



GOOD NUTRITION

to live life to the full

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My information

Healthcare professional name

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Healthcare professional contact number

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Ageing well

Populations all around the world are getting older, including in Australia. We all want to live life to the full, so staying strong and independent as we age is important.

Most people would agree that ageing well means staying physically and mentally strong in order to keep up with usual daily activities. We want to keep doing what we like to do – enjoying hobbies and activities, including physical activities and exercise and spending time with family and friends.

We want to be able to take care of ourselves and live independently. This booklet is designed to provide you with information to support your healthy ageing journey. This is achieved through a combination of good nutrition and regular physical activity.

Notes

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Why muscle matters for ageing well

With ageing, our once youthful bodies experience uninvited changes, with one of the more dramatic changes being loss of muscle. In addition, our bones weaken, our skin thins, wounds heal more slowly and our ability to absorb food can change.

It is important to maintain muscle, because loss of muscle can have serious consequences. As muscle declines, we lose muscle strength and functionality, which can result in:

- Limited ability to perform daily activities, for example walking upstairs or rising from a chair
- Increased risk of falling and fractures
- Loss of independence.

These consequences increase the risk of discomfort and may lower our quality of life. This means it takes longer for us to get back to our old self again.

Why do I need the right nutrition?

Good nutrition helps support overall health as we age. A good diet is one that is complete and well balanced – that is, a diet that contains essential vitamins and minerals along with a balance of protein, carbohydrate and fat. Research has found that intake of some specific nutrients can help maintain muscle, bone and immune health as we age!

High quality protein in the diet is particularly important for muscle health and necessary to help preserve muscle mass and strength. Since leg muscle strength and leg muscle function go together, getting enough protein in your diet may help you stay active and independent longer.



The table below summarises how specific dietary components support your overall health and wellbeing.



Dietary component	Role and function	Rich food sources
Protein	Helps maintain muscle mass and strength.	Milk, eggs, meat, fish, beans, nuts and pulses.
Fat	Provides energy and is important for all cell functions.	Oils, butter, margarine, and other spreads.
Carbohydrate	Essential source of energy.	Fruit, vegetables, breads and cereals.
Fibre	Helps maintain a healthy digestive system.	Fruit, vegetables, wholegrain or wholemeal cereals.
Vitamin D and Calcium	Helps build and maintain bones; vitamin D also supports muscle function. The dual role of both nutrients for bone and muscle health is important to help reduce the risk of falls and fractures.	Dairy foods, fish with bones (e.g. tinned salmon). The best source of vitamin D is sunshine!
Antioxidants (Vitamin C, Selenium and Copper)	Helps support your immune system. Plays a vital role in health maintenance.	Shellfish, meat, wholegrains, beans and nuts.



A good appetite and a varied diet usually means that our nutritional needs are met. However there are times when we don't eat enough or what we do eat lacks sufficient nutrients, and this can put our health at risk.

If you experience a change in appetite or weight, talk to your doctor, dietitian, case manager or other healthcare professional. Your healthcare professional will help to determine the cause and will advise you about the diet that is right for you. They may suggest oral nutritional supplements to help provide the body with the extra nutrients that it needs.

What are nutritional supplements?

Nutritional supplements play an important role in helping to provide the additional nutrition required to support health and well-being. A nutritional supplement is a ready-made or powdered drink packed full of protein, calories, vitamins and minerals. Most nutritional supplements are nutritionally balanced to help meet your dietary needs.

Nutritional supplements are available in a variety of styles and flavours. Your healthcare professional will assist you in choosing the most appropriate supplement for you based on your needs. You will then need to choose your favourite flavours.

What is the best way to take a nutritional supplement?

Nutritional supplements are versatile. Whilst many people take their nutritional supplements between meals, you can also mix them into foods.

Nutritional supplements can be:

- Chilled and consumed straight from the fridge
- Frozen to make ice cream, a tasty sorbet dessert or ice block e.g. RESOURCE® Fruit Flavoured Beverage
- Consumed warm e.g. RESOURCE® Plus Chocolate Flavour or RESOURCE® 2.0 Coffee Flavour.

Nutritional supplements can be poured into a mug, glass or sipped straight from the bottle or Tetra Pak carton.

For additional calories, you can replace milk in sauces, desserts and drinks with a milk style supplement such as SUSTAGEN® Hospital Formula Active Neutral Flavour or RESOURCE® 2.0 + Fibre Neutral Flavour.



What do I do if I have little or no appetite?

