



# National Nutrition Month

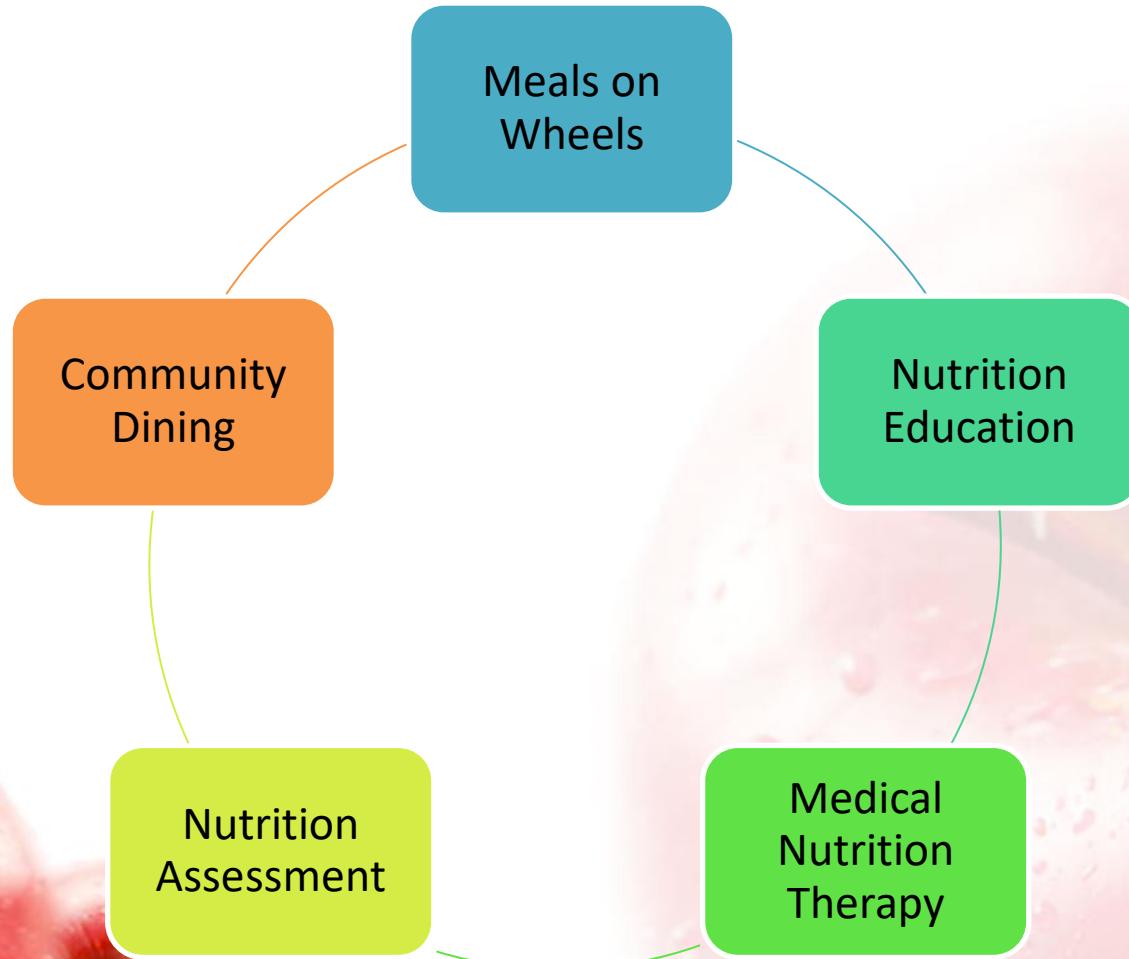
March Staff Training, 2019  
Allison Park, Lauren Staples, Traci Robidoux

# Nutrition Department

- Director- Denise Menzdorf
- Supervisor- Allison Park
- Nutritionist- Traci Robidoux RD, LDN
- Nutrition Specialist- Lauren Staples
- Program Coordinator- Karen Barber
- 11 off-site staff



# The Nutrition Department



- In-house vendor for Meals on Wheels
- Meals delivered to approx. 550 consumers daily
- 98% volunteer delivery- 385 active volunteers, over 2,500 hours/month
- 8 community dining sites
- Nutrition Education- 14 communities, 2x/year
- Nutrition Assessment offered to all high risk consumers (in home, one-on-one counseling w/client and/or caregiver)
- Now offering MNT for Medicare part B consumers w/diabetes and kidney disease



# Traci Robidoux RD, LDN- Nutritionist

- Nutrition Standards
- Menu Planning
- Medical Nutrition Therapy
- How to make a referral



# Nutrition Standards

- Menus are based on current federal and state guidelines including the Dietary Guidelines for Americans and the Dietary Reference Intakes (DRI)
- We strive to reach 700-800 calories per meal
- The average sodium content of our meals is generally around 800mg or less. This is for the entire meal, including bread, milk and the dessert.



