

LOUISIANA

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§9819. Menus and Nutritional Adequacy

...C. Each resident shall receive and the nursing home shall provide:

1. at least three meals daily, at regular times comparable to normal mealtimes in the community;
2. food prepared by methods that conserve nutritive value, flavor, and appearance;
3. food that is palatable, attractive, and at the proper temperature;
4. food prepared in a form designed to meet individual needs; and
5. substitutes offered of similar nutritional value to residents who refuse food or beverages served.

E. There shall be no more than 14 hours between a substantial evening meal and breakfast the following day. A substantial evening meal is defined as an offering of three or more menu items at one time, one of which includes a high-quality protein such as meat, fish, eggs, or cheese.

F. There shall be no more than 16 hours between a substantial evening meal and breakfast the following day when a nourishing snack is offered at bedtime. A nourishing snack is defined as a verbal offering of items, single or in combination, from the basic food groups.