

Nutrition 101: What You Need to Know Working in Group Homes

Presented By
CMHA-CEI Dietitians

Reviewed 09/2020



Community

MENTAL HEALTH

CLINTON • EATON • INGHAM

“House Keeping” Rules

- Cell Phones
 - change ringtones to silent or vibrate
 - no texting or phone calls during class
- Bathrooms/Snacks
- Break time
 - both morning and afternoon break
- Participation
 - Please feel free to ask questions!
- “Bike Rack”



What You'll Know by the end....

- Why we eat what we do
- Importance of structured mealtimes
- Evolution of the Food Groups (Food Plate vs. Pyramid)
- Basics of Label Reading
- Review MUST KNOW's from group homes
- Swallowing Disorders/Issues
- Care Plans/Special Diets
- Menus and how to use them
- Basic Food Shopping/Measuring
- Food Borne Illnesses/Food Safety
- Kitchen Safety

Basic Nutrition Principals

- Factors that influence Food Choices
- Using meals as a Learning Model
 - Socialization
 - Skills
 - Positive Attitudes
 - Community Inclusion

**What are the factors that
influence what we (You, me,
our consumers) eat?**

Discuss!

Factors that Influence Food Choice:

- Ethnic Background or Religion
- Budget
- Media messages
- Availability
- Convenience in Preparation
- Peer Group/Status
- Coupons
- Available Equipment
- Cooking Skills
- Reading Skills
- Health Conditions
- Activity Level
- Age
- Location
 - Home vs. restaurant
- Holidays
- Family Food Preferences
- Altered taste due to medication side effects
- ****Attitude of planners**
- Limited Motivation
- Lack of cooking skills

Meals as Learning Model- Skills

- Staff = role models/peers
 - Set good example
 - Eat with residents
 - Be present/engaged
 - Use “family style meals” appropriate
- Help to develop appropriate skills
 - Set-up and clean up
 - Manners at mealtime



Meals as Learning Model- Socialization

- Encourage healthy food choices/activities outside of home, set the example!



- Outside food... what if it were you?
- House Rules for personal food items

Food Groups/ Guidelines

- 5 Food Groups
- MyPlate vs. My Pyramid
- Key Nutrients
- Food Labels

Grains

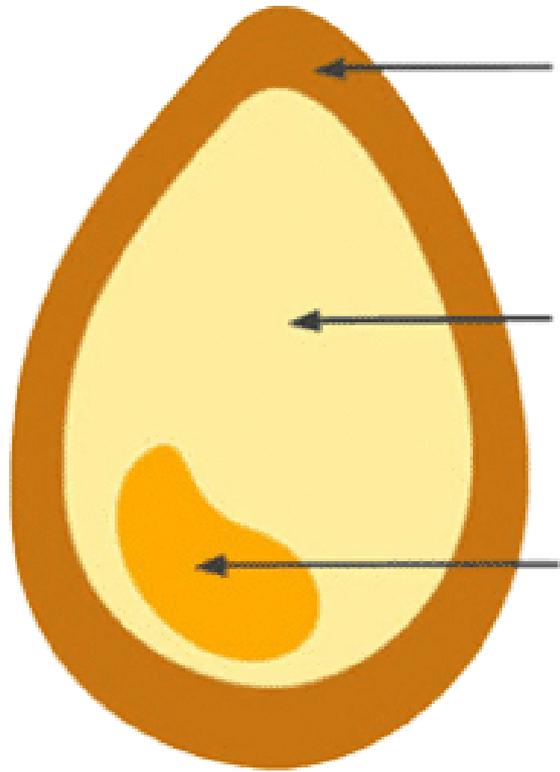
- Examples: Wheat, Rye, Barley, Oats, Rice, etc.
- Whole Grains vs. Refined
- Why Good?
 - Contains fiber- makes you feel full
 - Help moderate blood sugar, cholesterol, blood pressure, etc.
 - Help keep our BM's regular



Whole Grain

vs.

“White” Grain



Bran

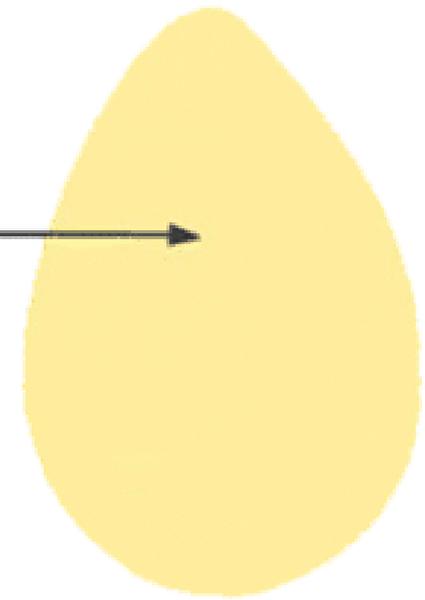
The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

Endosperm

The middle layer that contains carbohydrates along with proteins.

Germ

The small nutrient-rich core that contains antioxidants, including vitamin E, B vitamins and healthy fats.



Key Words: ‘Whole Grain.... Whole Wheat...’ as first ingredient

Meat & Beans (Protein)

- Examples: Eggs, Chicken, Tofu, Nuts, Fish, Beef, Legumes, Pork, etc
- Packaged/Deli Meat vs. fresh (sodium)
- Canned beans vs. dry (sodium)
 - 1oz= 1/2 cup beans= 2 Tbsp. PB= 1 egg
- Good for: muscles, bone, brain development, healing



Fruits

- Examples: Bananas, tomatoes, grapes, oranges...
'Eat the Rainbow'
- Canned vs. Fresh vs. Frozen
- Syrup vs. Own juice
- Sugar content
- Good for: Vitamins/minerals that support healthy skin, hair, nails, good fiber source, etc



Vegetables

- Examples: Carrots, Broccoli, Cauliflower, Green Beans, Potatoes, etc... 'Eat the Rainbow'
- Canned vs. Fresh vs. Frozen
- Salt vs. Unsalted vs. Low Sodium
- Good for: Vitamins/minerals that support healthy skin, hair, nails, good fiber source, etc



Dairy

- Examples: Milk, cheese, yogurt
- Fat content- what's the difference in nutrition
- Dairy vs. Plant-based 'Milks'
- Osteoporosis
- Seizure meds
- Good for: Bones, cardiac health, muscle contractions, electrolyte balance, good balance of protein/carbs



Other

- Examples: Ice cream, Cookies, Candy, Cake, Fast Food, Chips, Frozen Meals, etc...
- Examples of High Sugar Beverages: Pop, Kool-Aid, Gatorade, Sunny-D, Sweet Tea/Arizona Iced Tea



How much sugar is in your drink?

Based on the FDA standard of 4 grams of sugar per teaspoon.



Monster Energy 16 oz.
200 calories



vitaminwater 20 oz.
125 calories



Mountain Dew 20 oz.
290 calories



Snapple Lemon Tea 16 oz.
160 calories



Gatorade 20 oz.
130 calories



Nantucket Nectars Cranberry 17.5 oz.
280 calories

13.5
teaspoons

8
teaspoons

19.25
teaspoons

10.5
teaspoons

8.5
teaspoons

17.5
teaspoons



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Evolution of the Food Guide, 1943-1950's

To Demonstrate "Basic Seven" Diet

WASHINGTON, April 2 (AP)—War-time food demonstrations, aimed at maintaining nutrition standards, will be held soon all over the country.

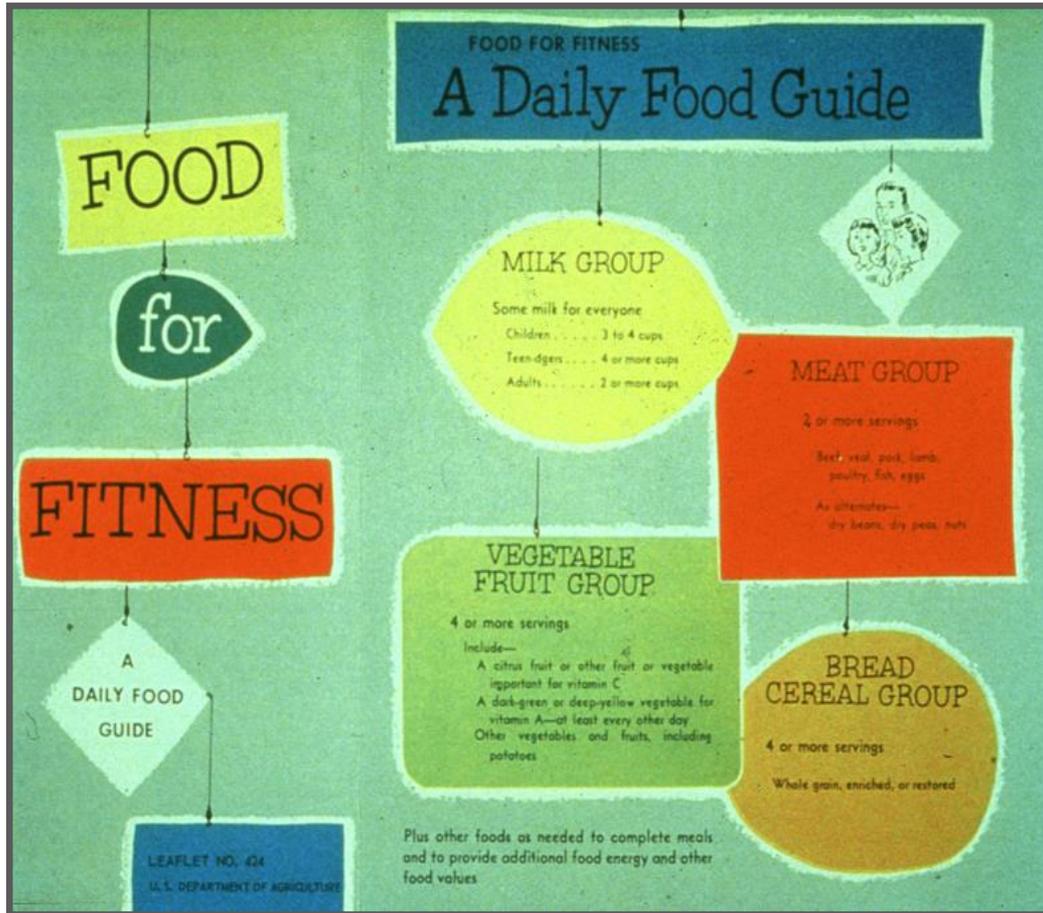
Under the slogan, "eat the basic 7 every day," the Agriculture Department suggested today in that connection that seven basic food groups which should be included in everyone's daily diet.

