

79685 Dietary Service General Requirements

(a)

The food and nutrition needs of patients in the correctional treatment center shall be met in accordance with "Dietary Reference Intakes: The Essential Guide to Nutrient Requirements" (2006), by the National Research Council of the National Academy of Sciences, Institute of Medicine, and "California Food Guide: Fulfilling the Dietary Guidelines for Americans" (2008) by the California Department of Health Care Services and California Department of Public Health, hereby incorporated by reference. Daily menus shall follow these recommendations.

(b)

Substitutions shall be within the same food group.

(c)

Not less than 3 meals shall be served daily, and with not more than a 14-hour span between the third meal and the first meal of the following day.

(d)

Nourishment or between meal snacks shall be provided as required by a person lawfully authorized to give a dietary order.

(e)

Food shall be prepared by methods that conserve nutritive value, flavor, and appearance. Food shall be served at appropriate temperatures and in a form to meet individual needs.

(f)

When food is provided by an outside source, the correctional treatment center shall ensure that all federal, state and local requirements are met.

(g)

All regular and therapeutic diets shall be prescribed by a person lawfully authorized to give such an order and shall be planned, prepared and served under the supervision or consultation of a dietitian.

(h)

A written plan shall be followed for uniform handling of inmate-patients with diabetes, pregnant women, and others whose condition requires a medically prescribed diet as part of therapeutic treatment.

(i)

A current therapeutic diet manual, approved by the dietitian, shall be readily available to all medical, nursing and dietetic personnel. The manual shall be reviewed annually and revised at least every five years.