# Nutrition Standards

- We are allowed 2 high sodium meals per month (high sodium-> total meal over 1200mg)
- Vitamins A & C- must have a Vit C source daily and must have a Vit A source 3x/week
- Fiber- a bread that is a good source of fiber must be served 3x/week
- Fruit must be served as the dessert 3x/week- can be fresh, canned or dried

# Other considerations for menu planning:

- In the summer months, cold plates are served 2x/mo
- In the fall/winter months, soup is served 2x/wk
- We offer a monthly “special”
- Homemade baked good 1x/week
- Commodities
- Plate presentation
- New menu items 1x/mo

# SAMPLE MENU (1 week)

4		Na+	5		Na+	6	HIGH SODIUM		Na+	7		Na+	8		Na+
			Chicken w/Hawaiian				<b>*Ham and Cheese</b>								
	Roast Pork	73		Sauce	345		Bake	804		Chicken Divan	181		Meatloaf w/Gravy	257	
	Apple Cider Gravy	19		Brown Rice	5		Sweet Potato	26		Rice Pilaf	59		Winter Squash	0	
	Au Gratin Potatoes	39		Sliced Carrots	43		Stewed Tomatoes	150		Peas	2		Spinach	109	
	Mixed Vegetables	28		Multigrain Bread	164		Whole Wheat Bread	188		Whole Wheat Bread	188		Honey Wheat Bread	202	
	Rye Bread	150		Strawberry Jello	73		Fresh Orange	0		Oatmeal Cookie	124		Fresh Pear	2	
	Applesauce	2		<b>Diet: SF Jello</b>	<b>55</b>					<b>Diet: Gingerboy</b>	<b>60</b>				
	Total Sodium(mg):	437		Total Sodium(mg):	754		Total Sodium(mg):	<b>1293</b>		Total Sodium(mg):	955		Total Sodium (mg):	695	
	Calories:	614		Calories:	548		Calories:	733		Calories:	701		Calories:	707	



# What is Medical Nutrition Therapy (MNT)? (for consumers w/diabetes and/or non-dialysis kidney disease- on Medicare Part B)

- MNT is a therapeutic approach to treating medical conditions and their associated symptoms. MNT includes nutritional diagnostic, therapeutic and counseling services for the purpose of disease management.
- MNT can take place at a senior's home, at their Community Senior Center or even at the library. It is usually one-on-one but can often include a family member, homecare provider or friend.

# What can I do for our clients?

- Create eating plans for existing medical conditions
- Provide a nutrient check up
- Recommend the best way to achieve and maintain a healthy weight
- Help address chewing/swallowing/digestion problems
- Offer supplement advice
- Provide guidance navigating food allergies, sensitivities and intolerance
- Review how to read a nutrition facts label so that clients can identify healthier food choices

# Dietitian referrals...How do I refer my client?

- Use the ***Activities & Referrals*** section of your client's consumer page
- Click on ***Add New***
- In the subject section put ***Dietitian Referral***
- In the action section choose ***Nutrition Initial Assessment***
- ***Agency & Provider MUST say BayPath Elder Services***
- In the ***Comments*** section please include the ***nutrition concerns*** you have regarding your client.
- Consumer Journal note

# Lauren Staples, Nutrition Specialist

- Nutrition Assessment
- Food Allergies and Food Intolerances



# The Intake Process

- Nutrition Screening Initiative (NSI)
  - Designed by the American Academy of Family Physicians and the National Council on the Aging
  - Questionnaire with numerical scoring (also in CDS)
  - Purpose: To identify elders at high nutrition risk
  - This tool can be used to measure an individual's change in nutritional risk over time (initial assessments and annual reassessments for MOW)

# DETERMINE Warning Signs

- D - Disease
- E - Eating Poorly
- T - Tooth Loss/Mouth Pain
- E - Economic Hardship
- R - Reduced Social Contact
- M - Multiple Medicines
- I - Involuntary Weight Loss/Gain
- N - Needs Assistance in Self Care
- E - Elder Years Over 80

