

Resource List for DSR candidates

The below list provides details of study areas and resources in the Australian context that may be useful in preparation for the MCQ exam.

Please note: this list is not exhaustive of all areas that may be assessed in the DSR MCQ exam

Resource	URL	What you can find
Baker Heart and Diabetes Institute	https://baker.edu.au/health-hub/fact-sheets	Information on diabetes, carbohydrates and glycaemic index and gestational diabetes
Diabetes Australia	https://www.diabetesaustralia.com.au/diabetes-fact-sheets/ https://www.diabetesaustralia.com.au/living-with-diabetes/healthy-eating/	Information on type 1 and type 2 diabetes, alcohol, coeliac disease and diabetes, healthy eating for diabetes, hypoglycaemia, pre-diabetes and gestational diabetes
National Heart Foundation	https://www.heartfoundation.org.au/for-professionals/health-professional-online-learning	Cholesterol, blood pressure, heart disease, heart healthy eating
Australian Guide to Healthy Eating	https://www.eatforhealth.gov.au/guidelines/guidelines	Healthy eating for all life stages, Indigenous health eating guidelines, fat, salt, sugar and alcohol intake
Nutrient Reference Values	https://www.eatforhealth.gov.au/nutrient-reference-values/introduction	Recommended intake levels of essential nutrients
The Royal Children's Hospital	https://www.rch.org.au/nutrition/resources/	Healthy eating for babies to young children, breastfeeding, food allergies
Aboriginal and Torres Strait Islander cultural awareness	https://dietitiansaustralia.org.au/working-dietetics/skills-recognition-australia/process-overseas-educated-dietitians/aboriginal-and-torres-strait-islander-cultural-awareness https://member.dietitiansaustralia.org.au/Portal/Portal/Store/Item_Detail.aspx?iProductCode=25DSRQUIZ&Category=TOPCLAS	Aboriginal and Torres Strait Islander background and history, support on how to appropriately communicate in a culturally safe manner

The leading voice in nutrition and dietetics

A PO Box 2087 Woden ACT 2606 | T 02 6189 1200

E info@dietitiansaustralia.org.au | W dietitiansaustralia.org.au

Dietitians Association of Australia | ABN 34 008 521 480

Dietitians Australia and the associated logo is a trademark of the Dietitians Association of Australia.

Aged care	https://www.agedcarequality.gov.au/providers/food-nutrition-dining-information-providers	Food, nutrition and dining resources, aged care literature, menu and mealtime review program
	https://member.dietitiansaustralia.org.au/Common/Uploaded%20files/DAA/Resource_Library/2020/Aged_Care_Quality_Standards_ToolkitDec2020.pdf	Aged Care quality standards toolkit for dietitians
	https://www.agedcarequality.gov.au/providers/food-nutrition-dining/food-nutrition-dining-resources-providers https://www.health.vic.gov.au/sites/default/files/2022-08/nutrition-food-quality-standards-for-adults-vic-psracs-full-doc-pdf.PDF	Nutrition and quality food standards for adults in Victorian public hospitals and residential aged care services
Healthy Eating Advisory Service - Food Service	https://heas.health.vic.gov.au/	Menu planning and assessment, policy development, allergies and intolerances in various work settings (early childhood services, schools, healthcare services etc.) See also Aged Care food services and Royal Children's Hospital
National Health and Medical Research	https://www.nhmrc.gov.au https://www.nhmrc.gov.au/health-advice/aboriginal-and-torres-strait-islander-health https://www.nhmrc.gov.au/research-policy/guideline-development https://www.nhmrc.gov.au/health-advice/environmental-health https://www.nhmrc.gov.au/research-policy/ethics-and-integrity https://www.nhmrc.gov.au/health-advice/public-health	• Aboriginal and Torres Strait Islander Health • Guideline development and research policy • Environmental Health • Ethics • Public Health

