310:675-9-12.1. Dietary services

...d) Diet. The facility shall provide a nourishing, palatable, well-balanced diet that meets the resident’s daily nutritional and special dietary needs.

1) Meals.

...B) Diets shall be prescribed by the resident's physician and shall be planned, in writing, reviewed, approved and dated by a qualified nutritionist or registered/licensed dietitian. A therapeutic diet shall be served with skillful attention to the diet control system. Portioning of menu servings shall be accomplished with portioned control serving utensils.

C) Substitutes of similar nutritive value shall be offered when a resident refuses served menu items.

D) Residents at nutritional risk shall have timely and appropriate nutrition intervention.

F) There shall be an identification system established and updated, as needed, to ensure that each resident receives the prescribed diet.

G) The percentages of consumed meals, supplements and meal replacements ingested shall be observed and recorded in the clinical record at the time of observation.

(2) Menus.

A) Menus shall be posted, planned, and followed to meet the resident’s nutritional needs in accordance with the physician’s orders.

B) The menus shall, to the extent medically possible, be in accordance with the daily recommended dietary allowances of the Food and Nutrition Board of the National Research Council, National Academy of Sciences.

C) Menus covering all prescribed diets shall be approved, dated, and periodically reviewed by a qualified nutritionist or registered/licensed dietician. The facility shall maintain a thirty day record of past menus.

D) The facility shall maintain a file of tested recipes that includes therapeutic alterations for quantity food preparation for menu items.

e) Tube feeding. Tube feeding orders shall be evaluated for nutritional adequacy. The requirements for caloric intake, protein, fluid and percentage of the daily recommended dietary allowances shall be calculated to determine nutritional adequacy.