



# Nutrition and Meal Planning

3 CEU'S FOR RCFE AND ARF ADMINISTRATORS



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# Course Objectives

01

Discuss proper nutrition and its benefits

02

Review State regulations pertaining to food and food service

03

Discuss good food choices for your residents

04

Learn about the government's Nutrition Plate and how to use it

05

Discuss proper food choices for residents with modified diets, such as low sodium



# Definitions

DSS = Department of Social Services

RCFE = Residential Care Facility for the Elderly

ARF = Adult Residential Facility

LPA = Licensing Program Analyst

SNF = Skilled Nursing Facility

AB = Assembly Bill

SB = Senate Bill

Resident = anyone living in long-term care

# Sources

Many sources were consulted to prepare this course.

At the end of the course, these sources are listed.





# Good Nutrition

Why worry about eating healthy? Can't we just have cake for breakfast???

The benefits of healthy eating include:

- ☉ increased mental acuteness
- ☉ resistance to illness and disease
- ☉ higher energy levels
- ☉ faster recuperation times
- ☉ better management of chronic health problems



# Good Nutrition (cont'd)



Increased mental acuteness:

Diets that include natural sources of omega-3 fatty acids, Vitamin E and a selection of brightly colored fruit, leafy veggies, and fish and nuts packed with can increase mental cognition, improve focus and decrease the risk of Alzheimer's disease.

## Good Nutrition (cont'd)

Resistance to illness and disease:

A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia.

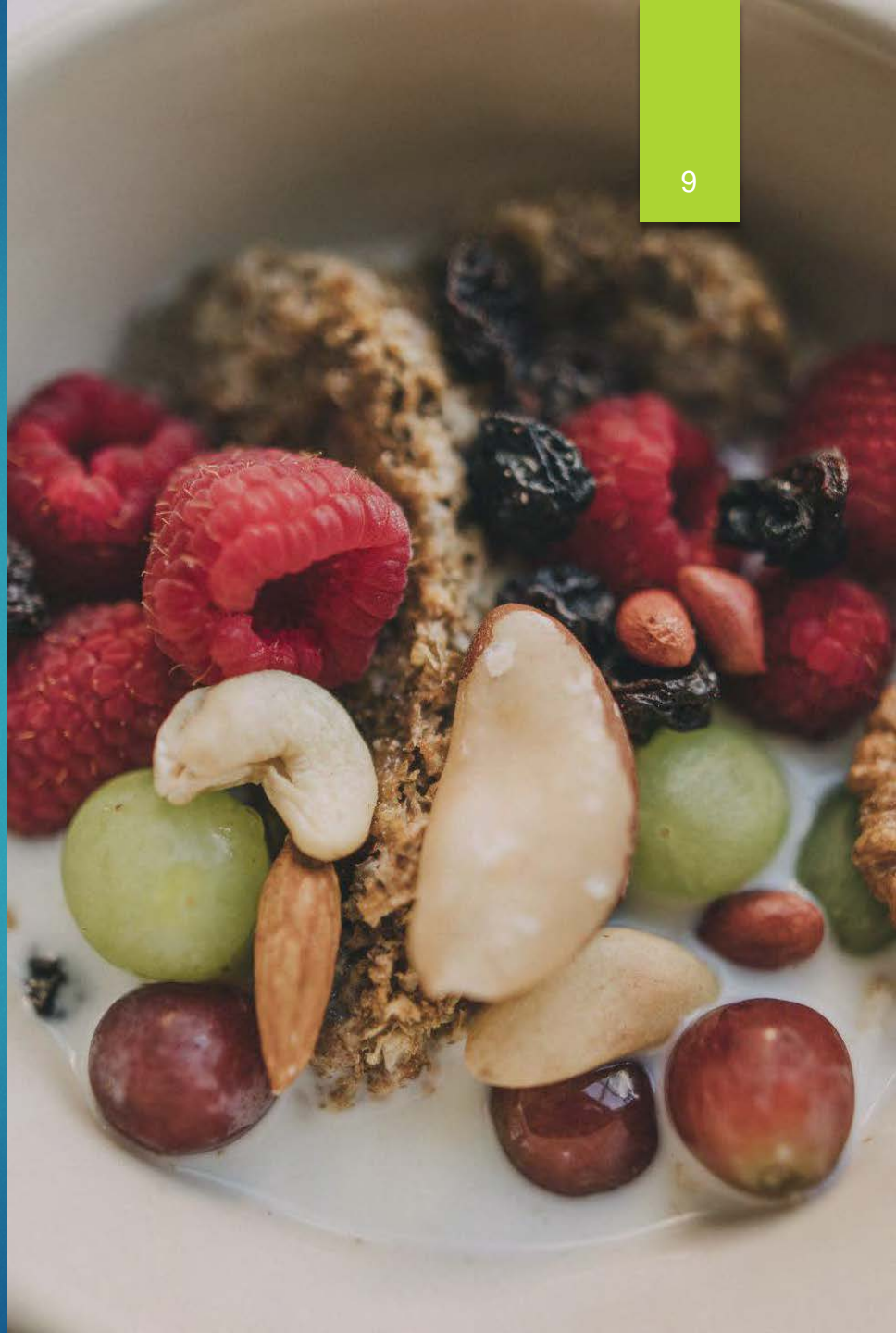


# Good Nutrition (cont'd)

Higher energy levels:

Food provides energy.  
Your body needs a mix of  
protein and  
carbohydrates.

Just think – if you didn't  
put gas in your car, would  
it move?





# Good Nutrition (cont'd)

## Faster recuperation time:

If a person is healthy, they can recover from illness and injury faster and easier than someone who is not healthy.

This could reduce hospitalization or skilled nursing time.



# Good Nutrition (cont'd)

Better management of chronic health problems:

A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, cancer, bone loss and anemia.



# Nutrition and Aging

As we age, changes occur to all of the body systems.

These changes are influenced by illnesses, life events, genetic traits and socioeconomic factors.

Let's talk more about the aging body's needs.



# Nutrition and Aging (cont'd)

## Sensory changes:

- Losing the ability to see the food on a plate can cause a resident to stop eating (i.e., resident with dementia - white food on white plate, white tablecloth,....).
- Also, as people age, the sense of smell and taste is diminished so if it does not taste, then the resident may not want to eat it. And, if the resident is on a restricted diet, like low fat or sugar, then they may not want to eat at all!



