

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/juice: (one each)	1.Guava juice* (fort) 2.Mango**	1.Apple juice* (fort) 2.Cantaloupe**	1.Grapefruit juice* (fort) 2.Watermelon**	1.Carrot juice** (fort) 2.Kiwi*	1.Orange juice* (fort) 2.Nectarine**
Hot Cereal/Grain:	1.Oatmeal w/blueberries	1.Fried Rice	1.Lemon Parsley Couscous	1.Oatmeal w/apple	1.Soft Polenta
Entrees (2):	1.Scrambled eggs & ham 2.Blueberry Pancakes	1.Sausage Egg Casserole 2.Cinnamon French Toast	1.Potato-Bacon omelet 2.Whole Wheat Waffles	1.Mushroom Quiche 2.Apple Pancakes	1.Hot Stuffed Eggs 2.WW Pancakes
Sides (3):	1.Ham (entree #1) 2. Cheese Souffle 3.Ginger Muffins	1.Sausage (entree #1) 2.Bacon 3.Ambrosia Fruit Salad	1.Bacon (entree #1) 2.Chocolate Roll 3.Fruit Gelatin Salad	1.Bacon/ham (entree #1) 2.Sunshine Salad 3.Grapefruit Orange Salad	1.French Breakfast Puffs 2.Ham (entree #1) 3.Sausage
Lunch:			1 White Chili		
Soup/Salad: (one each)	1.Chicken Noodle Soup 2.Carrot Raisin Salad	1.Hearty Potato Ham Chowder 2.Coleslaw	2.Sliced Cucumber and Onion in Sour Cream	1.Beef Barley Soup 2.Tomato Basil Salad	1.Turkey Vegetable Soup 2.Spinach Cheese Salad
Entrees (2):	1.Ginger Orange Beef 2.Roasted Eggplant and Chickpea Ragout on Penne	1.Swedish Meatballs 2.Pan-Fried Chicken	1.Turkey a la King 2. Lasagna	1.Baked Fish Fillets 2.Vegetarian Spaghetti	1.Beef Stew 2.Chicken and Rice Casserole
Vegetables (2):	1.Cauliflower and Potato Curry (E#1) 2.Seasoned Broccoli (E#2)	1.Seasoned Brussels Sprouts (E#1) 2.Spaghetti Squash (E#2)	1.Stir-Fried Vegetables (E#1) 2.Seasoned Cauliflower (E#2)	1.Baked Eggplant (E#1) 2.Mushroom-Stuffed Tomatoes (E#2)	1.Seasoned Zucchini (E#1) 2.Spinach Souffle (E#2)
Grain/Bread/ Starch (2):	1.Potato (from Vegetable#1) 2.Barley Casserole (E#2)	1.Grains and Beans (E#1) 2.Mashed Potatoes (E#2)	1.Baked Sweet Potatoes (E#1) 2.Lasagna noodles (E#2)	1.Tomato Cilantro Rice (E#1) 2.Dumplings (E#2)	1.Potatoes (from Beef Stew E#1) 2.Rice (E#2)
Desserts (2):	1.Chocolate Chip Cookie 2.Coconut Cream Pudding	1.Gingersnaps 2.Fruit Tapioca Cream	1.Fudge Brownies 2. Pumpkin Pie	1.Rolled Sugar Cookies 2. Strawberry Chiffon Pie	1.Cream pie 2. Pears and Cheese Dessert
Dinner:					
Soup/Salad: (one each)	1.Vegetable Beef Soup 2.Tender Greens and Fruit Salad	1.Potato and Roasted Red Pepper Soup 2.Tossed Vegetable Salad	1.Chicken Velvet Soup 2.Basic Mixed Green Salad	1.Vegetable Chowder 2.Carrot-Celery Salad	1.Lentil and Black Bean Soup 2.Caesar Endive Spears
Entrees (2):	1.Broiled Tuna with White Beans and Tomato Sauce 2.Spanish Meatballs	1.Vegetable Meatloaf 2.Chicken Fajitas	1.Beef Pot Pie 2.Rachel Sandwich	1.Green Chile Stew and CornBread 2.Chicken and Pasta Salad Plate	1.Lemon Rice-Stuffed Cod 2.Taco Salad Casserole
Vegetables (2):	1.Seasoned Asparagus (E#1) 2.Beets in Sour Cream (E#2)	1.Vegetables from E#1 2.Mushroom-Stuffed Tomatoes (E#2)	1.Seasoned Cabbage (E#1) 2.Broccoli with Cheese Sauce (E#2)	1.Marinated Carrots (E#1) 2.Vegetables from E#2 (broccoli, zucchini, carrots, cherry tomatoes)	1.Creole Celery (E#1) 2.Vegetables from E#2 (lettuce, onions, tomatoes)
Grain/Bread/ Starch (2):	1.White Bean (E#1) 2.White Rice (E#2)	1.Red Beans and Barley 2.Flour Tortillas (E#2)	1.Pie Crust (E#1) 2.Rye Bread (E#2)	1.CornBread (E#1) GF 2.Rotini (E#2)	1.Rice (E#1) 2.Corn Chips (E#2)
Desserts (2):	1.Chocolate Pudding 2. Strawberries and Cheese Dessert	1.Cheesecake 2. Apple Crisp	1.Banana Cream Pudding 2.Sandies	1.Cream Puffs 2. Orange Chiffon Pie	1.Pineapple Bavarian Cream 2. Brownies