Australian Healthcare System Structure	https://www.health.gov.au/about-us/the-australian-health-system?language=en	Overview of the Australian Healthcare system
Gastroenterological Society of Australia	https://www.gesa.org.au/resources/clinical-practice-resources/	Clinical practice resources e.g. Crohn's Disease, Inflammatory Bowel Disease and Haemochromatosis
Coeliac Australia	https://coeliac.org.au/health-professionals-hub/	Recognising, testing, management and education of coeliac disease
Alcohol guidelines	https://www.nhmrc.gov.au/health-advice/alcohol	Guidelines on health related to alcohol consumption
Crohn's and Ulcerative Colitis	https://crohnsandcolitis.org.au/about-crohns-colitis/crohns-disease/crohns-disease-treatment/#heading-3 https://crohnsandcolitis.org.au/about-crohns-colitis/ulcerative-colitis/ulcerative-colitis-treatment/#heading-3	Guidelines on management of Crohn's Disease and Ulcerative Colitis
Vegetarian and Vegan Eating	https://www.betterhealth.vic.gov.au/health/healthyliving/vegetarian-and-vegan-eating	Details of vegetarian and vegan diets, meeting nutritional needs, protein sources
World Health Organization	https://www.who.int/resources https://www.who.int/health-topics/breastfeeding#tab=tab_1 https://www.who.int/health-topics/health-promotion#tab=tab_1 https://www.who.int/health-topics/noncommunicable-diseases#tab=tab_1 https://www.who.int/health-topics/nutrition#tab=tab_1 https://www.who.int/health-topics/social-determinants-of-health#tab=tab_1	Resources related to various health topics

Allergies and Anaphylaxis	https://allergyfacts.org.au/living-with-allergies/different-lifestages/infant-feeding/ https://www.allergy.org.au/hp/prevention https://www.allergy.org.au/hp/food-allergy https://www.allergy.org.au/hp/tests	Babies and food allergies (including allergy prevention), allergy and immunology testing, living with allergies
Canteens, Healthy Eating and Other Food Services Policy	https://heas.health.vic.gov.au/government-policies-and-guidelines/canteens-healthy-eating-and-other-food-services-policy/	Food services policy related to school canteens
National Health Preventive Strategy	https://www.health.gov.au/sites/default/files/documents/2021/12/national-preventive-health-strategy-2021-2030_1.pdf	Strategy to improve Australia's overall wellbeing by focusing on preventing illness, reducing health inequities, and addressing the wider determinants of health. Details on primary, secondary and tertiary prevention
Food Standards Australia and New Zealand	https://www.foodstandards.gov.au/consumer	Food labelling information, allergies and intolerances, preventing foodborne illness, nutrition, food fortification, special purpose foods, food additives, genetically modified foods, safe food supply, food technologies and novel foods
Health Promotion and Dietary intake	https://www.aihw.gov.au/reports/australias-health/what-are-determinants-of-health https://www.aihw.gov.au/reports/australias-health/health-promotion https://www.measurement-toolkit.org/diet/subjective-methods/introduction https://pmc.ncbi.nlm.nih.gov/articles/PMC8338737/	Determinants of health Health promotion and protection and the role of government and non-government organisations Details on methods to assess dietary intake such as food frequency questionnaire, 24 hour record, weighed food diaries etc.

Evaluation in Health Promotion	https://www.health.gov.au/sites/default/files/documents/2021/12/national-preventive-health-strategy-2021-2030_1.pdf	Types of evaluation explained, including formative, impact, outcome and process
Food Service Systems	https://pmc.ncbi.nlm.nih.gov/articles/PMC9796490/#:~:text=Hospital%20foodservice%20relates%20to%20all,the%20time%20of%20meal%20service).	Details on cook fresh, cook chill, de/centralised systems etc.
Australian Institute of Food Safety	https://www.foodsafety.com.au/haccp-programs/what-is-haccp	HACCP (safety and risk assessment plan)
Food Service	https://www.health.vic.gov.au/food-safety/food-how-to-keep-it-safe	Food safety guidelines for various services (hospital, aged care, meal delivery services etc.)
Foods in the Australian context	Supermarkets in Australia Woolworths Coles Recipes from popular Australian food sites Taste	You can use these links to search common ingredients, food products and recipes typical to Australia. Some foods to explore further could be: - Breakfast cereals – cereals, muesli/granolas etc. - Dairy items – milk and milk alternatives, yoghurts
Australian specific food products	Examples include: Vegemite (a yeast spread often used on toast or in sandwiches) Weet-Bix (a whole-grain wheat biscuit breakfast cereal, often eaten with milk and sometimes fruit) high fibre, low GI white bread (an alternative to wholemeal bread that is commonly available in most supermarkets and bakeries)	
Nutrition Care Process (NCP)	ncpro.org User login: Username: encpt@daa.asn.au Password: Ncpt2!	eNCPT Reference Manual, outlining nutrition assessment and reassessment, diagnosis, intervention, monitoring and evaluation