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MEALSERVICE POLICY

GROUP HOMES, CONGREGATE & ASSISTED 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

MEALSERVICE POLICY

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- 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:
 - a. Balance calories for each individual and avoid oversized portions
 - b. Increase fruits and vegetables
 - c. Use whole grains when possible and at least 50% of all grains should be whole grains
 - d. Reduce high sodium foods and free salt for seasoning and at the table
 - e. Reduce or avoid processed ingredients
 - f. Increase water and non-sugary drinks
 - g. Provide at least 3 cups of reduced fat milk (dairy or non-dairy) or the equivalent
 - h. Provide high sources of Calcium
 - i. Provide 5 to 6 sources of good quality protein daily
 - j. Consider personal food preferences as well as common practices in the community when planning menus
 - k. Serve appetizing attractive plates with edible garnishes.
 - l. Ensure menus meet Recommended Dietary Allowances (RDA) for the population served
 - m. Provide the least restrictive (liberalized) diets according to client preferences

REGULAR DIET

DESCRIPTION

A regular diet has no therapeutic or texture restrictions and is up to the individual choices and planned menu. It is based on the latest Dietary Guidelines for Americans and designed to meet 100% of the USA RDA and RDI as defined by the National Research Council. The health and wellness of the individual is still a major consideration as is maintaining a healthy weight and heart health. These depend on a balance between food choices and intake and activity as well as practices that help prevent chronic disease. To help achieve these goals you need a balanced diet that includes the needed vitamins, minerals and “macro”-nutrients. These are:

- a. Carbohydrate: A major source of energy found in starches, cereal grains, fruits, vegetables and milk. They provide 4 calories per gram of weight (kg).
- b. Protein: Helps build muscle and tissue and provides energy. Although it is found in most foods in different amounts, the best sources of protein are meats, milk products and legumes. In combination with whole grains legumes provide an excellent source of useable protein, however, for some diabetics who have to limit their carbohydrate intake this might be a problem. Proteins also provide 4 calories per gram of weight.
- c. Fat: Essential to maintain the physiological systems in the body. It is found in animal products, some fruits and in nuts. The healthier fats are those coming from fruits and nuts such as olive oil, grapeseed oil, soy oil. Fat has over twice the calories at 9 calories per gram of weight.

REGULAR DIET

HEART HEALTHY DIET		
<i>Recommended for healthy adults</i>		
TYPE OF FOOD	ALLOWED FOODS	FOODS TO AVOID
Beverages	Low or non-fat milk, 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, at least 50% consisting of whole grain breads	High fat, high sugar and refined breads and cereals only in moderation
Desserts & Sweets	Cakes, cookies, pastries sugars, jellies & frostings moderate amounts and low in saturated fats.	High sugar & fat deserts & candies. Excessive amounts or frequency of desserts & sweets.
Fats	All vegetable fats and liquid fats, butter in recommended amounts only, avocado, nuts	Unhealthy fats, solid fats except in small amounts. All the allowed fats only in the recommended portions or occasionally.
Fruits	All fruits	Fruits canned in heavy syrup not recommended except used as a dessert and sweet.
Meats & Proteins	All low to moderate fat meats grilled, baked, broiled, poached or stewed and in casseroles. Cured meats	Excessively fatty meats with visible fat, skin, or fried & excessive amount of cured meats
Vegetables & Starchy Vegetables	All; reduced fat and salt chips in moderate amounts	None except tempura fried or those with excessive fat and salt
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

REGULAR DIET
SAMPLE MEAL PATTERN FOR REGULAR DIET

HEART HEALTHY REGULAR MEAL	PORTION	Small	Large
Breakfast			
Fresh Fruit	1 or ½ C	½ C	1 C
Old-fashioned Oatmeal	1 C	½ C	1 ½ C
Craisins	1 Tbsp.	X	2 Tb
Low or Non-fat Milk	1C	X	1C
Hot beverage of choice	6 – 8 oz.	X	X
Mid-morning			
Yogurt w nuts	½ C - 1 C	½ C	X
Whole Grain Crackers	4 small	2 small	6
Lunch			
Salmon Salad with Celery, Kale, Grated Carrots & Sliced Tomatoes	½ C + ¼ C each veg	X w Low Fat dressing X	¾ C + 1/3 C X
Whole Grain Roll or Toast	One	X	2
Butter	1 tsp	Sugar sweet or 1 tsp	2 tsp
Pepper Jelly	1 tsp	Omit cookie	X w X
Fresh Fruit w Oatmeal Cookie	1 + 1	½ + 1	2 + 1
Iced Beverage	8 oz.	8 oz/	8 oz.
Mid-afternoon			
Fresh Fruit	1 or ½ C	½ or ¼ C	2
Moderate or Low-fat Cheese	1 – 2 oz.	½ or 1 oz.	1 ½ or 3 oz.
Dinner			
Lean Hamburger Patty with Mushroom Au Jus	3 oz. ½ C	2 oz. ½ C	X X
Mashed Sweet Potatoes	½ C	¼ C	X
Chard Sauté	½ cup	¼ C	X
Cauliflower Garnish	¼ cup 1	1 Tb	X
Whole Grain Roll	One	Half	X
Pudding Pie w Topping	1/8 th wedge	X	X
Low or Non-fat Milk	1 C	X	X
Night snack			
Almonds	1/3 C	X	X unsalted
Yogurt or Low or Non-Fat Milk	½ C – 1 C	½ C	1 C
Fresh Fruit	one	Half	Two
<i>Season lightly and excessive salt, fat and sugar. For weight control limit portions to those indicated on meal guidelines. For weight gain increase portions if appetite allows and offer foods high in calories following the Fortified Food procedures and recipes (separate recipe book)</i>			

