03. General Diets. (7-1-93)

a. The general menu shall provide for the food and nutritional needs of the patient/resident in accordance with the Recommended Daily Allowances of the Food and Nutritional Board of the National Research Council. A daily guide for adults shall be based on the following allowances: (1-1-88)

i. Milk - one (1) pint or more, as a beverage or in cooking. Cheese and ice cream may be substituted for part of the milk. (12-31-91)

ii. Meat - four (4) to six (6) ounces (cooked, boneless weight) beef, pork, veal, lamb, fish, poultry, eggs or cheese. Dry beans, nuts or dry peas may be used occasionally as substitutes. (12-31-91)

iii. Fruits and Vegetables - four (4) servings. These shall include a vitamin C-rich fruit or vegetable daily and a vitamin A-rich fruit or vegetable at least every other day. (1-1-88)

iv. Breads and Cereals - four (4) servings of enriched restored or whole-grain breads or cereals. (1-1-88)

v. Other Food - such as fats and sugars shall be provided to round out the meal, to satisfy appetites and to provide sufficient calories. (1-1-88)

b. The evening meal shall include at least one (1) to one and one-half (1-1/2) ounces of a protein food (meat, cheese, fish, or eggs), vegetable or fruit, dessert and beverage, preferably milk. (12-31-91)

04. Modified or Therapeutic Diets. All diets, including general diets, shall be ordered by the attending physician. Diet orders shall be kept on file in the health care facility, and modified diets shall be reviewed routinely by the physician along with other treatment. (1-1-88)

a. The charge nurse shall send all diet orders to the dietary department in written form. Any additional diet information or changes in the order shall also be transmitted in writing. (1-1-88)

b. Therapeutic diets shall be planned in accordance with the physician's order. To the extent that it is medically possible, it shall be planned from the regular menu and shall meet the patient's/resident's daily need for nutrients. (1-1-88)

c. A written diet plan shall be made for each type of diet unless each patient's/resident's individual diet is written daily (1-1-88)

d. A current diet manual approved by the Department and the patient's/resident's physician shall be available in the kitchen and at each nursing station (the Idaho Diet Manual is approved by the Department). (1-1-88)
05. Menu Planning and Meal Service

...c. Menus shall be prepared at least a week in advance. Menus shall be corrected to conform with food actually served. (Items not served shall be deleted and food actually served shall be written in.) The corrected copy of the menu and diet plan shall be dated and kept on file for thirty (30) days. (1-1-88)

d. Menus shall provide a sufficient variety of foods in adequate amounts at each meal. Menus shall be different for the same days each week and adjusted for seasonal changes. (1-1-88)