Assorted Beverages: Coffee/Tea/Milk Available

Assorted Toast/Bread/Rolls Available

*High Vitamin C **High Vitamin A

List of Recipes Used

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/juice: (one each)	1.Guava juice* (fort) 2.Mango**	1.Apple juice (fort) 2.Cantaloupe**	1.Grapefruit juice* (fort) 2.Watermelon**	1.Carrot juice** (fort) 2.Kiwi*	1.Orange juice* (fort) 2.Nectarine**
Hot Cereal/Grain:	1.Oatmeal w/blueberries	1.Fried Rice	1.Lemon Parsley Couscous	1.Oatmeal w/apple	1.Soft Polenta
Entrees (2):	1.Scrambled eggs & ham 2.Blueberry Pancakes	1.Sausage Egg Casserole 2.Cinnamon French Toast	1.Potato-Bacon omelet 2.Whole Wheat Waffles	1.Mushroom Quiche 2.Apple Pancakes	1.Hot Stuffed Eggs 2.Sausage Quiche
Sides (3):	1.Ham (entree #1) 2. Cheese Souffle 3.Ginger Muffins	1.Sausage (entree #1) 2.Pumpkin Cake 3.Oatmeal Date Bars	1.Bacon (entree #1) 2.Chocolate Roll 3.Potato (entree #2)	1.Bacon/ham (entree #1) 2.Blueberry Muffins 3.Cheese Balls	1.French Breakfast Puffs 2.Ham (entree #1) 3.Sausage (entree #2)
Lunch:					
Soup/Salad: (one each)	1.Chicken Bouillon 2.Carrot Raisin Salad	1.Beef Barley Soup 2.Coleslaw	1.Turkey vegetable soup 2.Apple-Cabbage Salad	1.French Onion Soup 2.Tomato Basil Salad	1.Baked Potato Soup 2.Spinach Cheese Salad
Entrees (2):	1.Ginger Orange Beef 2.Chicken Cacciatore	1.Swedish Meatballs 2.Pan-Fried Chicken	1.Turkey a la King 2. Lasagna	1.Baked Fish Fillets 2.Turkey and Dumplings	1.Beef Stew 2.Chicken and Rice Casserole
Vegetables (2):	1.Cauliflower and Potato Curry (E#1) 2.Seasoned Broccoli (E#2)	1.Seasoned Brussels Sprouts (E#1) 2.Spaghetti Squash (E#2)	1.Stir-Fried Vegetables (E#1) 2.Seasoned Cauliflower (E#2)	1.Baked Eggplant (E#1) 2.Mushroom-Stuffed Tomatoes (E#2)	1.Seasoned Zucchini (E#1) 2.Spinach Souffle (E#2)
Grain/Bread/ Starch (2):	1.Potato (from Vegetable#1) 2.Barley Casserole (E#2)	1.Grains and Beans (E#1) 2.Mashed Potatoes (E#2)	1.Baked Sweet Potatoes (E#1) 2.Lasagna noodles (E#2)	1.Tomato Cilantro Rice (E#1) 2.Dumplings (E#2)	1.Potatoes (from Beef Stew E#1) 2.Rice (E#2)
Desserts (2):	1.Chocolate Chip Cookie 2. Fresh Apple Pie	1.Gingersnaps 2. Lemon Pie	1.Fudge Brownies 2. Pumpkin Pie	1.Rolled Sugar Cookies 2. Strawberry Chiffon Pie	1.Cream pie 2. Pears and Cheese Dessert
Dinner:					
Soup/Salad: (one each)	1.Cream of Broccoli Soup 2.Tender Greens and Fruit Salad	1.Potato and Roasted Red Pepper Soup 2.Tossed Vegetable Salad	1.Chicken Velvet Soup 2.Basic Mixed Green Salad	1.Vegetable Chowder 2.Carrot-Celery Salad	1.Cheese Soup 2.Caesar Endive Spears
Entrees (2):	1.Broiled Tuna with White Beans and Tomato Sauce 2.Spanish Meatballs	1.Vegetable Meatloaf 2.Chicken Fajitas	1.Beef Pot Pie 2.Rachel Sandwich	1.Green Chile Stew and CornBread 2.Chicken and Pasta Salad Plate	1.Lemon Rice-Stuffed Cod 2.Taco Salad Casserole
Vegetables (2):	1.Seasoned Asparagus (E#1) 2.Beets in Sour Cream (E#2)	1.Vegetables from E#1 2.Mushroom-Stuffed Tomatoes (E#2)	1.Seasoned Cabbage (E#1) 2.Broccoli with Cheese Sauce (E#2)	1.Marinated Carrots (E#1) 2.Vegetables from E#2	1.Creole Celery (E#1) 2.Vegetables from E#2
Grain/Bread/ Starch (2):	1.White Bean (E#1) 2.Rice (E#2)	1.Baked Sweet Potatoes (E#1) 2.Flour Tortillas (E#2)	1.Pie Crust (E#1) 2.Rye Bread (E#2)	1.CornBread (E#1) GF 2.Rotini (E#2)	1.Rice (E#1) 2.Corn Chips (E#2)
Desserts (2):	1.Chocolate Pudding 2. Strawberries and Cheese Dessert	1.Cheesecake 2. Apple Crisp	1.Lemon Cake Pudding 2. Sandies	1.Cream Puffs 2. Orange Chiffon Pie	1.Pineapple Bavarian Cream 2. Brownies