# Nutrition and Aging (cont'd)

## Sensory changes:

### *Suggestions:*

- Rather than using salt or frying foods, try different spices, herbs or acids (like lemon) and try baking the food rather than frying.
- Introduce the resident to new foods and flavors.
- Offer foods with different textures, rather than a plate of mashed potatoes, over-cooked, mushy vegetables. Try lightly steaming vegetables instead.





# Nutrition and Aging (cont'd)

## Structural changes:

- An aging body loses lean body mass, which can affect skeletal muscle and muscles of the vital organs, such as the heart.
- Metabolism is affected by age.
- Aging can also impair the body's immune system.




## Nutrition and Aging (cont'd)

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### Structural changes:

- *Suggestions:*
  - Provide a well-balanced diet that meets the individual needs of the resident, i.e., caloric needs.
  - Provide the resident with foods rich in dietary fiber, calcium and protein (unless otherwise specified by the physician).
  - Encourage the residents to stay hydrated, either through water or liquids or foods with a high-water content (i.e., melons).





# Nutrition and Aging (cont'd)

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## Vitamin and mineral deficiencies:

- An illness that stresses the body may make a body vitamin deficient.
- Medications also interfere with the absorption of many vitamins and minerals.
- If the resident is not exposed to direct sunlight, they may become Vitamin D deficient.

# Nutrition and Aging (cont'd)

## **Vitamin and mineral deficiencies (cont'd):**

Low levels of Vitamin B12 can cause dementia and hearing loss in seniors.

Drugs that are used to control diseases such as hypertension can alter the sodium and potassium levels in the body.

Taking herbal supplements with certain medications can cause negative interactions.





# Nutrition and Aging (cont'd)

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## Vitamin and mineral deficiencies:

- *Suggestions:*
  - Provide a well-balanced diet that includes a variety of healthy foods.
  - Consult with the resident's physician and pharmacist to check for possible drug and food interactions.
  - Encourage the residents to get exposure to natural sunlight each day.



# Title 22 Regulations

Per **Section 87555** (RCFE) and **85076** (ARF):

The total daily diet:

- quality
- quantity
- meet the Recommended Dietary Allowances of the Food and Nutrition Board of the National Research Council.



## Title 22 Regulations state:

All food shall be selected, stored, prepared and served in a safe and healthful manner.

# Food Service Requirements – Title 22

- 🍽️ Each resident receives at least 3 meals per day.
- 🍽️ Exceptions made on holidays and weekends if total daily food needs are met.
- 🍽️ No more than fifteen (15) hours shall elapse between the third and first meal (dinner and breakfast).





# Food Service Requirements – Title 22

For residents electing out of the food service program, if their condition changes and they can no longer cook or purchase their own meals, then you must provide full meal service.



# Food Service Requirements – Title 22

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Between-meal nourishment or snacks are made available to the residents unless limited by dietary restrictions prescribed by a physician.

What are good snack ideas?





# Food Service Requirements – Title 22

Meals should be served in a designated dining area to encourage residents to eat with other residents. Tray service shall be provided in case of temporary need.

Meals shall consist of an appropriate variety of foods and shall be planned with consideration for cultural and religious backgrounds and food habits of residents.

# Food Service Requirements – Title 22

## Facilities 16+:

- menus written at least 1 week in advance
- copies of the menus as served dated and kept on file for at least 30 days.

## Facilities for less than 16:

- Maintain a sample menu in your files



# Food Service Requirements – Title 22

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Assisted Living Education

Modified diets prescribed by a resident's physician as a medical necessity shall be provided.



# Modified Diets

What is a modified diet?



What types are there?



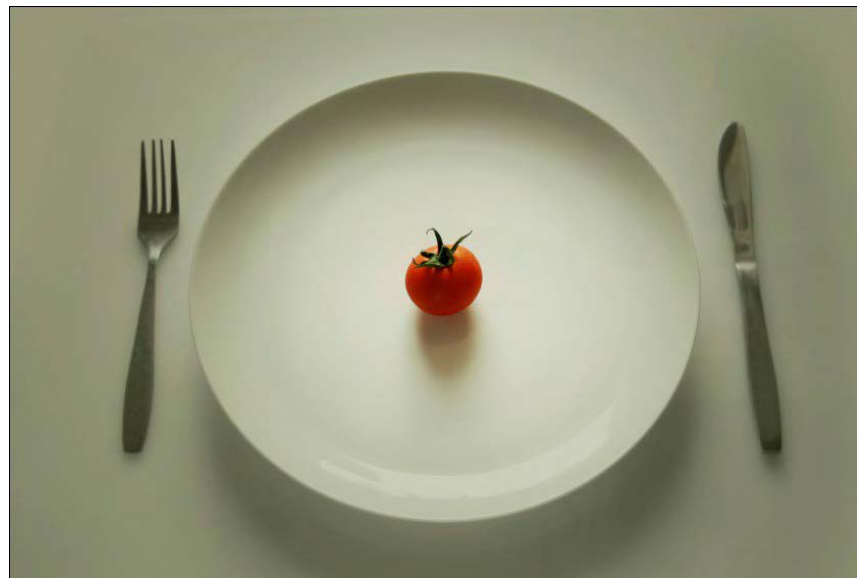
What do I have to provide?



# Modified Diets (cont'd)

## Types:

- ▶ low sodium/no added salt
- ▶ diabetic/no added sugar, no concentrated sweets
- ▶ low fat
- ▶ texture modification



# Modified Diets (cont'd)

## Low Salt Diet:

Americans consume far too much sodium — about 3,500 milligrams daily. The American Heart Association recommends no more than 2,300 mg a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults.\*

\*Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>



# Modified Diets (cont'd)

## Why limit salt?

- ☹️ Too much salt encourages the body to retain fluid, thereby increasing fluid pumped by the heart and circulating through the bloodstream.
- ☹️ Excess fluid backs up into the lungs, causing congestion – leads to congestive heart failure.
- ☹️ Potassium chloride – can be harmful for people with kidney problems.



# Low Sodium/No Added Salt

## Biggest culprits:

Frozen breaded meats and dinners, such as burritos and pizza

Canned entrees, such as ravioli, spam and chili

Buttermilk

Regular and processed cheese, cheese spreads and sauces

Cottage cheese

Bread and rolls with salted tops

Quick breads, self-rising flour, biscuit, pancake and waffle mixes

Pizza, croutons and salted crackers

Prepackaged, processed mixes for potatoes, rice, pasta and stuffing

Regular canned vegetables and vegetable juices

Commercially prepared pasta and tomato sauces and salsa

Regular canned and dehydrated soup, broth and bouillon

Instant pudding and cake

Large portions of ketchup, mustard



# Low Sodium/No Added Salt





**THE SALTY SIX**

**DID YOU KNOW?**  American Heart Association  
life is why™

**THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET\***

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

 When you see the Heart-Check mark on a product, you know the food has been certified to meet nutritional criteria for heart-healthy foods, including sodium.

