

## DAIRY FOODS



Dairy foods are nutritious and should be served at both main meal and snack times. Dairy foods include milk, cheese, yoghurt, custard and ice cream. They supply protein, fat, minerals (especially calcium), vitamins and carbohydrates. Milk includes fresh, powdered, long-life (UHT), canned evaporated milk and sweetened condensed milk.

Full cream dairy foods are recommended for frail older people. So, avoid using low fat or fat reduced dairy products. Remember cholesterol isn't the issue, malnutrition is!

For those people who are unable to drink cow's milk, soy milks that have been fortified with calcium are an alternative. Low lactose milks are also suitable. Anyone who doesn't have enough dairy foods, or calcium-fortified soy milk, may need a calcium supplement. Ask a doctor, dietitian or pharmacist for advice.

### What is a serve of dairy food?

- 1 cup of milk
- Small tub of yoghurt (200 grams)
- 2 slices of cheese (40 grams)
- 1 cup of custard (250ml)
- 3 scoops of ice cream



## DID YOU KNOW?



**HONEY** is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water; and it's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.

**HONEY NEVER SPOILS** - When sealed in an airtight container, honey is one of the few foods known to have an eternal shelf life.

**HONEY IS MEDICINAL** - There is evidence of honey being prescribed as a medical treatment because the substance is so inhospitable to bacteria, it was often used as a natural bandage to protect cuts and burns from infection. Today, honey is still used as a natural treatment for dandruff, stomach ulcers, and even seasonal allergies.

## RECIPE

### Tasty Scrambled Egg for one



Eggs are nutritious, tasty and provide good quality protein. If egg is served instead of meat allow two eggs per serve. These days eggs are considered a healthy food and not a cholesterol problem, for older people.

#### INGREDIENTS

- 2 eggs
- 1 tablespoon grated cheese (approximately)
- 2 tablespoons milk 1 slice of chopped ham
- Small amount of oil or margarine to grease base of small saucepan or small frying pan

#### METHOD

1. Beat eggs and milk together then add the ham.
2. Melt margarine in small frying pan or small saucepan. Turn heat down to low and pour in the egg mix.
3. Cook gently using low heat. Stir occasionally to cook evenly.
4. When egg is cooked, sprinkle with the cheese and serve on or with toast.

#### TIPS

- Scrambled egg can be cooked with lid on or off. Lid on will mean shorter cooking time
- Ham could be replaced with other cooked meat such as chicken or left over roast
- Left-over cooked vegetables could be added as well as the meat. Probably best not to add tomato as it can make the result really watery
- If cooking for extra people, allow two eggs per person and one tablespoon of milk for every egg used
- Scrambled egg should be served as soon as it is cooked if possible. It spoils if left for long before eating.

# FOOD SAFETY & HYGIENE



Eating safe food is important for everyone but it is particularly important for older people. Some bacteria can cause food poisoning. Food containing dangerous levels of bacteria may look, smell and taste the same as safe food.

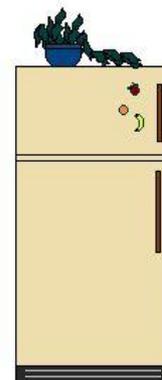
Bacteria grow easily and readily in “HIGH RISK” foods. These include:

- Raw and cooked meat, chicken, fish and other seafood
- Milk and milk products such as soft cheese, mornays and milky desserts e.g. creamed rice, baked custard and instant pudding
- Cooked rice and cooked pasta (especially if they are in a creamy sauce)
- Processed food containing eggs, beans, nuts including quiche and soy bean products.

“HIGH RISK” cold foods should be kept in the refrigerator at 5 °C or below. “HIGH RISK” hot foods (such as cooked rice and pasta dishes) should be kept hot. This means 60°C or above. **‘KEEP HOT FOOD HOT AND COLD FOOD COLD!’**

## Some tips to help keep food safe:

- Place raw meat, chicken and fish on the bottom shelf of the refrigerator so that raw juices won't drip onto other food.
- Have a separate chopping board that is used only for cutting raw meat. If this is not possible, wash thoroughly in hot soapy water, rinse and dry. Just rinsing the chopping board under the tap is not good enough.
- Don't keep red meat more than three days in the refrigerator before cooking.
- Cook chicken and fish the day it is bought or the day after
- Cook chicken until the juices are clear. Cook minced meat for at least 20 minutes.
- High risk foods should not be left out of the refrigerator for more than two hours. No more than one hour would be even safer. Food does not have to be cold before putting in the refrigerator.
- If high risk food (cooked or raw) has been left out of the refrigerator overnight, throw it out. It cannot be made safe by boiling or any other cooking method
- Cakes and pastries are not high risk foods unless they contain cream or custard.
- Keep high risk foods in the refrigerator no longer than three days. It is better to throw the food out than get sick.
- If freezing any food for later, place food in small, meal size flat containers (for quick cooling) then pack in the freezer so that cold air can circulate around each container. There is no need to wait until food is completely



cold before freezing.

- The safest way to thaw food is in the refrigerator.
- Reheat cooked food quickly. Food should be reheated once only Food will not keep forever in the fridge so, clear out regularly. Weekly would be good.

**'IF IN DOUBT, THROW IT OUT!'**

## **FEEDBACK**

We welcome your compliments, complaints and suggestions. Your feedback will help us improve the quality of our information, products and services.

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