Planning a Healthy Menu

A Toolkit for Enhancing Health Through Nutrition

January 2022



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Table of Contents

1.0 B	ackground Information	Section 1
1.1	Introduction	Page 2
1.2	Government of Alberta Supportive Living Accommodation Standards	Page 4
1.3	Eating Well with Canada's Food Guide	Page 7
1.4	Food Safety	Page 8
1.5	Food Allergies and Intolerances	Page 11
2.0 H	ow to Plan a Menu	Section 2
2.1	Overview	Page 2
2.2	Menu Planning Guidelines	Page 3
2.3	How to Choose and Prepare Healthy Foods	Page 5
2.4	Planning a Menu	Page 7
2.5	Example of a Completed Regular Menu Plan	Page 8
2.6	Healthy Standardized Recipes	Page 9
2.7	Standardized Portion Sizes	Page 11
2.8	Conversions and Equivalents	Page 19
2.9	Cutting Diagrams for Portioning	Page 22
2.10	Planning Healthy Meals for Smaller Sites	Page 23
2.11	Budgeting	Page 29
3.0 C	ultural, Religious, and Personal Considerations	Section 3
3.1	Introduction	Page 2
3.2	Indigenous Peoples and Traditional Foods	Page 3
3.3	Foods from Various Cultures	Page 5
3.4	Religious Considerations	Page 8
3.5	Vegetarian Diets	Page 10
4.0 S	ubstitutions and Special Diets	Section 4
4.1	Overview	Page 2
4.2	Special Diets	Page 3
4.3	Special Diets for Disease Management	Page 4
4.4	High Protein, High Calorie	Page 19
4.5	Snacks	Page 23
5.0 D	ysphagia (Texture Modified Diets)	Section 5
5.1	Overview	Page 2
5.2	Comparison of AHS and IDDSI Diets Flow	Page 3
5.3	Texture Modified Diets	Page 5



6.0 Ri	ght Diet to Right Resident	Section 6
6.1	Overview	Page 2
6.2	Tips for Diet Process Flow	Page 2
6.3	Assigning Tasks for Diet Process Flow for Meal Services	Page 5
6.4	Sample Diet Process Flow for Meal Services	Page 6
7.0 D	ementia (Major Neurocognitive Disease)	Section 7
7.1	What is Dementia?	Page 2
7.2	How Can Dementia Impact Nutrition?	Page 2
7.3	How Does Dementia Increase Malnutrition Risk?	Page 4
7.4	Helpful Mealtime Assistance Strategies for Residents with Dementia	Page 4
7.5	How to Help Residents with Demenia Eat Better	Page 5
7.6	Resources	Page 7
8.0 M	alnutrition	Section 8
8.1	Malnutrition: Overview	Page 2
8.2	Frailty	Page 3
8.3	Sarcopenia of Aging	Page 4
8.4	Malnutrition Screening	Page 5
8.5	Med Pass Program	Page 10
8.6	Dining experience/Time fo Eat Toolkit	Page 11
8.7	Liberalization of Restricted or Special Diets	Page 12
9.0 H	ydration	Section 9
9.1	Why is Hydration Important?	Page 2
9.2	Dehydration	Page 2
9.3	Signs and Symptoms of Dehydration	Page 3
9.4	How Much Fluid is Needed	Page 4
9.5	Hydration Monitoring	Page 4
9.6	What are Fluids?	Page 6
9.7	Tips to Improve Fluid Intake	Page 8
9.8	Care Strategies	Page 9
9.9	Special Considerations	Page 11
9 10	Concerns and Solutions	Page 12



1A 1B

6B

7A

A8

8B

SC

8D 8E

8F

8G

H8

81

Appendices

Lactose Intolerance

2A 2B 2C 2D 2E 2F 2G 2H 2J	Sample One-Week Regular Menu Sample Grocery List Nutrition Education Materials Sample Always on the Menu Menu Substitution Form Low Sodium Substitutions Cycle Menu Template Menu Item Suggestions How to Plan a Menu
2K	Menu Planning Checklist
4C 4D 4E	Sample Lacto-Ovo Vegetarian Menu Plan Sample Gluten-Free Menu Plan Sample High Protein High Calorie Menu Plan
5A 5B 5C 5D 5E 5F 5G	Texture Modified Diet Poster Thick Fluids Poster Presentations on Dysphagia, Texture Modified Diets, and Thick Fluids Dysphagia Soft Menu Plan Sample Easy to Chew Menu Plan Sample Minced Menu Plan Sample Pureed Menu Plan
64	Sample Diet Request Form

Colour Coded Special Diet Cards

3-Day Food and Activity Journal

CHOICE Dining Room Checklist

CHOICE-Mealtimes Practices Checklist

Tracking Resident Meal Intake Tracking Resident Weights

How Much Did I Eat- CMTF

My Mealtime Intake- CMTF

Volunteer Mealtime Assistance Training Manual

Nutrition Care Pathway for Supportive Living Clients

Poster – Tips to Get Resident Ready for Meals

Food Allergies, Intolerances, Restrictions Record