DIABETES AND WEIGHT MANAGEMENT

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 is unable to utilize it properly, therefore the glucose remains in the bloodstream and cannot be utilized. When this happens the glucose 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:

- a. Carbohydrate: A major source of energy found in starches, cereal grains, fruits, vegetables and milk. They provide 4 calories per gram of weight (kg).
- b. Protein: Helps build muscle and tissue and provides energy. Although it is found in most foods in different amounts, the best sources of protein are meats, milk products and legumes. In combination with whole grains legumes

DIABETES AND WEIGHT MANAGEMENT

provide an excellent source of useable protein, however, for some diabetics who have to limit their carbohydrate intake this might be a problem. Proteins also provide 4 calories per gram of weight.

- c. Fat: Essential to maintain the physiological systems in the body. It is found in animal products, some fruits and in nuts. The healthier fats are those coming from fruits and nuts such as olive oil, grapeseed oil, soy oil. Fat has over twice the calories at 9 calories per gram of weight.

PROCEDURE

You may:

- A. Experiment with favorite dishes. Entrees, meats, vegetables, casseroles, and breads and grains are preferably unprocessed, low in fat, and sodium or added sugar.
- B. Season and prepare meals as usual, reducing or eliminating salt completely. All herbs and spices are acceptable and many have their own nutritive value and benefits. Train your palate not to need excessive fats, salt and sugar and find acceptable substitutes for these.
- C. Measure your food and learn average portions to avoid overeating.
- D. Try to keep the amount of carbohydrate "consistent" for each meal. The sample meal pattern at the end shows you how. The foods containing carbohydrates are breads, cereals, starchy vegetables and fruits.
 - a. If needed use charts and tables listing portion sizes for each 15 grams of carbohydrate serving. This is the standard measure and once learned makes managing diabetes much easier.
 - b. Each portion of carbohydrate foods is planned to provide 15 grams of carbohydrate; this makes it easier to control and monitor their intake.
 - c. Instead of drinking juice eat fresh, canned or frozen fruits without added sugar.

LOW PURINE DIET GUIDELINES

Low-Purine or Purine-Restricted Nutrition Therapy

- This diet will help reduce the amount of uric acid in your blood.
- You will need to limit foods with purine (a kind of uric acid).
- You should drink little or no alcohol.

Recommended Foods

- The chart shows foods that are **low to moderate** in purines.
- You can eat any amount of the foods that are low in purine. Choose healthy foods most often.
- For the foods that are moderate in purines, stick to the amounts shown in the chart.

Food Group: Foods Low in Purines Foods Moderate in Purines

- **Beverages** Water, juice, carbonated, beverages, tea, coffee, cocoa
- **Breads and Cereals** Breads, pasta, rice, cakes, cornbread, popcorn, oatmeal (*do not eat more than ¾ cup uncooked, daily*), Wheat bran, wheat germ (*do not eat more than ¼ cup dry, daily*)
- **Condiments** Salt, herbs, olives, pickles, relishes, vinegar,
- **Dairy** All dairy foods (low-fat or nonfat types are best)
- **Fats and Oils** All types except gravies and sauces made with meat
- **Fruits** All
- **Proteins** Eggs, nuts, peanut butter Meat and poultry. Crab, lobster, oysters, and shrimp (*limit to 1-2 servings daily*).Dried beans, peas, lentils (*limit to 1 cup cooked daily*).

Food Group: Foods Low in Purines Foods Moderate in Purines

- **Soups** Made without meat; meat or fish-based soups, broths, bouillons
- **Vegetables** All vegetables but those that are moderate in purines.
 - Asparagus, cauliflower, spinach, mushrooms, green peas (*do not eat more than ½ cup of these vegetables per day*)

Food Group: Other Foods

- Sugar, sweets, gelatin 1 serving = 2 to 3 ounces.