Assorted Beverages: Coffee/Tea/Milk Available

Assorted Toast/Bread/Rolls Available

*High Vitamin C **High Vitamin A

List of Recipes Used

try to have 1 whole grain option at each meal

Breakfast

FruitandJuice(Selectone)

Nectarine
Fortified Orange Juice

Comfort Hot Dish:

Soft Creamy Polenta Made from Locally Grown Corn

Cold Cereal:

Dried Fruit Granola
Cheerios

Entrée(Selectone)

Fluffy Whole Wheat Pancakes

Hot Stuffed Eggs with a Natural Smoky Flavor

Sides(Selectone)

Vintage French Breakfast Puffs
Ham

Sausage

Breads (Select one)

Whole Wheat Toast
Rye Toast

Beverages/Condiments

- Coffee/ Decaf Coffee
- Tea/ Decaf Tea
- Water
- Whole Milk
- Soy Milk
- Non-fat Milk
- 2% Milk
- Non-fat creamer
- Brown Sugar
- Butter
- Strawberry Jam
- Ketchup Salt /
- Pepper
- Almond Butter

Lunch

Soup and Salad(Selectone)

Turkey Vegetable Soup
Spinach Cheese Salad

Entrée (Selectone)

Old Fashioned Stew Made with Grass-fed Beef
Comforting Chicken and Rice Casserole

Vegetable Dish

Seasoned Zucchini
Spinach Souffle

Breads(Selectone)

Whole Grain Roll
French Roll

Desserts(Selectone)

Smooth Cream Pie with
Homemade Pudding
Pears and Cheese Dessert

Beverages/Condiments

- Coffee/ Decaf Coffee
- Tea/ Decaf Tea
- Water
- Brown Sugar
- Butter
- Ketchup Salt /
- Pepper
- Creamer/ Milk
for Coffee

Dinner

Soup and Salad(Selectone)

Cozy Lentil and Black Bean
Soup
Caesar Endive Spears

Entrée (Selectone)

Garlic Butter Lemon Stuffed
Cod
Taco Salad Casserole

Vegetable Dish

Creole Celery

Starch Options

Steamed White Rice
Corn Chips
Assorted Breads (Select one)
Whole Grain Roll
Dinner Roll

