

**DEPARTMENT: Dietary Department**

**PROCEDURE: KIT 30**

**SUBJECT: Inpatient Nutrition Planning**

**PURPOSE:** To assure consistent quality and efficient use of FMDH Dietary resources

**RESPONSIBILITY:**

- Director of Food Services
- Dietary Department
- Registered

**PROCEDURE:**

1. The Dietary Director and Nutrition Service Director or Registered Dietician designee are responsible for the planning of regular and modified diets.
1. The menus, regular and therapeutic diets, are written to meet the Basic 5 Food Groups, the dietary guidelines for Americans and in accordance with the dietary reference intakes of National Research Council of National Academy of Sciences. The regular diet provides approximately 2000 calories. Therapeutic diets provide similar nutrients in keeping with therapeutic revisions.
2. A selective restaurant-style menu is used
3. Menus may be adjusted for seasonal changes and holidays
4. Cook and dietary staff are to use the menus as their guide in preparing and serving meals
  - a. If a menu substitution is necessary, the Dietary Manager and /or Dietitian is responsible for substitution approval.
5. Menus for special functions are planned by the Dietary Manager and Dietitian or Nutrition Service director.

**REVIEW PROCESS:**

- To be reviewed every 2 years by Director of Food Services and Dietician