

MARYLAND

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10.07.02.13 Dietetic Services

„G. Frequency and Quality of Meals. At least three meals or their equivalent shall be served daily, at regular times with not more than 14-hour intervals between the substantial evening meal and breakfast. A substantial evening meal is 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. This meal represents no less than 20 percent of the day's total nutritional requirements. To the extent medical orders permit, bedtime nourishments shall be offered routinely to all patients. If the four-or five-meal-a-day plan is used, the meal pattern to provide this plan shall be approved by the Department.