They are: green and yellow vegetables; oranges, tomatoes, grapefruit (or raw cabbages or salad greens); potatoes and other vegetables and fruits; milk and milk products (such as cheese); meat, poultry, fish or eggs (or dried beans, peas, nuts or peanut butter); flour and cereals; and butter or fortified margarine (vitamin A added.).

*For Health...eat some food
from each group...every day!*



Evolution of the Food Guide, 1956-1992



FAMILY FOOD GUIDE
some choices for thrifty families

MILK GROUP some for everyone
MILK, DRY MILK, BUTTER, CHEESE, EVAPORATED MILK

MEAT GROUP 2 or more servings
LIVER, STEAK, BEEF, PORK, LAMB, POULTRY, FISH, EGGS, BEANS, DRY BEANS, PEANUT BUTTER

VEGETABLE-FRUIT GROUP 4 or more servings
Dark Green: BROCCOLI, SPINACH, PEAS
Deep Yellow: CARROTS, SWEET POTATOS
Citrus and Tomatoes: ORANGES, LEMONS, TOMATOES
others: POTATOES, APPLES, PEARS

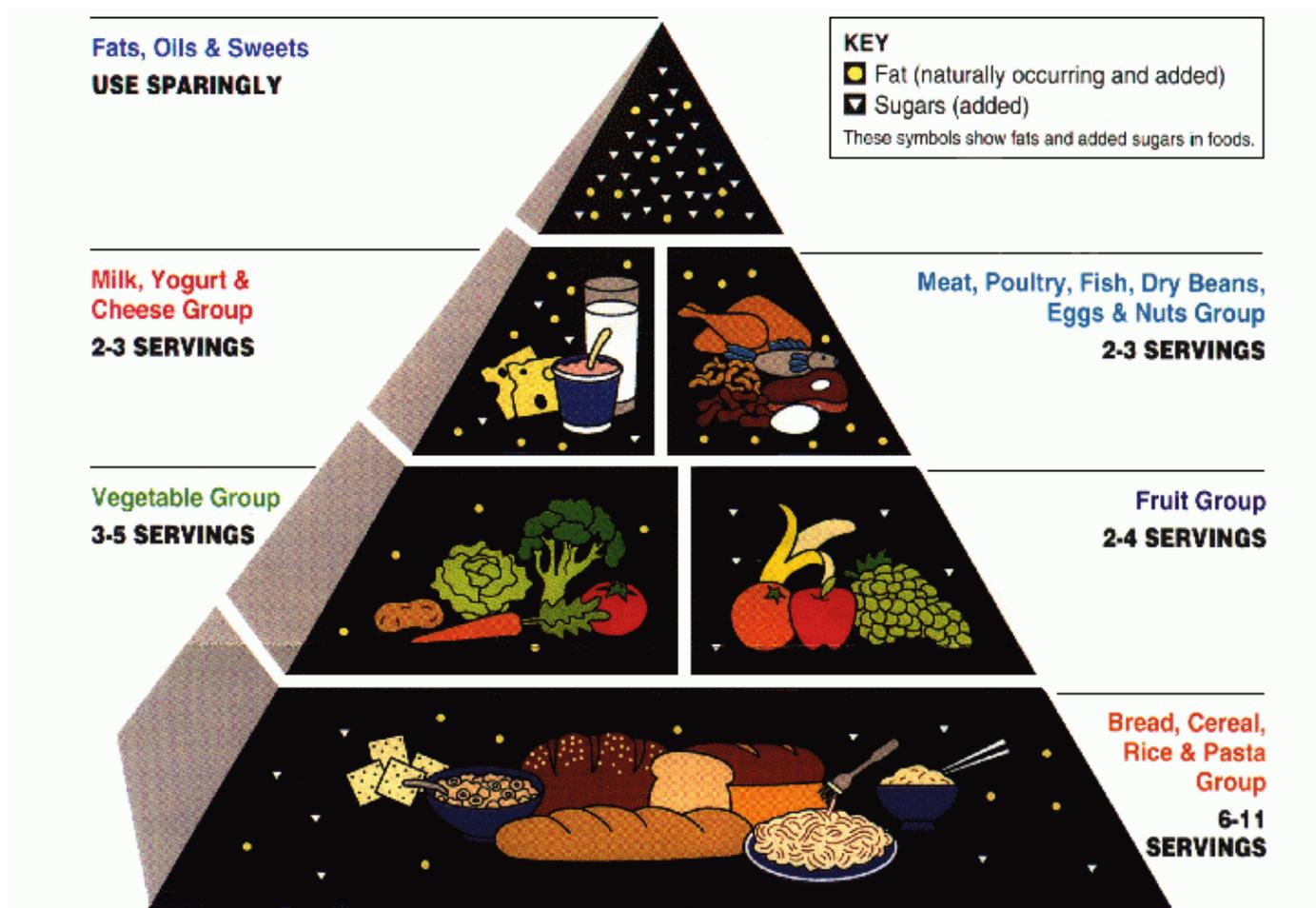
BREAD-CEREAL GROUP 4 or more servings
RICE, BREAD, MACARONI, OATS, FLOUR ENRICHED, CEREAL

everyday eat foods from each group
EAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

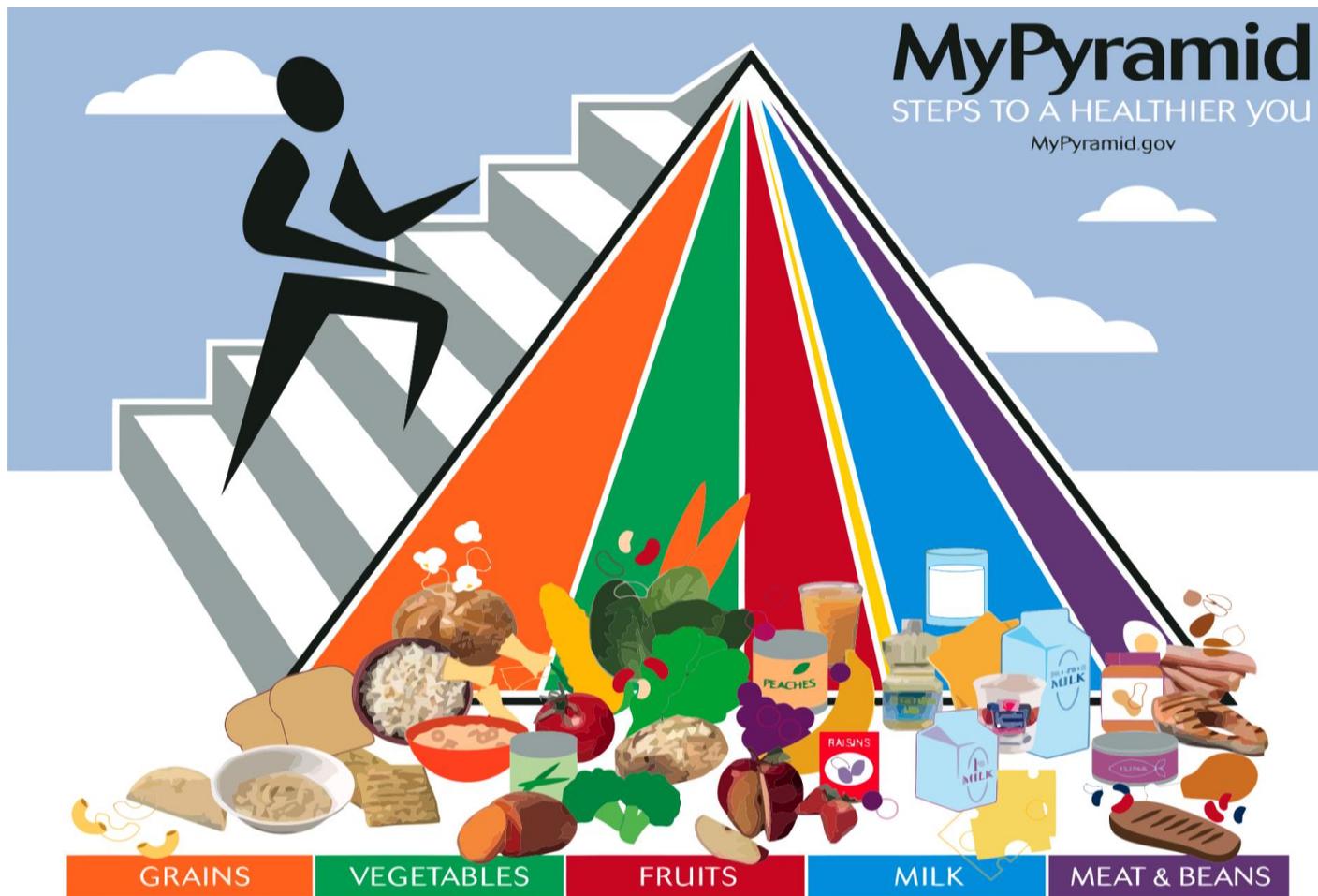
U.S. DEPARTMENT OF AGRICULTURE • Consumer and Marketing Service • Agricultural Research Service • July 1966

CGWS 23

Evolution of the Food Guide, 1992-2005



Evolution of the Food Guide, 2005-2010



Evolution of the Food Guide, 2010-Current



FOCUS ON FRUITS

Fruits may be fresh, canned, frozen, or dried, or 100% juice. Make half your plate fruits and vegetables.



VARY YOUR VEGETABLES

Include dark green, red, orange, beans and peas, starchy, and other varieties.



MAKE AT LEAST HALF YOUR GRAINS WHOLE

Eat more whole grains such as whole wheat, bulgur, oatmeal, whole cornmeal, and brown rice.



GO LEAN WITH PROTEIN

Choose from a variety of meat, poultry, seafood, beans and peas, eggs, soy foods like tofu, nuts and seeds.



GET YOUR CALCIUM RICH FOODS

Choose fat-free or low-fat milk, yogurt and cheese.