# NSI Risk Assessment

- Clients with a score of six (6) or higher are considered to be at high nutritional risk
- The NSI questionnaire should be completed annually for all consumers receiving **congregate meals, home delivered meals, or nutrition counseling**
- The results are entered in the SAMS system for every consumer receiving one or more of these services

# Malnutrition Screening Tool (MST)

- Implemented by the State Commission on Malnutrition Prevention Among Older Adults (Senate Bill 2499)
- Tool composed of three questions to identify malnutrition risk. 1. Have you lost weight? 2. How much weight? 3. Are you eating poorly due to a decreased appetite?
- A score over a 2 indicates a risk for malnutrition
- Purpose: collect data to assess risk and measure incidence of malnutrition among older adults

# MST Example

## B. ASSESSMENT INFORMATION

### B.3. MALNUTRITION SCREENING TOOL (MST)

✓ a. Have you recently lost weight?

<input type="radio"/> (Not Answered)	<input type="radio"/> No	<input checked="" type="radio"/> Yes	<input type="radio"/> Unsure	<input type="button" value="▼"/>
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✓ b. If Yes, how much weight have you lost?

<input type="radio"/> (Not Answered)	<input checked="" type="radio"/> 2-13 lb	<input type="radio"/> 14-23 lb	<input type="radio"/> 24-33 lb	<input type="radio"/> 34 lb or more	<input type="radio"/> Unsure	<input type="button" value="▼"/>
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✓ c. Have you been eating poorly because of a decreased appetite?

<input type="radio"/> (Not Answered)	<input type="radio"/> No	<input checked="" type="radio"/> Yes	<input type="button" value="▼"/>
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ⓘ MST - Raw Score

2
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ⓘ MST - Risk Factor

True
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# Important Nutrition Questions to Ask

- Illness or conditions that change the way you eat?
  - For instance: diabetes, hypertension etc.
- Food allergies or intolerances?
- Special diet prescribed by doctor?
- Trouble chewing or swallowing?
- Unwanted weight loss or gain in the past 6 months (more than 10 lbs)?
- Do you have enough food in the home?
  - Food pantry? SNAP benefits?

# Food Allergies and Other Common Food Threats



# Food Allergy Training- March 2016

- What is a food allergy?
- What are the most common food allergies?
- Symptoms/Anaphylaxis
- Common Food Threats:  
Top 8 Allergens, Oral Allergy Syndrome, Latex-Fruit Syndrome, Eosinophilic Esophagitis, Celiac Disease, Food Intolerances, Food Aversions

# Important Questions to Ask About Food Allergies

- What happens when you eat the food?
- Do you consider this allergy to be life threatening?
- Is it diagnosed by your doctor?
- How much of the food do you have to eat to cause a reaction?
- Have you ever had to go to the hospital for a reaction?
- Do you have an epi-pen?

# Unsure About a Dietary Restriction?

- Don't- make any promises
- Do- collect as much info as possible
  - hospital discharge paperwork
  - do they have an involved EC that understands the restriction?
- Ask who prescribed the diet
  - Collect Specialist's info, obtain signature on Doctor's Authorization form so we have the option to contact the prescriber

# Allison Park, Nutrition Specialist

- Therapeutic Meals (and other modifications for consumers on special diets)



# Therapeutic Meals: what does ENP offer?

- Diabetic meals
- Low-sodium alternative meals
- Low-lactose meals
- Modified texture meals
  - Mechanical soft
  - Puree
- Renal meals
  - Renal low protein
  - Renal high protein

# Therapeutic meals: diabetic

- Clients receive the regular meal in which starch portion sizes are measured –  $\frac{1}{2}$  cup.
- On days when the regular dessert is high in sugar/carbohydrate (cake, pudding, muffin), diabetic clients receive a lower-carbohydrate substitution.
- ALL therapeutic meals come with a diabetic-friendly dessert.
- What should be done if a diabetic client doesn't want a diabetic meal?

# Therapeutic meals: low-sodium

9	High Sodium	Na+
Ham with Pineapple	1055*	
Scalloped Potatoes	25	
California Vegetables	22	
Dinner Roll	132	
Apple Cherry Crisp	5	
D: Apple Grahams	95	
Total Sodium: 1364mg		
Calories: 519		

- If the total meal contains more than 1200 mg of sodium, the day is designated a high-sodium day and an alternative meal with a lower-sodium entrée is provided for clients who have requested it. The alternative meal is hot.
- Request this for your consumers by including the request in a Nutrition Referral (new meals) or ENP post (modification to existing meals).



