

NUTRITIONAL CARE MANUAL

GROUP HOMES & CONGREGATE LIVING

COMMUNITIES

POLICY

The meals prepared in this facility are planned to meet the dietary goals for the residents in keeping with the latest Dietary Guidelines for Americans and the older population.

PROCEDURE

- A. Nutrient requirements are met primarily through food high in nutrient density and low in calories, sodium, unhealthy fats and sugars.
- B. The certified Chef plans and writes the monthly menus and submits to the Registered Dietitian Nutritionist (RDN) consultant for approval.
- C. Diets are liberalized to support each individual's health needs and comply with physician orders.
- D. Portions are planned according to "My Plate" and residents requests for larger or smaller portions will be honored as needed.
- E. Daily menu requirements:
 - a. Milk or milk substitute – 3 cups
 - b. Fruits - 2 cups
 - c. Vegetables – 2 ½ to 3 cups including potatoes and legumes
 - d. Vitamin A source – 3 to 4 servings per week
 - e. Vitamin C source – 1 serving
 - f. Whole grains – 6 ounces (1 serving = 1 oz)
 - g. Legumes – 2 cups per week
 - h. Solid Fats and Added Sugars – small servings to round out the menu included in sauces, gravies and deserts
- F. The following principles apply when planning menus and serving meals:

MANAGEMENT OF DIABETES & WEIGHT CONTROL

DESCRIPTION

Persons with diabetes are unable to utilize the food eaten the proper way. When food is digested proteins and carbohydrate foods are changed into glucose, the sugar used by the body to for fuel. The glucose is carried by the bloodstream to the cells in the body. Our bodies produce a hormone called insulin, and this hormone is responsible for helping the glucose enter the cells so the glucose can be utilized. Diabetics do not produce enough insulin or are unable to produce enough, therefore the glucose remains in the bloodstream and cannot be used for energy. It continues to circulate in the bloodstream and the person develops high blood sugar. Over time, higher than normal blood sugars may also lead to high blood fat levels and serious long-term complications. Diabetes management is important to prevent those complications.

Diabetes management consists of three parts:

1. Food
2. Activity
3. Medication if needed

The nutritional goals of diabetes management are:

1. Appropriate blood-glucose and blood fat levels
2. Reasonable weight
3. Good nutrition

To help achieve these goals you need a balanced diet that includes the needed vitamins, minerals and “macro”-nutrients. These are:

MANAGEMENT OF DIABETES & WEIGHT CONTROL

HEART HEALTHY DIET		
<i>This diet is individualized and conforms to the client's tolerance level and ability to chew and swallow.</i>		
TYPE OF FOOD	ALLOWED FOODS	FOODS TO AVOID
Beverages	Sugar free low fat and low calorie beverages	Sugary beverages, high fat beverages, whipping cream, half and half, whole milk, high sugar carbonated beverages, mixed beverages and coffees using sugar and fat
Breads & Cereal Grains	All in the recommended amounts	Sticky buns, sweet rolls with jelly fillings, glazed and sugared doughnuts
Desserts & Sweets	Plain cakes, cookies and pastries in allowed amounts without sugars, jellies or frostings. Low fat and/or sugar free plain ice cream ice cream. Low fat and/or sugar puddings and low sugar gelatin, sherbet, custard, unsweetened yogurt, pies with allowed fruits or pudding fillings. Dark chocolate.	<ul style="list-style-type: none"> • High sugar deserts, candy, syrup, jelly, honey. All the allowed desserts only in the recommended portions or occasionally • Fruit juice - the sugars go directly into the blood stream • Excessive amounts of fruits
Fats	All vegetable fats and liquid unsaturated fats, butter in recommended amounts only, avocado, nuts	Unhealthy fats, solid fats except in small amounts & fried foods. All the allowed fats only in the recommended portions or occasionally.
Fruits	All fruits except in heavy syrup	Fruits and juices in excessive amounts over the recommended.
Meats & Proteins	All low fat meats grilled, baked, broiled, poached or stewed and in casseroles	Fatty meats, skin, fried with or without breading, cured meats except occasionally.
Vegetables & Starchy Vegetables	All in recommended amounts or smaller portions	Fried or candied or in excessive amounts over the recommended, tempura fried or in high fat cream sauces. Chips with salt and high fat content.
Miscellaneous	Seasonings and gravies as desired. To discourage weight gain decrease or avoid the high fat & high calorie foods.	Limit high fat high sodium or sugar seasonings to avoid health issues or weight gain