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Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>				
<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>



NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

New:
added sugars

Change
in nutrients
required

Actual
amounts
declared

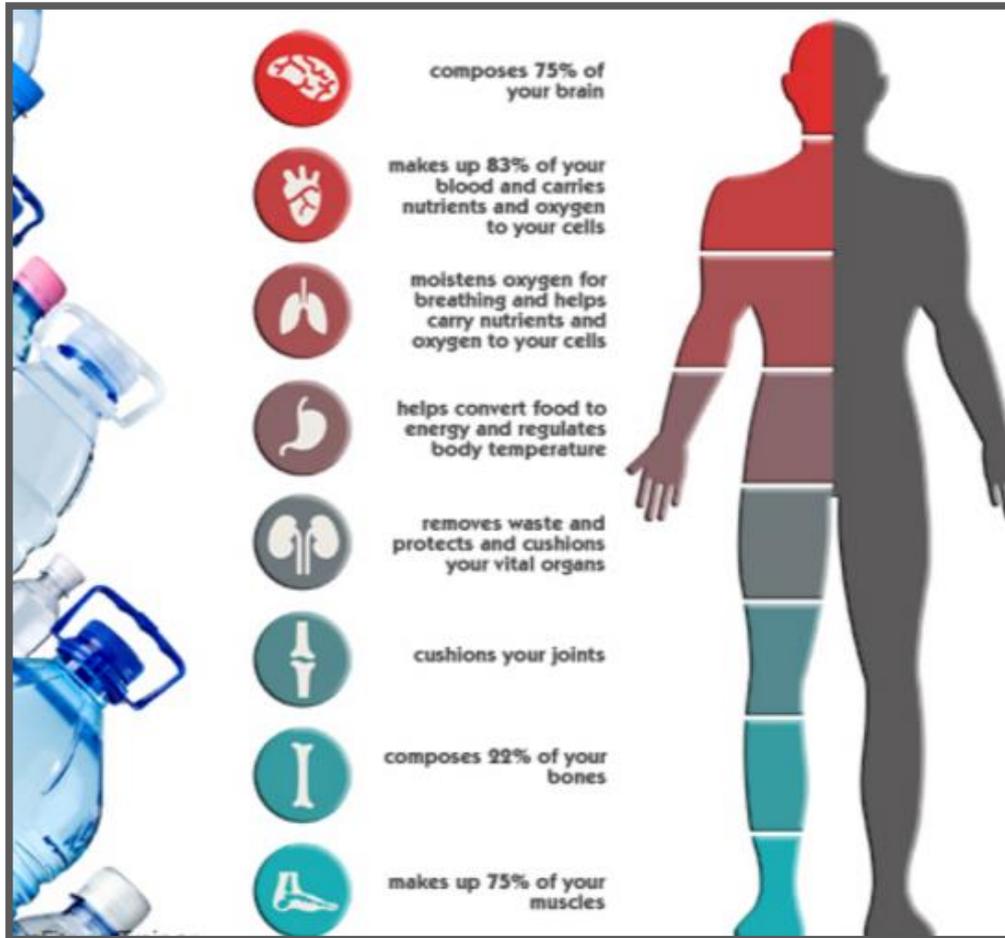
New
footnote



Key Nutrients: Macro, Micro, Other

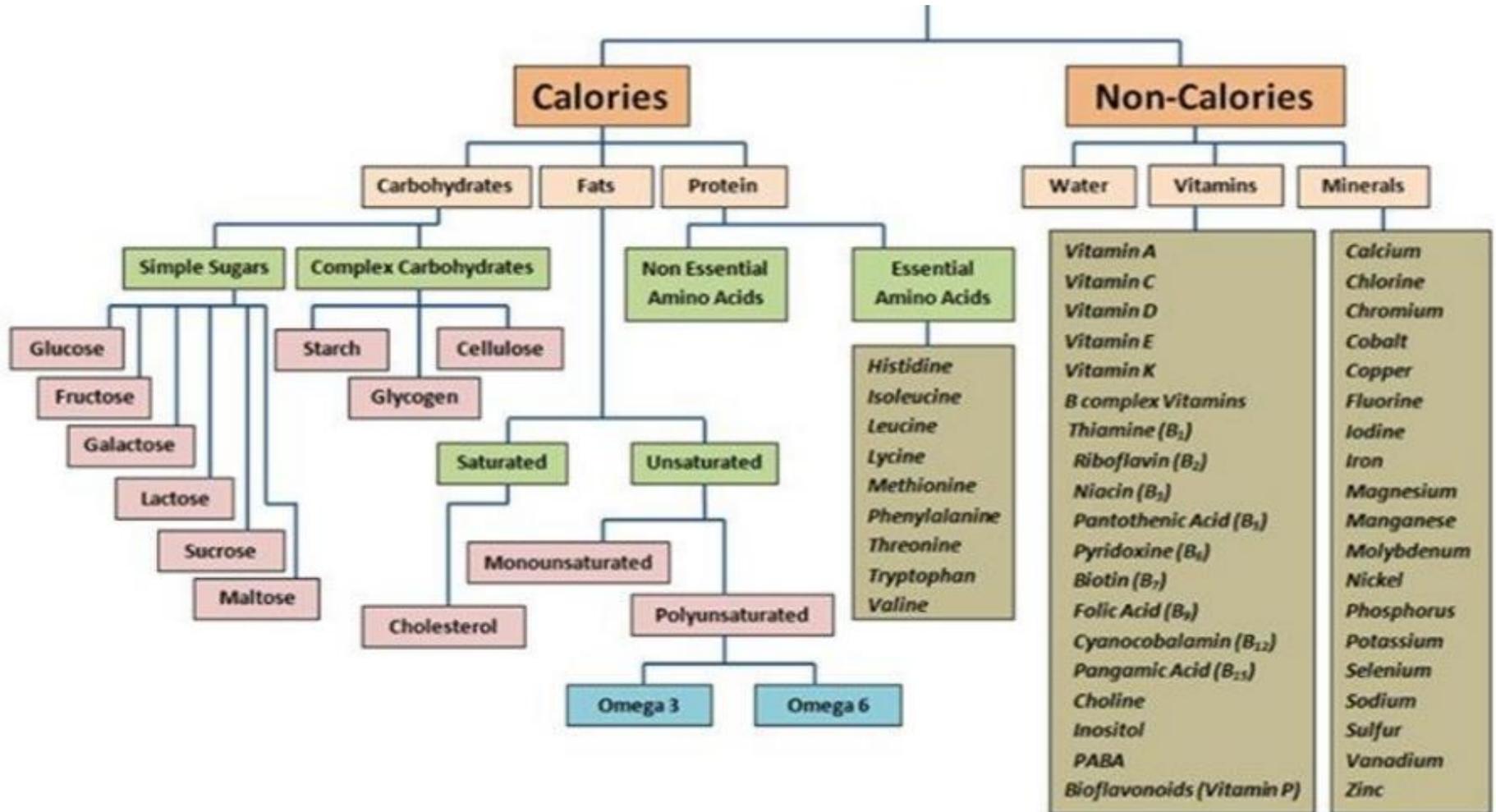
- **Macro:** Protein, Carbohydrates, Fats
 - Get energy from
- **Micro:** Vitamins and Minerals
 - Don't get energy from, but are important for many functions in the body.
- **Water Soluble vs. Fat Soluble Vitamins**
 - Water S.- Need to consume regular, doesn't store in body
 - Fat S.- Consume regularly, does store, can be toxic if too much

Key Nutrients: WATER



- Body= 60-70% WATER!!
- Necessary intake per day
 - Medication interactions
 - Age
 - Environmental factors (seasons)
- Foods naturally high in water

Nutrition/ Food



Indicators of Poor Nutrition or Changes in Status

- Weight loss (sometimes weight gain)
- Abnormal blood work
- Increased fatigue/lethargy
- Skin wounds
- Constipation/diarrhea
- Strong smelling urine
- Changes in appetite

As staff you are the clinician's eyes on what is happening with the consumers. Be on the lookout for these problems and document/report!

Nutrition Assessments/Evaluations

Things to look for in assessment:

- Weight changes
- Diet orders
- Medication/food interactions
- Recommendations
- Goal for the year

Nutrition Assessments/Evaluations Example:

Orig: CSDD File Copies: RD TransNorth Group Home CM Guardian

COMMUNITY MENTAL HEALTH AUTHORITY

Consumer	Staff ID	Start Time	Staff Time	Client Time	Date	Cost Center	Location	Activity	Recip	Attend
XXXXXX	Reese's PB				12/7/15	86106	14	97802	1	4

Nutrition Evaluation

Name: XXXX XXXXXXX DOB: 13/2/19XX Supervising Clinician: J. Reese's PB Cup, RD
 CMH#: 330684 Program/Residence: Group Home/TN
 Service Area: Nutrition Case Manager: Ramen Noodles

Diagnoses & Health-Related Problems:	Circle or Fill In Correct Number of Points:												
1. <u>Brain Injury, Seizures, high BP, Anxiety, Pre-Diabetic</u>	1. # of Diagnoses/Problems <u>5 pts</u>												
2. Regular Medications with Nutrition Implications: <u>Lisinopril, Simvastatin, Paroxetine, Doc-Q-lace, Clonidine, Lamictal, Alprazolam, Thioridazine.</u>	2. # of Meds with Nutrition Implications <u>7 pts</u>												
3. Height: <u>59.75"</u> , Weight: <u>220#s (12/15)</u> , Wrist Circumference: <u>6"</u> , Frame Size: <u>med</u> , RWR: <u>145-157#s</u> , RWR: <u>100%</u> , BMI: <u>37.7-Obese</u>	3. RWR/BMI Underweight <u>0 pts</u> Emaciated <u>10 pts</u> Within Normal Range <u>0 pts</u> Overweight <u>2 pts</u> Obese <u>5 pts</u>												
4. Weight History: 248#s (12/14) % Weight Change: >5% Ambulation: <u>ambulates with no restriction, but some pain in back and neck.</u>	4. Weight Change: a. 5-10% <u>2 pts</u> b. >10% <u>4 pts</u> Nonambulatory <u>0 pts</u>												
5. Diet Order(s): <u>XXoz Fluid Restriction/day, 2000kcal diet</u> Food Allergy: <u>None</u> Food Consistency: <u>Regular</u> Dentition: <u>Regular</u> , teeth are sensitive.	5. Regular <u>0 pts</u> Nutrient Modification <u>3 pts</u> Calorie <u>1 pts</u> Consistency <u>1 pts</u> Tube Feeding <u>15 pts</u> Supplements <u>0 pts</u> Other: <u>Fluid Restriction</u> , <u>3 pts</u>												
6. Eating Skills/Problems: None known. Adaptive Eating Equipment: <u>none</u> .	6. Feeding Required Feeding/Oral Problems (1 pt. each): (Refusal, spillage, rate, pica, dentition, erratic intake, other _____) <u>2 pts</u>												
7. Gastrointestinal Disorders: <u>by constipation, on Doc-Q-lace.</u>	7. Reflux: <u>Constipation</u> , Hiatal Hernia, Ulcer, Chronic diarrhea, Other _____ (1 pt. each) <u>1 pts</u>												
8. Laboratory Values (Nutrition-Related): <u>March 2015</u> <table border="1"> <thead> <tr> <th>Alb</th> <th>Glu</th> <th>Hgb</th> <th>Hct</th> <th>Chol</th> <th>TC</th> </tr> </thead> <tbody> <tr> <td>X</td> <td>110</td> <td>13.9</td> <td>40.2 (L)</td> <td>125</td> <td>80</td> </tr> </tbody> </table> A1C=5.2	Alb	Glu	Hgb	Hct	Chol	TC	X	110	13.9	40.2 (L)	125	80	8. # of Abnormal Values <u>2 pts</u>
Alb	Glu	Hgb	Hct	Chol	TC								
X	110	13.9	40.2 (L)	125	80								
20 or more pts: Nutrition Care Plan 10-19 pts: Annual Nutrition Eval; see recommendations 0-9 pts: No regular follow-up; see recommendations Nutrition Eval Complete Form - pipe.doc revised 2/24/07													
TOTAL POINTS <u>24 pts</u> PREVIOUS SCORE <u>22 pts</u>													

PERTINENT LAB DATA:

No lipid panel taken as of 11/5/14.

