

## Special Diets in Aged Care Standard Meal Plans

Nutrition Professionals Australia (NPA) has developed a series of one day meal plans that provide a summary outline for each of the various special diets that are likely to be encountered in aged care. Many of these special diets eg. diabetic and texture modified are routinely provided from the main menu, but others will need to be catered for on an individual basis.

The meal plans provide a simple and practical guide that can be readily referred to at the time of serving meals. Also included in this manual is information regarding standard serve sizes and a standard menu structure to ensure that residents are provided with ample opportunities to choose foods from each of the core food groups and to ensure that the facility meets best practice and accreditation guidelines.

### Order Form / Tax Invoice

**Nutrition Professionals Australia**  
ABN: 62 602 689 448

Date:.....

Name:..... Phone:.....

Organisation:.....

Address:.....

Email:.....

Items Required	Number of Items	Total Cost
Special Diets Meal Plans ( <i>written by NPA</i> )	@ \$55 each	
Postage and Handling	\$5 flat rate	\$10
<b>TOTAL</b>		

#### Payment Methods

- Cheque made payable to Nutrition Professionals Australia
- Credit Card: Visa / Mastercard  
 Number:..... Expiry Date: ...../.....  
 Name on Card:.....  
 Signature:.....
- Direct Deposit to: NPA Account: BSB 015-056 Acc no 497846131

Please make sure that you indicate your name and organisation when depositing.

Date deposited: .....

Fax this form to (08) 8227 1200 or mail to 267 Melbourne Street, SA, 5006