

## TEXAS

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Downloaded January 2011

### RULE §19.1110 Frequency of Meals

- a) Each resident receives and the facility provides at least three meals daily, at regular times comparable to normal mealtimes in the community.
- b) There must be not more than 14 hours between a substantial evening meal and breakfast the following day, except as provided in subsection (d) of this section.
- c) The facility must offer snacks at bedtime daily. Routine snacks that are not ordered by the physician and are not part of the plan of care do not need to be documented as accepted or rejected.
- d) When a nourishing snack is provided at bedtime, up to 16 hours may elapse between a substantial evening meal and breakfast the following day, if a resident group agrees to this meal span and a nourishing snack is served.