

ACI Diet Specifications – Summary Table 11

The Diet specifications in this table have been revised or developed at the request of clinicians to support patient care. Please refer to the full specification on the ACI website for more details		
	DIET SPECIFICATIONS	
	Lupin – free (NEW)	Gluten – free (REVISED)
Aim	To provide a diet that excludes food products containing lupin ingredients and derivatives.	To provide a diet that excludes all products containing the cereal protein gluten
Characteristics	Avoids the lupin legume and any foods containing lupin-derivatives that may be used as additives for protein content, fibre and textural properties (<i>Please refer to the Diet Specification for the list of lupin-derivatives</i>).	Updated – including <i>Standard 1.2.7(12) and Schedule 4 in the Australia New Zealand Food Standards Code (i.e. that foods must not contain detectable gluten, oats or oat products or cereals containing gluten that have been malted, or products of such cereals)</i> .
Clinicians may consider ordering this diet for patients:	<ul style="list-style-type: none"> Lupin allergy Peanut allergy – due to cross-over with lupins 	<ul style="list-style-type: none"> Coeliac Disease Dermatitis herpetiformis
Nutritional Adequacy	Adequate	Adequate
Precautions	Refer to full Diet Specification	Updated – including <i>Refinement to wording</i>
Paediatrics	Suitable for use in paediatrics when combined with an age-appropriate diet.	Suitable for use in paediatrics when combined with an age-appropriate diet.
Specific Menu Planning Guidelines (examples)	Refer to full Diet Specification	Updated - including <i>Not allowed: Oral and enteral nutritional supplements that do not comply with the Australian definition of ‘gluten free’ (Note: A clinician factsheet is available)</i> .
References	Refer to full Diet Specification	Refer to full Diet Specification
Date approved	May 2018	October 2018

Please contact Kate Fletcher on (02) 9464 4635 or kate.fletcher@health.nsw.gov.au for more information

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<p>DIET SPECIFICATIONS</p>		
	<p>Maternity (REVISED)</p>	
Aim	Updated - <i>To provide a nutritionally adequate diet for pregnant women (no longer for breastfeeding).</i>	
Characteristics	Updated – including <i>All foods need to comply with NSW Food Authority Food Safety During Pregnancy Guidelines. Fish offered must comply with Food Standards Australia New Zealand guidelines on mercury in pregnancy (e.g. 2-3 serves per week of fish and seafood if not listed to limit on a weekly or fortnightly basis). Food service provision measures are aligned with the NSW Food Authority Guidelines for Food Service to Vulnerable Persons.</i>	
Clinicians may consider ordering this diet for patients:	Updated - <i>Pregnant adolescents and women (now combines Maternity and Maternity Adolescent)</i>	
Nutritional Adequacy	Updated - <i>Pregnant adolescents included</i>	
Precautions	Updated – including <i>Refinement to wording</i>	
Paediatrics	Updated - <i>Suitable for use in adolescents (12-18 years) when combined with an age-appropriate diet.</i>	
Specific Menu Planning Guidelines (examples)	Updated – including <i>Allowed: Pasteurised meats and poultry (cooked in bags) and sliced acceptably with correct food hygiene practices# (including chicken); sanitised vegetables including leafy green vegetables and commercially manufactured mayonnaise</i>	
References	Refer to full Diet Specification	
Date approved	October 2018	

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