of sun exposure per day.

Your early-morning or late-afternoon walk should be enough. But of course, remember to protect yourself from the harsh sun in the middle of the day.

You can ask your GP to check your vitamin D levels. They may suggest a supplement if levels are low.



# NOTHING TO GAIN FROM WEIGHT LOSS

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Life is strange. When we're younger and don't want to put on weight, we do. Then when we're older and we need the weight, we can find ourselves losing it for no particular reason.

Unfortunately, we can't reverse the order. And our appetite can fall away without us even noticing it. So keeping an eye on our weight is a good indication of whether we are eating enough.

By keeping your weight on, you can reduce the risk of falls and infection, and keep enjoying the life you've always enjoyed.

If you have always been thin, there's no need to worry. But you will need to watch any weight loss closely.

If you continue to lose weight and are unsure what you should do, ask your GP to refer you to an NPA Dietitian.



# PUTTING FIBRE IN KEEPS YOU OUT AND ABOUT

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We all feel better, and feel like doing more when our bowels are working well. To put it another way, when your bowels move, so do you.

To function properly, your bowels need plenty of the dietary fibre found in cereals, fruits, vegetables, nuts, seeds and legumes.

To increase your fibre intake, you should try to:

- Eat wholemeal or wholegrain breads, brown rice, wholemeal noodles and pasta
- Eat wholegrain or whole wheat breakfast cereals and rolled oats
- Sprinkle chopped fresh or dried fruit, wheat germ or seeds on breakfast cereal
- Eat high-fibre snacks like fresh fruit, wholemeal bread or a wholegrain biscuit such as Ryvita® or Vita-Weat™
- When baking, substitute some wholemeal flour for white, or include dried or fresh fruit and vegetables such as grated carrots
- Use quick-cook rolled oats to bind rissoles or meatloaf
- Use processed oat bran or mashed beans as a thickener in soups or casseroles
- Eat whole fruit rather than drinking the juice
- Substitute some of the meat in stews, casseroles or mince dishes for cooked lentils, split peas, kidney beans or chickpeas, diced or grated vegetables
- Wherever possible leave the skins on fruit and vegetables
- Read nutrition information panels and choose foods containing the most fibre











# SOME TASTY TIDBITS

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## AUSTRALIAN DIETARY GUIDELINES

Current research shows that people with diabetes can eat moderate amounts of sugar as part of a balanced diet. So you can enjoy the occasional dessert or small amount of jam on your toast. However, Aveo recommends that you consult with a NPA Dietitian to discuss your individual needs.

## FLUID THINKING

As we get older we often don't drink enough. You can become dehydrated, particularly when you're out walking, playing golf or gardening. We need about two litres of fluid a day. You can get them by drinking water, tea and juices. Or from soups, fruit, custard, jelly or the milk on your cereal. Just remember to keep your fluids up. Especially when you're active.

## SPECIAL DIETS

If you're on a special diet and it doesn't meet your nutrient needs, you may lose weight. So you may need to consider a more liberal diet. But you should consult with a NPA Dietitian or your GP first.

## HANDLE WITH CARE

To look after your health, you need to look after your food too. That means cooking and storing it in the right way. After all, you don't want to miss out on the fun things in life because of a dose of food poisoning.

Make sure your food is cooked thoroughly, particularly meat, chicken, fish, eggs and milky desserts. Food should be stored in the refrigerator below 5°C. If you're reheating food, it should be heated to 60°C before eating.



# MAKE IT EASY

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If you're making snacks or light meals for yourself, it's easy to include the ingredients that will help keep you fighting fit. Here are some suggestions:

## **Sandwiches or Rolls**

### **BASES:**

Wholemeal, wholegrain, white high-fibre bread, pita bread, bagels, English muffins, rice cakes, corn thins, wholemeal crackers

### **FLAVOURS:**

Mayonnaise, pickles, chutney, relish, tzatziki, cream cheese

### **FILLINGS:**

Egg, tuna or salmon, ham, corned beef, sliced chicken, or turkey, peanut paste, baked beans, cold roast meat or chicken, cheese, salad vegetables, eg. avocado, lettuce, tomato, cucumber

Toast or enjoy fresh.

## **On Toast or Baked Potatoes**

Poached or scrambled egg, baked beans, cheese with ham, tomato, pineapple, creamed corn with grated cheese

## **Nourishing Drinks**

If your weight is falling and your appetite is fading, drinking some nourishing fluids and fortified milk each day is an easy way to get extra energy and protein.

Milk (full cream is best) or soy milk  
Fortified milk (see below)  
Fruit juice or fruit nectar  
Yoghurt

### **Additions**

Increase the protein and/or energy content of drinks by adding:

Evaporated or condensed milk  
Yoghurt (plain or fruit)  
Ice cream  
Instant skim milk powder  
Ovaltine®, Quik® or Milo®  
Flavourings or essences  
Soft fruit (banana, strawberries, etc)

### **Fortified Milk**

Blend one cup of instant skim milk powder and one litre full cream milk. You can also use soy milk and soy powder. Fortified milk can be used anywhere you'd use normal milk.







# 10 TIPS FOR HEALTHY EATING

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1

Eat from all the food groups every day.

2

Eat a rainbow of different coloured fruits and vegetables daily.

3

Eat at least three meals per day, plus healthy snacks.

4

Enjoy three to four serves of milk, cheese or yoghurt each day.

5

Keep active to maintain your muscles.

6

Include protein at every meal.

7

Avoid losing weight. It's harder to gain than to maintain.

8

Go outside every day to maintain your vitamin D.

9

Treat yourself occasionally, but don't replace healthy foods with treats.

10

If you need a special diet, consult an NPA Dietitian.

# SETTING THE STANDARD

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The information in this brochure, and Aveo's food standards, are informed by the Australian Dietary Guidelines. The guidelines provide excellent advice about choosing nutritious foods to maintain our health throughout all the stages of our lives.

## AUSTRALIAN DIETARY GUIDELINES

1. To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.
2. Enjoy a wide variety of nutritious foods from these five core food groups every day:
  - Grains – bread, cereal, rice, pasta and noodles
  - Vegetables and legumes/beans – include a wide variety in colour and flavour
  - Fruit – include a wide variety in colour
  - Milk, yoghurt, cheese or alternatives – choose low-fat or full-fat options depending on your personal needs
  - Meat, poultry, fish, eggs, nuts, seeds and legumes/beans – choose lean meat options
3. Limit intake of foods containing saturated fat, added salt, added sugars and alcohol. As we age, we may need more added fat. Unsaturated fats, such as olive oil, canola oil or safflower oil are best. If you are on medication, you should always check if you can drink alcohol. These guidelines are written for ALL age groups. As we get older we can relax the guidelines.
4. Care for your food; prepare and store it safely.



Content within this booklet has been developed in conjunction with Nutrition Professionals Australia.



Because over 13,000 residents enjoy a full and healthy life with Aveo, we know you'll love it too. If you need more information, please speak to one of our sales consultants.

Call 13 28 36 or visit [aveo.com.au](http://aveo.com.au)



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