 <p><b>BREADS &amp; ROLLS</b></p> <p>Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.</p> <p><b>1</b></p>	 <p><b>COLD CUTS &amp; CURED MEATS</b></p> <p>One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.</p> <p><b>2</b></p>	 <p><b>SANDWICHES</b></p> <p>A sandwich or burger from a fast-food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.</p> <p><b>3</b></p>
 <p><b>PIZZA</b></p> <p>A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.</p> <p><b>4</b></p>	 <p><b>SOUP</b></p> <p>Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.</p> <p><b>5</b></p>	 <p><b>CHICKEN</b></p> <p>Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.</p> <p><b>6</b></p>

\*Source: ZS, Zhou, L. Chicago, C. et al. Sodium Intake Among Prevalent Adult US Men — United States, 2013-2014. PLOS ONE. 2017;12(4):e0171019. doi:10.1371/journal.pone.0171019

©2016, American Heart Association 3170511670

# Low Sodium/No Added Salt

## Heart Failure and a Low-Salt Diet

Bacon	1 medium slice	155
Chicken (dark meat)	3.5 oz roasted	87
Chicken (light meat)	3.5 oz roasted	77
Egg, fried	1 large	162
Egg, scrambled with milk	1 large	171
Dried beans, peas, or lentils	1 cup	4
Haddock	3 oz cooked	74
Halibut	3 oz cooked	59
Ham (roasted)	3.5 oz	1,300 to 1,500
Hamburger (lean)	3.5 oz broiled medium	77
Hot dog, beef	1 medium	585
Peanuts, dry roasted	1 oz	228



# Low Sodium/No Added Salt

So.....what is a good meal plan?

Goal: 2-3 servings of protein a day. What types?

- 2-3 ounces of fresh or frozen fish, shellfish, meat (beef, veal, lamb, pork), or poultry
- 1/2 cup cooked dried beans or peas
- 1/2 cup low-salt canned fish (such as salmon or tuna)
- 1 egg



## Low Sodium/No Added Salt

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- Most fruits have either no sodium or very little sodium. It is recommended to stick to whole fruits, such as apples, berries, peaches and pears.
- Fresh or frozen vegetables without added salt are good choices. If you use canned vegetables, look for low- or no-salt versions.
- Remove extra sodium from canned vegetables by emptying the contents into a colander, rinsing them under fresh water and then cooking the vegetables in more fresh water.

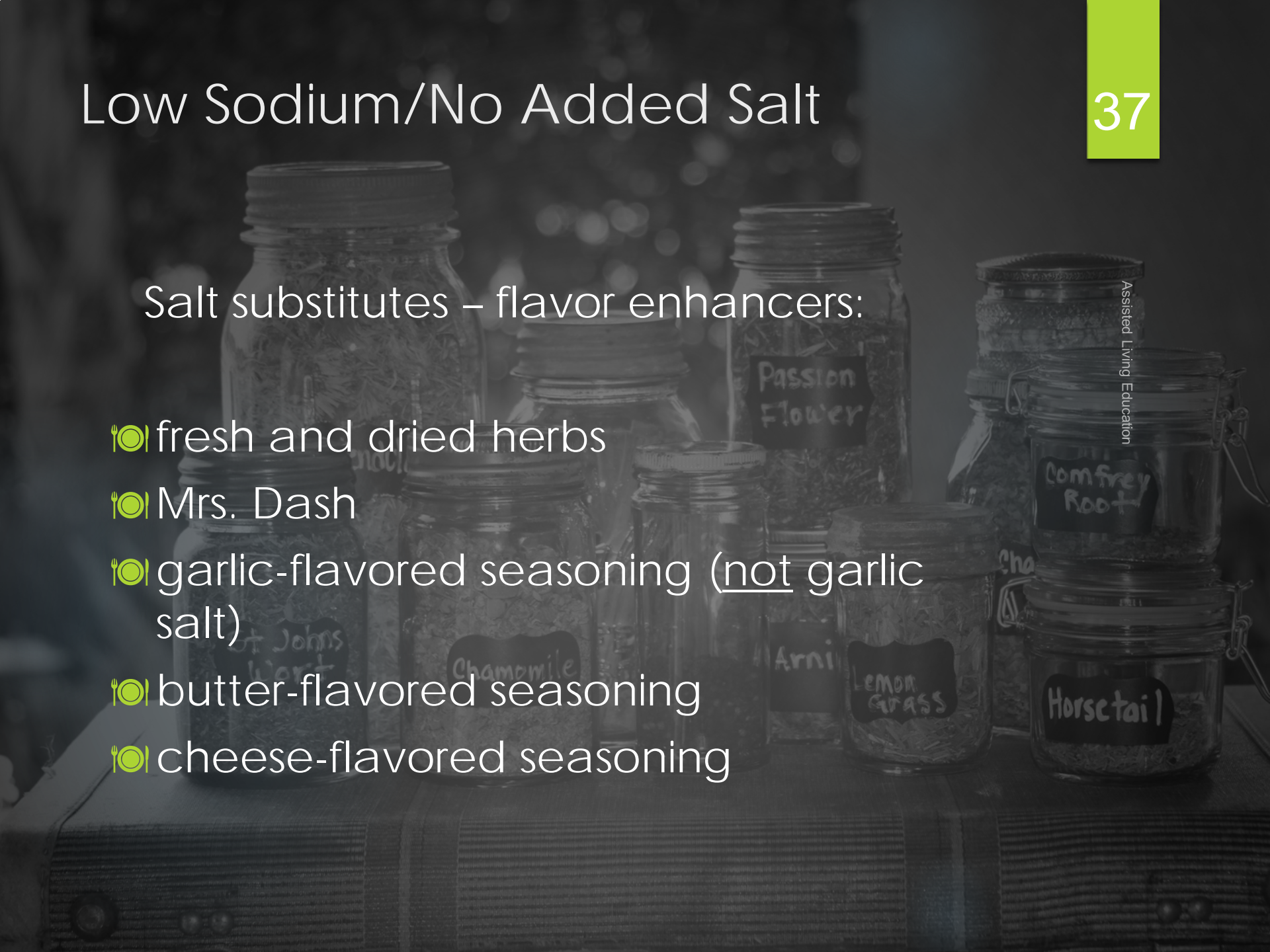


# Low Sodium/No Added Salt

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Salt substitutes – flavor enhancers:

