

CAREGIVER'S RESPONSIBILITY FOR FOOD AND NUTRITION

Create an eating environment where **HEALTHY CHOICES ARE THE EASY CHOICES**

Stock the pantry & refrigerator with a variety of **FRESH, NUTRIENT DENSE & MINIMALLY PROCESSED** foods

Keep low nutrient dense foods out of sight (soda, chips, and cookies)

Focus on Variety, Amount, and Nutrient

- Serve a **variety** of **colourful** fruits & veggies
- Purchase mostly **whole grain** products
- Buy **low fat** dairy (cheese, yogurt)
- Buy **healthy oils** (olive oil, canola, coconut oil)
- Serve appropriate **portion sizes**
- Serve a **variety** of **lean protein** (lean meats, seafood, eggs, beans, & nuts)

Set the scene for safe and healthy eating habits

- Follow the **diet order**, prescribed by the physician
- Develop **eating schedule**; avoid grazing
- Encourage **family style meal** service, if appropriate
- Encourage appropriate **mealtime behaviour**
- Encourage socialization/ be a **positive role model**
- Consider clients **cultural/personal preferences**
- Supervise meal service/ monitor signs of **choking & aspiration**

Follow good **FOOD SAFETY & SANITATION PRACTICES**

Always wash your hands prior to preparation & meal service + Keep knives, can openers and other sharp objects out of signs + Keep hot food hot and cold food cold!

Follow the 3 lows & 3 highs rule:

3 lows: Sugar, Fat, and Sodium

3 Highs: Fiber, Fruit, and Vegetable

Make **home cooked meals** and **encourage client involvement** if appropriate

Encourage fluid consumption: **offer more water and avoid sugary beverages**

Unless prescribed by physician, follow the general house diet meal patterns for break, lunch, dinner & snack

Breakfast	Lunch	Dinner	Snack (Choose 3)
Milk/Milk Alt. 8 oz	Milk/Milk Alt. 8 oz	Milk/Milk Alt. 8 oz	Milk/Milk Alt. 8 oz
Fruit/Veg 1 C	Fruit/Veg 2 C	Fruit/Veg 2 C	Fruit/Veg 1 C
Grain: 2 oz 2 sl. W.W Bread or cold cereal 1.5 C hot cereal 1 C	Grain: 2 oz 2 sl. W.W Bread or 1 C bean/rice/pasta	Grain: 2 oz 1 C bean/rice/pasta 2 6" tortillas	Grain: 1 oz 1 sl. W.W Bread ¾ C cold cereal 4-6 whole grain crackers
Protein 1-2 oz 1 egg or 1-2 oz cheese	Protein 4 oz (deck of card)	Protein 4 oz (deck of card)	Protein 1-2 oz 6 oz yogurt/ or 2 oz meats