

Inservice: Fortified Diets

Objective: Participants will be able to:

- Understand the need to fortify a diet
- How fortified diets are identified
- Method of fortifying the diet

Method:

- Lecture, demonstration, discussions, and post-test

Introduction:

Fortified diets are for residents who cannot consume adequate amounts of calories to maintain their weight or nutritional status. This can put them at risk for weight loss, skin breakdown, or loss of muscle mass. Fortifying the regular menu items is always preferred over adding another food, such as a nutritional supplement. Most residents usually eat the same amount of food whether it is fortified or not. Therefore, fortification makes food nutrient dense without increasing the amount of food sent. For example, by adding margarine or cheese to vegetables. This will increase the calories and/or protein provided, and the resident may be more tempted to eat more food.

The Dietitian or the FNS Director will identify residents who need a fortified diet. The doctor will then order “Fortified Diet.” This will be stated on the resident’s tray card so FNS staff are able to identify residents on fortified diets during trayline.

A Fortified Meal Plan will be available on our website with each menu cycle. This plan will indicate which menu items will need to be fortified each day.

GENERAL CONSIDERATION AND REMINDERS:

- The Fortified Meal Plan provides an additional 300-400 calories and 3-4 grams of protein each day.
- Remember that this plan may need to be adjusted by the Facility Dietitian to fit the individual resident and their preferences and the facility needs. These changes can be identified on the resident’s tray card.

- For example, a resident may not want the extra margarine written in the fortified meal plan or may be lactose intolerant and not tolerate cheese or sour cream added to foods.
- Reducing the portions may help a resident who is eating less than 50% of meals.
 - The portions may not be as overwhelming and better consumption may be viewed as an attainable goal for the resident.
- If a resident is on a Fortified Diet and gets an alternative, the **ALTERNATIVE MUST BE FORTIFIED**.
 - This is a common mistake that many times leads to a write-up during survey.
- For more information about the Fortified Diet and fortification ideas, be sure to reference the Diet Manual (pages 11-12) and the Policy and Procedure Manual (pages 4.18 to 4.21).

Demonstration:

- Review the current menu cycle's Fortified Menu Plan with the FNS staff.
 - Be sure to highlight how to determine which items to fortify on the weekly menu spreadsheets when comparing to the Fortified Menu Plans for the corresponding week.
 - Discuss the importance of following specific portion sizes.

FORTIFIED MENU PLAN

The Facility Dietitian may modify the Fortified Menu Plan to meet both the individual resident and facility needs. This plan provides an additional 300 - 400 calories and 3-4 grams of protein per day.

DAILY MENU	POSSIBLE FORTIFIED ADDITIONS
BREAKFAST	
Hot Cereal	Hi Cal Cereal Topping* (see recipe in Breakfast section)
Or Cold Cereal	4 oz nondairy creamer
Eggs	½ oz melted margarine or 1 Tbsp shredded cheese**
Pancake, Waffle, French Toast, Pastry	Extra ½ oz melted margarine
Toast, Muffin	Extra pat of margarine, jelly packet
LUNCH AND DINNER	
Meat per menu	Extra 1 oz gravy or sauce
Lasagna or Casserole	Top with 1 Tbsp shredded cheese**, 1 Tbsp sour cream, or Extra ½ oz melted margarine (can mix in before cooking)
Cold or Hot Sandwiches	Extra 1 – 2 tsp mayonnaise, or ½ oz extra cheese ** or meat (may need to grind or puree depending on texture requirements)
Hot Dogs/ Hamburgers/Cheeseburgers	½ oz cheese (½ oz extra cheese for cheeseburgers) **
Breaded entrees (nuggets, patties)	Brush with ½ oz melted margarine before baking
Entrée Salad	Extra 1 – 2 tsp salad dressing
Soup per menu	Extra ½ oz melted margarine, or Top with 1 Tbsp shredded cheese,** or 1 Tbsp protein powder
Starch per menu	Extra ½ oz melted margarine, 1 Tbsp shredded cheese,** or 1 Tbsp sour cream (mashed potatoes, baked potato, rice, beans, etc.)
Vegetable per menu	Extra ½ oz melted margarine or 1 Tbsp shredded cheese**, if appropriate
Salad	Extra 1 – 2 tsp salad dressing or ½ oz shredded cheese**
Dessert	Add 1 Tbsp whipped topping or 1 Tbsp chocolate syrup

½ oz = 1 Tbsp

Note that for those who drink milk, it is possible to provide additional calories and protein by providing 8 oz of whole milk at lunch and dinner.

SPECIAL DIETS

***CCHO-** May give fortified cereal, but do not add brown sugar. Do not fortify desserts. **Renal-** use non-dairy creamer- Refer to recipe in Binder #1.

**** Pureed/ Dysphagia-** Must puree shredded cheese or use cheese sauce for dysphagia and puree diets. All other toppings must be smooth or pureed.

Renal, Low fat/Low Cholesterol, or 2gm NA Diets- Fortify per RD plan.

Post Test: Fortified Diets

1. True/False (circle one) Fortifying the diet means adding calories.
2. True/False (circle one) The menu items that need to be fortified are listed on the Fortified Menu Plan specific to the menu cycle.
3. True/False (circle one) The Dietitian cannot modify the fortified plan.
4. True/False (circle one) Casseroles and beans are fortified with extra cheese, margarine, or sour cream.
5. True/False (circle one) The state will give you a deficiency if the fortified diet is not followed.
6. True/False (circle one) When serving a resident an alternative at mealtime, you do not need to fortify that food item.

Post Test Answers: Fortified Diets

1. T
2. T
3. F The dietitian can modify the fortified plan.
4. T
5. T
6. F You need to fortify the alternate.