(A) Policy Statement
It is the policy of Food & Nutrition Services to maintain nutritional analysis of recipes and food items used on production menus and provide patients with a selective menu, based on diet order, to allow them to choose selections based on food preferences.

(B) Purpose of Policy
To develop a mechanism to standardize and identify nutritional care while honoring food preferences; to promote adequate nutritional intake, and to allow patients to make independent food choices, within the prescribed diet order.

(C) Procedure
1) The Chief Clinical Dietitian or designee plans and approves all patient menus. Clinical Dietitians advise in menu preparation and menu substitutions.

2) FANS will keep a nutrition binder holding the nutritional analysis of food items and recipes used on the patient menu. Nutritional analysis is based on:
   - Patient menus = Non-select menu selection
   - Modified/Therapeutic diets = Physician diet order and specifications

3) A Room Service menu is offered to all patients with selections modified for the following restrictions.
   - Regular
   - Pediatric (3-17 years)
   - Mechanically Altered; Ground meats; Chopped meats
   - Soft/ GI Soft
   - Thickened liquids (nectar and honey)
   - Heart Health/HTN/CABG/Stroke (2gNa, low fat/cholesterol)
   - Heart Failure/Cirrhosis/CKD/ESRD (2gNa)
   - Carbohydrate Controlled; (Diabetic Male/Diabetic Female)
   - Low phosphorus; Low potassium
   - Calcium restricted
   - Carbonated beverage restricted
   - Fluid restricted: dry tray, 240ml/tray
   - High calorie/High protein
   - High fiber; Fiber restricted
   - Kosher
   - Vegetarian (all levels)
   - Vitamin K restricted
   - Allergies: milk, egg, nut, peanut, fish, shellfish, soy, wheat/gluten
   - Tyramine restricted
   - No red foods
   - Post gastrectomy
• Pancreatitis (Low Fat)
• No Caffeine
• Tyramine restricted
• Kobacker
• Low Lactose

4) Non-Selective Menus will be used for test diets and for selected short-term diet orders:
• Puree
• Clear and Full Liquid
• Fractured Jaw
• Post Cath Tray Diet
• Bariatric Clear/Bariatric Soft

5) Patient Menu Substitution of Products
• Every attempt to keep substitutions to a minimum unless necessary due to production issues.
• The tray line staff and the patient will receive notification from the Production Manager, Supervisor or Clinical Dietitian/Diet Technician in the event of a menu substitution.
• If a substitution is necessary, the Production Manager, Supervisor or Clinical Dietitian/Diet Technician will:
  i) Substitute with a food or beverage item comparable in nutrient value. Production Manager and Supervisor should contact Dietitian or Dietetic Technician for approval.
  ii) Record substitution on the production sheets.
  iii) Notify Diet Office to amend menus as needed (food allergies, food preferences, etc.)

6) Alternative Patient Menu Selection (Special Request)
• FANS develops mechanisms which respects patient food preferences and provides alternative menu items to meet the special needs of patients.
• Alternative menu items available will be provided to patients as requested (within diet prescriptions).
• Attempts will be made to accommodate patient’s religious and cultural food preferences.

7) Diet Office employees monitor the duration of short-term diet orders according to guidelines and refer orders which exceed norm to the clinical staff.

8) Patient allergies are entered into the computer and food items in conflict with the allergy(s) will be removed from menu selections.


<table>
<thead>
<tr>
<th>Approved by:</th>
<th>Review/Revision Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joshua Krupinski, Director, Food &amp; Nutrition</td>
<td>6/05</td>
</tr>
<tr>
<td></td>
<td>6/2/2008</td>
</tr>
<tr>
<td></td>
<td>7/1/2011</td>
</tr>
<tr>
<td></td>
<td>7/1/2014</td>
</tr>
<tr>
<td></td>
<td>4/1/2017</td>
</tr>
<tr>
<td></td>
<td>4/23/2019</td>
</tr>
<tr>
<td></td>
<td>3/26/2020</td>
</tr>
<tr>
<td></td>
<td>5/16/2022</td>
</tr>
</tbody>
</table>

Review/Revision Completed By: Food & Nutrition
Clinical Nutrition

Next Review Date: 5/1/2025