Desserts(Selectone)

Pineapple Bavarian Cream
Chocolate Fudge Brownies

Beverages/Condiments

- Coffee/ Decaf Coffee
- Tea/ Decaf Tea
- Water
- Whole Milk
- Soy Milk
- Non-fat Milk
- 2% Milk
- Non-fat creamer
- Brown Sugar
- Butter
- Strawberry Jam
- Ketchup Salt /
- Pepper
- Almond Butter

Back of the House Menu – Friday

Breakfast	Portion Size	Food Item
Juice	1/2 cup (4 oz)	Fortified Orange Juice
Fruit	1 nectarine (5 oz)	Nectarine
Hot Cereal	4 oz	Soft Polenta
Cold Cereal	1 cup	Dried Fruit and Nut Granola
	1 oz	Cheerios
Entrées	2 cakes (6.4 oz)	Whole Wheat Pancakes
	2 halves	Hot Stuffed Eggs
Sides	2 1/4 oz	French Breakfast Puffs
	3 lb, sliced	Sausage
	1 lb, sliced	Ham (entree #2)
Bread/Toast	1 slice	Whole Wheat Toast/ Rye Toast
Beverages	3/4 cup or 6 oz	Coffee/ Tea
	1 cup	Whole Milk/ Water
Condiments	1 tbsp	Butter/ Non-fat Creamer/ Strawberry Jam/ Almond Butter
	2 tbsp (1 oz)	Ketchup
Lunch	Portion Size	Food Item
Soup	1 cup (8 oz)	Turkey Vegetable Soup
Salad	3 oz	Spinach Cheese Salad
Entrées	7 oz	Beef Stew
	8 oz	Chicken and Rice Casserole
Vegetables	3 oz	Seasoned Zucchini
	4 oz	Spinach Souffle
Bread/Grain Starch		Potatoes (E#1)
		White Rice (E#2)
Bread/Rolls	1 roll (3 oz)	Whole Grain Roll/ Dinner Roll
Desserts	1/8 of the pie	Cream Pie
	2 1/3-3 oz	Pears and Cheese Dessert
Beverages	3/4 cup or 6 oz	Coffee/ Tea/ Decaf Tea/ Decaf Coffee
	1 cup	Water
Condiments	2 tbsp (1 oz)	Ketchup
	1 tbsp	Butter/ Non-fat Creamer
Dinner	Portion Size	Food Item
Soup	1 cup (8 oz)	Lentil and Black Bean Soup
Salad	3 oz	Caesar Endive Spears
Entrées	6 oz	Lemon Stuffed Cod
	8 oz	Taco Salad Casserole
Vegetables	3 oz	Creole Celery

		Lettuce, onions, tomatoes (E#2)
Bread/Grain Starch	2 1/4 oz	White Rice
		Corn Chips (E#2)
Bread/Rolls	1 roll (3 oz)	Whole Grain Roll/ Dinner Roll
Desserts	2 1/2 x 3 inches	Pineapple Bavarian Cream
	2 1/2 x 3 inches	Brownies
Beverages	3/4 cup or 6 oz	Tea/ Coffee/ Decaf Tea/ Decaf Coffee
	1 cup	Whole Milk/ Water
Condiments	2 tbsp (3 oz)	Ketchup
	1 tbsp	Butter/ Non-fat Creamer/ Strawberry Jam/ Almond Butter

Diet

	Item Name	Quantity	Measure
☒ Day 1 (9/18/2023)			
 Breakfast			
	 deviled egg	1	Each
	 juice drink, orangeade, vitamin C fortified	4	Ounce-w...
	 ham	1	Pound
	 bread, whole grain wheat, toasted	1	Slice
	 milk, whole	1	Cup
	 butter, unsalted	1	Tablespoon
	 jam, strawberry	1	Tablespoon
 Lunch			
	 salad, baby spinach, with bleu cheese cranberries & candy pecans	3	Ounce-w...
	 Casserole, stir fry, chicken & rice	8	Ounce-w...
	 zucchini, cooked, from fresh, sliced	3	Ounce-w...
	 pie, cream, chocolate pudding, 10"	1/8	Whole
	 salad dressing, honey french	1.5	Ounce-w...
	 Tea, hot	6	Ounce-w...
	 Coffee	6	Ounce-w...
	 ketchup	2	Tablespoon
 Dinner			
	 soup, lentil & chickpea, refrigerated, 76025, lowfat, organic, food service	1	Cup
	 cod, baked, prepared with butter	6	Ounce-w...
	 celery stalk, cooked, prepared with animal fat, large, 11" to 12"	3	Ounce-w...

