

# Quality Improvement

## Diet Kit Reviewed

### Compliance with National Meal Guidelines

Fairfield Food Services Inc. main meals have been reviewed by an Accredited Practising Dietitian and assessed against the National Meal Guidelines (Australian Meals on Wheels Association, 2016). Our menu is designed well, with 100% of the meals meeting the energy and vegetable content goal per meal.

#### Results Summary

- ✓ Energy goal – 100% (76 of 76 meals)
- ✓ Protein goal – 99% (75 of 76 meals)
- ✓ Meat/meat equivalent content – 99% (75 of 76 meals)
- ✓ Starch Content – 99% (75 of 76 meals)
- ✓ Vegetable Content – 100% (76 of 76 meals)

## Special Diet Compliance

Fairfield Food Services Inc. main meals have been reviewed by an Accredited Practising Dietitian and assessed for the following criteria:

- Gluten Free (no gluten present)
- Dairy Free (no milk protein)
- Low Salt (<120mg sodium/100g)
- Low Fat (<3g fat/100g)

#### Results Summary

- ✓ Gluten Free (35 of 76 meals)
- ✓ Dairy Free (16 of 76 meals)
- ✓ Low Salt (15 of 76 meals)
- ✓ Low Fat (25 of 76 meals)

Note: please allow for individual variation up to 10% over the target was considered acceptable

## Joke:

A beggar approaches a grandmother at the beach with his hands out. "Please, Señora," the poor man pleads, "I haven't eaten all day."

"Good," says the grandmother. "Now you won't have to worry about cramps when you go for a swim."

## Simple Recipe for Healthy Eating

### Breakfast Barley with Banana & Sunflower Seeds

Yield: 1 serving

#### Ingredients

2/3 cup water

1/3 cup uncooked quick-cooking pearl barley

1 banana, sliced

1 tablespoon unsalted salted sunflower seeds

1 teaspoon honey

#### Preparation:

Combine 2/3 cup water and barley in a small microwave-safe bowl.

Microwave on HIGH 6 minutes.

Stir and let stand 2 minutes.

Top with banana slices, sunflower seeds, and honey.

### Health Benefits of Banana

Organic Facts



**Nutrients\***  
Dietary Fiber 10%  
Carbohydrate 8%  
Calories 4%  
Protein 2%

**Vitamins\***  
Vitamin B6 18%  
Vitamin C 15%  
Folate 5%  
Riboflavin 4%

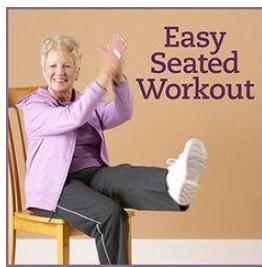
**Minerals\***  
Manganese 13%  
Potassium 10%  
Magnesium 7%  
Copper 4%

\*% Daily Value per 100g. For e.g. 100g of banana provides 18% of daily requirement of vitamin B6.

-  Aids in weight loss
-  Provides relief from constipation
-  Protects against ulcers
-  Helps in treating piles and anemia
-  Cures kidney disorders
-  Gives relief from arthritis and gout
-  Useful in healthy weight gain
-  Boosts eye health and bone health

[www.organicfacts.net](http://www.organicfacts.net)

# HEALTH & EXERCISE



Many of us worry about conditions such as diabetes, cardiovascular issues and even cancer, but what we don't realise is by being physically active we can either prevent or manage conditions that effect us in our later years. Exercise can seem a chore at times, we are all guilty of making up excuses. But is it really that hard?

Here are a few easy exercises you can do at home:

- Stand up and sit down, or chair raises (for strength and balance): Sit on a chair with your feet flat on the floor and slightly apart. Try to keep your back and shoulders straight throughout this exercise. Slowly stand up, trying not to use your hands (or as little as possible). Slowly sit back down and pause. Do this 8-15 times.
- Shoulder roll (for flexibility): Using a gentle circular motion, hunch your shoulders upwards, backwards, downwards and forwards. Do this slowly five times, then reverse the direction.
- Heels up toes up (for flexibility): While seated, start with feet flat on the floor and lift heels as high as you can, keeping the balls of your feet on the floor. Slowly lower heels until feet are flat, then lift toes until they point upwards. Repeat these movements for 30 seconds

## FEEDBACK

We'd love to hear from you.

Please provide us with any suggestions, comments or compliments to:

Email: [radhika@fairfieldfoodservices.org.au](mailto:radhika@fairfieldfoodservices.org.au)

or

Contact us on : 02-9728 6939