Sometimes meals may seem unmanageable and this is when nutritional supplements can be beneficial. A dietitian can recommend a specific nutritional supplement that is the most suitable for your nutritional needs.

Nutritional supplements will help boost your nutritional intake but it is important that you drink all of the packs/serves that you are recommended to drink each day to obtain the full benefit.

Your nutritional supplements may be stopped by your healthcare professional when you are managing enough nutrients by eating your regular diet and your treatment goals have been achieved.



The nutritional value of two bottles of RESOURCE® Protein per day is equivalent to:

Calories (500 calories)	4 slices of toast with butter and jam	
Protein (37.6g)	6 eggs	
Vitamin D (5.2mcg)	450g tinned pink salmon OR 270g tinned sardines	
Calcium (480mg)	3 slices cheese	
Iron (6mg)	250g steak	

Where to purchase your nutritional supplements



Your nutritional supplements can be provided by your healthcare professional, can be purchased through your local pharmacy or from the following distributors:

Distributors	Phone
Independence Australia	1300 704 456
CH2 Aged Care National Customer Service	1300 242 243
Brightsky	1300 886 601
SSS Australia (QLD)	1800 777 518
NAQ Nutrition (QLD)	07 3257 4393
Axcess Nutrition (NSW)	1800 817 017
Boian Surgical (NSW)	02 9708 5560
Day & Night Healthcare (VIC)	03 9761 4226
Gildana Health Care (VIC)	03 8574 1555
Surgical House (WA)	08 9381 4199
Westcoast Surgical & Medical Supplies (WA)	08 9455 6676
Atlas McNeil Healthcare (SA)	1300 741 085

If you need ongoing nutrition support, speak with your healthcare professional about being set up on the NCARE® program.

If you receive community funding through a home care package, National Disability Insurance Scheme (NDIS) or DVA, your healthcare professional may be able to assist with providing you with your nutritional products.

What is NCARE®?

NCARE® is a program designed by Nestlé Health Science that provides convenient home delivery of the nutritional products that have been recommended for you by your healthcare professional.

For more information about the NCARE® program visit www.ncare.net.au



Nestlé Health Science: Your solution for nutrition



SUSTAGEN® Hospital Formula Active

- Nutritionally complete, powdered supplement
- High in protein (13.8g per serve) to help maintain muscle
- Versatile; can be a delicious drink or added to food to increase the nutrient content
- 6 delicious flavours
- Available with added fibre in 2 delicious flavours.



RESOURCE® Fruit Flavoured Beverage

- Fruit flavoured, ready to drink supplement
- Refreshing alternative to milky supplements
- Source of protein (9g per pack) to help maintain muscle
- 3 delicious flavours.



RESOURCE® Protein

- Nutritionally complete, ready to drink supplement
- Protein rich (18.8g per bottle) to help maintain muscle
- 4 delicious flavours.



RESOURCE® Plus

- Nutritionally complete, ready to drink supplement
- High protein (13g per pack) and energy supplement to help meet your nutritional needs
- 3 delicious flavours.



RESOURCE® 2.0

- Nutritionally complete, ready to drink supplement
- Energy dense, high protein (19.7g per pack) supplement for times when food intake is inadequate
- 2 delicious flavours.



RESOURCE® 2.0+Fibre

- Nutritionally complete, ready to drink supplement
- Energy dense, high protein (18g per bottle) supplement for times when food intake is inadequate
- High fibre (5g per bottle) for healthy bowel function
- 5 delicious flavours.

For more information about the complete range of nutrition solutions available from Nestlé Health Science to help support your nutrition journey, please visit www.nestlehealthscience.com.au

What about the importance of exercise?

In addition to good nutrition, exercise is essential to building and maintaining muscle and strength as we age. Exercise includes both aerobic activities such as walking, and resistance or strength exercises. Being physically active does not necessarily mean going to the gym for exercise. Staying physically active in everyday life will also provide benefits: activities such as walking, carrying grocery bags, playing with the grandchildren, dancing, vacuuming, digging in the garden, working around your house or apartment/unit.

Remember to always consult a healthcare professional before you engage in a regular program of physical activity.



Mouth watering recipe ideas with SUSTAGEN®

Banana berry smoothie

Ingredients list

- 200mL milk
- 1 small banana, sliced
- ¼ cup vanilla yoghurt
- 2 teaspoons honey
- ¼ cup frozen berries
- 60g (3 scoops)
**SUSTAGEN® Hospital
Formula Active
Vanilla Flavour**

To make

1. Place all ingredients in a blender and process until well combined.
2. Pour into a glass and serve. Top with a few extra berries or a sprig of fresh mint.