# Therapeutic meals: low-lactose

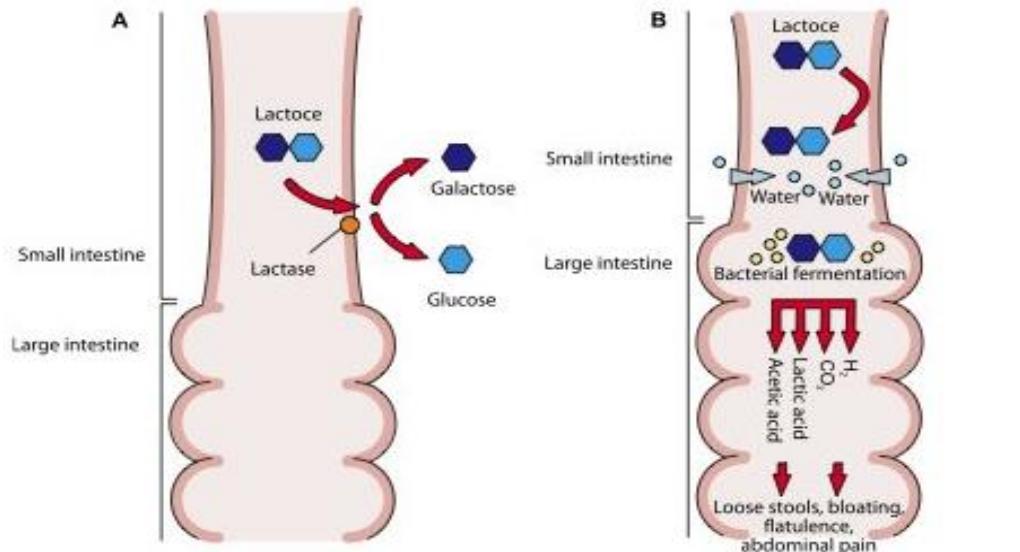


Figure 3. Picture A: Lactase degrades lactose. No symptoms of lactose intolerance.  
Picture B: Unabsorbed lactose in the large intestine causes lactose intolerance symptoms.

- <http://biochemphilic.files.wordpress.com/2013/03/dairy-intolerance3.jpg>

# Therapeutic meals: low-lactose

- Clients receive a hot meal similar (or sometimes identical) to the hot meal of the day. Dishes containing lactose (i.e. milk or cheese) are replaced with a low-lactose substitution. Milk is Lactaid.
- Lactose intolerance occurs on a spectrum. Some clients can tolerate moderate amounts of lactose and opt to receive the regular meal with Lactaid milk.
- Clients who have recently had an illness or injury (including surgery, or cancer treatment) affecting their small intestines may develop secondary lactose intolerance, which is often temporary.



# Therapeutic meals: Mechanical soft

- Clients receive a hot meal similar (or sometimes identical) to the hot meal of the day. Soft, pre-cut or fork-tender foods are used. Extra gravy is provided. Beverages are 2% milk and 4 oz of juice. Bread is served.
- This meal is helpful for clients with:
  - Mild dysphagia
  - Dental pain (even temporary)
  - Poorly-fitted dentures
  - Missing teeth
  - Difficulty holding knife and fork

