E. Adequacy of Diet. The food and nutritional needs of patients shall be met in accordance with physicians’ orders. To the extent medically possible, the current "Recommended Dietary Allowances of the Food and Nutrition Board of the National Research Council, National Academy of Sciences", adjusted for age, sex, and activity shall be observed. [Agency Note: The "Diet Manual for Long-Term Care Patients" as published by the Department, which contains food allowances and guides for regular and therapeutic diets may be used.]

F. Therapeutic Diets. Therapeutic diets shall be planned, prepared, and served as prescribed by the attending physician:

(1) Therapeutic diets shall be planned by a registered dietitian or other qualified person;

(2) Preparation and serving shall be supervised by a qualified dietetic supervisor;

(3) A current diet manual shall be available to medical, nursing, and dietetic staff.

H. Advance Planning and Posting of Menus. Menus shall be written at least 1 week in advance. The current week’s basic menu shall be posted in one or more easily accessible places in the dietetic service department and in the patient area.

I. Menus Served as Planned. Food sufficient to meet the nutritional needs of patients shall be prepared as planned for each meal. When menu changes are necessary, substitutions shall provide equal nutritional value.

J. Retention of Records. Menus as served and records of food purchased for consumption by patients shall be filed on the premises for a period of 30 days.