



1

Menus Must.....	
<ul style="list-style-type: none"> <li>• Meet the nutritional needs of the residents in accordance with established national guidelines.</li> <li>• Be prepared in advance</li> <li>• Be followed</li> <li>• Reflect based on a facility's reasonable efforts, the religious, cultural and ethnic needs of the resident population, as well as input received from residents and resident groups;</li> </ul>	<ul style="list-style-type: none"> <li>• Be updated periodically;</li> <li>• Be reviewed by the facility's dietitian or other clinically qualified clinical nutrition professional for nutritional adequacy; and</li> <li>• Nothing in this paragraph should be construed to limit the resident's right to make personal dietary choices</li> </ul>
11/3/21	2

2

<h2>Examples of meal planning guides</h2>	<hr/> <p>US Dietary Guidelines</p> <hr/> <p>American Diabetes Association</p> <hr/> <p>Academy of Nutrition and Dietetics</p> <hr/> <p>American Medical Association</p> <hr/> <p>Menus need to cater resident's preferences and must consider individual differences. Some residents will need more to age, size, gender, physical activity, and state of health.</p>	<p>3</p>
<p>11/3/21</p>		

3

<h2>Deficiency Categorization</h2>		
<hr/> <p>Level 4, immediate jeopardy: facility only has one day supply of food/beverage on hand. Resident reported they were hungry and were told there was not food to serve them. -Or- Facility failed to follow a menu for a resident on a puree diet. Resident choked and was at high risk for dying.</p> <hr/> <p>Level 3, actual harm: based on comprehensive assessment, a resident's nutritional needs changed and facility did not adjust his menu. As a result he had a significant weight change.</p> <hr/> <p>Level 2, no actual harm with potential for more than minimal harm: Facility failed to ensure the resident's menu and/or individual food plan met his/her nutritional needs.</p> <hr/> <p>Level 1, no actual harm with a potential for minimal harm: It was observed that food items were being substituted with equally nutritional value, but not noted or updated on the menu and residents were not notified of the change.</p>	<p>4</p>	
<p>11/3/21</p>		

4