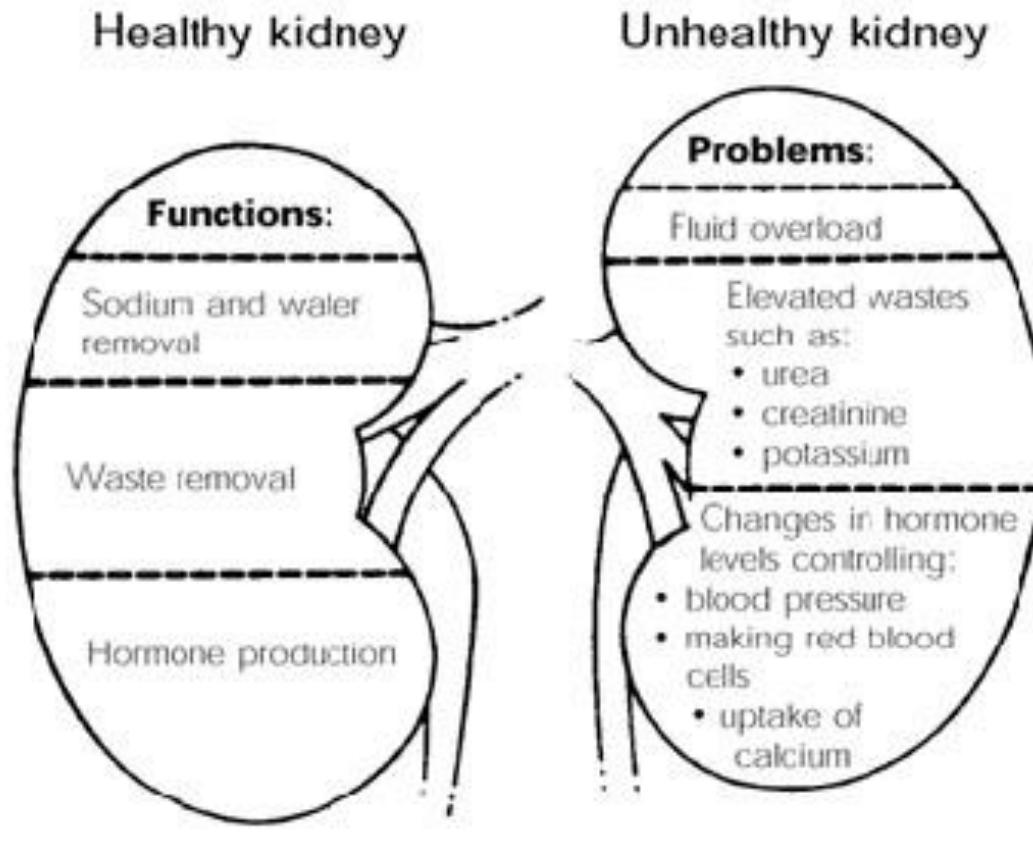


# Therapeutic meals: Puree

- Clients receive a frozen meal that has a similar content to the regular meal (protein, starch, and vegetable), but is pureed. Beverages are 2% milk, 4 oz fruit juice, and 4 oz of health shake. No bread is provided.
- The pureed food is thickened to slightly thicker than honey consistency. Some clients may need to dilute or thicken the food and/or the beverages in order to swallow them safely.



# Therapeutic meals: renal



# Therapeutic meals: renal

<b>Stages of Kidney Disease</b>		
<b>Stage</b>	<b>Description</b>	<b>Glomerular Filtration Rate (GFR)*</b>
1	Kidney damage (e.g., protein in the urine) with normal GFR	90 or above
2	Kidney damage with mild decrease in GFR	60 to 89
3	Moderate decrease in GFR	30 to 59
4	Severe reduction in GFR	15 to 29
5	Kidney failure	Less than 15

\*Your GFR number tells your doctor how much kidney function you have. As chronic kidney disease progresses, your GFR number decreases.

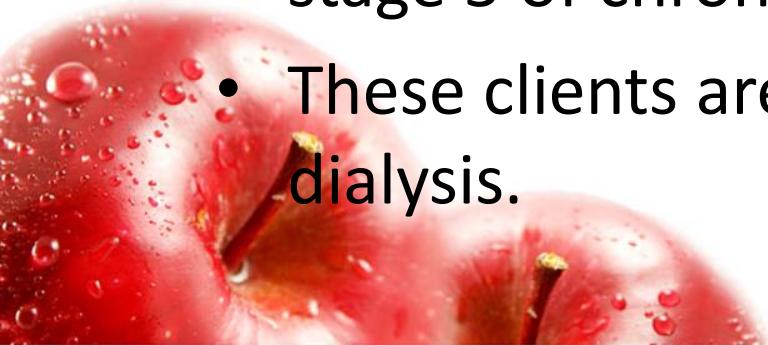
# Therapeutic meals: Renal Low Protein

- Clients receive a frozen meal, bread, and dessert. They do not receive milk.
- The nutritional content of these meals has been reviewed to ensure that they provide acceptable levels of sodium, potassium, calcium, phosphorus, and protein for a client in stage 4 of chronic kidney disease.
- A fax from the client's doctor (nephrologist) is required before meals can start.



# Therapeutic meals: Renal high protein

- Clients receive a frozen meal, bread, and dessert. They receive 4 oz. of milk.
- The nutritional content of these meals has been reviewed to ensure that they provide acceptable levels of sodium, potassium, calcium, phosphorus, and protein for a client in stage 5 of chronic kidney disease.
- These clients are in renal failure and receiving dialysis.



# Therapeutic meals: Renal high protein

- Meal delivery schedule should be arranged around client's dialysis schedule. Ask whether weekend meals are needed.
- A fax from the client's doctor (nephrologist) is required before meals can start.



I don't care what day it is.  
Four hours is four hours.

# Happy Birthday, Traci!

Once you lick the  
frosting off a cupcake  
it becomes a muffin ...  
and muffins are healthy.  
(You're welcome)

