

DEPARTMENT: Dietary Department

PROCEDURE: KIT 10

SUBJECT: Fortified Meal Program

PURPOSE: To provide dietary guidance for dietary staff in preparation of fortified meals

RESPONSIBILITY:

- Dietary Manager
- Dietary Department Staff
- Dieticians

PROCEDURE:

1. Patients on fortified meals must be given one of the following examples and it is to be documented on the patient's meal label what has been provided each meal.
 - a. 6 oz of whole milk, CIB or hot chocolate with every meal.
 - b. Add at least 1 Tbsp extra fat (butter, margarine, mayo, salad dressing, etc.) to each meal. This can be added to vegetables, potatoes, pasta, rice, salads, breads, toast, etc.
 - c. Use extra cheese, cream, whipped topping, gravy, sugar, syrup, jam or jelly, peanut butter, or other concentrated calories where appropriate. (See lists "Ways To Increase Calories" and "Calorie Boosters" for more ideas.)
 - d. Dietitian's will monitor patient intake and outline appropriateness of any other fortified supplement to ensure patient nutrient needs are met; and communicate these needs to the dietary staff so they can provide at patients meal times.

REVIEW PROCESS:

- To be reviewed every 2 years by Director of Food Services and Dietitian
- Last revision Jan 2016