



CATERING FOR CONSUMERS WITH DIABETES IN AGED CARE

Around **1 in 6** people aged over 65 reported having diabetes - just over 574,000 people. The rate of diabetes also tends to increase with age, with the highest prevalence (19.4%) reported in people aged 85 and over*.

WHAT IS DIABETES?

Diabetes is a condition where the body cannot maintain healthy levels of blood sugar. If blood sugar levels are uncontrolled over a long period of time, this can lead to long term complications affecting vision, kidney, heart and nerve function. Blood sugar levels in people with diabetes can be managed by balancing healthy eating, exercise and sometimes medication, including insulin.

DIABETIC DIETS IN AGED CARE

In the past, diabetes management was focused on limiting sugar and carbohydrate foods, however, it has been found that providing special diets or restricted meals, snacks and desserts to consumers with diabetes does not provide any long term benefits for blood sugar management.

Restricting high fat foods and sweetfoods including desserts, fruit juices, jelly and sugar can actually

increase the risk of malnutrition and impact on the consumer's quality of life.

However, our menus incorporate low GI foods that help our body control blood sugar levels; rather than implementing strict blood sugar control, the main focus of diabetes management in aged care should be to help consumers maintain their best quality of life and meet their daily nutritional needs.

DOES CATER CARE HAVE A 'DIABETIC DIET'?

At Cater Care we are committed to facilitating the needs of consumers by acknowledging each consumer's likes, dislikes, and their special dietary requirements.

Our menus are assessed by our in-house Accredited Practising Dietitian following current best practice guidelines. Our Dietitian ensures that sufficient low GI foods are incorporated into our menus so that consumers with diabetes can maintain controlled blood sugar levels and still be offered our full menu.

This ensures all consumers can enjoy meals and desserts from the same well balanced menu, maximising choice, meal variety and quality of life.

This approach to diabetes management in aged care is well

supported by current literature and governing bodies including [Diabetes Australia](#), [Best Practice Food and Nutrition in Aged Care](#) and the [Dietitians Association of Australia](#).

WANT TO FIND OUT MORE?

To discuss how Cater Care can help your facility better cater for consumers with diabetes or any other dietary requirements, get in contact with Jonathan Storer today.



Jonathan Storer

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*Australian Bureau of Statistics 2014-15 National Health Survey (NHS)