- 🍴 fresh and dried herbs
- 🍴 Mrs. Dash
- 🍴 garlic-flavored seasoning (not garlic salt)
- 🍴 butter-flavored seasoning
- 🍴 cheese-flavored seasoning





## Modified Diets (cont'd)

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Diabetic/no added sugar diet:

- ✓ generally, diabetics must maintain a healthy diet
- ✓ regulate carbohydrates – eat complex not simple carbohydrates
- ✓ control fat and cholesterol
- ✓ may need to monitor protein intake



# The Diabetic Diet

Diabetics should choose:

- Lots of vegetables and fruits from the rainbow of colors available to maximize variety.
- Non-starchy vegetables such as spinach, carrots, broccoli or green beans with meals.
- Whole grain foods over processed grain products - brown rice or whole wheat pasta.
- Dried beans (like kidney or pinto beans) and lentils.
- Include fish in meals 2-3 times a week.
- Lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin.
- Remove the skin from chicken and turkey.



# The Diabetic Diet

Diabetics should choose (cont'd):

- Non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
- Water and calorie-free "diet" drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.
- Liquid oils for cooking instead of solid fats that can be high in saturated and *trans* fats. Remember that fats are high in calories.
- Cut back on high calorie snack foods and desserts like chips, cookies, cakes, and full-fat ice cream.
- Eating too much of even healthful foods can lead to weight gain. Watch portion sizes.





## Modified Diets (cont'd)

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### Low fat diet:

- Normal people should limit fats to 30% of diet\*
- Low fat diets limit fat intake to 50 grams
- Extremely low-fat diets – 25-30 grams
- Eat good fats (fish, avocados) rather than bad fats (fried foods)

\*Source: [https://www.who.int/news-room/fact-sheets/detail/healthy-diet#:~:text=fruit%20and%20vegetables.,Fats,1%2C%20%2C%203\).](https://www.who.int/news-room/fact-sheets/detail/healthy-diet#:~:text=fruit%20and%20vegetables.,Fats,1%2C%20%2C%203).)



## Modified Diets (cont'd)

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Texture modification diets:

- ❖ Pureed in blender
- ❖ Thickened, "pudding-like"
- ❖ No coarse textures, like raw fruits or vegetables
- ❖ No oatmeal
- ❖ No hard, sticky or crunchy foods
- ❖ Moist and finely chopped foods



## Food Service Requirements – Title 22

Where indicated, food shall be cut, chopped or ground to meet individual needs.



# Food Service Requirements – Title 22

- Powdered milk shall not be used as a beverage but may be used in cooking or baking. Raw milk shall not be used. Milk shall be pasteurized.
- Except upon written approval by the licensing agency, meat, poultry and meat food products shall be inspected by state or federal authorities. Written evidence of such inspection shall be available for all products not purchased from commercial markets.
- Also, home canned foods shall not be used in RCFE's but are allowed in ARF's if they meet the requirements.



# Food Service Requirements – Title 22



All persons engaged in food preparation and service shall observe personal hygiene and food services sanitation practices which protect the food from contamination.

Sufficient food service personnel shall be employed, trained and their working hours scheduled to meet the needs of the residents.

## Food Service Requirements – Title 22

In facilities licensed with 16-49 residents, one person shall be designated who has the primary responsibility of food planning, preparation and service. This person shall be provided with appropriate training.

In facilities licensed for 50+, and providing 3 meals per day, a full-time employee qualified by formal training or experience shall be responsible for the operation of the food service. If this person is not a nutritionist, dietician or home economist, provision shall be made for regular consultation from a person so qualified. The consultation services shall be provided at appropriate times, during at least one meal. A written record of the frequency, nature and duration of the consultant's visits shall be secured from the consultant and kept on file in the facility.



# Food Service Requirements – Title 22



Freezers: 0 degrees

Refrigerators:

ARF = max. 45 degrees

RCFE = max. 40 degrees

Dishwashing rinses:

RCFE's – hot water min. 170  
degrees

ARF's – hot water min. 165  
degrees

# Food Service Requirements – Title 22

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Pesticides and other toxic substances shall not be stored in food storerooms, kitchen areas or where kitchen equipment or utensils are stored.

Soaps, detergents, cleaning compounds or similar substances shall be stored in areas separate from food supplies.





# Food Service Requirements – Title 22

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## FOOD SUPPLIES:

Non-perishables for 7  
days

Perishables for 2 days

\* Disaster supplies also



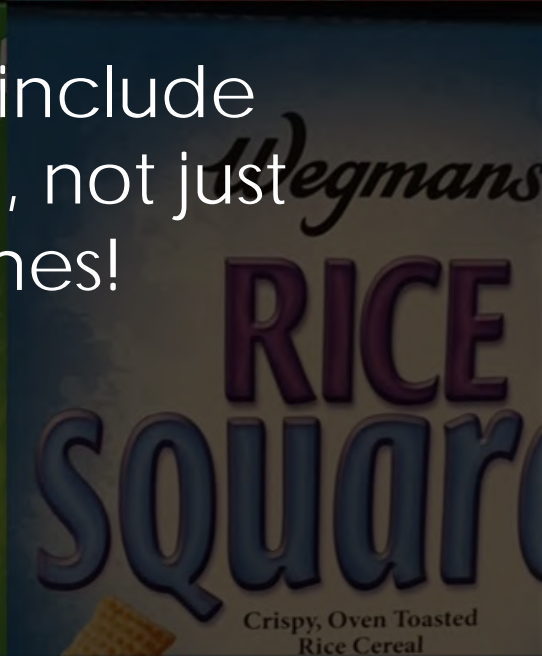
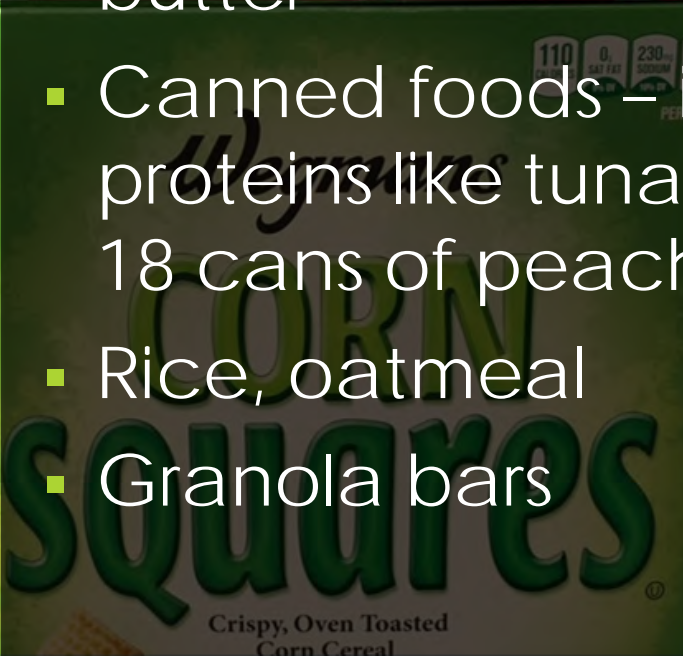
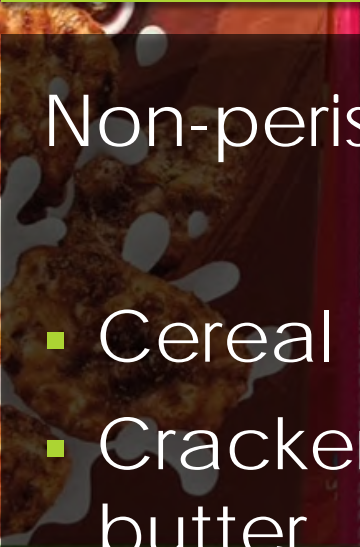


