Dietitians Australia

Menu planning and innovation in aged care - Position statement

Our position

Aged care residents should have the chance to select their own preferences from the menus offered in their facilities.

Accredited Practising Dietitians (APDs) should review menus to check the nutrition, meal quality, dining experience and food systems on a yearly basis. Because APDs do not create menus in aged care facilities, the menu may not have the protein or key nutrients that residents need. Aged care menus must provide nutrition for residents across the whole day.

We call on the Australian Government to develop evidence-based National Meal Guidelines for residential aged care providers.

Background

Older people often suffer from malnutrition due to:

- social isolation
- poor dental health and hygiene
- impacts of medication
- difficulty swallowing
- poor appetite

Giving aged care residents choice and having APDs assess menus for nutritional value will improve health outcomes for residents.

For more information, read our full position statement on menu planning and innovation in aged care.

Get in touch

If you have questions about this position statement, contact us at policy@dietitiansaustralia.org.au