NUTRITIONAL IMPLICATIONS OF MEDICATIONS:

- ▶ **Lisinopril (prinovril; anti-hypertensive):** Take without regard to food. Decrease sodium, decrease calorie diet may be recommended. Avoid salt substitute. Caution with K supplement. Avoid natural licorice. May cause dyspepsia or abdominal pain.
- ▶ **Lamictal (lamotrigine; anticonvulsant):** Take without regard to food. Frequently causes nausea (18-25%) and vomiting (11-18%) as well as headache, dizziness, ataxia, rash, diplopia, blurred vision. May also cause weight gain, abdominal pain, diarrhea.
- ▶ **Xanax (alprazolam; anti-anxiety):** May take with water to ↓ GI distress. Limit caffeine. Caution with some herbal products. Frequently causes ↓ appetite, ↓ or ↑ weight, constipation. May also cause ↑ salivation, dry mouth. Hypoalbuminemia (<3.0 g/dl) may ↑ drug effects.
- ▶ **Thioridazine:** Used to treat the symptoms of schizophrenia. Thioridazine is in a group of medications called conventional antipsychotics. It works by decreasing abnormal excitement in the brain. Can cause dry mouth, nausea, vomiting, diarrhea, constipation, changes in appetite, weight gain, swelling of the arms, hands, feet, ankles, lower legs, difficulty urinating.
- ▶ **Paxil (paroxetine HCl; antidepressant):** Take without regard to food. Frequently causes nausea, constipation or diarrhea, dry mouth, appetite and weight changes. May also cause vomiting, taste changes, dyspepsia and flatulence.
- ▶ **Zocor (simvastatin; anti-hyperlipidemic):** Take without regard to food. Take single dose at HS. ↓ fat, ↓ cholesterol, ↓ calorie diet recommended. Avoid grapefruit juice. Avoid high dose niacin. May cause dyspepsia, constipation.
- ▶ **Clonidine:** Used to treat high BP. "Take precautions if taking medications for anxiety, mental illness, or seizures...". Can cause dry mouth, nausea, vomiting, constipation, swelling, difficulty swallowing.
- ▶ **Colace (Docusate Sodium; stool softener):** Take with water, milk or fruit juice. Encourage fluids unless otherwise directed. High fiber diet with 1.5-2.0 L fluid/day to prevent constipation. Alters intestinal absorption of water and electrolytes. Liquid forms cause bitter taste, throat irritation and nausea. May also cause cramps, diarrhea. May increase serum glucose, decrease serum potassium.

FOOD ACCEPTANCE SUMMARY:

XXXXXX continues to present as a very nice, shy man. He is often frustrated and focused on having to take seizure meds and/or his fluid restriction. He used to have an affinity for the show XXXXX and has since moved on to loving the show 'XXXXX.'

XXXXXX is overweight for his medium frame at 220#s. He will frequently ask this RD if he is fat/overweight and this RD responds with 'yes, but that is why I am working with you, so you can be the healthiest person possible.' XXXXXX would greatly benefit from more consistent physical activity both at home and day program. This RD will plan to meet XXXXX 1x/week at day program to 'work out with him' which will include walking the halls in the winter, outside when it is nicer, and possibly using some of the workout equipment at T-North. This RD will see what he has available to him at home/in his room.

XXXXXX was previously on a XXoz fluid restriction/day. This RD will be speaking with his doctor about increasing his fluid intake by Xoz/day through SF Gatorade or Propel in order to help keep his electrolytes balanced. This increase, if okayed by his doctor will put him at XXoz per day.

Nutrition Assessments/Evaluations Example:

hospital visits. If XXXX doesn't care for or refuses the prune juice, giving him a daily individually wrapped prune would be good- they are sweet and candy-like. We will revisit the idea of offering XXXX smaller soda pops and increase his Gatorade/Propel amounts in the future should he do well with the new addition of fluid ounces.

This RD spoke with a member of the T-North Staff, XXXXX, to create an 'okayed' snack list for XXXXX to purchase off of while at program. These snacks include applesauce, a cheese stick, 100kcal Skinny Popcorn, Veggie Sticks and trail mix. This RD will follow up accordingly.

ADDITIONAL INFORMATION RELATED TO PROBLEM AREAS:

Most recent labs look very good.

SUMMARY:

XXXXXX repeatedly tells this RD that he does not enjoy living at XXXXXX and wants his own apartment. Though he is overweight, this RD believes there is strong evidence some of this is related to his many medications. RD has requested an increase in fluid restriction by Xoz which would allot him 84 fluid ounces/day if it is okayed by his doctor. He has an approved 'snack list' to purchase from at TNorth. He will be 'working out' with this RD 1x/week while at day program.

RECOMMENDATIONS:

Goal: Consume a low-fat, heart healthy diet in order to slowly lose 1-2#s/week as medications will allow towards reaching a decrease of 10% body weight.

1. Diet: LF, Heart-Healthy Diet via CSDD menus prepared by home
2. Texture: Regular.
3. Supplement: NA
4. Fluid: XXoz fluid restriction (as of 12/17/15).
5. Exercise/Physical Activity: Encourage daily activity within limitations and as per physician- will work out with RD 1x/week as possible.
6. Monitoring: BM's and weight fluctuation
Nutrition Care Plan Yes No Monitoring: bi-annual
Nutrition Instructions Yes No Type:

Signed _____ Date: _____
Reeses PB Cup, RD

Medications and Food – YUM!

- Every medications – even Aspirin – can have a drug/nutrient interaction.
- Drug/nutrient interactions are a part of a Nutrition Assessment
- Review directions for which meds:
 - Taken on empty stomach
 - Must be taken with food
 - Must be separated from other meds or certain foods
 - Cause grapefruit reaction

Nutrition Care Plans

Things to look for in a care plan:

- Intake Guidelines
 - I.e. GERD, Increased Fiber, etc...
- Texture chart
- Mealtime tips and guidelines
- Documentation requirements
 - i.e. BM Chart, Fluid Intake, etc
- Physical activity recommendations
- Snack tips and suggestions

Nutrition Care Plans Example:

Original: CSDD File Copies: RD Group Home TransN Guardian CM

COMMUNITY MENTAL HEALTH AUTHORITY
Clinton-Eaton-Ingham
Community Services For The Developmentally Disabled

Consumer	Staff ID	Start Time	Staff Time	Client Time	Date	Cost Center	Location	Activity	Recip	Attend
XXXX	Reese's PB				12/22/15	86106	11	2632	5	3

Nutrition Care Plan

Consumer: XXX XXXXX Supervising Clinician: Reese's PB Cup, MS, RD
 CMH #: 324672 Site of Implementation (day program/home): Trans N/Green Meadows
 Service Area: Nutrition Case Manager: Ramen Noodle
 Implementation Date: 12/22/15 To: 2016 PCP

Goal: XXXXX will consume a 2000kcal, low-fat heart healthy diet in order to slowly lose 1-2#'s per week to lose at least 10% of his current body weight. (Home will utilize CSDD menus).

Current Weight: XXX **Ideal Wt. Range:** XXXX

- Follow menu for 2000kcal diet as per the CSDD CMH menus which will provide XXXX with adequate amounts of fresh fruits and vegetables, dairy, whole grains and lean protein.
- Between home and day program, provide XX4oz of fluids/day. This should include water, flavored water, LF Milk/chocolate milk, prune juice, 100% fruit juice (slightly diluted with water) and/or a minimal amount of diet caffeine free soda pop.
 - Please use a measuring cup, designated glasses or a bottle where the ounces are known to all who assist XXXX.
 - Can flavor water with fresh fruits or flavoring such as Mio or Crystal Lite.

Ex: During the Week

	Cups	Ounces
Breakfast	Milk in cereal=1/2-3/4 cup	<u>Xoz.</u>
	Prune Juice- 1 cup+	6oz.
T-North (AM, Lunch, Afternoon)	Water (x2), Diet Pop(x2), SF Gatorade/Propel (x1)	<u>XXoz.</u> Total
Dinner	Water OR LF Milk	<u>XXoz.</u>
Bedtime	Water	6oz.
TOTAL		<u>XX Ounces</u>

**** When at home on weekends or with parents/guardian, Jason will be offered the 56oz of fluids he would normally be given while at program during the week.**

- XXXX should be provided fresh fruits and vegetables a few times per day. Fruits such as watermelon, cantaloupe, pineapple, etc. are 80%+ water and will help satiate his desire for fluid.
- If XXXX is very thirsty, keep cut lemon slices on hand to give him to suck on. The sourness will cause saliva without making him thirstier, like a hard candy would.

- When eating out, encourage XXXXXX to choose grilled chicken or fish, salads, items without lots of sauce, cheese or condiments. Encourage Jason to get condiments on the side in order to minimize the amount consumed.
- XXXX will purchase from the designated 'snack list' while at day program.
- XXXX should be encouraged participate in daily physical activity including walks, riding a stationary bike if accessible, doing crunches (appropriate to fitness level and ability), taking the stairs instead of the elevator, etc.... Though he doesn't like cold weather, it would be great to have him shovel outside or sweep with a broom if there is no snow. Raking leaves, vacuuming, etc... are also low-impact basic level physical activity.
- XXXXX should be weighed at least once per month by home-staff. Please report weight to RD whenever possible via email, fax or phone.

Reese's PB Cup, MS, RD
 #517-346-XXXX
 Email: reesespbcup@ceicmh.org
 Fax: 517-346-XXXX

Isn't weight just a number??

- Dietitians, nurses, and physicians monitor a consumer's weight as a key part of their overall health.
- ESSENTIAL that accurate weights are done every time!
 - Why??
- Weighing someone who cannot easily stand on a scale is not always easy
 - Use same scale each time.
 - Same wheel chair– know the wheel chair weight.
 - Same amount of clothing/shoes, backpacks, coats, pump bags, etc.

What is a BMI??

