



# Nutrition

A guide for understanding basic nutrition, food preparation, food safety  
&  
recognizing and preventing food borne illness.

## **Factors that Influence Food Choices:**

Budget	Availability
Convenience in Preparation	Cooking Skills
Ethnic Background	Family Food Preferences
Media	Coupons

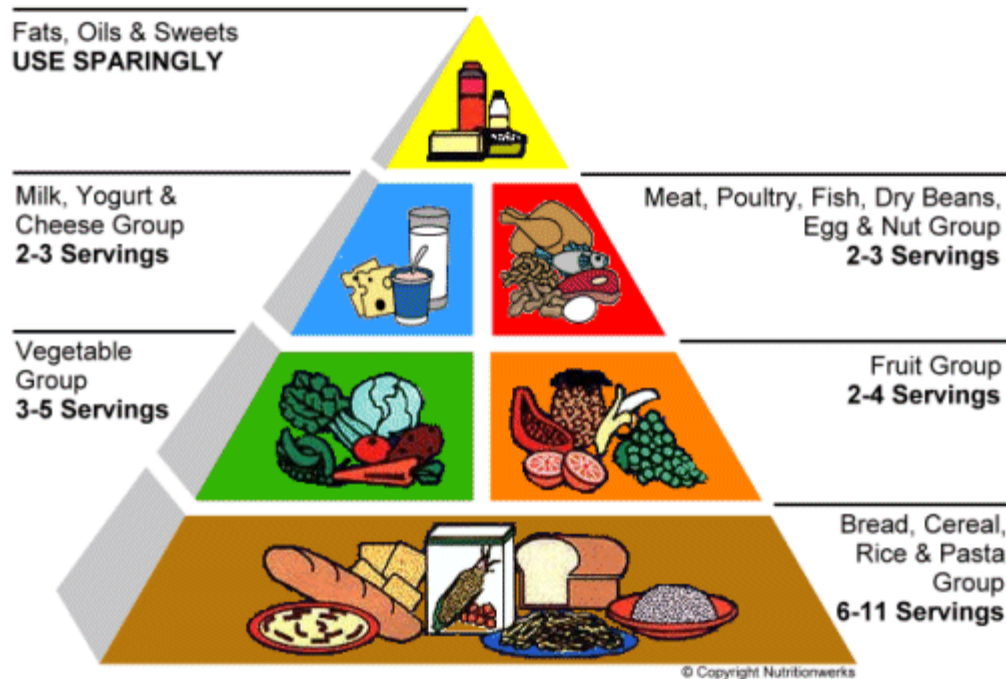
When working with others to prepare food the decisions in preparing food must be guided by the nutrition of the individuals care plan which may not be the personal preference of the worker. Your job is to help the individual embrace the decisions for healthy eating.

Staff should serve as a mentor for individuals during meals. When staff sets a good example the individuals have the opportunity to learn good eating habits. Mealtime also offers the opportunity to develop social skills. Encourage the individual to get involved in healthy meal planning, grocery shopping and meal preparation.

Develop positive attitudes about healthy food by exposing individuals to a variety of foods and eating experiences. Provide a pleasant mealtime atmosphere with such things a soft music, colorful place settings, eating outside picnic style or taking the individual to a restaurant.

## **The Foundation of Good Health is Nutrition**

You are what you eat. Choose foods wisely as food you eat eventually becomes the cells and tissues of your muscular, neurological, skeletal and circulatory systems.



## The Six Key Nutrients for Good Health:

**Proteins** – Essential for body growth and development and provides energy. Good sources of protein are eggs, cheese, lean meat, fish, poultry, beans, nuts and seeds.

**Carbohydrates** – Provide fuel and energy for the body. Good sources of carbohydrates are vegetables, whole grains and fruits.

**Fats** – Provides energy for the body and some fats are essential for growth and development. Too much fat can cause health problems, especially saturated fat.

**Vitamins** – Vitamins are compounds which are necessary for our normal growth and function. People need vitamins to stay healthy. Good sources of vitamins are fruits and vegetables.

**Minerals** – Minerals are essential for a variety of bodily functions such as building strong bones and teeth, blood, skin, hair, nerve function, muscle and for metabolic processes such as those that turn the food we eat into energy. Good sources of minerals are found in milk, vegetables, fruits and meats.