# Food Service Requirements – Title 22

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Non-perishable ideas:

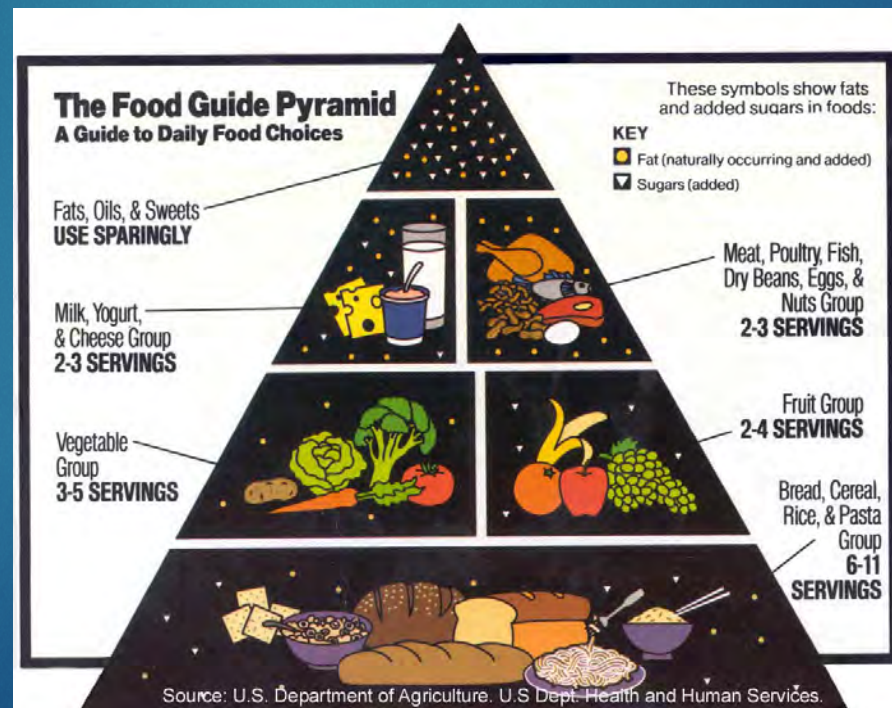
- Cereal
- Crackers and peanut butter
- Canned foods – include proteins like tuna, not just 18 cans of peaches!
- Rice, oatmeal
- Granola bars





# NUTRITION 101

Developed by the USDA in 1992, the original food pyramid was created to educate consumers on what types of food to eat on a daily basis.



# Nutrition 101

The new food pyramid, redesigned in 2005, was reorganized, but it was changed again in 2011.

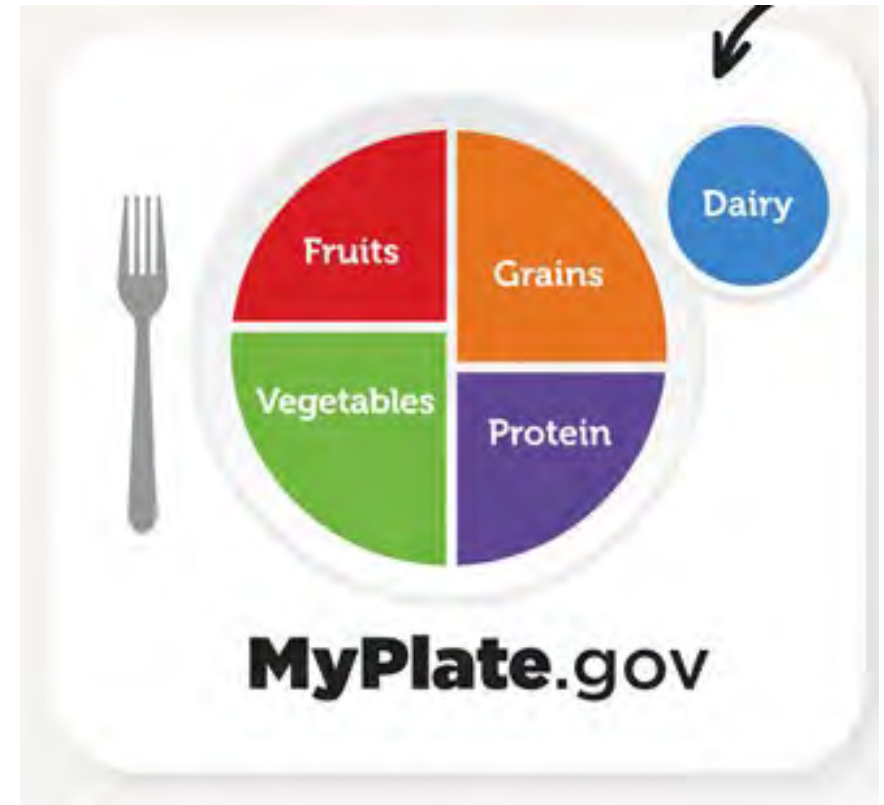




# Nutrition 101

Now it looks like this....

