

NUTRITION

Standard 4: Manage the Written Diet Order

A CDM, CFPP is responsible for applying nutrition data, which includes:

- Managing written diet orders by ensuring appropriate nutrition and diet suitability is provided, and documenting compliance
- Managing nourishments by identifying clients' needs, selecting appropriate options, and monitoring delivery and acceptance.

PERFORMANCE INDICATORS	KEY ACTIONS
1.0 Recognize appropriateness of diet order for diagnosis	
1.1 Ensure that nutrition provided to clients aligns with their prescribed diet orders	<ul style="list-style-type: none"> • Interpret and implement the diet order in an organized and consistent manner. Consult with a RDN, NDTR, or RN if needed. • Evaluate the appropriateness of the admitting diet order immediately to ensure client satisfaction and acceptance. • Continuously monitor the use of modified diets to ensure they remain medically indicated. This involves regular reviews by the Interdisciplinary Team (IDT) and discussions with the client and/or their caregivers. • Educate clients, staff, and caregivers about diet restrictions and the reasons behind them.
1.2 Demonstrate the ability to ensure nutritional adequacy of menus and diet plans for all clients.	<ul style="list-style-type: none"> • Utilize Dietary Reference Intakes (DRIs) and Recommended Dietary Allowances (RDAs). • Employ the MyPlate Method. • Access information from the USDA National Nutrient Database and other reputable sources for nutrient analysis. • Customize portion sizes and adjust nutrient values using computer software designed for nutrient analysis.

2.0 Manage special requests and honor clients' rights

2.1 Ensure that all special dietary requests are managed promptly and accurately, while consistently honoring clients' rights to make choices about their meals.

- Regularly solicit feedback and suggestions from clients about their food and nutrition services.
- Work with dietitians and other healthcare team members to review any diet-related concerns and ensure that clients' rights are being honored.
- Ensure menus offer choices and alternatives to accommodate clients' dietary needs and preferences.
- Train foodservice staff to address clients' dietary needs and preferences, including how to handle special requests and substitutions.
- Implement computer-based selective menu systems or other automated systems to accurately track and manage clients' dietary choices and special requests.
- Develop and maintain a standardized list of approved substitutions for the menu cycle.
- Work with the healthcare team to encourage more liberalized diets, allowing clients to receive the general diet whenever feasible.

RESOURCES

[Nutrition Fundamentals and Medical Nutrition Therapy, 4th Edition](#)

Segment of a Diet Spreadsheet — Lunch for Cycle 1, Day 3

Examples of Food Substitution Options

Examples of Food Substitutions with Similar Nutrients

Techniques for Increasing Calorie and Protein Intake in Real Food

[Nutrition Fundamentals and Medical Nutrition Therapy, 4th Edition, Supplemental Materials](#)

Sample Training Aid for Consistent Carbohydrate Diet

Sample Nutrient Analysis

Online Resources

[ANFP](#)

[10 Steps to Prepare for an In-Service/Educational Session](#)

[Ten Ways to Communicate Across Generations](#)

[ANFP Nutrition & Foodservice Edge Magazine](#)

Training Staff with Nutrition in Mind: Bridging the Gap Between Foodservice & Clinical Nutrition

Training Approaches to Strengthen Nutrition and Allergy Expertise Among Staff

Other Resources

[What is MyPlate? | USDA](#)

[FoodData Central | USDA](#)

[New Dining Practice Standards | Pioneer Network](#)

[Your Client Rights | Medicare.gov](#)

3.0 Manage diet plans and supplemental nourishments

3.1 Effectively manage and implement individualized diet plans and supplement nourishments by ensuring the use of real foods first, accommodating individual dietary needs and preferences, and monitoring nutritional intake to enhance overall health and well-being.

- Focus on incorporating real foods first.
- Evaluate individual's dietary requirements, preferences, and health conditions.
- Develop personalized diet plans that cater to individual needs and preferences.
- Regularly track and assess nutritional intake to ensure it meets health and wellness goals and adjust as needed.
- Provide education and support to individuals on the importance of nutrition and how to make healthy food choices.
- Include appropriate supplements to address specific nutritional deficiencies or health goals, ensuring they complement the overall diet plan.
- Implement texture modifications for clients who have difficulty chewing or swallowing, ensuring the consistency and texture of foods are appropriate for their needs.

RESOURCES

[Nutrition Fundamentals and Medical Nutrition Therapy, 4th Edition](#)

Examples of Comfort Foods

Modifying Menus for Older Adults

Sample Client Education Session Outline: Carbohydrate Counting

Dietary Intake Guide

How to Do a Calorie Count

Online Resources

[ANFP](#)

[Top 10 Ways to Utilize Fortified Foods](#)

[ANFP Nutrition & Foodservice Edge Magazine](#)

Putting Food First: Enhancing Nutrient Intake for Clients Using Creative Approaches

Eating Well for Aging Well

Soup Basics: Creating Crowd-Pleasing Comfort Foods

Sourcing and Creating Effective Nutrition Education Materials

Other Resources

[The IDDSI Standard | IDDSI](#)