MANAGEMENT OF DIABETES & WEIGHT CONTROL

SAMPLE MEAL PATTERN FOR A HEALTHY HEART, WEIGHTS & DIABETES MANAGEMENT DIETS

HEART HEALTHY REGULAR MEAL	PORTION	Diabetes or Weight Management	Moderate Sodium
Breakfast Fresh Fruit Old-fashioned Oatmeal Craisins Non-fat Milk Hot beverage of choice	1 or ½ C 1 C 1 Tbsp. 1C 6 – 8 oz.	½ C ½ C – artificial sweetener X X X	X X X X X
Mid-morning Yogurt w nuts Whole Grain Crackers	½ C - 1 C 4 small	½ C 2 small	X Unsalted tops
Lunch Salmon Salad with Celery, Kale, Grated Carrots & Sliced Tomatoes Whole Grain Roll or Toast Pepper Jelly Fresh Fruit w Oatmeal Cookie Iced Beverage	½ C + ¼ C each veg One 2 tsp 1 or ½ C-1 8 oz.	X w Low Fat dressing X X Sugar sweet or 1 tsp Omit cookie X artificial sweetener	X Low Sodium X X X X w X X
Mid-afternoon Fresh Fruit Low-fat Cheese	1 or ½ C 1 – 2 oz.	½ C X	X Low sodium or white
Dinner Lean Hamburger Patty with Mushroom Au Jus Mashed Sweet Potatoes Chard Sauté Cauliflower Garnish Whole Grain Roll Pudding Pie w Topping Non-fat Milk	3 oz. ½ C ½ C ½ cup ¼ cup 1 One 1/8 th wedge 1 C	X X X X X X X X X X X	X X X X X X X X X
Night snack Almonds Yogurt or Non-Fat Milk Fresh Fruit	1/3 C ½ C – 1 C ½ C or Half	X ½ C X	X unsalted X X
<i>Season lightly and avoid extra salt, cured meats, high fat high sodium meats and condiments. For blood sugar and weight control limit portions to those indicated on meal guidelines</i>			

MEALSERVICE POLICY

GROUP HOMES, CONGREGATE & ASSISTED LIVING COMMUNITIES

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 - e. Vitamin C source – 1 serving
 - f. Whole grains – 6 ounces (1 serving = 1 oz)
 - g. Legumes – 2 cups per week

LOW PURINE DIET GUIDELINES FOR THE TREATMENT OF GOUT

Medical Nutritional Therapy Recommendations

For 30 days after an acute pain episode

Food

- Reduce meats to 2 oz total per day – meats form uric acid
 - Beef, pork, chicken & turkey servings - 1oz per meal or 2 oz per day 2 to 3 times a week
- Cheese, eggs & tofu are OK and can be served instead of meats for protein
- No beans, lentils, peanuts or legumes, no coffee, tuna, haddock, bacon, trout
- Limit fats and oils, gravies & broths made with meats
- Increase foods high in Vitamin C – fruits such as oranges, pineapple, lemon/lime, grapefruit, papaya, kiwi (juice is OK too and may count towards total fluid for hydration)
- Limit green peas, cauliflower, spinach & asparagus to ½ cup per day
- Do not use any foods or beverages with FRUCTOSE on the label
- White refined grains only – no whole wheat grains, no wheat bran, no brown rice

Hydration

- A minimum of 8 cups of water in 24 hours. Water helps flush the system from uric acid

Supplements

These can be given on-going to prevent reoccurrence

- Black Cherry Juice (*dietitian recommendation or facility choice*)
 - Black cherry is a natural source of antioxidants and helps fight against cell-damaging free radicals. Antioxidants from the Black Cherry are also believed to reduce uric acid formation
- Black Cherry Tablets (*will need MD order for any supplements*)
 - <http://ww42.kingorchard.com/>
 - http://www.puritan.com/black-cherry-591?scid=6831&cmp=goo-_-HerbBlackCherry-_-tartcherryjuice
- Urinex - Uric Acid Lowering Supplements (*will need MD order for this supplement*)
 - <https://www.hellolife.net/uricinex/>

If the Gout pain & inflammation continues the MD may have to order a Gout specific medication. These may have adverse side effects so always consult the pharmacist for manufacturer warnings.

MECHANICALLY ALTERED FOOD MECHANICAL SOFT & PURÉED DIETS

DESCRIPTION

A texture modified diet provides foods in a physically altered form, such as chopped, ground or puréed. The diet is also called Mechanically Altered Diet and is based on your individual tolerances. People with a decreased ability to chew may benefit from this texture diet. Conditions that warrant the use of this diet include, difficulty chewing or swallowing, absence of teeth, loose dentures, sore gums and head and neck injuries or surgeries.

PROCEDURE

- A. Experiment with favorite dishes. Entrées, meats, vegetables, casseroles, and breads and grains are served soft, in small bites, fork mashed, or may be ground, chopped or puréed mechanically.
- B. Season and prepare meals as usual, making it softer, then altering it as needed.
- C. The modified texture diet includes all foods allowed on a regular diet based on individual tolerance and meets all nutritional needs if proper foods are chosen.
- D. Chop, grind, puréed, shred, flake, slice or dice manually or use a food processor or blender to achieve the right texture for each person.
- E. Helpful hints:
 - a. Cook fruits; cook or steam vegetables. Use canned food and chop, mash or puréed.
 - b. Cook meats (or meat substitutes) with moist heat; chop, slice, grind or