(Wgt[kg] / hgt[m]²)

- 1. Measure height: _____”
- 2. Measure weight: _____#
- 3. Multiply weight x 703;
- 4. Divide by height;
- 5. Divide by height again



TABLE 8-7 Percent Body Fat at Various BMI

	BMI 18.5	BMI 25	BMI 30	BMI 35	BMI 40
Men	12–19%	23–28%	27–32%	31–35%	34–38%
Women	25–32%	35–40%	40–44%	43–47%	46–49%

TABLE 8-6 Body Mass Index (BMI)

	Under-weight		Healthy Weight						Overweight						Obese								
	(<18.5)		(18.5–24.9)						(25–29.9)						(≥30)								
	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Height	Body weight (pounds)																						
4'10"	86	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191
4'11"	89	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198
5'0"	92	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204
5'1"	95	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
5'2"	98	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
5'3"	102	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225
5'4"	105	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232
5'5"	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
5'6"	112	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247
5'7"	115	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255
5'8"	118	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262
5'9"	122	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270
5'10"	126	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278
5'11"	129	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286
6'0"	132	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294
6'1"	136	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302
6'2"	141	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311
6'3"	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319
6'4"	148	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328
6'5"	151	160	168	176	185	193	202	210	218	227	235	244	252	261	269	277	286	294	303	311	319	328	336
6'6"	155	164	172	181	190	198	207	216	224	233	241	250	259	267	276	284	293	302	310	319	328	336	345

What to do with the number you get?

- All weights should be documented in the person's file
- What to do if there is more than a 5# weight difference??
 - Should reweighed immediately to confirm weight change
 - Document weight
 - Contact clinicians/home manager

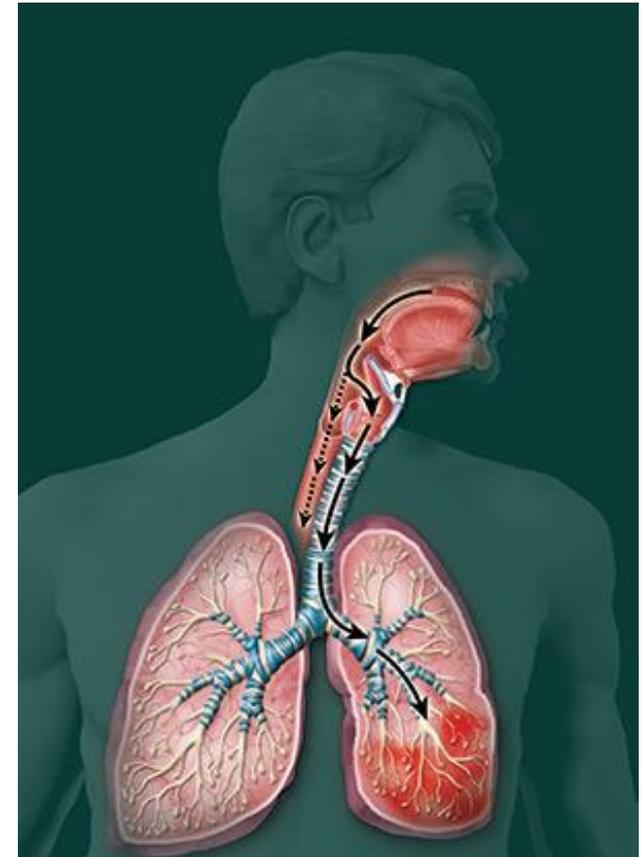


Swallowing and Such...



What is Dysphagia?

- A common problem for many of the people that we work with.
- Dysphagia means any problem a person may have with swallowing. Swallowing problems can lead to aspiration.
- Aspiration: When food or fluids that should go into the stomach go into the lungs instead. Usually when this happens the person will cough in order to clear the food or fluid out of their lungs.



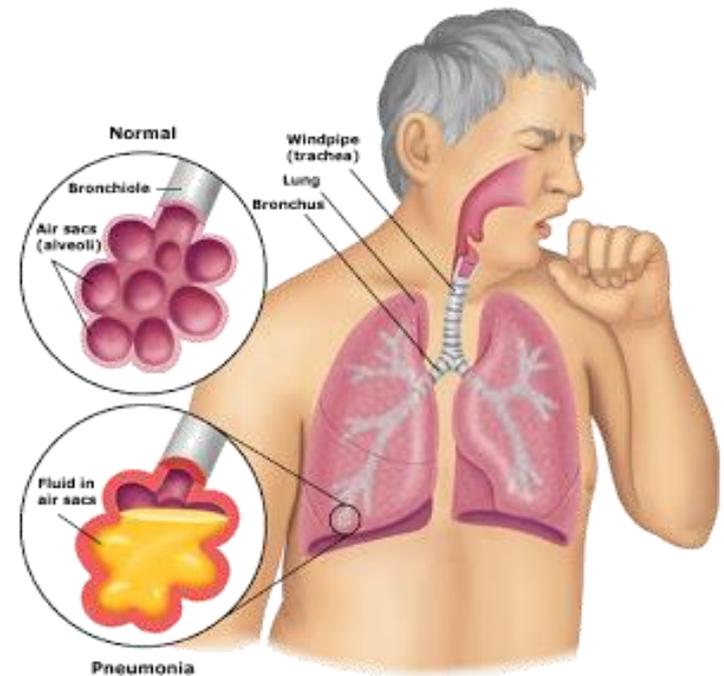
What is Silent Aspiration?



- Sometimes when a person aspirates they do not cough at all= “silent aspiration.”
- Approximately 40% of people who aspirate are “silent aspirators.”
 - They show no signs or symptoms but are in danger.
- **What happens if they DO silently aspirate?!?**

What is Aspiration Pneumonia?

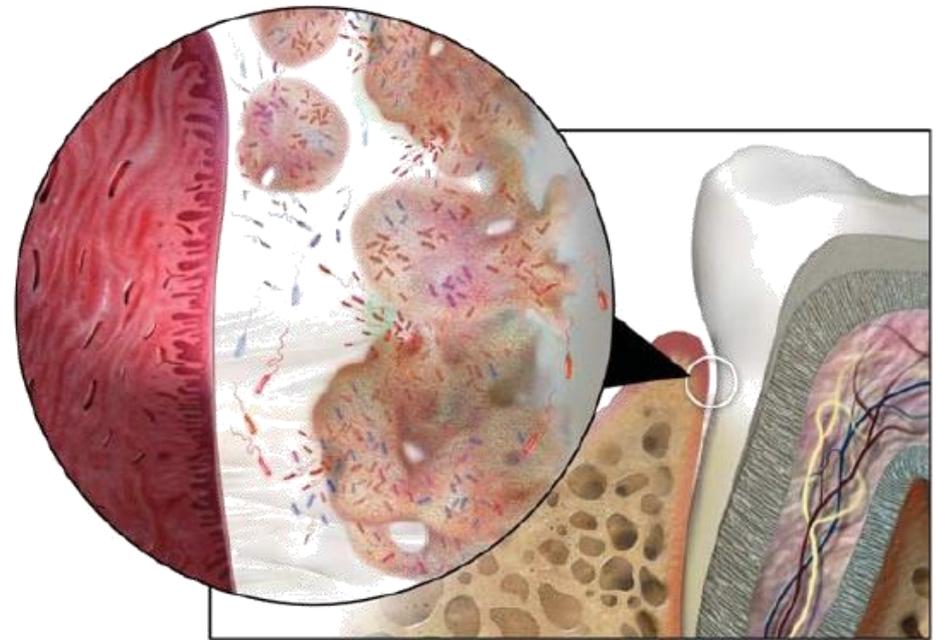
- Frequent aspiration = causes damage to the lungs if not treated.
- They can develop an infection in their lungs = very sick!



Oral Gum and Teeth Health

Did you KNOW....

- Bacteria in your mouth moves throughout the body through the blood system. It can effect your heart, lungs, kidneys etc.
- Everyone aspirates at night on their saliva.



Oral Gum and Teeth Health, continued

Think about it...people with Dysphagia that have:

- untreated mouth infections
- decaying teeth are at higher risk of developing pneumonia.

Are at higher risk of developing pneumonia...
They are aspirating on their saliva!!! Yikes!



This

vs.

This



Swallowing Evaluation

1. The SLP will observe the consumer eating and interview staff, sometimes referred to as a **‘bed-side swallow study’**.
2. A Video Swallow Study may be done.
 - **VSS or Modified Barium Swallow** – individual eats and drinks food/liquid with barium in it, and then the swallowing process is viewed on an X-ray.
 - No pain, no blood, no nudity! Allows us to “get a peak” inside.

VSS or Video Swallow Study

- VFSS lets the SLP see:
 - if food is going into your airway instead of your stomach, called *aspiration*
 - which parts of your mouth and throat may not be working well
 - what kinds of food are safest for you to swallow
 - if certain positions or strategies help you swallow better
 - Limitation? It is one moment in time.

Video

- Video of what happens when you swallow
- Difference between a normal and abnormal swallow



Signs of Chewing or Swallowing Problems

- ▶ Signs may include:
 - ▶ Coughing during or right after eating or drinking
 - ▶ Wet or 'gurgly' sounding voice during or after eating or drinking
 - ▶ Extra effort or time needed to chew or swallow
 - ▶ Food or liquid leaking from the mouth or getting stuck in the mouth
 - ▶ Pneumonia
 - ▶ Weight loss or dehydration (urine color)



What if you are concerned?

- If you see concerns or issues that are not usually present, contact:
 1. Case Manager
 2. Group Home/Guardian
 3. DOCUMENT!
 - Consider emailing all of the above at the same time
- If SLP and/or RD are on consumers team, be sure to include them in your communication (email, phone call, etc)– important to keep team updated



Newsworthy Detroit Free Press



NEWS IN BRIEF: Group home workers to be charged in deaths

March 3, 2007

Care workers at group homes in Grosse Ile and Dearborn will be charged in the deaths of two men -- one who choked after a care worker failed to puree his food.

The man who choked to death was a 61-year-old resident of a Grosse Ile facility.