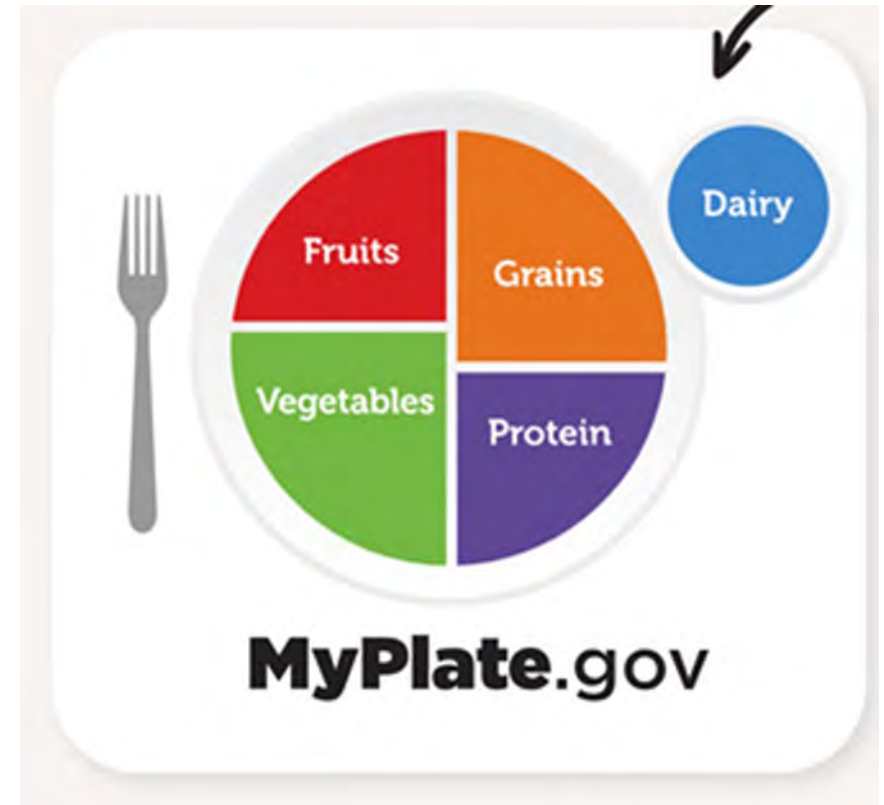
[www.myplate.gov](http://www.myplate.gov)



# On the Plate

## Orange – Grains section

- What is considered a grain?  
The 2 groups of grains: whole and refined
- How much should I eat?





# Why are **Grains** important?

1. Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease.
2. Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
3. Eating at least 3 ounce equivalents a day of whole grains may help with weight management.



# Eating your Grains



Click on this link to review the "WHOLE GRAIN TIPS FOR SENIORS" pamphlet from The Whole Grains Council:

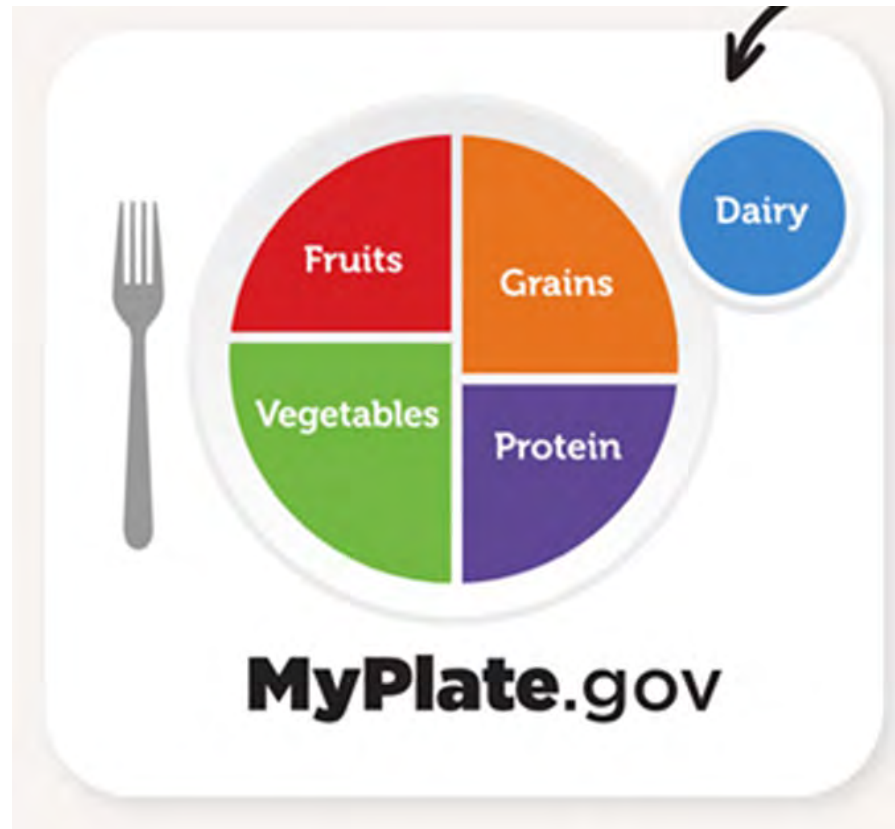
<https://wholegrainscouncil.org/sites/default/files/atoms/files/whole-grains-tips-for-seniors.pdf>



# On the Plate

## Green – Vegetable section

- What foods are in the vegetable group?
  - The 5 sub-groups
- How much should I eat each day?



# The Green Section

## Foods included:

Any vegetable or  
100% vegetable  
juice

They may be eaten  
cooked, raw, fresh,  
frozen, canned or  
dried





# How many **vegetables** should I eat each day?

According to Eating Well\*:

“For most adults that's 2 cups of fruit and 2.5 to 3 cups of vegetables (it's recommended that men get a little more veg). Only 14 percent of adults are getting the recommended amount of vegetables and only 18 percent get enough fruit.”

\*Source: <https://www.eatingwell.com/article/290393/what-does-a-day-of-fruits-and-vegetables-look-like/#:~:text=For%20most%20adults%20that's%202,18%20percent%20get%20enough%20fruit.>



# Why eat vegetables?

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1. Reduced risk of chronic disease.
2. Reduced risk of stroke or cardiovascular diseases.
3. Reduced risk of type 2 diabetes.
4. May protect against certain cancers.
5. The fiber may reduce the risk of coronary heart disease.
6. The potassium may reduce the risk of developing kidney stones and decrease bone loss.



# Potassium

Diets rich in potassium may help to maintain *healthy blood pressure*.

Vegetable sources of potassium include:

- white and sweet potatoes
- white, soy, kidney and lima beans, lentils and split peas
- tomato products (paste, sauce, and juice)
- winter squash
- spinach





# Dietary fiber

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Dietary fiber from vegetables:

- helps reduce blood cholesterol levels
- may lower risk of heart disease
- is important for proper bowel function
- helps reduce constipation
- helps provide a feeling of fullness with fewer calories.



