



# NUTRITION FACT SHEET

## CATERING FOR RESIDENTS WITH DIABETES IN AGED CARE

### 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 residents with diabetes, does not provide any long term benefits for blood sugar management.

Restricting high fat foods and sweet foods including desserts, fruit juices, jelly and sugar can actually increase the risk of malnutrition and impact on residents quality of life.

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

Document Owner: Dietitian	Document Type: Procedure	Cater Care Group ©	1 of 2
Date Reviewed: September 2022		Printed copies are uncontrolled	



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### DOES CATER CARE HAVE A 'DIABETIC DIET'?

At Cater Care we are committed to facilitating the needs of the residents in our care by acknowledging each residents likes and dislikes and their special dietary requirements.

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

This ensures all residents in our care 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.

If your doctor or dietitian has recommended specific dietary practices to help manage your diabetes, please talk to the appropriate care staff so we can cater for your needs appropriately.

**If you would like more information on Diabetes Management in Aged Care, you can visit:**

<https://www.diabetesaustralia.com.au/>

<https://dietitiansaustralia.org.au/>

**Or contact our Dietitian Team at:**

[dietitian@catercare.com.au](mailto:dietitian@catercare.com.au)

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