



Houno Combi ovens Maurice Kemp & Associates The oven you can cook anything in Full story page 5



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Centralised menus

All the regular features + lots of recipes

From the editors desk

Welcome to this edition of the FANJournal. There are many new inclusions in this edition to enhance the reading material and streamline the journal to make it even more informative. March saw the start of the Nuts and Bolts Nutrition for Elderly workshop held in Ballina. It was very well attended with 23 delegates sharing and networking ideas around the aged care industry. Journal connections has all the dates for future workshops to be held in QLD and NSW plus other upcoming events. If you would like to discuss holding Nuts and Bolts training in your area please give me a call.

I would encourage all subscribers when calling an advertisers from the journal to let them know that you got the information out the of the journal. This way they know their support for the journal is being utilised. This is really important as they like to hear from journal subscribers and know that it is worthwhile placing advertisements within.

The journal is packed with lots of tips and recipes.

The pick of the recipes in this edition is the Chicken Risotto.

The secret is making it with Massel liquid chicken stock (which is gluten free)

I hope you enjoy the journal and your feedback is always welcome



Japanese gardens
Toowoomba

Happy reading Karen

Reader's recipe

Peanut butter biscuits

Approximate cooking time 1 hour

Makes 18-24

90g margarine, chopped

¼ cup caster sugar

6 tablespoons crunchy peanut butter

1 egg

1 ¼ cups self-raising flour



1 Beat butter and sugar together until creamy.

2 Beat in peanut butter

3 Add egg and mix well

4 Gently fold in flour and mix until well combined

5 Drop spoonfuls of the mixture onto a baking tray lined with baking paper

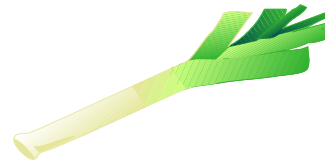
6 Bake in a moderate oven (180°C) for 10 to 12 minutes or until golden brown

7 Allow to cool on trays for a few minutes before transferring to a wire rack to cool completely

Reader's questions

Why are leeks so good to eat?

Leeks are related to the lily family and are a relative to the onion. Leeks are so easy to cook with and add some dietary fibre, iron and protein to your diet. This editions standard recipe card has an excellent recipe using leeks.



QUICK QUIZ QUESTION

Prickly pear is neither a pear nor a fig. But the fruit of a cactus which is native to parts of America but now found in the Mediterranean, India and Australia

Flavour rack

When adding parsley to foods and in cooking you are adding a power house of vitamins and minerals. Parsley is high in vitamin E, B and C. It is easy to digest and is a good source of iron, potassium and copper. So add some parsley to salads, stews, soups as a garnish. It is easy to grow and lasts all year round in the garden.

Blast from the past

Rhubarb Tart

Line greased tart tin with sweet short pastry. Wash scrape, and cut rhubarb into 1.5cm pieces, pack wet rhubarb closely into tart, sprinkle with ½ cup sugar, cover with pastry, brush over with milk, Bake in slow oven ½ hour to enable rhubarb to cook, cover with seed and juice of 3 passion-fruit before serving.

General Nutrition

Adequate intake

An adequate intake is eating the right amount of food to maintain good health and provide the body with all the essential nutrients to enable healthy functioning.

As we move through the different stages of life food requirements change. At all stages of life it is essential to eat well and monitor how many treat foods are eaten. Treat foods are high in fat and sugar and often do not provide a good source of vitamins and minerals.

One way to get an adequate intake is to ensure that foods are eaten from all the food groups on a daily basis and food are eaten within those food groups. For example eat different types of fruits.

Fruits

Eat at least 2-3 pieces of fruit per day

Vegetables

Eat at least 4-5 types per day

Meat

Eat at least one good source of meat or meat alternative per day (meat alternative legumes)



Dairy foods

At least 3 serves per day (milk, cheese, yogurt, custard, milk desserts, fortified soy/rice milk)

Breads and cereals

At least 5-7 serves per day of different cereal products (bread, wholemeal biscuits, rice, pasta, cereals, noodles)



Just for good measure no adequate intake would be complete without at least 8 glasses of fluid – water is preferred.

Somewhere in your adequate intake try having some nuts, seeds, and sprouts; and mix the foods around to achieve the best variety. The larger the variety of foods the more adequate your nutrient intake will be.

