

MENU PLANNING FOR LONG-TERM CARE RESIDENTS

The purpose of this article is to provide menu planning guidance for licensed dietitians working with older adults residing in Iowa nursing facilities. Iowa Administrative Code section 481—58.24(3)(b) states:

“Menus shall be planned to provide 100 percent of the daily recommended dietary allowance [RDA] as established by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences. A current copy of the Simplified Diet Manual published by Blackwell Publishing, Ames, Iowa, shall be available and used in the planning and serving of all meals.”

Chapter 1 of The Simplified Diet Manual has historically included the USDA food pyramid, now known as *MyPyramid*, which correlates with *Dietary Guidelines for Americans 2005*. Chapter 1 “Guidelines for Diet Planning,” may be used as a general reference for meal planning.

Chapter 2 of The Simplified Diet Manual covers nutritional guidelines for the life span, including “Meeting Nutritional Needs of Older Adults.” This section, authored by Kathleen Niedert, PhD, MBA, RD, CSG, LD, FADA, notes that “Dietary adjustments to address the aging process must be considered,” and references use of the Tufts Food Guide Pyramid for Older Adults as a more practical option. The adaptation emphasizes nutrition-dense food choices and reduces the volume of food recommended by MyPyramid in lieu of the unique needs of older adults. Daily guidelines include: 2-3 servings milk/dairy, 5-6 oz meat/protein, 5 servings fruits/vegetables, and 6 servings grain.

To meet the requirements of the Iowa Administration Code, licensed dietitians working in Iowa nursing facilities should consider the following recommendations:

- Write a facility policy stating the specific guidelines to be used for menu planning, considering the facility’s resident population, cultural preferences, type of meal service, and the recommended dietary allowances.
- Consider using the Tufts Food Guide Pyramid for Older Adults as a starting point for menu planning with individualization for the facility’s resident population. This information can be accessed on the Internet:
http://nutrition.tufts.edu/1197972031385/Nutrition-Page-nl2w_1198058402614.html.

In the facility policy, state which reference is being used to identify food groups in meal planning. For example, *MyPyramid* categorizes tomatoes as a vegetable as well as corn and potatoes. If you plan to use the food categorizes as established by “Choose Your Foods: Exchange Lists for Diabetes” published in 2008, then state this. If you plan to interchange corn and potatoes as grains/starches, make sure you state this.

No matter what menu guidance is used, be able to demonstrate that facility menus meet 100 percent of the Recommended Daily Allowances (RDA) as established by the Food and Nutrition Board of the National Research council of the National Academy of Sciences. This is for daily intake, typically included in a breakfast, a noon, and an evening meal. Snacks may be included as part of the daily intake if **all** residents are offered the snack. The RDA’s can be referenced in

the Simplified Diet Manual 10th edition, starting on page 152; they are printed in **bold type**. You can also reference the DRIs (RDA/AIs) at http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=256&topic_id=1342

Note: chapter 58 states that RDAs need to be met- it does not specify guidelines regarding Adequate Intakes (AIs)

Ensure that individual nutrition needs are met. Recommend MVI and/or mineral supplementation for individuals that are unable to meet their nutritional needs with current meal intake/meal selections.

Tufts Food Guide Pyramid for Older Adults

The *Simplified Diet Manual* has historically included the USDA food pyramid, now known as *MyPyramid*. The *Simplified Diet Manual* 11th edition (anticipated publication date of January 2012) plans to include the **Tufts Food Guide Pyramid for Older Adults** which emphasizes nutrition-dense food choices and reduces the volume of food recommended by *MyPyramid* in lieu of the unique needs of older adults. Daily guidelines include: 2-3 servings milk/dairy, 5-6 oz meat/protein, 5 servings fruits/vegetables, and 6 servings grain.

You may access information on the Tufts Food Guide Pyramid on the Iowa Dietetic association web site at <http://www.eatrightiowa.org/icd/index.html>.

Please Note: Use of the Tufts Food Guide Pyramid does not necessitate any rule change or alter any of the current procedures and protocols utilized by surveyors when completing dietary tasks.

Resources:

DRI Tables:

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=256&topic_id=1342

ICD-HCF. Fall 2007. Menu Planning Beyond MyPyramid. *The Consultant Dietitian*, #2; Volume 32: 19-20.

http://www.cdihcf.org/members/files/newsletters/2000-2007/fall_2007.pdf

American Dietetic Association. 2005. Position Paper of the American Dietetic Association: Liberalization of the diet prescription improves quality of life for older adults in long-term care. *J Am Diet Assoc.* Dec; 105 (12): 1955-65.

Simplified Diet Manual Tenth Edition. Iowa Dietetics Association, Jan 2007

To order visit <http://www.wiley.com/WileyCDA/WileyTitle/productCd-0813818788.html>

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