Dysphagia Foods for Aged and Community Care

Texture Modified Foods

Bernadette Eriksen
Founder & CEO, Flavour Creations
To Enhance the quality of all human life, through our innovative product solutions, in an ethical and sustainable environment and..
helping our clients achieve their goals.
Promote a food first approach

Innovative solutions:
- General nutritional
- Texture modified (Dysphagia) fluid and food diets

Software tools internal and external

Publications

Australian owned & operated
- Celebrating 22 years

Our Brands
THE DYSPHAGIA CUP
an innovation in accessible design
Empower and optimize health status
Up to 50% of aged care malnourished & dehydrated
Most malnourished texture modified diets
Up to 70% food and supplements wasted
People cannot:
  - Consume the contents of their cup
  - Hold most standard cups
• Dysphagia – disordered swallow
• Symptom of another disease & advantage age
• 40-50% of people in long term care
• Can be life threatening
• Thicken fluids to slow down swallowing
• The science behind thickening fluids is complex
• Texture modified foods – dental, dysphagia
Residential facilities should be hospitality led:

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We need to take control of providing the services our loved ones need.
“The extra effort to improve sensory appeal and mealtime experiences is appreciated by Consumers, their families and indicates the quality of care being provided.”

What Do Consumers Think of Pureed Food? Making the Most of the Indistinguishable Food
H. H. Keller and L. M. Duizer
Ontario, Canada
Shaped

Your Essential Guide to Shaped Foods
“The hallmark of a civilised society is how it treats its most vulnerable”

Commissioners Richard Tracey and Lynelle Briggs
Royal Commission

Themes:

• quality and safety
• access and inclusion
• young people with disability
• interfaces and transitions
• future challenges and opportunities and how to deliver in a sustainable way
Probable changes:

- Dining facilities
- Food presentation
- Food quality
- Food variety
- Nutrition & Hydration Status
- Staff ratios

Interim report 21 Oct 2019

Final report April 2020
Shaped Foods – Myths & Facts

• Complex?
• Difficult?
• How long does it take?
• Does it dilute flavour and nutrition?
• Does it cost more?
• Is it a food safety risk?

NO!
Why Shape?
Non-shaped Pureed Meat, Carrots, Peas & Potato
Why we Innovate

Before

Non-shaped Pureed Meat,
Carrots, Peas & Potato

After

Shaped Pureed Steak,
Carrots & Peas

Which would you prefer to eat?
Sometimes moulding is simply not the answer!
Why Shape Food?

Does this look like Chicken Ratatoullie?
Why Shape Food?

Would you know you were eating Grilled Fish & Vegetables?
• Texture modified diet have a significantly lower intake of energy 37% and protein 34%

• It is likely other nutrients will be inadequate


• The visually appealing pre-shaped puree food improved consumption during meals

Pureed diets in a long-term care setting: Does use of pre-shaped pureed foods increase consumption? Torrence, Sarah Lukaszuk, Judith M. (advisor) Prawitz, Aimee Umoren, Josephine (committee members)

• The proportion of patients increasing oral intake from <1/4 meal eaten to > 3/4 meal, when in the moulded form

Our Customer Feedback

- Residents are enjoying meals more and waste has reduced
  *Bupa NZ*

- Use of AdVital not only in modified diets but also cakes/muffins etc
  - seeing less skin tears / pressure injuries

- Shape it - less food waste

- Families also appreciating kitchen teams efforts to improve presentation for those requiring modified meals.
  *Presbyterian Support NZ*

- Compliance to 98% and plate waste reduced
  *Gold Coast University Hospital*
Breakfast

Panklets
Scrambled Eggs
Breakfast

Blueberry Porridge
Vegetarian Casserole
Mains

Fish & Chips
Welsh Cawl
Sausage & Veggies
Lasagne
Mains

Miso Salmon with Pearl Barley
& Roast Pumpkin Salad
Chicken Provencal with Green Olives, White Beans & Dried Apricots
Chicken Provencal with Green Olives, White Beans & Dried Apricots
Salads

Tomato & Fetta Salad
with Basil Pesto Dressing
Salads

Kalamata Olive, Roast
Pumpkin, Pearl Barley, Persian Feta
& Green Bean Salad
Mexican Feast

Snacks or Mains
Cherry Choc Slice
Sticky Date Pudding
Coconut Pudding with Lychees and Raspberry Coulis
Sweet Treats

Berry Heart Cake with Strawberry Coulis
Lemon Slice
Coconut Cake with Berry Balls
& Mango Buttercream
Sweet Treats

Decadent Chocolates
Melting Moments
Sweet Treats

*Scones, Cream & Strawberry Jam* served with *Thickened Tea*
Finger Foods

Fruit Skewers
Fruit Salad
Finger Foods

Sandwiches
Finger Foods

Fruit & Cheese Platter
Finger Foods

High Tea
Finger Foods

Sausage Rolls
Finger Foods

Lamb Meatball Skewers with Tzatziki
Shape It's Current Food Mould Range:

1. Poultry / Fish
2. Red Meat
3. Sausages
4. Florets
5. Carrots
6. Peas / Corn
7. Melon / Pumpkin
8. Sliced Fruit
9. 12mL ½ Sphere
10. 5mL ½ Sphere
We continue to innovate...
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