History of food – cassava

The natural source of tapioca is the root of the cassava plant. Tapioca as we know it does not occur in commercial form but is processed into many forms - flakes, flour, seeds and pearls. The plant has been cultivated in parts of South America for 5000 years. When Christopher Columbus landed over 500 years ago on the island of Hispaniola in the West Indies, the native Arawak people served him and his crew flat pancake-like bread made from cassava. Columbus' adventure was the first taste the western world had of this crop, but it was about 200 years later, in the 17th Century that cassava crossed the Atlantic and established itself in the diets of Africans and Asians.

The food was cheap, easy to grow and could be traded and eventually to the rest of the world. Today Thailand is a major exporter of tapioca. Tapioca is an easily digested starch and is used mostly to make pudding and desserts.



Recipe section has a recipe for making tapioca pudding in the microwave.

Value of food – chicken skin or no chicken skin



Breast meat with skin 100g

Fat g
10g

The nutrition panel – Protein

Protein is one of the macro nutrients found on the nutrition panel. It is always represented in grams. It tells you how many grams of protein is in that product. Protein is important in your diet as it forms the building blocks of your body.

1 gram of protein = 17kJ

Nutrient	Qty per 100g
Energy	2500 kJ 597 cal
Protein	18.6 g
Fat total	54.2 g
Cholesterol	0 g
Fibre	2.6 g
Carbohydrates	19.5 g

General nutrition

Nutrition aspect – Vitamin B6

Body function

Vitamin B6 is involved in the release of energy from food. It is also used in the manufacture of most protein related compounds. It is essential for the formation of genetic material of the cell, red blood cells, hormones and the absorption of vitamin B12. Vitamin B6 is essential for the development of healthy cardiovascular, immune and nervous systems, skin and hair. Vitamin B6 has multiple functions in the body. Therefore, a daily intake of Vitamin B6 is essential.

Good sources

Vitamin B6 is found in pork, chicken, fish, liver, eggs, milk, wheat germ and brewers yeast, banana, walnuts, spinach and avocado. Vitamin B6 is absorbed in the small intestine.



An average intake of Vitamin B6 can be consumed each day by having one good serve of meat or fish, a banana and brown rice.

To ensure a good source of vitamin B6 each day choose from the above foods when menu planning.

In the recipe section the high Vitamin B6 recipes include - all the chicken recipes, pork and pineapple casserole and sausage hotpot.

Ingredient profile – Caster sugar

Caster sugar is a granulated sugar in the form of very fine textured grains of sugar. When caster sugar has not been refined the colour is a pale caramel very much like raw sugar. Caster sugar has very fine texture which makes it a good choice as a beverage sweetener as the sugar dissolves quickly. It is also the sugar which should be used when making meringues.

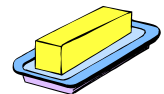
Caster sugar has the same nutrient content as normal sugar. Just because it is finer does not mean there are less calories or kilojoules.

Nutrient content of sugar
100% carbohydrates
Energy value 394kcal/100g



Colouring agents

Colouring agents make food look better. An example of a natural colouring agent is beta carotene (vitamin A), the natural yellow pigment in many fruits and vegetables. Beta carotene is used to make margarine (which is naturally white) look creamy yellow like butter.



Food in focus - almonds

Originated in the East but now grown in Southern Europe, Western Asia, California, South Australia and South Africa. Almond oil is used for flavouring and for skin care preparations. Almonds have the highest protein content of any nut. Almonds are rich source of magnesium, potassium, phosphorous and calcium. The almond is a small, oval flat nut enclosed in a light brown pitted shell.

Types

The sweet almond which is grown for eating has a delicate flavour and is used in cooking. The bitter almond is used to produce distilled essence and is used in flavourings.

Storage Store in air tight containers.

Slivered Flaked Salted Ground Blanched Sugared Whole

Uses

Sweet almonds are used extensively in baking, confectionery and for cake decorating. Ground almonds are used in making cakes, to make marzipan, added to meringues and as filling for Middle Eastern pastries. In savoury dishes almonds are used in stuffings, sauces, and salads or served with drinks.



Maurice Kemp & Associates - Houno Combi Ovens

Maurice Kemp & Associates has for 12 years, represented the Danish manufacturer Houno A/s, in Australia. Houno A/s, has been manufacturing Combination Steam Ovens since 1977. Hans Jorgen Houmoller, a turbine engineer, by profession, was asked by his brother a butcher, to build him an oven to roast and smoke meat. The oven was a success, and as with all good things, one oven led to another. So out of a home garage the Houno Company was founded .

Maurice Kemp & Associates has represented Houno A/s, in Australia for twelve years. The Stockton Centre in Newcastle purchased 32 Houno ovens 11 years ago. This government department now has 50 Houno Ovens, and has just placed an order for another two ovens. Houno has more types & sizes available, than any other Combination Steam Oven, manufacturer. They also are market leader in Bake off ovens also.

