563 Minimum Daily Food Requirements

All patients shall be served an approved, appetizing, adequate diet that conforms to the recommended dietary allowances of the Food and Nutrition Board, National Research Council or with, “Food for Fitness- a Daily Guide” leaflet #424, United States Department of Agriculture. Facilities are permitted to serve commodity foods provided that the facility is registered as a non-profit organization and the foods were legally obtained directly from USDA sources. Commodity foods obtained from an individual may not be used. Commodity foods shall be utilized pursuant to USDA regulations. Facilities utilizing commodity foods shall maintain documentation, or be able to provide evidence, that the foods were obtained through proper channels. Failure to meet this requirement may result in a deficiency finding and a report to federal authorities. The daily food allowances for each patient shall include, unless contraindicated by the patient’s physician:

563.1 Milk- two (2) or more eight (8) ounce portions

1. Milk and milk products shall be obtained from a source approved by the Arkansas Department of Health. They must be produced and handled in accordance with regulations set fourth by the Arkansas Department of Health.

2. Milk shall be served in the original individual containers or from a dispenser approved by the Arkansas Department of Health.

3. Cartoned milk or milk products shall be stored so that the tops are not covered with ice or water.

4. Milk and cream shall be kept in tightly covered containers and refrigerated until served or used.

563.2 Meat- five (5) ounces of protein, i.e., lean meat, fish, poultry, eggs, or cheese.

1. Count as a serving: two (2) to three (3) ounces of lean cooked meat, poultry, or fish all without bones; two (2) ounces of cheese; one (1) cup cooked dried beans or peas; four (4) tablespoons of peanut butter.

2. Dried beans, dried peas, or peanut butter may be served once a week in place of lean meat if one-half (1/2) pint of milk is served at the same meal. If milk is refused by the resident, one (1) ounce of meat or meat substitute such as cheese or eggs shall be served in its place.

3. Meat shall be obtained from an approved source.

4. No raw eggs shall be served.

563.3 Fruits and Vegetables- four (4) or more servings

1. Count as a serving: one-half (1/2) cup or portion as ordinarily served, such as one medium apple, banana, pear or potato.
2. Include a citrus fruit or other fruit or vegetable rich in Vitamin C every day and a dark green or deep yellow vegetable for Vitamin A at least every other day.

3. No hermetically sealed low acid or non-acid food which has been processed in a place other than a commercial food processing establishment shall be used.

563.4 Breads and Cereal: four (4) or more servicing, whole grain, enriched or restored.

563.5 Other foods to round out meals and snacks and to satisfy individual appetites and provide additional calories. Supper shall include as a minimum: two (2) ounces of a substantial protein food, a starch (or substitute) or soup, vegetable or fruit, dessert and beverage, preferably milk.

564.4 Bedtime snacks of nourishing quality shall be routinely offered to all patients whose diets do not prohibit the services of this night feeding. Milk, juices, cookies, or crackers shall be offered.

566 Menus

566.1 Menus shall be planned and written two (2) weeks in advance and posted at least one (1) week in advance. Menus for each level shall be written. Arrows, etc., are not acceptable.

566.2 Weekly menus shall not be repeated more often than a three (3) week cycle. Identical meals shall not be repeated more often than once every three (3) weeks.

566.3 Changes shall be recorded on both the regular and therapeutic diet menus.

566.4 Menus which have been posted in the kitchen shall not be re-dated and reused.

566.5 Meals served shall correspond essentially with the posted menus and shall be served in sequential order as planned and approved by the dietetic services consultant.

566.6 Records of menus as served shall be on file and maintained for thirty (30) days.

566.7 When substitutions are made they should be of the same food groups and of equal nutritional value.

567 Therapeutic Diets

567.1 There shall be a system of written communications between dietetic services and nursing services, i.e., diet order forms. Nursing services should send a written patient diet list monthly and diet change slips as diets are changed by the physician.

567.2 Therapeutic diets shall be served only to those patients for whom there is a physician’s or dentist’s written order.

567.3 Diet orders shall be reviewed by the physician every one hundred and twenty (120) days for intermediate and minimum care patients and very sixty (60) days for skilled care patients.

567.4 A current manual approved by an affiliate of the American Dietetic Association such as the Arkansas Diet Manual, shall be used, and a copy of the approved manual shall be available at one nurses’ station and in the dietetic services.
567.5 In the event that the calorie controlled menu patterns in use in the facility are other than those in the approved manual, the calculations and the patterns shall be in the policy and procedure manual on file in the dietary services and posted in the kitchen.

567.6 A copy of diets as ordered by the physicians shall be posted in the kitchen and shall correspond to the diet as ordered on the medical chart and shall be kept current. Patient diet lists shall include the patient’s name, room number, and diet and shall be signed by licensed personnel.

567.7 Therapeutic diets that vary in the time specified for regular meals shall be provided for the patients as ordered by the physician.

567.8 There shall be a system of patient identification for each tray served which includes the following information:

1. Resident’s Name.
2. Resident’s Diet.
3. Resident’s Room Number.
4. Resident’s Beverage Preference.
5. Any allergies the resident may have to certain foods.
6. Any major dislikes, for which there should be a substitution provided.

567.9 The hour of sleep feedings for the calorie controlled diets shall be recorded in nurses’ notes as served and should include patient acceptance.

568 Preparation and Storage of Food

...568.13 Foods shall be cut, chopped, ground, or pureed to meet the individual needs of the patient.

568.14 If a patient refuses foods served, substitutes of similar nutritive value shall be offered.

569.13 Only ice of assured bacterial safety shall be permitted for use in drinks, or for the cooling of drinks by direct contact. A scoop shall be used for handling ice. Ice used to chill bottled drinks or salads, or in any food preparation, shall not be used for drinking purposes. Portable ice chests which can be sanitized shall be cleaned daily, and the ice machine shall be cleaned at least weekly.