**MECHANICALLY ALTERED FOOD
MECHANICAL SOFT & PURÉED DIETS**

TEXTURE MODIFIED or MECHANICALLY ALTERED DIET		
<i>This diet is individualized and conforms to the client's tolerance level and ability to chew and swallow.</i>		
TYPE OF FOOD	ALLOWED FOODS	FOODS TO AVOID
Beverages	All	Any not allowed or disliked
Breads	Soft breads, cakes and other soft baked goods; cookies and crackers if chewable and can be eaten safely	Hard, crusty breaks, hard toast, crisps toasted pastries, cookies and crackers
Desserts & Sweets	Cake, cookies & ice cream without hard ingredients, pudding, gelatin, sherbet, custard, yogurt, pies with soft ingredients and flaky or soaked crust, soft fruits.	Hard nuts and candies, desserts with crunchy crusts or hard foods
Fats	All except bacon except for flavoring	Unhealthy fats, solid fats except in small amounts
Fruits	Soft fresh, frozen or canned	Berries and fruits with seeds, tough skins or unpeeled. Pineapple unless crushed
Meats & Proteins	Any soft, tender meats served with broth, sauce or gravy and processed according to texture order. Cheeses tolerated or melted, eggs, smooth peanut butter mixed with mayonnaise or butter to reduce stickiness	Battered meats, meats with crisp edges, batters, tough meat, large pieces of meat unless diced, ground or puréed
Starchy Vegetables	Cooked soft – will not need thickening and can be used as thickeners	Potato peels, skin, fried crisp, chips
Vegetables	Cooked soft – may need thickening if too runny or mushy	Raw, hard, corn unless chopped or creamed
Miscellaneous	Seasonings and gravies as desired. To increase calories add extra gravies, sauces, butter, milk, cream or ice cream as allowed. To discourage weight gain decrease or avoid the high fat & high calorie foods.	None except those disliked or restricted. Limit high fat seasonings to avoid health issues or weight gain

GASTRO-ESOPHAGEAL REFLUX DISEASE (GERD)

During swallowing, food travels from the throat to the esophagus, through the lower esophageal sphincter (LES), and into the stomach. When the LES does not close properly, the stomach contents leak back, or reflux, into the esophagus. This backflow of acid from the stomach can irritate and sometimes damage the lining of the inside of the esophagus, causing an uncomfortable burning sensation, commonly called heartburn. Occasional heartburn is common, but heartburn that occurs more than two times per week may be considered GERD.

✓ Symptoms of GERD:

- Heartburn
- Regurgitation of stomach acid into the mouth
- Difficulty and/or pain when swallowing
- Chest pain
- Excessive clearing of the throat
- The feeling that food is stuck in your throat
- Burning sensation in the mouth

✓ Factors that may contribute to GERD:

- Pregnancy
- Overweight
- Overeating, having a very full stomach
- Alcohol use
- Smoking
- Medications that delay emptying of the stomach or that increase the back-up of acid into the esophagus

✓ Foods that may be associated with reflux events:

- Citrus fruits – orange, grapefruit, lemon, lime, pineapple
- Spicy foods
- Spices such as black or white pepper, chili powder, hot chiles, hot peppers
- Chocolate
- Caffeinated beverages – tea, coffee, cola
- High fat foods – oil, butter, desserts, fried foods
- Raw garlic and onions
- Mint flavorings – peppermint and spearmint oils
- Tomato-based foods - spaghetti sauce, pizza, chili

✓ Lifestyle changes that may help manage GERD:

- Raise the head of your bed by 6-8 inches by placing blocks of wood under the bedposts (not extra pillows)
- Eat a low fat diet
- Avoid alcohol
- Stop smoking

GERD: EAT THIS, NOT THIS!

TYPE OF FOOD	EAT THIS	DON'T EAT THIS
Milk & Milk Products	Buttermilk, Cottage cheese, Custard, Ice cream, Pudding Skim milk or 1% milk, Yogurt	Chocolate, high fat milk & cheese products, cream cheese, cheeses with peppers
Meats & Proteins	Cheese, Dried beans, Egg whites, Eggs, Fish, Lean meats, Lentils, Lean Fresh Deli Meats, Poultry, Smooth Peanut Butter & Nut Butters	High fat meats, fried meats, processed meats such as cold cuts
Breads & Cereals	Whole grain or enriched breads, cereals, crackers, pasta, rice without seeds or nuts	High fat high sugar pastries such as doughnuts, sweet rolls
Fruits & Vegetables	All that are tolerated – individualize according to tolerance. Seasoning powders and ground herbs as tolerated	Tomato & tomato products, raw vegetables, fruits & vegetables unpeeled, with seeds or high in fiber such as celery & pineapple. Citrus: lemon, lime, orange, pineapple unless tolerated. Raw onions
Fats	Butter, margarine, vegetable oils, mayonnaise	High fat foods, saturated fats, fats used in frying, excessive amounts of allowed fats, some gravies
Seasonings & Condiments	As tolerated in moderation	Black & white pepper, chili, fresh hot chilies, chili sauces such as Tabasco, Scirracha, Cholula. Mustard, ketchup, vinegar except Balsamic in small amounts

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