**Water** – Your body uses water in all its cells, organs and tissues to help regulate its temperature and maintain other bodily functions. Water is essential for life. Because your body loses water through breathing, sweating and digestion it is important to rehydrate by drinking fluids and eating foods that contain water. Not drinking enough water each day can cause constipation, fecal impaction and bowel blockage.

*\*\* All of these nutrients need to be consumed on a daily basis in appropriate amounts to promote good health.*



## **Nutrition & Exercise**

An essential part of maintaining the best possible health is getting regular exercise and eating a healthy diet. People who are overweight or obese increase their risk of heart disease, high blood pressure, diabetes and some

cancers. To help decrease the risks, eat a healthy diet that contains at least five servings of fruits and vegetables per day and includes whole grain breads and cereals and that is low in fat and cholesterol.

People who eat a healthy diet and are physically active can expect to live longer, healthier lives.

### **Maintaining a Healthy Diet:**

- Balance Calories – Stay within your daily calorie range.
- Enjoy Your Food But Eat Less – Pay attention to hunger and fullness cues before, during and after meals. Take time to fully enjoy your food as you eat it.
- Avoid Oversized Portions – Portion food amounts before you eat. Use a smaller plate or bowl.
- Eat more vegetables and fruits along with whole grains and lower fat dairy products.
- Cut back on foods that are high in fat, added sugars and salt. These include cakes, cookies, sweetened drinks, pizza, bacon and hotdogs. Have these foods on occasion but not on a regular basis.
- Choose lower sodium foods.
- Drink water instead of soda or energy drinks.
- Read food labels to make healthier choices.

Direct care staff should encourage good nutrition and healthy food choices.



## **Mealtime Management:**

Meal Schedules - Licensed facilities are required to follow mealtime guidelines so that people being served do not go too long without eating.

Modified Diets - are not to be changed at the discretion of the staff as they are doctor's orders and are to be followed.

Examples of Modified Diets:

Diabetic

Tube Feeding

Low Sodium

Low Calorie

Menu Substitutions - Substitutions are sometimes needed. There are guidelines on how to make substitutions without changing the nutritional integrity of the menu. An example of an appropriate substitution would be grapefruit juice used in place of orange juice. Both juices have the same amount of vitamin C. Substitutions are not to be used because of staff convenience or preference.

Responsibility - As a direct care staff it is your responsibility to follow the Nutrition Care Plan as it is written. Changes in textures of diets can endanger an individual even to the point of death.

Be aware of signs of individuals who have chewing, swallowing or choking problems.

Signs of someone having chewing or swallowing problems:

- Gagging or coughing
- Drooling
- Swallowing one bite several times
- Gargly sounding voice
- Breathing difficulty during eating or drinking
- Unexplained weight loss
- Frequent respiratory infections or pneumonia
- Excessive movement of mouth or tongue while eating/drinking

Signs of someone choking:

- The person cannot speak, breathe, cough
- The person makes the choking sign

Some behavior issues can increase the possibility of a person choking so staff should be vigilant about creating a safe and calm eating environment. Limit distractions during mealtime and do not rush the person who is eating.

To help prevent choking staff can:

- Know which individuals are at a higher risk for choking
- Cut up food into small pieces
- Watch individuals closely at mealtime
- Give individuals only small amounts of food at a time to avoid over stuffing the mouth

Always follow the Nutrition Plan and orders for Modified Diet.

Medications with Food - Direct care staff must be familiar with the medications an individual needs to take, as well as when and how a medication should be taken. Know whether the medication should be taken with or without food. Food can affect the action of the medication so follow the doctor's instructions. Observe for any possible side effects and report any unusual symptoms.



**Meal Preparation** - Cooking is one of the many tasks a direct care staff is called upon to do. Organization is key to preventing this task from being overwhelming. Read menu ahead and check to make sure everything needed is there. Organize time so all food is ready for serving at the same time including food that needs texture modifications.

