

Healthy Fats



The Coronavirus (COVID 19) Pandemic has caused a lot of changes to our daily work and social lives. One thing that has kept constant is the importance of a well-balanced, nutritious diet for all ages.

To assist our members from different sectors, Procurement Australasia's Foodservice Ambassador, Dr Karen Abbey, will be sharing tips, recipes and developments in the food services industry.

This week we have some tips on boosting immunity for our Aged Care sector members.

Healthy Fats

We all need fats in our diet – especially the elderly. What is important to consider is the types of fats used in meal preparation and how much should be consumed as part of a healthy intake. Fats play an essential role for healthy elderly brain and cell function.

For the elderly it is important to include sources of fat in the daily diet. Fats are high in energy (kilojoules) making them essential for elderly who may have a reduced food intake or are small eaters. It is important to know the best fats to include as part of food intake. There are three basic fats: saturated (found in animal and dairy products, coconut and palm oil), polyunsaturated (found in fish, some nuts and seeds), and monounsaturated (found in avocados, plants oils, some nuts and seeds). It is important to consume a mixture of these fats with an emphasis on polyunsaturated and monounsaturated fats.

Fats are used by the body to help maximise the function of an ageing brain. They form a large part of cell membranes and provide insulation to help regulate our body temperature and keep us warm. Fats are an important source of energy and are necessary for the absorption of fat-soluble vitamins A, D, E and K. When planning aged care menus or meals that low-fat strategies are not recommended.

Which oils are the best to use?

Oils contain a mixture of monounsaturated, polyunsaturated, and saturated fats. Choose oils which are high in monounsaturated (olive and canola oil) and polyunsaturated fat (corn or sunflower oils). These oils can also be found in a range of spreads used for toast and sandwiches.

A range of oils can be sourced as a member of Procurement Australia at special member pricing. Check out our partner, Goodman Fielder's, range of oils - <https://goodmanfielder.com/microsites/simple-oil/benefits/discover-oils/>

Blog post by [Dr. Karen Abbey](#)

Foodservice Solutions

Procurement Australasia deliver high quality foodservice solutions by working with major manufacturing/supply partners, equipment partner and specialist foodservice consultants. Talk to us about sourcing fresh nutritious foods and consultancy for menu planning, operations review and training.