The Houno pass through ovens, are used successfully in cafeteria situations, or where there is a need for staff to access the oven from both sides. For example, Danish pastries can be prepared in the kitchen side of the oven, where the ovens control panel is. When the audible alarm sounds, the service staff on the service side of the oven, simply remove the baked products, ready for service. If there are other products requiring extra time, a separate start up button is there, to restart the oven.

Houno is very successful with the "Combi Plus" range of ovens. Two separate ovens in one cabinet. These ovens are also available with the pass through option, including Combi-Clean. An integrated drain, and two power connections, one for each oven. You can select a Houno Combi Oven, combined with a Houno Bake Off Oven. Popular options are a ten tray Combi, with an eight tray bake off oven.

Houno is a specialist oven manufacturer. Supplying Combination steam ovens with or without steam generators. Sizes from 6/8/10/12/16 and 20 in the G/N 1/1 size and a 2.14 size which is 28 1/1 G/N trays, or 14 2/1 G/N trays. Roll in Roll out cassette systems are available. The ovens are supplied with a Stand, Core Probe & Combi-Clean, the complete cleaning system.

Call us at Maurice Kemp & Associates we are only to please to be of assistance to you.

For further information, go to the [Maurice Kemp & Associates Web Site. WWW.mauricekemp&associates.com.au](http://www.mauricekemp&associates.com.au) and click onto Houno A/s. Or contact Maurice Kemp & Associates Tel: 02 9748 6244 Fax: 029748 3545 or sales@mauricekemp.com.au



Chicken, leek and parmesan risotto

Portion size: 400g
 Approximate cooking time – 40 minutes

Health tip – to reduce fat trim as much fat away from chicken as possible.

Can be eaten without the parmesan cheese.



Ingredients	5	25	50	100
Olive oil as required	AS required	As required	As required	As required
Garlic cloves, finely chopped	1	4	6	8
Onion finely chopped	200g	1kg	2 kg	4 kg
Leeks, trimmed, washed, finely sliced	400g	2 kg	4 kg	8 kg
Arborio rice	300g	1.5kg	3 kg	6 kg
Chicken stock	800ml	4 L	8 L	16 L
Parsley fresh, finely chopped	5g	50g	100g	200 g
Chicken meat, free from skin and bone	300g	1.5 kg	3 kg	6 kg
Parmesan cheese, shaved or grated	20g	100 g	200 g	400g
Salt and pepper	to taste	to taste	to taste	to taste
<ol style="list-style-type: none"> 1. Heat oil in pan 2. Add onion and garlic 3. Add rice and fry for five minutes 4. Add stock 5. Add leek and chicken 6. Cook everything until stock has been absorbed 7. Serve and sprinkle with parmesan cheese and parsley 	<p>Food safety information Wash all vegetables.</p> <p>Hot hold above 65°C Chicken should be stored below 5°C Cheese should be stored below 5°C</p>		<p>Nutrition analysis per serve</p> <p>Protein: 19 g Fat: 7g CHO: 23g Fibre: 3g Sodium : Energy : 990kJ</p> <p>Suitable for Full diets Low fat Moderate fibre Soft diets</p> <p>Suitable to freeze</p>	

General information for standard recipes

This recipe was prepared using the 5 servings.

The time should be used as a guide only, as it will differ with the staff and equipment available.

The portion sizes given in this recipe are suitable for healthy adults. The actual portion size will vary depending on age and activity level of the group being catered for.

Nutrition for older Australians

The importance of Vitamin D

Vitamin D is a fat soluble vitamin that is found in food and is made by our bodies. Sunshine is a significant source of Vitamin D because UV rays from sunlight trigger vitamin D synthesis in the skin.

Vitamin D functions in the body

- Maintain normal blood levels of calcium and phosphorus
- Promote calcium absorption
- Helps to form and maintain strong bones
- Stops bones from becoming brittle
- Prevents rickets and osteomalacia in adults (skeletal diseases that weaken bones)
- Helps with the immune system
- Regulates cell growth

Vitamin D plays a very important part in maintaining good health especially in the elderly. As we age our skin becomes fragile and thin, this decreases the synthesis of vitamin D via the skin. People in aged care facilities with decreased mobility will have less exposure to the sun. It is very important that elderly person has daily exposure to the sun for a short periods. The renal function also declines as we age and the levels of circulating Vitamin D decreases. Elderly people on low fat diets could be reducing their vitamin D intake below an adequate level so low fat diets should be only used under dietary recommendations.

