



Menu planning to support the prevention and management of Chronic Diseases

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Chronic diseases are long lasting conditions with persistent effects. Their social and economic consequences can impact on peoples' quality of life. Chronic diseases are becoming increasingly common and are a priority for action in the health care sector. It is also important to be mindful of how menus are planned for all people who rely upon a menu for their food intake.

The following are tips to consider when managing meal plans, menu, and meals with people with chronic diseases.

This education resource will focus on the following chronic disease diabetes, cardiovascular disease, obesity, and malnutrition.

Cardiovascular disease leads to blocked arteries and may cause stroke and heart attaches. Therefore, a diet low in saturated fat is important.

Low fat dairy products
Low fat meats – cut fat of meats
Reduce use of saturated fats
Avoid fried foods
Minimal high fat cakes, biscuits, pasties, and tarts
High fibre and wholegrain carbohydrates
Increase fruit and vegetable intake

Diabetes (mainly type two) is when the body is unable to cope with high levels of sugar due to decrease insulin production. Therefore, a die lower in sugar and fat is important.

Use low to medium glycaemic index foods

Reduce simple sugar foods – sugar, soft drinks
Avoid high fats foods – low fat dairy products
Cook and use with artificial sweeteners
Read labels to detect high sugar content of foods (star system)

Obesity is when the body takes in more energy than it expands, and the body put on body weight which can lead to diabetes and cardiovascular weight.

Low fat dairy foods
Reduce sugar intake
Avoid high density foods like soft drink, pastries, lollies, cream, fried foods
Avoid using high fat spreads and dressings
Try to avoid fried foods

Malnutrition is when the body weight is dangerously low, and weight lose has been unintentional due to a poor food intake.

High protein foods – milk power, eggs, meat
High energy foods – sugar, honey,
Food fortification strategies – add high energy and density ingredients
Full fat dairy foods – milk, yogurt, custard, ice cream
High energy and nutrient dense snacks – chocolate, ice cream

An important note. When menu planning for the elderly it is very important not to reduce fat, sugar, or salt. The elderly has a higher risk of malnutrition due to poor and reduce intake. Their chronic disease should be managed medically allowing an elderly person to eat freely from the menu on foods which they enjoy. It is important that aged care menu planning reflects this.

Referencing guide - to use materials:

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Nutrition and Catering Institute Education Resource April 2020

<https://www.nutcat.com.au/institute/publications/>