patients shall be filed on the premises for a period of 30 days.

MASSACHUSETTS

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150.009: Dietary Service

...C) Therapeutic diets

1) All facilities that accept or retain patients or residents in need of special or therapeutic diets shall provide for such diets to be planned, prepared and served as prescribed by the attending physician, physician-physician assistant team or physician-nurse practitioner team.

2) All therapeutic diets shall be planned, prepared and served with consultation from a dietician.

3) All therapeutic diets shall be prescribed, dated and signed by the physician, physician assistant or nurse practitioner and shall be precise as to the specific dietary requirements or limitations.

4) A current diet manual shall be readily available to attending physician or physician-physician assistant team or physician-nurse practitioner team, dietary service personnel and the supervisor of the nursing services. There shall be evidence from the diets served that the manual is used and related to posted diets.

5) All persons responsible for therapeutic diets shall have sufficient knowledge of food values to make appropriate substitutions when necessary. All substitutions made on the Master Menu for therapeutic diets shall be recorded in writing (105 CMR 150.007 (F)).

6) The dietician and food service supervisor in conjunction with the nursing staff and other relevant personnel shall review therapeutic diets (with particular attention to their acceptance by the patient) and shall make appropriate recommendations to the attending physician or physician assistant team or physician-nursing practitioner team and other staff. Therapeutic diets shall be reviewed in facilities as follows:

a) Level I and II, at least every 30 days and more frequently if indicated.

b) Level III, at least every three months.

c) Level IV, at least every three months.

7) All therapeutic diet menus shall be approved by the dietician and kept on file for at least 30 days.

8) Patients to whom therapeutic diets are served shall be identified in the dietary records.

D) Adequacy of diets

1) All diets shall conform to physician's or physician assistant's or nurse practitioner's orders and, to
the extent medically possible, shall meet the dietary allowances of the Food and Nutrition Board of
the National Research Council adjusted for age, sex and activity.

2) The minimum daily food allowance for adults shall be based on the following:

a) Milk: Two or more cups as beverage or in food preparation.

b) Meat Group: Two or more servings of beef, veal, pork, lamb, poultry, fish, cheese or eggs;
occasionally, cooked dry beans, dry peas or peanut butter may be served as alternates.

c) Vegetable and Fruit Group: Four or more servings a day including: a citrus fruit or other fruit for
Vitamin C; a dark green or deep yellow vegetable for Vitamin A at least every other day; other
vegetables and fruits including potatoes. Fruit flavored beverages with or without vitamins added
shall not be considered any part of a fulfillment of 105 CMR 150.099 (D).

d) Bread and Cereals: Four or more servings of whole grain, enriched or restored.

e) Other foods to round out meals and snacks for individual appetites and to provide for growth and
energy requirements.

E) Quality of food

...5) Only pasteurized fluid milk and fluid milk products shall be used or served; dry milk products
may be used for cooking purposes only.

6) All milk and milk products for drinking purposes shall be served from the original container or
from a sanitary milk dispenser. Milk served from a dispenser shall be homogenized.

7) Cracked or dirty eggs shall not be used. Egg nog shall be pasteurized. Eggs shall be
refrigerated at all times.

F) Planning of menus and food supplies

1) Menus shall be planned and written at least one week in advance. The current week's menus,
including routine and special diets, and any substitutions or changes made shall be posted in one or
more conspicuous places in the dietary department.

2) Records of menus as served shall be filed and maintained for at least 30 days.

3) Daily menus shall provide for a sufficient variety of foods, and no daily menu shall be repeated
twice in one week.

4) Menus shall be adjusted for seasonal changes, and shall reflect dietary restrictions or preferences.
Appropriate special menus shall be planned for holidays and birthdays.

...8) Menus shall be planned and food supplies maintained so that a nutritionally adequate alternate
meal can be proved at all times. Alternate meal plans shall be varied at least every week and posted
with other menus.

9) All facilities shall plan and post a Disaster Feeding Plan and staff shall be familiar with it. This plan
shall include alternate methods and procedures to be used when equipment is not operable, including
proper sanitation of dishes and utensils.