

A Modified Diet Spreadsheet is provided for each of the 28 days in each menu cycle to indicate appropriate serving sizes and food substitutions for each of the specified diets. The limitations indicated in our Modified Diets follow the industry standard for culture change in the Long-Term Care and Rehab settings, offering more liberal options and restrictions than most other care climates in support of Resident Choice in all scenarios.

Diets provided in each Modified Diet Spreadsheet

Regular/No Added Salt (NAS)

No restrictions or texture modifications in menu items.

Mechanical Soft

- Providing soft and/or chopped foods of the Regular diet (no further restrictions). All meats are ground.
- Rice is permitted in the standard Mechanical Soft diet. It is recommended that each facility refer to their Speech Language Pathologist to review the individual swallow abilities of residents requiring a Mechanical Soft diet and their tolerance for swallowing rice.

Puréed

Puréed texture modification of Regular diet (no further restrictions).

No Concentrated Sweets (NCS)/Carbohydrate Counting (CHO) for Diabetic Diet

Portions are offered as EITHER following the NCS option, primarily limiting desserts to No Sugar Added choices, OR, Carbohydrate Counting. In the Carbohydrate Counting option, the number of 15-gram carbohydrate servings is indicated followed by the abbreviation, "CHO." This offers more tightly focused diet management to residents desiring this level of care.

Renal (Liberal)

The standard Renal diet typically includes many restrictions. The Liberal Renal diet has fewer restrictions, limiting the following foods:

- Bananas
- Tomatoes
- Potatoes
- Split Peas/Legumes
- Nuts
- Orange and other Citrus Juices
- Chocolate
- Bacon, Ham and Breakfast Sausage

In some cases, foods containing these restrictions are allowed in smaller servings sizes.

Other Information Regarding the Modified Diet Spreadsheets

Substitutions

- Recipes for Menu Substitutions, scaled to 12 portions and found in their own separate recipe file, are provided to accommodate specific variances from the Regular Daily Menu.
- Substitutions or variations are marked on each Modified Diet Spreadsheet with an asterisk (*) to identify them as changes from the Regular Daily Menu.
- It is highly recommended to refer to the Modified Diet Spreadsheet for Menu Substitutions prior to completing food orders.
- Substitutions are not provided for soups on the Regular Daily Menu. It is recommended that an available Alternate Menu soup provide this option, at the discretion of the facility.

Point of Service Use

It is recommended that the appropriate Modified Diet Spreadsheet be on site at each point of service, including the main kitchen prep and satellite service areas, for immediate reference needs.

Recipes

The Modified Diet Spreadsheets are applicable only when using the associated recipes and ingredients specified by *Recipes and Rotations*.

Scoops

- Standard Scoop sizes are used for servings in the Modified Diet Spreadsheets of most foods in order to meet the recommended and required regulations in the Long-Term Care setting.
- Each Modified Diet Spreadsheet has a reference table for scoop size equivalents and industry standard scoop handle color (for example, #8 Scoop = 4 ounces or ½ cup, gray handle color indicated in background color of row). This table is a convenient tool for service and prep teams.

Abbreviations

All abbreviations are noted in the reference table on the Modified Diet Spreadsheet for each day (for example: Sl. = Slice).

Beverages

It is recommended that milk, along with a variety of 100% fruit juices, are offered at all meals, in addition to water, coffee and iced tea. This will support adequate hydration and Resident Choice. Recommended servings sizes are:

- Milk – 8 ounces
- Juice – 6 ounces

Purée preparation

Portion sizes on the Modified Diet Spreadsheets for protein foods are in support of full daily intake of adequate protein. In preparing puréed foods, it is essential to weigh or measure the protein food *before* the purée process to assure that adequate protein is provided for each serving, consistent with the portion sizes for regular-texture foods. Additionally, it is recommended that natural juices or the broth of the meat/protein be used as the liquid in the purée process whenever possible to maintain the taste and improve the nutritional quality of the puréed product.

Syrup

The portions provided use individual serving packages, consistent with the practice in Long Term Care settings. The serving amount for individual packages are most commonly 1-1½ ounces per package.

Butter and/or Margarine

Provided at each meal in individual packages as desired or allowed. The serving amounts are the common industry practice of 1 teaspoon per individual package.