



# ADVANTAGE NUTRITION



Carmel Curlewis and Associates Pty Ltd

*Aged Care \* Disability \* Food Service*

Mobile: 0427 592 730 Email: cca8@bigpond.com

**ADVANTAGE NUTRITION** is a business run by Carmel Curlewis, a committed and expert private Accredited Practising Dietitian with over twenty- five years of experience providing high quality nutrition, dietetic and food services. Nutrition and dietetic services are tailored to assist clients achieve better nutrition and health outcomes.

**Principal:** Carmel Curlewis B App Sc Grad Dip Nutr & Diet Grad Cert BA AN APD

### The benefits:

- Access the highest nutrition and dietetic expertise with extensive experience in a variety of settings
- Access to a wide ranging knowledge of systems and process including change management skills
- Dependable, consistent, reliable, timely and available service delivered where and when you want
- Advocacy, integrity and high level communication skills to enhance problem solving
- Collaborative team work with on the ground staff and clients to create win:win solutions
- Proven, documented and assessable nutrition outcomes delivered with professionalism and commitment
- Services tailored to your needs, priorities and budgets: one-off, short term or continuing projects
- Ability to travel to clients providing on-site services across New South Wales (NSW) and the Australian Capital Territory (ACT)
- Improve nutrition monitoring, validation and reporting
- Reduce food waste, improve safety, facilitate auditing and accreditation compliance
- Meet regulatory requirements and implement accredited, best-practice processes
- Healthier, happier residents and staff due to confident decision making and management interventions
- Fully Insured Service – Professional Indemnity and Worker’s Compensation

### Services Provided:

- Menu Assessment - menu review, menu assessment reports, menu formatting, seasonal menus
- Recipe Assessment - recipe review, recipe analysis, recipe development
- Food Safety - audits, plans, procedures, policy development
- Disability Nutrition and Dietetic Assessment - individual client assessments, client reports, weight audits, eating and drinking plans, bowel protocols etc.
- Aged Care Assessments - individual client assessments, client reports, weight audits, eating and drinking plans, bowel protocols etc.
- Policy Development in all areas of Nutrition, Dietetics and Food Service
- Competency based education on current nutrition issues – Anaemia, Constipation and Dietary Fibre, Diabetes, Diet and Autism Spectrum Disorder, Diet and Wound Healing, Enteral Nutrition, Food Safety Policy, Glycaemic Index Explained, GORD – Gastro-oesophageal Reflux Disorder, Gout, *Helicobacter pylori* – The Ulcer Bacteria, Hepatitis and Diet, High Blood Pressure and Diet, Kidney Function and Diet, *Listeria*, Maintaining Bone Strength, Menu Planning, Nutrition and Ageing, Nutrition and Hydration, Parkinson's Disease, PKU – Phenylketonuria, Plant Sterols and Cholesterol, Special Diets, Stroke, Swallowing and Oral Diets, Texture Modified Diets, Understanding Food Labels, Unplanned Weight Loss, Vitamin D.
- Development of Education to specifically meet your needs

**For further information or a service quote please phone or email**