

SINGAPORE STANDARD

**Guidelines on nutrition and food service
for older adults**



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Guidelines on nutrition and food service for older adults

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Agency for Integrated Care

Association of Catering Professionals Singapore

Continental Delight Catering Services Pte Ltd

Econ Healthcare Group

Health Promotion Board

Salvation Army – Peacehaven Nursing Home

Singapore Nutrition & Dietetics Association

Society for the Physically Disabled

Speech-Language & Hearing Singapore

Tan Tock Seng Hospital

* served till 14 November 2013

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Foreword

This Singapore Standard was prepared by a Working Group appointed by the Technical Committee on Nutrition for the Elderly under the direction of the Silver Industry Standards Committee.

Singapore's population is ageing rapidly. By the year 2030, one in every five residents is expected to be over 65 years of age, or a total of 960,000 older adults. With an ageing population, it is expected that there will be an increase in the number of people making use of health-related intermediate and long-term care (ILTC) facilities and community-based social services. Care and community-based service capacities are expected to similarly increase. Nursing home capacity is slated to increase by 70% to nearly 16,000 and capacity of Senior Activity Centres to treble to approximately 48,000 by the year 2020.

These care facilities and services will play an important role in the nutrition and health of older adults. This standard has been developed for operators of care facilities and services, as well as food service providers that cater food to care facilities. This standard also provides good practice guidelines for care facilities and food providers in the area of food and nutrition for older adults to ensure that older adults in Singapore achieve optimal health by receiving safe, adequate and appropriate foods.

In preparing this standard, reference was made to the following publications:

1. Food texture chart – Agency for Integrated Care
2. Dietary guidelines for older adults – Health Promotion Board
3. Environmental cleaning guidelines for healthcare settings – Ministry of Health
4. High energy high protein diet patient education material – Tan Tock Seng Hospital

The photographs on a regular meal and the food and fluid consistencies in Annex B are reproduced/adapted with permission from Bright Vision Hospital and Agency for Integrated Care respectively.

Acknowledgement is made for the use of information from the above publications.

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Guidelines on nutrition and food service for older adults

0 Introduction

The ageing process includes various physiological changes that mean that older adults have increased nutrient requirements. Combined with an age-related tendency to eat less, older adults (especially those in residential care facilities) may be at risk of under-nutrition. Hence it is important for older adults to consume a healthy, balanced diet that includes nutrient-dense foods (i.e. foods with more vitamin, minerals and other important nutrients, but with fewer calories).

Care facilities for older adults play a crucial role in ensuring clients receive nutrient-dense, attractive, and appetising meals. In addition to providing food that will meet the nutrition requirements of older adults, care facilities are also responsible for providing appropriate care and attention when clients are not eating well, to maintain their overall well-being.

1 Scope

This Singapore Standard gives guidance on nutrition and food service provision for older adults and applies to all care facilities and organisations that provide food for them (including persons with disabilities) who may be nutritionally compromised or need therapeutic diets. This document covers the following:

- a) Obligations and roles;
- b) Nutrition care policy;
- c) Quality practices;
- d) Donations;
- e) Food service;
- f) Hygiene and food safety;
- g) Menu planning;
- h) Food selection, preparation and portioning;
- i) Food fortification;
- j) Nutritional supplementation.