



Trouves Health Care

TITLE:	FOOD SERVICE – MODIFIED OR THERAPEUTIC DIET	POLICY 11.03
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Authority: WAC 388-78A-2020, 2050, 2060, 2090, 2170, 2200, 2300
WAC 388-110-150

PURPOSE:

This policy describes the facility's modified and therapeutic diets

SCOPE:

Applies to all residents

POLICY:

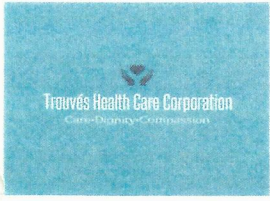
Quality of life is the paramount goal of this facility. Restricted diets offer little variation and limit individual food preferences.

The facility policy is to provide "home-like meals" within our community. Balanced meals, consistent portions, and flexible meal times are the foundation of nutritional well-being. The facility accepts requests for large or small portions, food preferences, food allergies, etc.

Experience has shown that older adults living in communal settings eat better when they are given a less restrictive diet. If the health care practitioner prescribes a therapeutic or modified diet, the facility will first request consideration for a diet change to the least restrictive diet the health care practitioner will allow. If the therapeutic diet remains as an order, the facility will attempt through reasonable accommodation to make the modified diet available to the resident, to the best of our ability.

PROCEDURE:

1. All menus are based on a general diet and provided to all residents and guests unless requested or ordered by the health care provider.
2. Menus provided at the facility meet the current recommended dietary allowances established by the Food and Nutrition Board, National Research Council, and adjusted for the geriatric population and individual resident preferences to the extent possible. Prescribed diets are prepared according to a dietician-approved diet manual.



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- A. The menu package includes written extensions for such therapeutic and modified diets.
 - B. A diet manual is also available for reference in the dietary department to provide further information regarding therapeutic diets prescribed by the health care practitioner.
 - C. The diet manual is reviewed and updated as needed by the dietician and the food service manager or designee at least every five years.
 - D. Modified diets that are provided include:
 - i. general low sodium diets
 - ii. general diabetic diets
 - iii. mechanical soft foods
3. The resident has the right to refuse a modified or therapeutic diet. Staff will continue to offer the prescribed diet and explain the risks of such refusal.

EXCEPTIONS:

No exceptions to this policy may be granted without the prior written approval of the Director.

SUPERCEDES:

None