Recipe nutrition

- Source of fibre*.
- Good source of calcium and zinc.
- A serving of fruit in every smoothie.

*When recipe is made with **SUSTAGEN® Hospital Formula Active Plus Fibre Vanilla** or **Chocolate Flavour**.



Preparation time
5 min



Servings: 1

Notes: SUSTAGEN® Hospital Formula Active Vanilla Flavour can be replaced with **Chocolate** or **Neutral Flavour**, or with **SUSTAGEN® Hospital Formula Active Plus Fibre Vanilla** or **Chocolate Flavour**.



Cooking time
20 min



Preparation time
10 min



Servings: 4

Notes: For a vegetarian option, leave out the bacon.

Pea and bacon soup

Ingredients list

1 tablespoon oil

½ onion, chopped

500g frozen peas

2 carrots, peeled and chopped

3 cups water

½ teaspoon stock powder

140g (7 scoops)

SUSTAGEN® Hospital Formula Active Neutral Flavour

100g bacon, cooked and chopped

To make

1. Place oil in a saucepan.
2. Add onion and cook until clear.
3. Add peas, carrots, water and stock. Cook until soft.
4. Blend together using a hand-held stick mixer.
5. Stir in **SUSTAGEN® Hospital Formula Active**.
6. Add bacon.

Nutrient	Per serve
Energy - kJ	1480kJ
- Calories	355Cal
Protein	22.6g
Total Fat	12.6g
- Saturated Fat	3.5g
Carbohydrate	32.7g
- Sugars	20.3g
Dietary Fibre	10.8g
Sodium	662mg



Cooking time
15 min



Preparation time
15 min



Servings: 4

Notes: If you do not have any passata, substitute with diced tomatoes. Serve with pasta, rice or mash.

Italian meatballs

Ingredients list

100g (5 scoops)
**SUSTAGEN® Hospital
Formula Active
Neutral Flavour**

500g beef mince

½ onion, chopped

20g bread crumbs

1 egg

1 tablespoon dried
mixed herbs

40mL oil

500g tomato passata

1 teaspoon beef stock
powder

1 cup water

20g fresh basil, chopped

To make

1. Combine **SUSTAGEN® Hospital Formula Active**, mince, onion, bread crumbs, egg and dried mixed herbs in a bowl.
2. Once combined create small balls.
3. Place meatballs on pan and cook at a low heat until brown on all sides.
4. Once cooked cover with tomato passata.
5. Add stock powder and water, stir well.
6. Cover, cook on low for 15 minutes.
7. Add basil and stir through.

Nutrient

Per serve

Energy - kJ	1790kJ
- Calories	430Cal
Protein	37.8g
Total Fat	19.2g
- Saturated Fat	4.9g
Carbohydrate	24.5g
- Sugars	16g
Dietary Fibre	3g
Sodium	475mg

For more mouth-watering recipes, please visit sustagen.com.au

Take home messages

- Good eating habits, such as including a variety of foods, are key to staying healthier and independent for longer.
- As we age, we need a diet that includes adequate amounts of protein to restore and maintain muscle, vitamin D and calcium for bone health, and fibre for digestive health.
- Nutritional supplements can help provide the additional nutrition required to support health and well-being.
- Nutritional supplements can be taken in addition to food, either with meals or as a between meal snack.
- In addition to good nutrition, exercise is also necessary to build and maintain muscle strength. Speak with your healthcare professional or service provider before you start a regular exercise program.
- Nestlé Health Science offers an extensive range of nutrition solutions to help you maintain health, well-being and independence so you can continue with your life pleasures.





For more information call 1800 671 628
or visit www.nestlehealthscience.com.au

Reference: 1. Ahmed T, Haboubi N. Assessment and management of nutrition in older people and its importance to health. *Clin Interv Aging* 2010; 5: 207-216.

RESOURCE® Fruit Flavoured Beverage, RESOURCE® Plus, RESOURCE® 2.0, RESOURCE® 2.0 + Fibre and RESOURCE® Protein are food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must use under medical supervision. Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional. SUSTAGEN® Hospital Formula Active and SUSTAGEN® Hospital Formula Active Plus Fibre are formulated meal replacements and cannot be used as total diet replacements. Consume as part of a varied and balanced diet and healthy lifestyle.

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