Osteoporosis is a disease characterised by fragile bones, and it significantly increases in the risk of bone fractures. Osteoporosis is most often associated with life-long inadequate calcium intake. Vitamin D deficiency contributes to osteoporosis by reducing calcium absorption. Adequate storage levels of vitamin D helps keep bones strong and may help prevent osteoporosis in older adults.

A word on menu planning

Include Vitamin D rich sources of food - cod liver oil, salmon, mackerel, tuna, sardines, full cream milk, fish oil, liver, egg yolks, cheese, butter & margarine.

When menu planning in an aged care facility, the concept that everyone should be on low fat dairy products may not be the best dietary practice, especially for elderly people who are frail and have reduced exposure to sunlight.



Prunes are not the only fruit that can be served for breakfast

I recently audited a menu for a nursing home where they had prunes as the fruit choice everyday over the 4 week menu cycle. There is nothing wrong with prunes - they are high in fibre and a good source of vitamins and minerals. The point is if you don't like prunes what other fruit choice is available?

It is essential when planning menus for the elderly that you include as many opportunities as possible for fruit to be served per day. A good place to have a fruit serve is at breakfast time. Usually tinned fruits are a good choice as they are easy to prepare. There is also little wastage as they can be stored over night in the refrigerator, used in cakes or desserts, or in a fresh fruit salad.

There are many types of tinned fruit available

Pear (half/slices)
Peaches (half/slices)
Two fruits
Fruit salad
Apple
Mango slices
Pineapple



Tinned fruit comes in the following liquids

Natural juice – juice of the fruit – still high in fruit sugar but no added sugar (pear juice)
Natural water – just water added
Syrup – highest sugar content as sugar has been added.
Nectar – partly dehydrated juice

When menu planning only one choice of fruit needs to be offered at the breakfast meal but that choice needs to have some variety. I often think of prunes as an option for increasing the fibre content. Another way to increase the fruit intake is to use breakfast cereals with fruit added. These would include muesli and bran cereals with added fruit.

Nutrition tip

If tinned fruit in syrup is purchased just put the fruit in a colander and wash over with water to remove the syrup, thus reducing the sugar content.

Social Isolation



Social isolation is an increasing problem for older Australians. It occurs in communities across Australia and is not specific to the rural areas. Social isolation is defined as a situation when a person becomes detached from community activities and from engaging in personal relationships with members of the community. Being by one self is fine if able to take care of basic needs. By basic needs means being able to pay bills, buy food, prepare meals and take care of their personal hygiene. It is estimated that 1 in 4 over the age of 75 are socially isolated and $\frac{3}{4}$ are women. As the aged population continues to increase this issue is certainly going to grow.

Social isolation becomes a problem when the individual loses the ability to get around and for fill those basic needs.

Social isolation can occur for many of reasons

- Minor fall – lose of confidence in getting out of the house and walking down to the local store
- Change to social supports e.g. public transport
- Personal scare and they become afraid to go out of the house
- Becoming confused
- Poor nutrition – food intake which leads to malnutrition which makes them frail with no energy
- Lost of partner or close friend who used to help with some of the basic needs
- Lose of confidence to drive a car or loss of licence
- Don't want to be a bother to anyone
- Family members live away from area

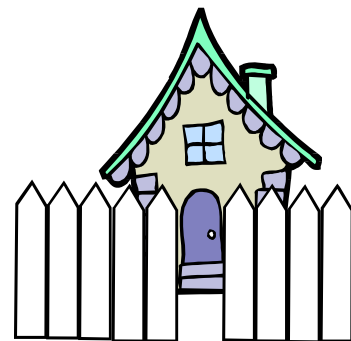
Some facts

- Estimated that 15% elderly people living in the community are malnourished
- High % elderly population have diabetes and/ or heart disease
- Related cost of osteoporosis, arthritis, falls and dementia
- Increase in social isolation
- This Population group can have poor eating habits due to the belief that they do not need to look after their nutritional status and that small meals are part of growing old, or sheer lack of money

If a person cannot get out of their home to go shopping for food then in time this will pose a problem. Food is a basic essential and we cannot survive for long without it. Malnutrition will be the end result. Malnutrition leads to falls and body weakness, breakdown of skin, increased infections, confusion, muscle wastage and decreased hunger.

Organisations which are in place to help include:

- Meals on Wheels
- Blue Care
- Home Care
- OZ Care
- Community Health Service
- Senior Citizens
- Day Resite groups
-



It is important as a community to be mindful of people living alone and to provide assistance where possible. Community supports are in place and are readily contactable.

It's about food, food knowledge, food preparation and good health