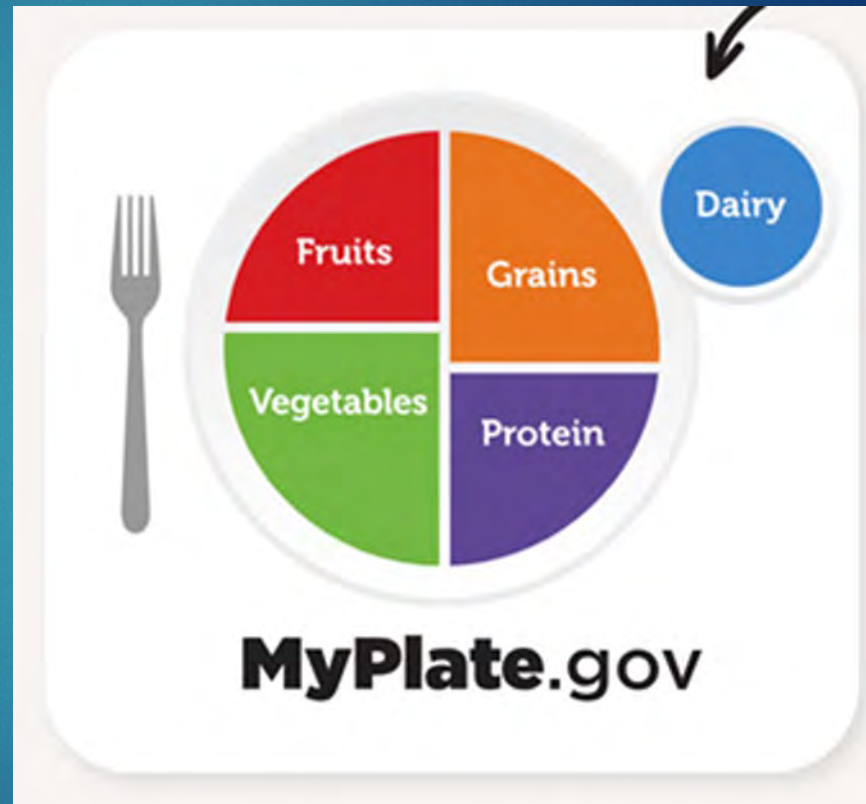
# Eating Vegetables

1. Buy fresh vegetables in season.
2. Keep frozen vegetables on hand.
3. Vary the kinds of vegetables you buy.
4. Try cooking your vegetables in different ways (steamed, baked).
5. Dark leaf lettuces are healthier than iceberg lettuce.
6. Choose brightly colored vegetables.
7. Eat a salad every night.

# On the Plate

## Red – Fruit section

- What foods are in the fruit group?
- How much should I eat?
- Does fruit juice count?





# How much do I need to eat?

According to the Office of Disease Prevention and Health Promotion, it varies from person to person, but the average adult needs two cups per day.\*

\*Source:

[https://health.gov/sites/default/files/2019-09/2015-2020\\_Dietary\\_Guidelines.pdf](https://health.gov/sites/default/files/2019-09/2015-2020_Dietary_Guidelines.pdf)







# Eating fruit

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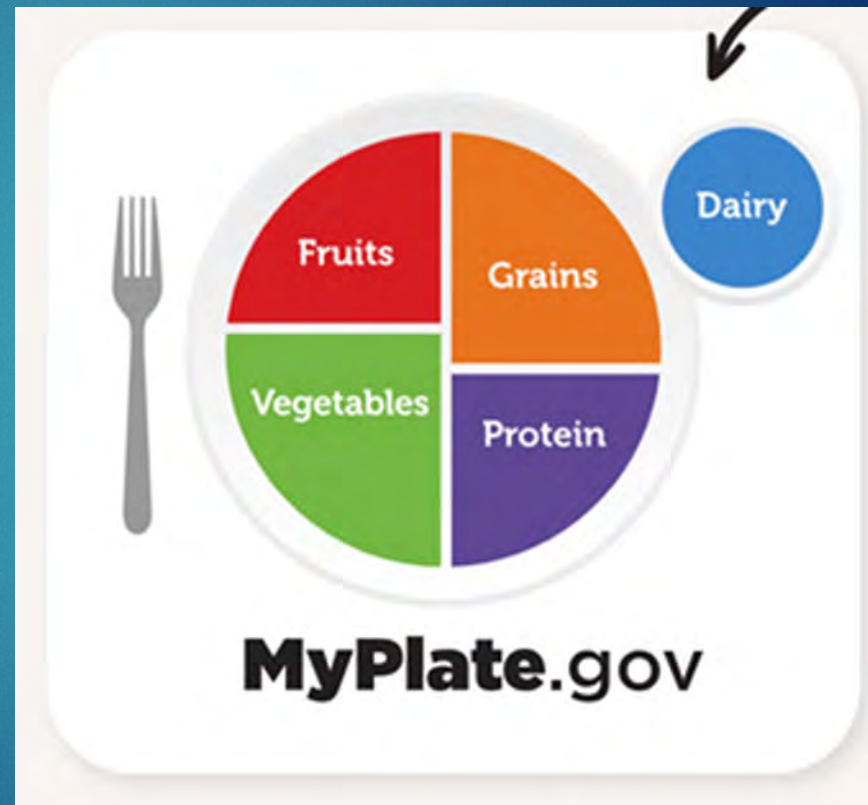
1. Buy fruit in season.
2. Keep fruit cut up in the refrigerator for easy serving and snacking.
3. Use frozen fruit for shakes, desserts, etc.
4. Select fruits with more potassium, such as bananas, prunes and dried peaches and apricots.
5. Choose fruits canned in 100% fruit juice or water rather than heavy syrup.



# On the Plate

## Blue – Dairy section

- What foods are in the dairy group?
  - How much do I need?
  - What is considered a serving?



# The Dairy Section

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Included in this Section:

- ▶ Milk (preferably low-fat)
- ▶ Yogurt
- ▶ Cheese
- ▶ Ice cream
- ▶ Milk-based desserts (puddings, custards)





# How much do I need?

The average, 51+ year old woman needs 3 cups of dairy products per day.

1 cup =

1 cup of milk or yogurt

1-1/2 ounces natural cheese

2 ounces processed cheese







# Got Milk?

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- \* Include milk at each meal – choose non-fat or low-fat.
- \* Add milk to canned soups, oatmeal and other hot cereals rather than water.
- \* Have yogurt as a snack.
- \* Have puddings or custards as a dessert.
- \* Use low-fat cheese for cooking.
- \* Use low-fat sour cream on baked potatoes.