Choking/Swallowing Risk Factors

- Difficulty Swallowing
 - Gagging on food and/or liquids
 - Medications
 - Medical Diagnosis
 - Reflux
 - Cerebral palsy
 - Narrowing of the throat
 - Tongue placement/tongue thrust



Choking/Swallowing Risk Factors

- Environmental Factors
 - Distractions during eating
 - Rushing while eating
 - Improper positioning
- Behavior Issues
 - Stealing Food
 - Pica
 - Packing too much food in mouth



Choking/Swallowing Risk Factors

Cognitive/Alterations in Cognitive Status

- Alzheimer's
- Psychiatric episodes
- Stability/Instability
- Awake/Alertness
- Medication, Health Issues



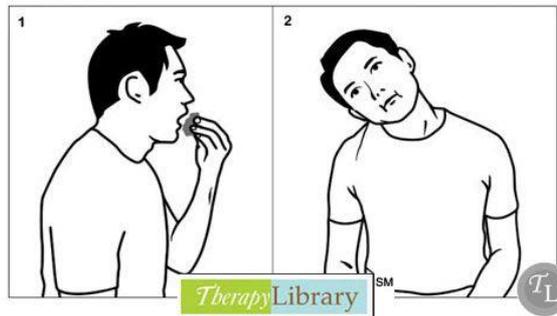
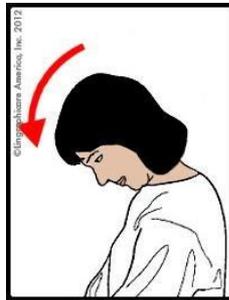
To Prevent Choking

- What are some precautions staff can take to prevent a choking emergency?
 - Know which consumers are at highest risk- care plans!
 - Cut up food into small pieces
 - Only put small amounts of food on the plate
 - Keep meals quiet and free of distractions
 - Watch consumer closely during mealtimes
 - Meals should be eaten at the table
 - Follow Treatment Plan



Safety Equipment/Positioning

- Toddler sized utensils
- Small plates
- Occupational Therapists can recommend...
 - Adaptive Equipment
 - For grip
 - Arthritis issue
 - Unusual positioning/options (such as use of a straw)



Thickeners

- Why use?
- Types
 - Gel (Simply Thick)
 - Powder (Resource Thicken Up, Hormel Thick n' Easy, etc.)
 - Food-based (potato flakes, baby cereal, gelatin, etc.)
- Calorie Implications
 - Consider diabetics
 - Increase in triglycerides

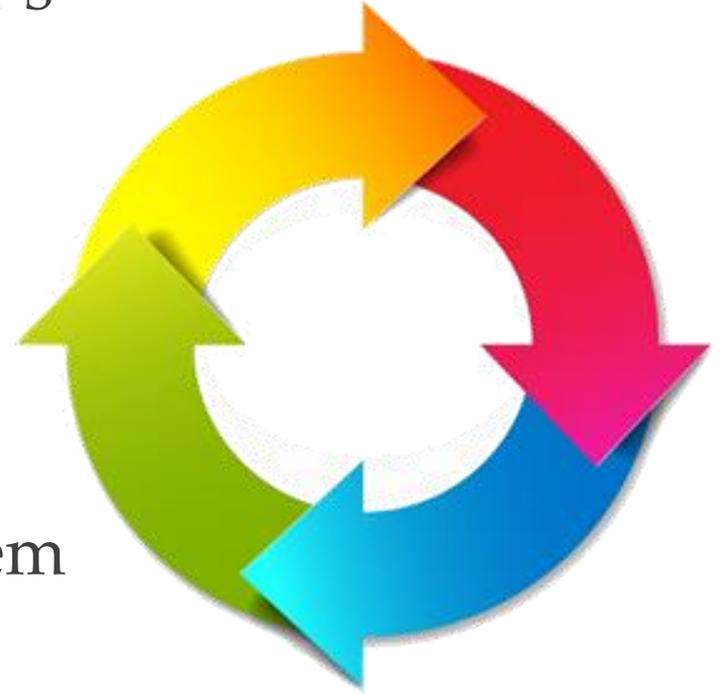


Food Texture Chart

Texture →	Level 1 Dysphagia Diet <i>also known as pureed</i>	Level 2 Dysphagia Diet <i>also known as ground</i>	Level 3 Dysphagia Diet <i>also known as finely chopped</i>	Level 4 Diet <i>also known as chopped texture</i>
Food to be Modified ↓				
Meat	Moist, soft, <u>smooth</u> , no lumps. Baby food or pudding like texture.	Moist, soft ground meat texture. Remove hard chunks.	Moist 1/4" pieces.	Bite size 1/2-1" size pieces.
Hot Dogs	Puree to a smooth texture using water or preferred condiments to achieve texture	Avoid or grind again adding preferred condiments to make a cohesive mass	Cut into 1/4" size pieces	Cut into 1/2 - 1" size pieces that are not in a coin shape, must be quartered.
Cheese	Use pureed cottage cheese, grated parmesan that is mixed with moisture or cheese sauce	Shred cheese and mix with moisture or use cheese sauce.	Shredded cheese only or melted.	1/2-1" size pieces
Peanut Butter	Avoid	With approval only.	1/4" pieces smooth only	1/2-1" pieces smooth only
Rice	Use baby rice cereal	Use baby rice cereal	Moistened with sauce or gravy	No changes
Cereal/ Bread/ Pasta	Smooth pureed texture, may use hot cereals if needed, <i>avoid bread with nuts, seeds and remove crusts</i> before processing. May use barley baby cereal instead of pasta for very smooth texture.	Soft, moist, ground with moisture. <i>Avoid seeds and nuts.</i> May want to avoid toast or gel the bread.	Small 1/4" size pieces that have been moistened with condiments, sauces or liquid.	No change
Fruit (canned or dried)	Smooth baby food consistency.	Fork mash or process to texture like applesauce. Add thickener or mashed potato flakes. Dried fruit needs to be softened before processing. <i>Avoid coconut and any hard to chew fruits.</i>	1/4- 1/2" size pieces similar to crushed pineapple, soften dried fruit before cutting.	1/2 -1" size pieces. Soften dried fruit
Fresh fruit	Process to smooth pureed consistency, no lumps no pulp. May substitute fruit juice for grapes, oranges, grapefruit or pineapple.	Mash soft ripe fruit without skin, melon, banana, peach, plum. Process berries in a food processor and add thickening agent to form a cohesive mass. <i>Avoid raw apples, grapes, oranges or grapefruit.</i>	Cut into 1/4" pieces. Shred apples in a food processor and mix with a sauce. <i>Avoid raw grapes, oranges or grapefruit.</i>	1/2 -1" size pieces.
Fresh Vegetables	Cook until soft and process in food processor until smooth. Avoid corn or use grits mixed with milk.	Cook until soft, mash able texture. Avoid vegetables with hulls, and seeds like peas, corn and tomatoes. Substitute juice or add thickener if runny.	1/4" pieces. Remove tough skins, seeds and strings. Avoid raw celery. May steam or cook vegetables before chopping. Add salad dressing.	1/2-1" pieces.
Cooked or canned vegetables	Process smooth to a mashed winter squash texture. Avoid corn or use grits. Baby food pureed items may be substituted.	Process in food processor until the size of peas. Add thickener if runny. Avoid baked potato skins, fried potatoes or hash browns.	1/4" pieces.	1/2-1" size pieces.
Crackers and snacks	Pudding, applesauce, smooth yogurt, custard textures. <u>NO NUTS, POPCORN OR SNACK CHIPS</u> <u>Absolutely No Gum, caramels or sticky candy!!!!</u>	Crush cookies/ crackers such as vanilla wafers, animal crackers, graham crackers to size of cheerios and moisten or add milk, water or juice. May also moisten brownies (without nuts), cakes, cupcakes. Puddings, yogurt, cheese cake, ice cream. <u>NO NUTS, POPCORN OR SNACK CHIPS</u> <u>Absolutely No Gum, caramels or sticky candy!!!!</u>	<i>Snack ideas can include any of the items listed in the Pureed and Ground category but in addition may include goldfish crackers, cherries, fix, plain donuts, chewy cookies, fruit & cream pies, cakes.</i> Things made with peanut butter and marshmallow or are very sticky should be approved through the RD or SLP. 1/4" pieces <u>NO NUTS, POPCORN OR SNACK CHIPS</u> <u>Absolutely No Gum, caramels or sticky candy!!!!</u>	1/2-1" pieces <u>NO NUTS</u> Gum, caramels or sticky candy must have prior approval!

Why Use Cycle Menus???

- ▶ Balanced for macro and micronutrients to meet consumer's general nutritional health needs
- ▶ Takes texture needs into consideration
- ▶ Saves time and money
- ▶ **Required** for licensed facilities
- ▶ Allows for use of one menu system for most specialty diets
- ▶ Easy to use especially with staff changes



“But our consumers hate that meal!!”

- ▶ Just because it is on the menu doesn't mean that your consumers have to eat it if they don't like it.
- ▶ Contact your dietitian!!!
(Laura, Charissa, Julia, Kerri)
 - ▶ We are willing to make changes that can benefit everyone in the home and make mealtimes more pleasurable.



Portion Distortion

1200kcal Diet

	Sunday
B R E A K F A S T	4 oz. 100% Vit C juice ¾ slice loaded quiche (1/9th pie) 1 donut muffins 8 oz. fat free milk
L U N C H	*sandwich: -1/2 c. tuna salad -1 skinny bun -1/4 c. shredded lettuce 1/2 c. stewed tomatoes ½ sliced banana 8 oz. fat free milk *ALTERNATE: 3/4 c. Tuna Noodle Casserole
D I N N E R	¾ c. Basil Chicken angel hair pasta 1c. California blend vegetables ½ c. Peaches packed in water ½ c. sherbet 8 oz. fat free milk

1500kcal Diet

	Sunday
B R E A K F A S T	8 oz. 100% Vit C juice 1 slice loaded quiche (1/8th pie) 1 donut muffins 8 oz. fat free milk
L U N C H	*sandwich: -1/2 c. tuna salad -1 skinny bun -1/4 c. shredded lettuce 1/2 c. breaded tomatoes 1 sliced banana 8 oz. fat free milk *ALTERNATE: 1 c. Tuna Noodle Casserole
D I N N E R	1 c. Basil Chicken angel hair pasta 1c. California blend vegetables ½ c. Peaches packed in water ½ c. sherbet 8 oz. fat free milk

2000kcal/Regular Diet

	Sunday
B R E A K F A S T	8 oz. 100% Vit C juice 1 slice loaded quiche (1/8th pie) 2 donut muffins 8 oz. milk
L U N C H	*sandwich: -1/2 c. tuna salad -2 sl. bread -1/4 c. shredded lettuce 1/2 c. breaded tomatoes 1 sliced banana 8 oz. milk *ALTERNATE: 1 1/4 c. Tuna Noodle Casserole
D I N N E R	1 1/4 c. Basil Chicken angel hair pasta 1c. California blend vegetables ½ c. Peaches ½ c. ice cream 8 oz. milk

“We don’t have potatoes for dinner, now what?!”

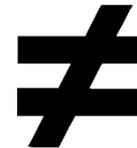
▶ When is it ok to substitute menu items??

- ▶ Seasonal foods
- ▶ Holidays, birthdays, special occasions
- ▶ Use extra purchased food before expiration
- ▶ Take advantage of weather – grilling, picnics, etc...