Some examples of food textures that may be ordered by a physician:

Chopped = food that is 1/2 inch to 1 inch sized pieces

Finely Chopped = food that is 1/4 inch to 1/2 inch sized pieces

Ground = resembles the texture of oatmeal

Pureed = resembles the texture of baby food but is not runny





### Equal Measures -

1 Tablespoon = 3 teaspoons

1 cup = 16 Tablespoons

1 cup = 8 oz = 1/2 pint

2 cups = 16 oz = 1 pint

4 cups = 32 oz = 1 quart

2 quarts = 64 oz = 1/2 gallon

4 quarts = 128 oz = 1 gallon

2 Tablespoons butter = 1 oz

1 stick butter = 4 oz = 1/2 cup = 8 Tablespoons

Serve food at the appropriate temperature and in appealing manner. Each kitchen should have a functioning food thermometer. The "Danger Zone" for rapid bacterial growth is 40-140 degrees. Food should be stored outside the danger zone.

### Critical Temperatures for Food:

- 40 Degrees F maximum temperature for refrigerator
- 0 Degrees F for storage of frozen foods
- 70 Degrees F for dry storage
- 140 Degrees F minimum holding temperature for hot foods

Leftovers should be used within 48 hours and should be cooked to an internal temperature of 165 degrees.

**Safe Food Handling** - Preventing food borne illness is a big responsibility for anyone preparing food for others, especially if they are medically fragile. Symptoms of food borne illness include cramping, nausea, diarrhea and vomiting. If someone has these any of these symptoms notify a health professional immediately. Symptoms of food borne illness can occur anywhere from 30 minutes to 2 weeks after ingestion of tainted food.

Safe Food Preparation guidelines:

1. Always use personal hygiene - wash hands & avoid handling food when ill or if you have sores or cuts on your hands
2. Time & Temperature - never defrost food on the kitchen counter, cook food to the proper temperature and use a food thermometer to be sure
3. Avoid Cross- Contamination - store raw meat on the bottom shelf of refrigerator to prevent dripping; wash kitchen surfaces and cutting boards after food preparation; use an approved sanitizer in the proper manner to kill harmful bacteria on kitchen counters, eating surfaces and utensils; separate raw meat, poultry & seafood in your grocery cart

**Hand Washing** - Use soap and warm running water and rub your hands and forearms vigorously for 20 seconds. Friction is an important factor in removing bacteria. Be sure to wash back of hands, between fingers, wrists and under rings and fingernails. Rinse well and dry hands with a paper towel and use the paper towel to turn off the faucet.

When to Wash Hands:

- After handling raw meat & poultry
- After handling soiled dishes & utensils
- Before handling clean dishes & utensils
- After contact with unclean work surfaces, soiled clothing
- After using tissue or coughing, sneezing

After handling hair

After using the bathroom or helping others in the bathroom

After eating or smoking



### **Kitchen Clean- Up:**

1. Wash - removes the grease & particles left on the surface
2. Rinse - removes soap and food particles
3. Sanitize - use a small amount of bleach
  - 1/4 teaspoon bleach to 1 pint warm water for a spray bottle
  - 2 Tablespoons bleach to 4 gallons warm water for sink
4. Air Dry (or use sanitizing cycle of dishwasher) - Air drying allows bleach to evaporate

**Safety in the Kitchen** - Be sure to use safe work habits and careful kitchen management to prevent accidents. Most common kitchen accidents are falls, cuts, burns and electrical shock.

- Do not let sleeves, hair or jewelry dangle over hot surfaces or get tangled in appliances
- Clean up as you go and put things away to prevent clutter

- Store heavy or big items on low shelves
- Focus on the job at hand
- Close drawers and doors as you are working
- Keep floors clean and clutter free, wipe up spills immediately
- Eliminate potential hazards such as slippery throw rugs, floppy shoes or slippers, and long clothes
- Keep electric equipment away from water
- Make sure electrical cords are not damaged
- Do not overload outlets
- Keep knives sharp and use properly
- Don't soak knives in dishpan
- Use a locked drawer or cupboard for sharp cutting tools
- Never mix chemical/cleaning products
- Store poisonous materials in a safe/locked place including cleaning supplies

***STAY CALM AND NEVER HESITATE TO CALL FOR HELP!***



### **Kitchen Fires:**

Every Kitchen should have a fire extinguisher

Never use water on a grease fire or electrical fire

Turn off heat and cover pan or pour baking soda or salt on flames

Use the fire extinguisher

***IF CLOTHING CATCHES ON FIRE - STOP, DROP & ROLL!!***