WHAT AHCA EXPECTS

Therapeutic & Mechanically Altered Diets
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SERVICES

- Mock Survey / AHCA / Food Safety & Sanitation
- Policy Manual Available
- Signed Cycle Menus & Menu Review
- Compliance with 58A-5, 020/64E11 / F Tags
- 2-Hour CEU Nutrition / Food Service Class
Nutrition Software available for:

- Assistance in Decreasing Food Cost
- Cost Containment of Operation
- Budget Control Tools
- Improved Client Retention
- Enhanced Dining Services
Food Purchasing Program linked to your menu

- Assist in Decreasing Upfront Food Costs
- Control Budget
<table>
<thead>
<tr>
<th>Assisted Living Facility Commonly Used Diets</th>
</tr>
</thead>
<tbody>
<tr>
<td>☑ REGULAR</td>
</tr>
<tr>
<td>☑ NCS (calorie controlled)</td>
</tr>
<tr>
<td>☑ NAS</td>
</tr>
<tr>
<td>☑ LOW FAT / LOW CHOLESTEROL</td>
</tr>
<tr>
<td>☑ REGULAR CHOPPED</td>
</tr>
</tbody>
</table>
Assisted Living Facility
Other Diets Used

- MECHANICALLY ALTERED
- PUREE
- LCS, CCHO
- LACTOSE FREE or LACTOSE RESTRICTED
- RENAL or LIMITED RENAL
- GLUTEN FREE or GLUTEN RESTRICTED
- CARDIAC
<table>
<thead>
<tr>
<th>THICKENED LIQUID CONSISTENCIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>❖ NECTAR / SYRUP</td>
</tr>
<tr>
<td>❖ HONEY</td>
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<tr>
<td>❖ PUDDING</td>
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## Discussion of Various Diets

- REGULAR (no restrictions)
- NCS (diabetic)
- NAS (no extra salt added)
- LOW FAT / LOW CHOLESTEROL  
  (limit foods high in fat & high in cholesterol)
- REGULAR, CHOPPED (meats)
- REGULAR, GROUND (meats)
<table>
<thead>
<tr>
<th>Discussion of Various Diets continued...</th>
</tr>
</thead>
<tbody>
<tr>
<td>❖ LCS, CCHO (less restrictive diabetic)</td>
</tr>
<tr>
<td>❖ LACTOSE RESTRICTED (limit lactose)</td>
</tr>
<tr>
<td>❖ CARDIAC (low fat, low cholesterol, low sodium)</td>
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<tr>
<td>❖ RENAL</td>
</tr>
<tr>
<td>(limit sodium, potassium, phosphorous, &amp; protein)</td>
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<tr>
<td>❖ Gluten Restricted (omit wheat products)</td>
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</tbody>
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Discussion of Various Diets continued...

- **MECHANICAL SOFT** (ground meat, no raw fruits or vegetables, no seeds, no nuts, no hard bread)

- **PUREE** (most all foods to an applesauce consistency)

- **LARGE / SMALL PORTIONS** (increased / reduced)
FURTHER DISCUSSION OF COMMON ALF DIETS
REGULAR

- No Restrictions
<table>
<thead>
<tr>
<th>NO CONCENTRATED SWEETS (sugar / carbohydrate restriction)</th>
</tr>
</thead>
<tbody>
<tr>
<td>❖ No extra sugar, honey, sweets</td>
</tr>
<tr>
<td>❖ No sweetened beverages</td>
</tr>
<tr>
<td>❖ Generally, Low-fat milk</td>
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<tr>
<td>❖ No sweet desserts (pies, cakes with icing)</td>
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<tr>
<td>❖ Fresh fruit, canned fruit (in 100% juice)</td>
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<tr>
<td>❖ Angel food cake, plain cakes</td>
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<tr>
<td>❖ Sugar-free desserts</td>
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</tbody>
</table>
NO ADDED SALT

- Regular Diet minus salt shakers & salt packets
- Salt with cooking is allowed
LOW FAT / LOW CHOLESTEROL

- Limit Fat & Cholesterol
- Limit eggs to 3 per week
- No fried foods
- No cream sauces
- Low fat milk
- Limit desserts high in fat
Food Items which enable a resident to comply with the therapeutic diet shall be identified on the menus

- Separate Menu
- Combined on the Same Menu
- Policy
- Diet Instruction
Make Sure
You Have a Good Diet Manual in Your Facility

- A standard in the industry
- Current
- Diets you offer are in the manual
MENUS

- Portions
- Signed off by RD or LD annually
- Best practice / standard in the industry...
  If you permanently change menu, RD/LD to review/sign
- Copy of Current RD/LD License
If it is not self explanatory.

we suggest a policy on what your diet consists of by your Dietitian.
WHEN THEY SIGN YOUR MENUS...

they are your go-to Dietitian for your facility.
Make sure they understand your needs & the regulations.

......RD Signature......
Diet Procedure

- EVERYONE on admission must have a diet order
  1823 Form

- Special Needs
  Other than a Regular Diet
  Therapeutic / Mechanically Altered Diet
  Must have a menu to meet clients needs
  Must meet industry standards
Changes to Diet

- Change in client needs
  ie: out to hospital and returns to facility on NCS diet

- If not able to change diet to one you have in house, then you must contact your Dietitian
Dietary Standards from the 58A

- Menu your facility offers:
  must meet nutritional standards in the industry

- ONE of these standards is:
  “Tenth Edition Recommended Dietary Allowances”
  established by the Food & Nutrition Board
Therapeutic Diets

shall meet these same nutritional standards to the extent possible
Recommended Dietary Allowances

shall be met by offering a variety of foods adapted to the resident’s food habits, (cultural) preferences and physical abilities (therapeutic & mechanically altered diets)
Standardized Recipes

Not required for Facility with a Licensed Capacity of 16 or fewer residents
The facility shall document a resident’s refusal to comply with a therapeutic diet.

- The facility shall document notification to the resident’s healthcare provider.
If the resident refuses to follow a therapeutic diet after the benefits have been explained, then a signed statement from the resident (or the residents responsible party) refusing the diet is acceptable documentation of the residents preferences.
RECAP

When you accept a resident on a special diet / need

- Identify on the menu
- Diets
- Portions
- Policy
- Manual
- Diet Instruction
CONCLUSION