



# DINING *Directions*

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## GO FURTHER WITH FOOD (CHOICES, THAT IS)

The theme for National Health Month this year is “Go Further with Food” and we couldn’t agree more. It’s been 20 years since the then-American Dietetic Association (ADA) now the Academy of Nutrition and Dietetics (AND) released its breakthrough position paper Position of the ADA: Liberalized diets for older adults in long-term care that stated the quality of life and nutritional status of older residents in long-term care facilities may be enhanced by a liberalized diet. In the paper, AND advocated the use of qualified dietetics professionals to assess and evaluate the need for medical nutrition therapy according to each person’s individual medical condition, needs, desires, and rights. That means individualizing a person’s diet to fit that person based on current-evidence based research, not basing their diet solely on a diagnosis. In other words, when possible, shoot for serving a regular diet to as many people as possible because that will improve the quality of life of the people in your care.



the follow up to the breakthrough paper called Position of the American Dietetic Association: Liberalization of the Diet Prescription Improves Quality of Life for Older Adults in Long-Term Care. Then they tripled down in 2010 with the position paper: Individualized Nutrition Approaches for Older Adults in Health Care Communities.

In 2005, the AND doubled down on their position that liberalization of the diet prescription improves quality of life for older adults in long-term care with

So, my question is: how many more papers does the AND have to write before LTC communities to individualize diets for every person as safely as we can?

## GO FURTHER WITH FOOD (CHOICES, PART 2)

*You've heard it many times. Variety is the spice of life and it's never been truer than in long-term care communities where sameness, especially in meals and snacks, can lead to serious health issues such as malnutrition or dehydration. Of all approaches that are used to maintain quality of care and quality of life, often one can go further with food than any other approach. Serving real food not only brings nutrition, but happiness to the table. For example, instead of serving commercial supplements, why not 'Go Further with Food' by serving a delicious strawberry milk shake enriched with fortified milk or a super smoothie?*

## MORE FEEDBACK FROM RESIDENTS, MORE MONEY IN YOUR POCKET

The ability to plan and design menus requires feedback from residents to make sure they are getting what they want. Here's how to do that:

- Get to know your residents and what foods they enjoy, the timing of their meals and where they like to eat.
- Give people as much autonomy in their mealtime environment as possible for better returns on nutrition outcomes.
- Learn how much food people want so less food goes into the waste can.
- Call us to help you plan a menu that delivers sound senior nutrition while also incorporating those food preferences unique to your community.



## RECIPE CORNER

- 1 1/4 cup heavy whipping cream, chilled
- 8 ounces cream cheese, softened to room temperature.
- 1 tsp vanilla
- 1 cup powdered sugar
- 1 6 ounce container of fresh blackberries (about a cup)

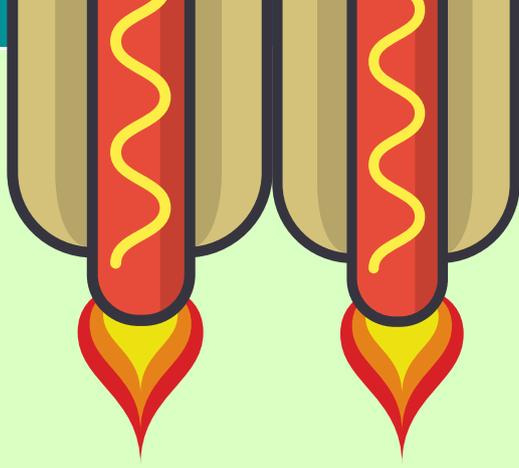
In the bowl of a stand mixer, whisk the whipping cream on high speed until it holds stiff peaks.

Add the softened cream cheese and beat on medium speed until smooth.



Fold in the fresh blackberries and mix on medium low until evenly combined  
Add the vanilla and powdered sugar.  
Mix on medium low until smooth.  
Spoon in Ramekins

*Nutrition Per 1/2 cup serving: Calories: 315 calories, Fat: 25 grams, Protein: 2 grams, Carbohydrate: 19 grams rams*



## GO FURTHER WITH FOOD



INDIVIDUALIZE DIETS AS MUCH AS POSSIBLE

### TASTY TIPS FROM THE ACADEMY OF NUTRITION AND DIETETICS

(WITH A LITTLE HELP FROM YOUR FRIENDS AT BSN)

- Include a variety of healthful foods from all food groups on a regular basis. *Individualize diets as much as possible.*
- Consider the foods you have on hand before buying more at the store. Especially supplements. Serve real food first. *Individualize diets as much as possible.*
- Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week. *Did we mention individualize diets as much as possible?*
- Be mindful of portion sizes. Serve the amount that's right for the person. Saves money by not wasting food. *And don't forget to individualize diets as much as possible.*
- Continue to use good food safety practices, *including individualizing diets as much as possible.*
- Encourage activities that your residents enjoy and get them to be physically active most days of the week. *Also individualize diets as much as possible.*
- Consult with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your resident's lifestyle, preferences and health-related needs. *Oh, and individualize diets as much as possible.*