▶ **NOT FOR STAFF CONVENIENCE OR STAFF’S DISLIKE OF FOOD!**

▶ Review acceptable substitutes handout

Egg Salad



Potato Salad

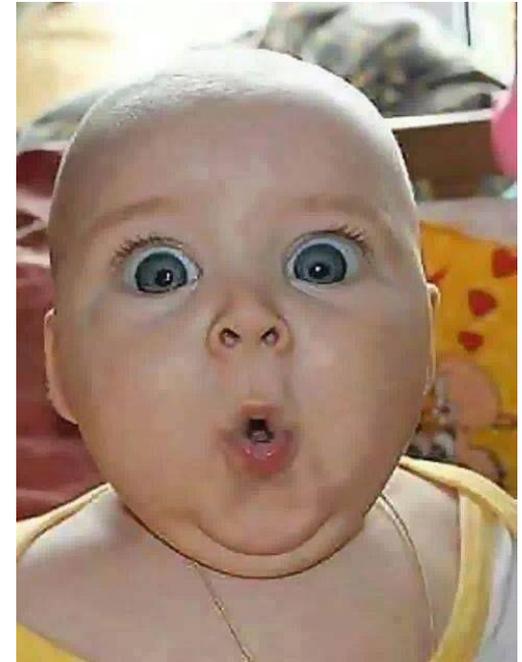


“WHAT?!? I have to do food prep tonight??”

**One of many staff duties to ensure the health and well being of the consumers

Coming into your shift:

- Do you have everything you need for the meal(s)
- Thaw food?
- Pre-heat
- Pre-prepared food?



Licensed Home Meal Schedules

- Not more than **14 hours** between dinner and breakfast
- Not less than **10 hours** between breakfast and dinner
 - Example: If dinner is served at 5:30p, breakfast must be served by 7:30a
- Exceptions for holidays and weekends – **16 hours** between dinner and breakfast if a nourishing evening snack is given



Meal Preparation

Organization is the key to successful meal prep!!

1. Wash hands when you enter the kitchen!
2. Read menus and recipes
3. Check for supplies
4. Organize work space and decide what order food needs to be prepared
5. Make sure proper foods have been pulled for the next shift/day if thawing is needed.

How Much Time Do You Have?

20 minutes from hot
or cold source until
time of service!

Equal Measures



Food Borne Illness - also known as Food Poisoning...



Your Responsibility for Safe Food



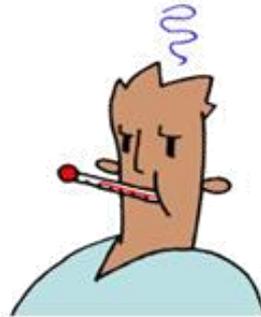
- Handling food safely is one of the biggest responsibilities that direct care staff have.
- Medically fragile consumers cannot easily recover for food borne illnesses.

Food Borne Illness

Signs and symptoms



Upset stomach



Fever



Diarrhea



Vomiting



Dehydration
(sometimes severe)



Food Borne Illness

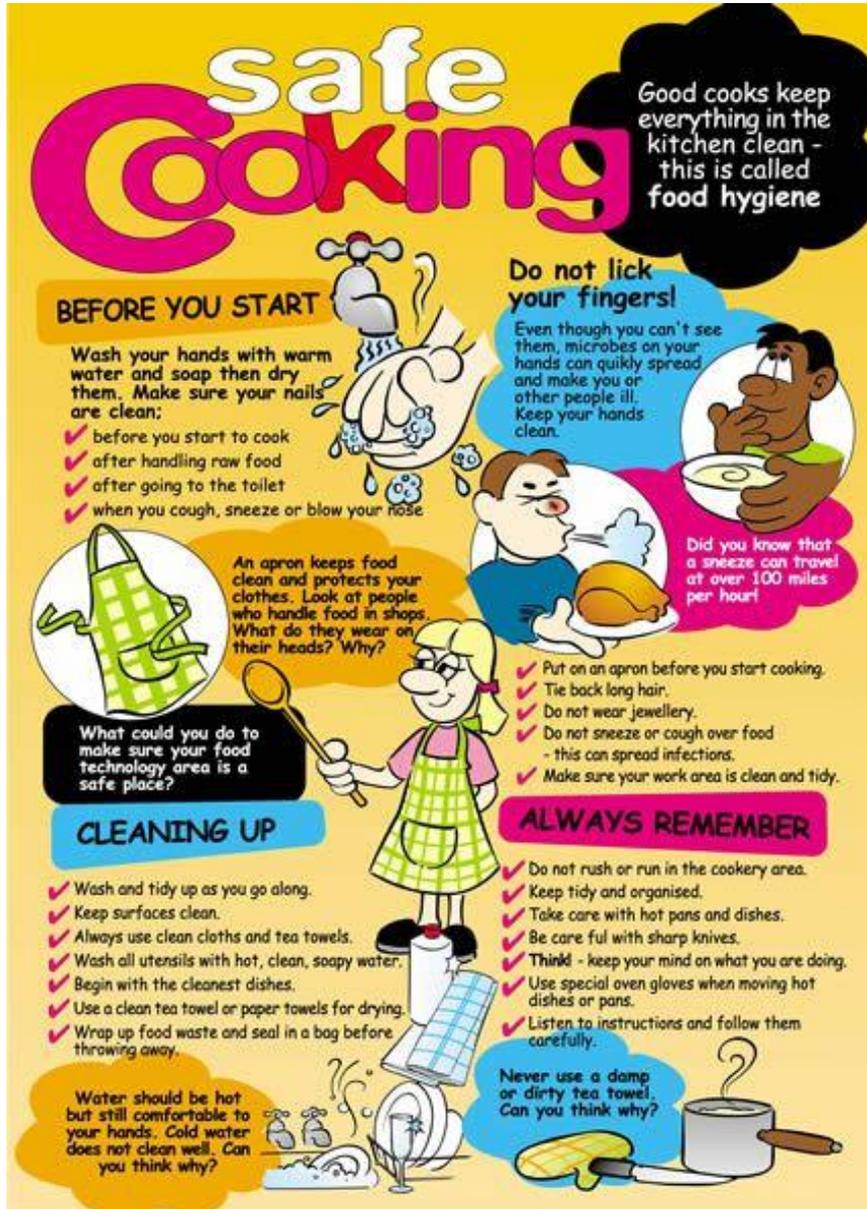
- Include: ecoli, listeria, norovirus, campylobacter, etc..
- If someone has nausea, vomiting, diarrhea, or cramps, notify a health professional immediately
- Food Borne Illness can be life threatening!!



Recipe for Safe Food Preparation

1. Personal Hygiene
2. Time and Temperature Rules
3. Avoid Cross Contamination





Personal Hygiene

- Wash hands with hot soapy water
- Use gloves if you have cuts on your hands
- Avoid food preparation if you are ill
- Keep hair pulled back and nails clean (no peeling polish!)
- Keep clothes clean and use aprons

HAND WASHING

When to wash your hands:

- After using a tissue, coughing, or sneezing
- After handling hair
- After using the bathroom or assisting people in and out of the bathroom
- After eating or smoking
- After moving a wheelchair
- Before preparing food or whenever you leave and return to the kitchen.
- After handling raw food
- After handling dirty dishes
- Before handling clean dishes



Time and Temperature Rules

- Refrigerate or freeze perishable food.
- Do not let perishable food sit out on the counter/table.
- LABEL EVERYTHING (food name and date)
- Put left overs in fridge right away!
- Use shallow containers for all foods to speed up cooling time.
- NEVER NEVER NEVER NEVER defrost or marinate any food on the counter.
 - Use refrigerator, cold running water or microwave to defrost.
 - Cook foods to the proper internal temperature. Use a thermometer!





Freezing
SLOWS



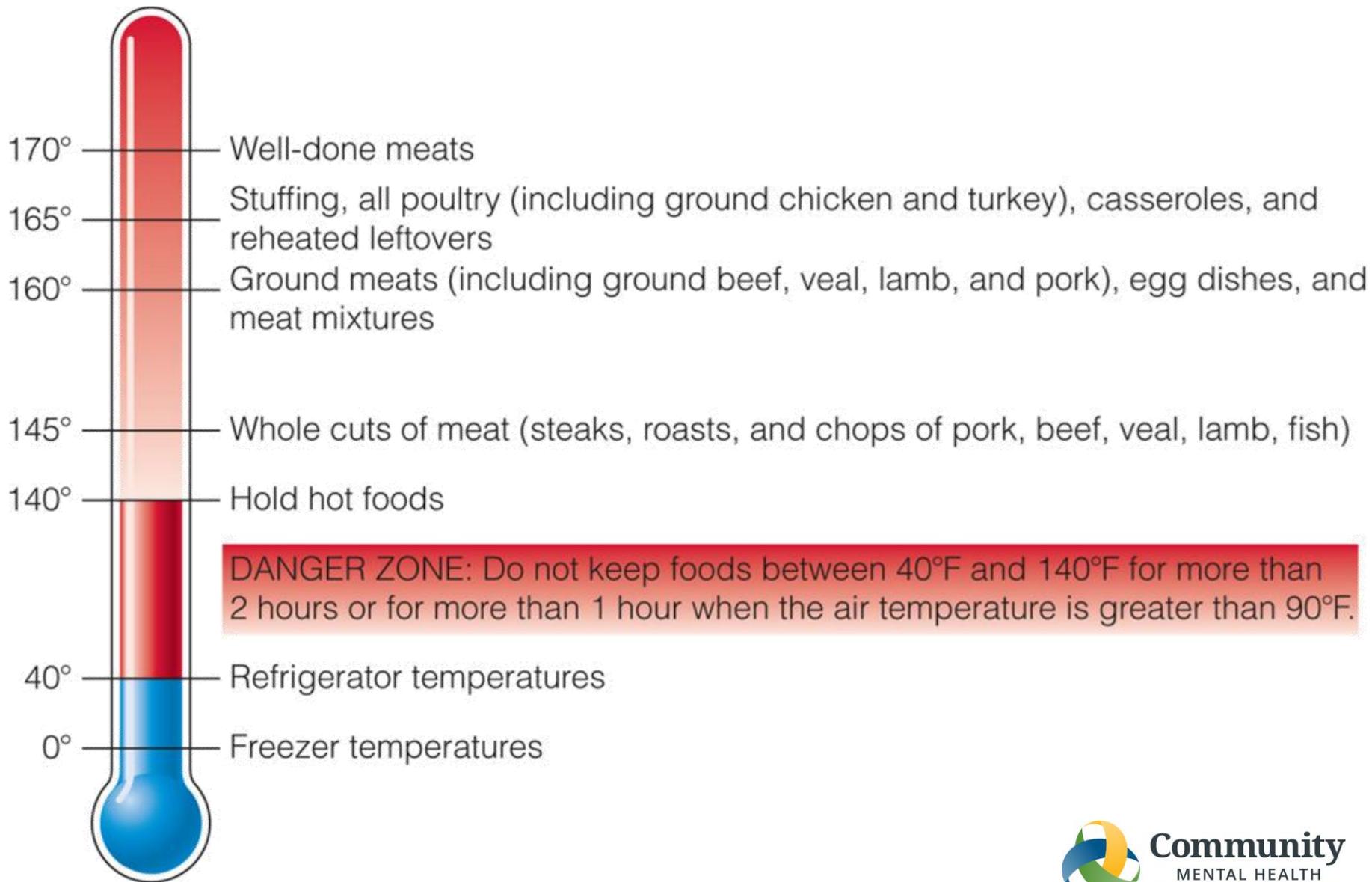
High Temperatures
KILL



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM

The Danger Zone

- Range of temperature that allows bacteria to rapidly grow
- Danger zone range = **40-140 degrees F**
- Food should be stored either below 40 degrees or over 140 degrees.
- Food should not be held at room temperature for longer than 20 minutes.
- Every refrigerator should have a functioning thermometer!!