Foods Not Recommended

- No foods must be completely avoided. However, you should limit foods that are high in purines.

Food Group: Foods High in Purines

- **Beverages** Beer and other alcoholic beverages
- **Fats and Oils** – limit amount to 1 teaspoon butter or vegetable oil per meal

LOW PURINE FOODS: EAT THIS, NOT THIS TABLE

EAT THESE LOW TO MEDIUM PURINE FOODS	
Low Purine Foods	Medium Purine Foods
<ul style="list-style-type: none"> • Breads & Cereals: low fiber or refined • Butter: ½ tsp – 1 tsp/meal • Cake & cookies – low-fat, in moderation • Coffee, tea in moderation or decaff • Cream style soups with low fat milk • Eggs: 3 – 4/ week, eggs whites daily • Fruits & juices • Gelatin – preferably sugar free • Low-fat ice cream 1/4cup – 1/3 cup • Low-fat & fat-free cheese • Low-fat puddings 1/4cup -1/3cup • Milk: skim or 1% 3 cups/day • Nuts, peanut butter • Pasta & Macaroni • Rice – white • Sierra Mist (the only soda pop made with sugar not HFCS) • Sugar, syrups, other sweets in small amounts • Vegetable oils in moderation • Vegetable soups without meat broth 	<ul style="list-style-type: none"> • Allowed meats: 2 oz. 1 – 2X per week • Asparagus, Spinach, Cauliflower, Green Peas: 1 cup per week <ul style="list-style-type: none"> ○ Beef, Lamb, Pork • Dry beans, lentils, peas – ½ cup 1X/wk <ul style="list-style-type: none"> ○ Fish & Shellfish • Mushrooms: ½ cup per week • Oats & Oatmeal: 2 cups per week <ul style="list-style-type: none"> ○ Poultry • Wheat Germ & Bran – ½ cup 2X/month
DON'T EAT THESE HIGH PURINE FOODS	
<ul style="list-style-type: none"> • Anchovies, Sardines, Herrings, Mackarel, Tuna • Beer & other alcoholic beverages • Bottled teas and drinks high in sugar or High Fructose Corn Syrup (HFCS) • Carbonated beverages • Game meats: goose, duck, partridge, elk • Gravy made with meat extracts • High Fructose Corn Syrup • Meat extracts: broth, bouillon, consommé, meat flavorings • Organ meats: brain, heart, kidney, liver, sweetbreads • Roe (fish eggs) • Scallops, Mussels • Soda pop • Whole Grains, Breads & Cereals – avoid during pain then limit to 1X per week • Yeast as a supplement (yeast breads are OK) 	

FORTIFIED FOOD PROGRAM

The Fortified Food Program is recommended for

- Unplanned or unintentional weight loss or below desirable body weight
- Increased protein needs or inadequate protein intake to meet needs
- Increased nutrition needs due to disease state and/or poor skin status
- Inadequate intake
- Changes or decline in appetite

Goals of the Fortified Food Program

- Create a pleasant dining experience for the consumer by fortifying common and comfort preferred foods
- Decrease supplement usage and cost
- Increase calories and protein with meals
- Decrease commercial supplements
- Decrease extra food items to prevent overwhelming portions at mealtime
- Provide nutritionally fortified food that has the same or better palatability as regular foods

Benefits of Using a Fortified Food Program

- Incorporates a variety of fortified foods into the existing menu using enhanced recipes to create nutrient dense versions of every-day items.
- Creates a pleasant dining experience for the consumer by offering variety and enhanced nutrient density.
- Focuses on enhancing the meal experience rather than adding volume to the meal.
- The goal is not to give extra snacks that decrease appetite for meals.
- Because of their concentrated form fortified foods are even be more flavorful.

Steps for Implementing the Fortified Food Program

1. The fortified food program starts with the daily menu
 - All three meals include at least one fortified food
 - Breakfast may include fortified milk and fortified cereal
 - Lunch may include fortified milk, fortified soup and high calorie and/or protein topping for side dishes or entrée
 - Dinner may include fortified milk, fortified soup, fortified sauces and gravies, fortified side dishes, fortified desserts
2. Next observe, evaluate and report
 - Does the consumer like the foods offered?
 - Is all the food served eaten? Or is there a significant amount (over 25%) left on the plate at every meal?

Supplement of Choice Program Description

1. In addition to giving fortified food at meals, this program is designed to give additional high calorie and protein snacks between meals.
2. It is not meant to replace meals but to be given in addition to meals. The