Diet cont.

Item Name	Quantity	Measure
 rice, white, steamed	2.25	Ounce-w...
 roll, dinner, whole wheat	3	Ounce-w...
 cream cheese, pineapple	2.5	Ounce-w...
 Tea, hot	6	Ounce-w...
 Coffee	6	Ounce-w...
 water, tap	1	Cup
 ketchup	2	Tablespoon

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)
 Day 1 (9/18/2023)			3216.78	3110.16	1192.13	544.27	164.34	327.18
 Breakfast			909.19	997.45	370.99	189.43	87.57	70.07
 deviled egg	1	Each	31.00	70.00	45.00	9.00	3.00	1.00
 juice drink, orangeade, vitamin C fortified	4	Ounce-w...	113.40	54.34	0	0	0	12.23
 ham	1	Pound	453.59	485.99	145.80	72.90	72.90	16.20
 bread, whole grain wheat, toasted	1	Slice	33.00	86.46	7.01	2.06	3.86	15.92
 milk, whole	1	Cup	244.00	148.84	71.37	40.96	7.69	11.71
 butter, unsalted	1	Tablespoon	14.20	101.81	101.81	64.52	0.12	0.01
 jam, strawberry	1	Tablespoon	20.00	50.00	0	0	0	13.00
 Lunch			994.74	1211.45	606.22	254.71	21.39	138.55
 salad, baby spinach, with bleu cheese cranberries & candy pecans	3	Ounce-w...	85.05	141.16	85.75	22.23	3.53	11.65
 Casserole, stir fry, chicken & rice	8	Ounce-w...	226.80	191.66	21.56	7.19	9.58	31.94
 zucchini, cooked, from fresh, sliced	3	Ounce-w...	85.05	17.01	2.37	0.49	0.77	3.65

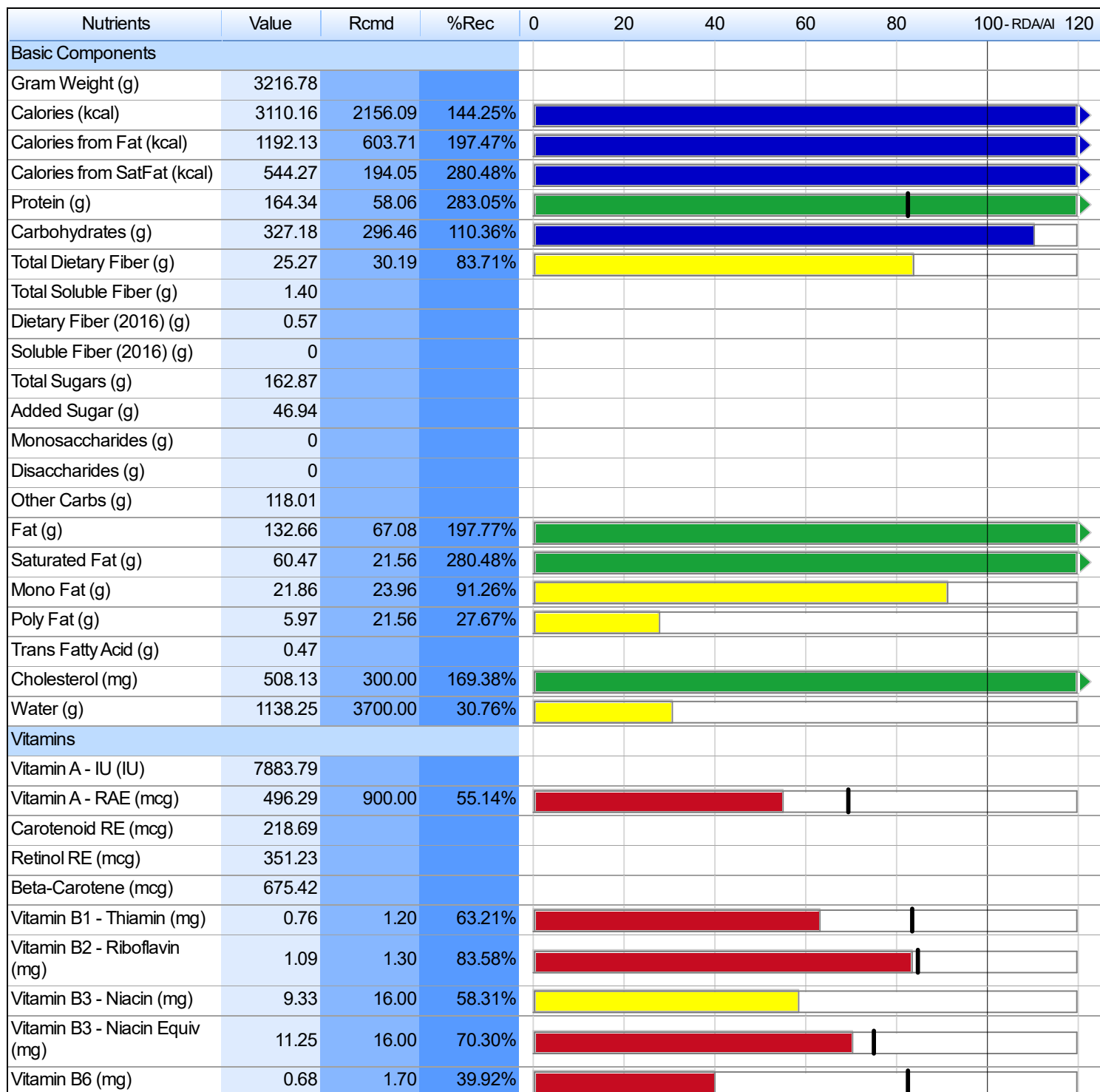
Spreadsheet cont.

	Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)
	 pie, cream, chocolate pudding, 10"	1/8 Whole		181.13	639.37	365.31	202.93	7.52	69.62
	 salad dressing, honey french	1.5 Ounce-w...		42.52	182.25	131.22	21.87	0	10.93
	 Tea, hot	6 Ounce-w...		170.10	0	0	0	0	0.75
	 Coffee	6 Ounce-w...		170.10	0	0	0	0	0
	 ketchup	2 Tablespoon		34.00	40.00	0	0	0	10.00
	Dinner			1312.85	901.26	214.92	100.12	55.38	118.56
	 soup, lentil & chickpea, refrigerated, 76025, lowfat, organic, food service	1 Cup		227.00	160.00	22.50	0	9.00	26.00
	 cod, baked, prepared with butter	6 Ounce-w...		170.10	190.51	55.11	31.66	31.81	0.17
	 celery stalk, cooked, prepared with animal fat, large, 11" to 12"	3 Ounce-w...		85.05	33.17	20.05	12.23	0.70	3.28
	 rice, white, steamed	2.25 Ounce-w...		63.79	96.32	1.55	--	2.04	21.61
	 roll, dinner, whole wheat	3 Ounce-w...		85.05	226.23	35.98	6.40	7.40	43.46
	 cream cheese, pineapple	2.5 Ounce-w...		70.87	155.04	79.73	49.83	4.43	13.29
	 Tea, hot	6 Ounce-w...		170.10	0	0	0	0	0.75
	 Coffee	6 Ounce-w...		170.10	0	0	0	0	0
	 water, tap	1 Cup		236.80	0	0	0	0	0
	 ketchup	2 Tablespoon		34.00	40.00	0	0	0	10.00
	% Recommendation				144.25	197.47	280.48	283.05	110.36

