44:04:07:02. Nutritional adequacy.

The dietetic service must ensure that food prepared is nutritionally adequate in accordance with the Recommended Dietary Allowances and is chosen from each of the five basic food groups listed in the Food Guide Pyramid, 1996, Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, in accordance with consideration for individual needs and reasonable preferences.

44:04:07:02.03. Food substitutions.

Reasonable substitutions of equal nutritional value shall be offered to patients or residents who refuse or are unable to eat the food served.

44:04:07:02.05. Therapeutic diets.

In licensed facilities, the dietetic service must provide for the needs of those patients or residents requiring therapeutic diets.

44:04:07:04. Written menus.

Any regular and therapeutic menu, including therapeutic diet menu extensions for all diets served in the facility, must be written, prepared, and served as prescribed by each patient’s or resident’s physician. Each menu must be written at least one week in advance. Each planned menu must be approved, signed, and dated by the dietitian for all facilities except assisted living centers without therapeutic diet services. Any menu changes from month to month must be reviewed by the dietitian and each menu must be reviewed and approved by the dietitian at least annually where applicable. Each menu as served must meet the nutritional needs of the patients or residents in accordance with the physician’s orders and the Recommended Dietary Allowances of the National Research Council, Tenth Edition, 1989. Records of menus as served must be filed and retained for 30 days.

44:04:07:06. Additional dietetic standards for hospitals and nursing facilities.


A current therapeutic diet manual with description of all diets served in the facility must be readily available in the facility to food service personnel, nursing service personnel, and practitioners.