Proper Cooling

- Any food cooked in a large pot or pan must be separated into containers no more than 4" deep to speed cooling.
- Do not cool foods at room temperature!!

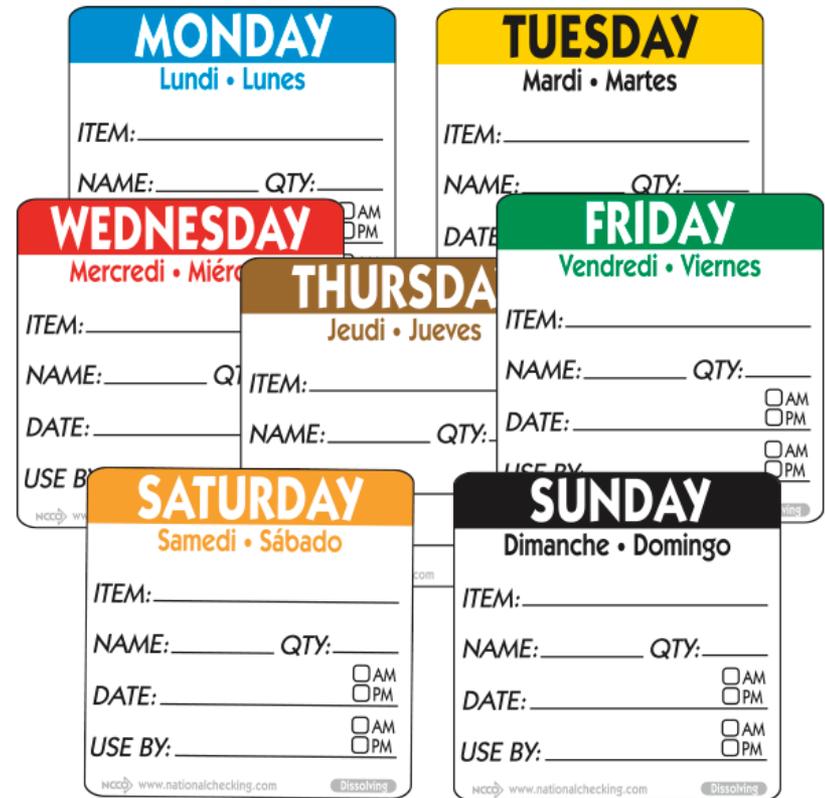


When in Doubt, Throw it out!



Leftover Rules

- Use **within 48 Hours** if stored in the refrigerator.
- When preparing on night shift, do not cook to completion. Cook just before meal service
- Cook all **leftovers to 165 degrees.**
- Use **ice packs** and **insulated lunch bags** for packed meals.
- LABEL all foods sent to program
- LABEL and DATE all leftovers put in fridge/freezer



Kitchen Clean Up! Preventing Cross Contamination



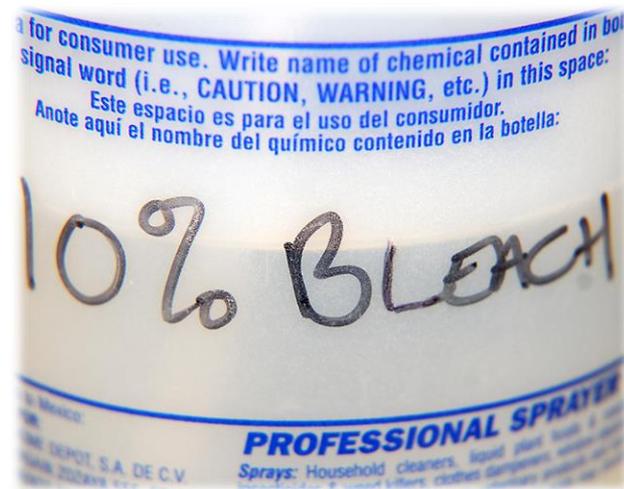
Bleach is your friend!

- A properly made bleach solution will disinfect **WITHOUT** ruining clothes
- A properly made bleach solution will **NOT** have a strong bleach smell!
- Bleach solution has the advantage of killing germs instantly.
- Most other “disinfecting” solutions must remain wet on the surface for a long period of time or are not safe for food contact surfaces.

A Proper Bleach Solution

4 Step Process for Hand Washing Dishes

1. Wash in soapy water
2. Rinse with clean warm water
3. Sanitize
 - $\frac{1}{4}$ tsp bleach to 1 pint (2 cups) water (spray bottle)
 - 2 Tbls. Bleach to 4 gallons water (sink)
4. Air dry





This is what happens when a fly lands on your food!



Flies can't eat solid food, so to soften it up they vomit on it.



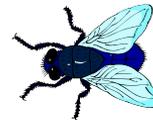
Then they stamp the vomit in until it's a liquid, usually stamping in a few germs for good measure.



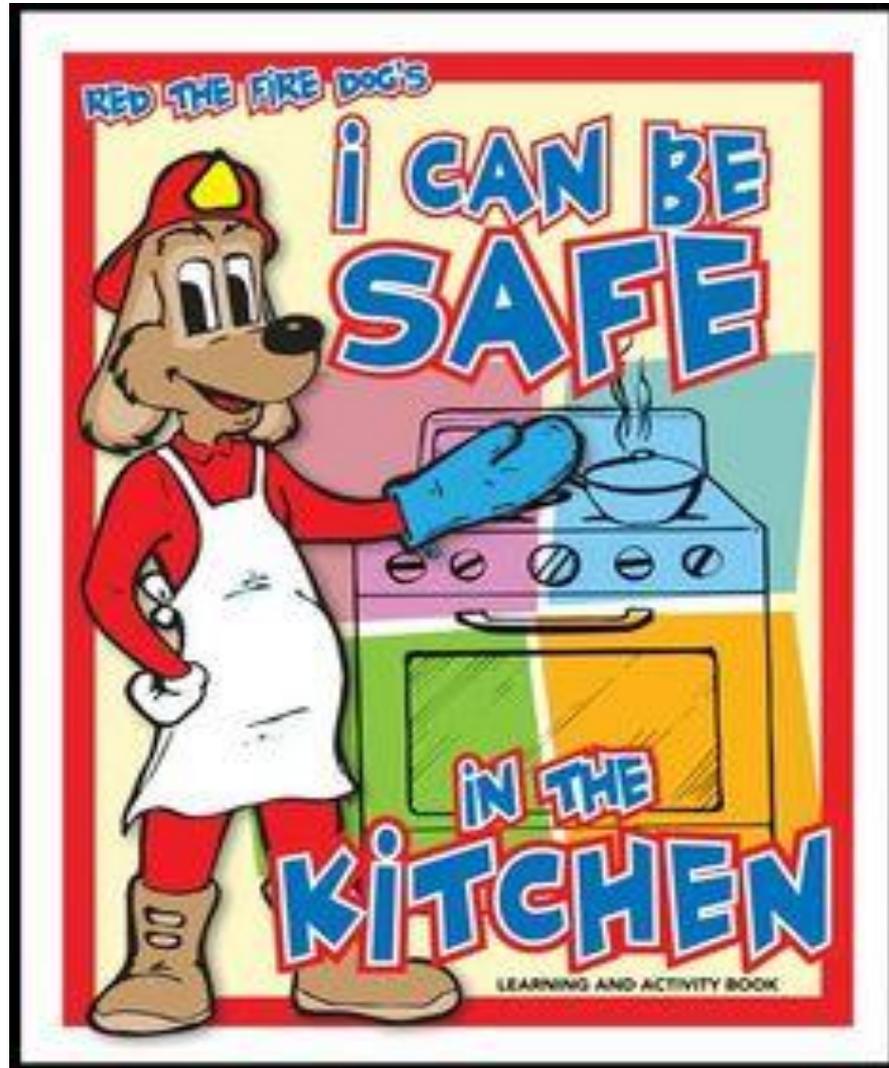
Then when it's good and runny, they suck it all back again, probably dropping some excrement at the same time.



And then, when they've finished eating, it's your turn.



KITCHEN SAFETY



Microwave Safety

- Use Microwave safe containers
- Use potholders to remove food containers
- Avoid super heating water
- Food heats unevenly – stir and reheat



Falls

- Keep floors clean and free of clutter
- Eliminate slippery throw rugs
- Use step stool or ladder
- Use non skid backing on rugs
- Seek medical attention for injuries



Cuts

- Keep knives sharp and use properly – sharper knives are safer!
- Use locked drawers if needed
- Don't try to catch a falling knife
- Don't soak knives, clean them immediately
- Sweep up broken glass – do not pick up pieces with your hands.
- Use a wet paper towel to catch small shards of glass.



Electrical Safety

- Know how to properly operate the equipment
- Water and electricity do not mix!
- Avoid damaged electrical cords.
- Do not tug on cord, staple cord, or burning cord
- Use outlet properly



Hazardous Chemicals

- Food and Chemicals do not mix! Store food away from any toxic materials – including cleaning supplies
- Read labels and use chemicals properly
- Never transfer chemicals to another container not meant intended to hold chemical.
- Never mix chemical cleaning products.
- Use grills/charcoal grills/hibachis outside only – give off Carbon Monoxide.



Fires

- Every kitchen must have a functioning fire extinguisher – know where it is!
- If a fire starts on the stove, turn off the heat and keep pan covered.
- Never use water to extinguish a stove fire – grease can spread flames.
- Never carry a pan with burning contents.



REVIEW

1. When do you add the bleach when sanitizing dishes?
2. What is the best substitute for orange juice when you don't know if the item is fortified?
3. What are the acceptable methods of drying dishes
4. What is the single most important factor to prevent the spread of bacteria?
5. Can Lysol and Pinesol can be used on food contact surfaces?

More Review

6. What temperature do leftovers need to be cooked to?
7. During a power outage should you use the refrigerator light to check if the power is back on?
8. What should you do if you weigh the consumer and they have gained 8# in the past week?



For completing CEI's
Nutrition 101
training requirement.

Test Time

You must complete the final exam
to receive credit .