# What if the resident does not like milk?

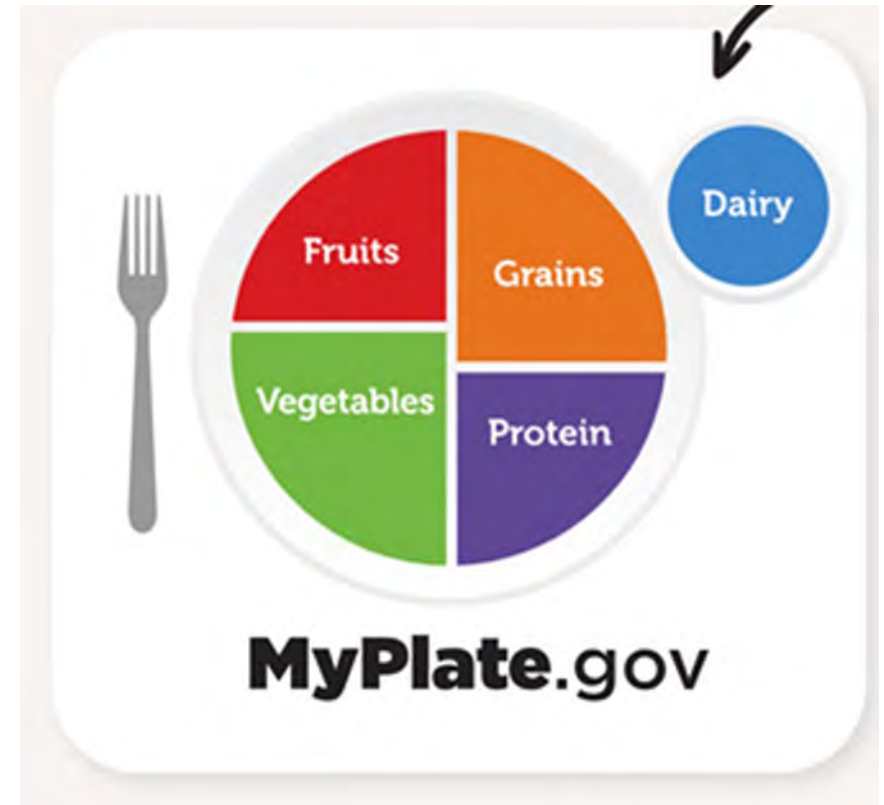
You may have lactose-intolerant or vegan residents who cannot tolerate or want milk or milk products. Try substituting:

- Lactose-free products
- Calcium fortified products, such as orange juice, cereals and breads
- Canned fish, such as sardines
- Soy products, such as tofu
- Dark, leafy greens

# On the Plate

## Purple – Protein section

- What foods are in this group?
  - How much do I need?
  - What if my resident is a vegetarian?





# Protein Foods Group

What is included in this group?

Protein Foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products.



# Examples from this Group

## Lean cuts of:

beef  
lamb  
pork  
veal

## Poultry:

turkey  
chicken  
duck

## Eggs

## Lean ground meat

## Dry beans & peas

## Fish:

salmon  
halibut  
cod  
catfish  
flounder

## Shellfish:

shrimp  
scallops  
oysters  
mussels  
clams

## Seeds & nuts:

almonds  
peanuts  
peanut butter  
pecans  
sunflower seeds



# How much should I eat?

Again, the average 51+ year old woman should have around 5 ounces of this group each day.

In general, 1 ounce =

1 ounce of meat, poultry or fish

¼ cup cooked dry beans

1 egg

1 Tablespoon peanut butter

½ ounce nuts or seeds

Why is this  
group  
important?

Foods in the meat, poultry, fish, eggs, nuts, and seed group provide:

- Protein
- B vitamins
- Vitamin E
- Iron
- Zinc
- Magnesium



# What if my resident does not like meat?

You can serve:

- Poultry
- Fish
- Nuts



Avoid raw or partially cooked eggs or foods containing raw eggs for your residents who might have health issues.

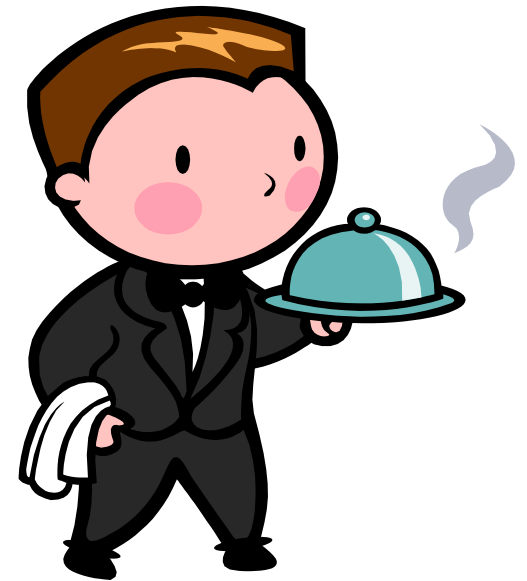


# What shall we serve the residents?

How about.....

1. what they like!!
2. a nutritious, balanced meal as described in the previous slides

Ummmm....what DO they like?



# What shall I serve?

- 🍴 Ask your residents!
- 🍴 Depends on the size of your facility, size of kitchen
- 🍴 Budget
- 🍴 Religious and cultural considerations
- 🍴 Physical health concerns
- 🍴 Mental health concerns





# What shall I serve?

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Generally, the residents in our communities love:

- American comfort food, like meatloaf, mashed potatoes and gravy, etc.
- Iceberg lettuce salad
- Vegetables cooked very soft and mushy
- Ice cream, ice cream, ice cream
- Desserts like pie, cobblers, cakes

# Group Discussions







# What shall I serve?

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Will we serve:

family style?

buffet style?

plated food?

# What shall I serve?

Am I going to prepare a full breakfast each day or serve a Continental breakfast?

Will I serve brunch on Sunday?

What about special occasions?

What about guests?

What should I serve for snacks?





## Examples of good meal choices for.....

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- Diabetics
- Residents with tooth pain or dentures that do not fit well
- Vegans



# Sources

- Department of Social Services Website for: RCFE and ARF Title 22, Health and Safety Codes and PIN's
- Choosemyplate.org
- American Heart Association
- World Health Organization
- The Whole Grains Council
- EatingWell.com
- American Diabetes Association
- Dietaryguidelines.com





# Conclusion

Assisted Living Education  
thanks you for attending this  
Class.

We look forward to seeing  
you again at another of our  
Courses!