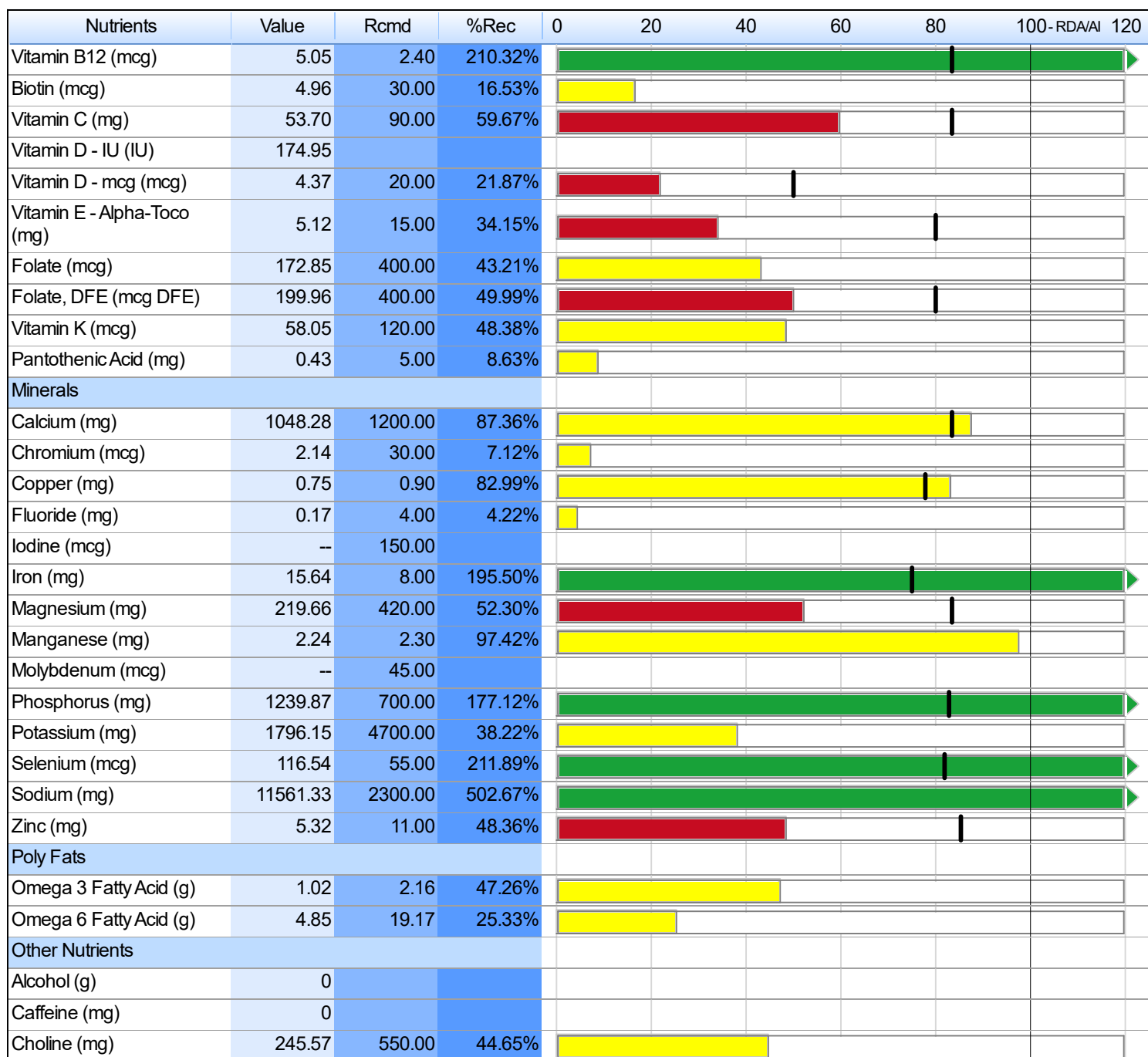
Multi-Column

Nutrients	Value	Rcmd	%Rec	Nutrients	Value	Rcmd	%Rec
Basic Components				Vitamin B6 (mg)	0.68	1.70	39.92%
Gram Weight (g)	3216.78			Vitamin B12 (mcg)	5.05	2.40	210.32%
Calories (kcal)	3110.16	2156.09	144.25%	Biotin (mcg)	4.96	30.00	16.53%
Calories from Fat (kcal)	1192.13	603.71	197.47%	Vitamin C (mg)	53.70	90.00	59.67%
Calories from SatFat (kcal)	544.27	194.05	280.48%	Vitamin D - IU (IU)	174.95		
Protein (g)	164.34	58.06	283.05%	Vitamin D - mcg (mcg)	4.37	20.00	21.87%
Carbohydrates (g)	327.18	296.46	110.36%	Vitamin E - Alpha-Toco (mg)	5.12	15.00	34.15%
Total Dietary Fiber (g)	25.27	30.19	83.71%	Folate (mcg)	172.85	400.00	43.21%
Total Soluble Fiber (g)	1.40			Folate, DFE (mcg DFE)	199.96	400.00	49.99%
Dietary Fiber (2016) (g)	0.57			Vitamin K (mcg)	58.05	120.00	48.38%
Soluble Fiber (2016) (g)	0			Pantothenic Acid (mg)	0.43	5.00	8.63%
Total Sugars (g)	162.87			Minerals			
Added Sugar (g)	46.94			Calcium (mg)	1048.28	1200.00	87.36%
Monosaccharides (g)	0			Chromium (mcg)	2.14	30.00	7.12%
Disaccharides (g)	0			Copper (mg)	0.75	0.90	82.99%
Other Carbs (g)	118.01			Fluoride (mg)	0.17	4.00	4.22%
Fat (g)	132.66	67.08	197.77%	Iodine (mcg)	--	150.00	
Saturated Fat (g)	60.47	21.56	280.48%	Iron (mg)	15.64	8.00	195.50%
Mono Fat (g)	21.86	23.96	91.26%	Magnesium (mg)	219.66	420.00	52.30%
Poly Fat (g)	5.97	21.56	27.67%	Manganese (mg)	2.24	2.30	97.42%
Trans Fatty Acid (g)	0.47			Molybdenum (mcg)	--	45.00	
Cholesterol (mg)	508.13	300.00	169.38%	Phosphorus (mg)	1239.87	700.00	177.12%
Water (g)	1138.25	3700.00	30.76%	Potassium (mg)	1796.15	4700.00	38.22%
Vitamins				Selenium (mcg)	116.54	55.00	211.89%
Vitamin A - IU (IU)	7883.79			Sodium (mg)	11561.33	2300.00	502.67%
Vitamin A - RAE (mcg)	496.29	900.00	55.14%	Zinc (mg)	5.32	11.00	48.36%
Carotenoid RE (mcg)	218.69			Poly Fats			
Retinol RE (mcg)	351.23			Omega 3 Fatty Acid (g)	1.02	2.16	47.26%
Beta-Carotene (mcg)	675.42			Omega 6 Fatty Acid (g)	4.85	19.17	25.33%
Vitamin B1 - Thiamin (mg)	0.76	1.20	63.21%	Other Nutrients			
Vitamin B2 - Riboflavin (mg)	1.09	1.30	83.58%	Alcohol (g)	0		
Vitamin B3 - Niacin (mg)	9.33	16.00	58.31%	Caffeine (mg)	0		
Vitamin B3 - Niacin Equiv (mg)	11.25	16.00	70.30%	Choline (mg)	245.57	550.00	44.65%

Bar Graph



Bar Graph cont.



Friday's Nutrient Analysis of the House Menu

1. Description of Your Customer/Patient:

The patient is a 75-year-old male, standing at 6'5" and weighing 160 lb. Due to his age and sedentary lifestyle, he is at a higher risk for chronic diseases and other health conditions that may impact bone density and muscle mass/elasticity. With a BMI of 18.97, the patient is considered to have a normal weight but is close to the underweight cutoff. It is worth noting that the patient has had access to fresh produce and local resources due to working on his own farm. While he used to be very active, there were instances where he had to lift heavy objects, leading to chronic lower back pain and a spinal hernia.

2. Dietary Adequacy Discussion & Recommendations For Improvement:

Based on the nutritional analysis of the food served in the facility, it is evident that the current diet lacks balance. The calorie intake exceeds the recommended limit and is predominantly derived from fat sources. To enhance the nutritional value of the facility's meals, it is advisable to reduce the consumption of fat, which is the primary contributor to the high calorie intake. Additionally, increasing the protein content, with a focus on easily digestible sources like bone broth, poultry, beans, and nuts for vegetarians, is recommended. Furthermore, there are specific nutrients that are deficient in the current meals, such as folate, which plays a crucial role in maintaining overall balance, particularly for the older population who are at a higher risk of developing neurological health conditions. To address this deficiency, it is important to incorporate folate-rich foods into the meals.

In terms of minerals, increasing the intake of calcium, zinc, and copper can be achieved by introducing more dairy products and seafood into the menu. Lastly, magnesium, essential for muscle relaxation, can be offered as a supplement in powder form after dinner. Magnesium citrate, known for its relaxing properties, may induce sleepiness, benefiting the body and mind. Additional fiber can be incorporated by adding fruits (such as oranges since vitamin C is also deficient) and vegetables, preferably cooked so they can be easily digested and absorbed. Moreover, more fluids need to be added for adequate hydration levels.

Citations

"Current Dietary Guidelines." Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans, www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials. Accessed 6 May 2023.

Medeiros, Denis M., and Robert E. Wildman. Advanced Human Nutrition. 1st ed., Jones & Barlett Learning, 2019.