

# **Nutrition**

**A guide to help Direct Support Professionals understand basic nutrition and food preparation. This unit includes information on: food safety, shopping, menu planning, modified diets, food storage, and recognizing & preventing food borne illness.**

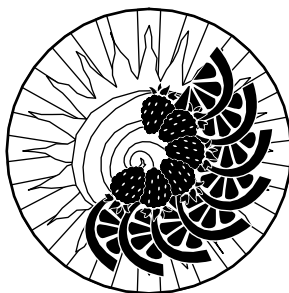
## **Outcomes:**

- **The Direct Support Professional (DSP) will understand basic nutrition, and the importance of a healthy diet.**
- **The DSP will understand how to plan a menu and make a shopping list.**
- **The DSP will understand safe food storage and handling.**
- **The DSP will understand meal time protocols including modified diets.**
- **The DSP will recognize the importance of honoring personal choice and involving individuals in all aspects of menu planning and meal preparation.**
- **The DSP will understand the importance of movement and exercise on good health.**

## **NUTRITION, FOOD PREPARATION, SPECIAL DIETS TRAINER CHECKLIST**

1. Have the DSP read the unit.
2. Trainer will have the DSP complete the following activities:
  - "Reading a Food Label"
  - "Healthy Food Choices for Managing Weight"
  - "Food Safety Word match"
3. The DSP will take the test.
4. Trainer will review the test and answer any questions.
5. Trainer or an Individual who lives in the home will provide a "tour" of the kitchen to show the DSP the location, and if necessary, operation of appliances.
6. Trainer will review food storage requirements and the location of extra supplies.
7. Trainer will review menus, menu substitution list, and documentation requirements.
8. If Individuals require modified diets, Trainer will have DSP review modified diet information located at the end of this unit. Trainer may need to demonstrate how to use a food processor to achieve the texture and consistency requirements of the modified diet order.
9. If any modified or adaptive equipment is used the Trainer will demonstrate how to use the equipment and review any protocols for maintaining, cleaning, and storing the equipment.
10. Trainer will review the homes shopping protocol. Who can shop, where to shop, documentation requirements.
11. Trainer will review the location and storage requirements for household cleaning and sanitation products used in this residential setting.
12. The DSP will review each plan of service for type of diet required, any mealtimes protocols which must be followed, and if possible meet with each individual to find out about any personal preferences related to food preparation, meal times, and foods that are liked or disliked. (This will help the DSP answer question #20 on the test!)
13. Trainer should emphasize and remind the DSP that food and food preparation is an excellent tool to help to continue to build positive relationships with the individuals that live in the home. Individuals should be encouraged to assist with menu planning, preparing meals, grocery shopping, looking at cook books for new ideas, and assisting with setting the table or cleaning up after the meal.

## Nutrition and Exercise



An essential part of maintaining the best possible health is eating a healthy diet and getting regular exercise. You are involved in the planning, purchase, and preparation of meals and you support individuals in activities of daily living. This gives you many opportunities throughout the day to promote good health through nutrition and exercise.

Did you know that:

- Poor diet and physical inactivity leads to 300,000 deaths each year in the United States – second only to tobacco use?
- People who are overweight or obese increase their risk for heart disease, diabetes, high blood pressure, arthritis related disabilities, and some cancers?
- Approximately 50% of adults with developmental disabilities in the United States are considered obese?

- Not getting an adequate amount of exercise is associated with needing more medicine, visiting a doctor more often, and being hospitalized more often?

People may decrease the risk of heart disease and cancer if they eat a healthy diet that:

- Contains at least five servings of fruits and vegetables.
- Is low in fat, saturated fat, and cholesterol.
- Contains plenty of whole-grain breads and cereals.

People who eat a healthy diet and are physically active can expect to live longer, healthier lives. This is true for you and me and the individuals you support.

# Nutrition: We Are What We Eat!

## We Need Water/Fluid to Stay Healthy

An adequate amount of daily water intake is by far the most important of all the dietary requirements for the body and is essential to life. A person may live for several weeks without food, but can only survive for a few days without water. That is because our bodies are 72% water and we lose about 10 cups of water each day through sweating, going to the bathroom, and breathing. The amount of water we lose each day increases when the temperature is hotter. Water needs to be replaced every day.

Features of water:

- Has no calories
- Regulates the body's temperature
- Carries minerals, such as sodium, through the body.
- Regulates waste removal
- Most people should drink 8 to 12 8-ounce glasses of water every day.

Some people need more water if they:

- Suffer from constipation
- Experience heavy sweating/perspiration
- Live in a warm climate
- Use tranquilizers or anticonvulsants
- Experience heavy drooling
- Have a high intake of bran
- Experience Urinary Tract Infections (UTI's)

## Other Fluids

Sugar and caffeine are dehydrating to the body. If you drink a lot of coffee, cola (even diet cola), and other similar liquids,

you need to drink more water than the average person.

Fluids such as sodas and juices contain added sugar. This means you are consuming "empty" calories or calories with no nutritional benefit. Some contain caffeine as well as sugar (Coke, Pepsi, tea, and coffee).

**Always remember:** Not drinking enough water each day can cause constipation, fecal impaction, and bowel blockage.

## We Need Nutritious Foods

Good nutrition contributes to good health. Poor nutrition can shorten our lives and make our lives less fulfilling. For good health, all people need certain nutrients in the proper quantity depending on their physical size, their daily activity level, and the rate their bodies burn food and energy.

All food is made up of the following five nutrients necessary for growth, normal functioning, and maintaining life.

### ➤ **Carbohydrates**

Provide energy and fuel for the body. Good sources of carbohydrates are whole grains, vegetables, and fruits.

### ➤ **Protein**

Is essential for body growth and development. It also provides energy. Good sources of protein are milk, eggs, cheese, fish, poultry, lean meat, peas, beans, seeds, and nuts.

- **Fat**  
Provides energy for the body. Some fat is essential for growth and development. Too much fat, especially saturated fat can cause health problems.

The three types of fat are:

**Saturated fat:** Found in animal foods such as beef, pork, chicken, eggs, and cheese.

**Polyunsaturated fat:** Found in vegetable oils such as corn, soybean, and sunflower.

**Monounsaturated fat:** Found in oils such as olive, canola, and peanut.

- **Vitamins**  
People need 14 vitamins to stay healthy. Fruits and vegetables are excellent sources of vitamins. The eight B vitamins and vitamin C are not stored in the body. You need a good source of these every day. Each vitamin has a recommended daily amount that is necessary for good health.

- **Minerals**  
The body needs 16 minerals to stay healthy. Minerals activate the body's biochemical processes.  
Some other key components of food are:

- **Cholesterol**  
Found in all food from animal sources. Our liver produces all of the cholesterol our bodies need, so we don't need it from food.
- **Salt (Sodium)**  
Mineral essential to the body in small amounts. Found naturally in many foods. Too much salt can cause high blood pressure and make many medical problems worse, including premenstrual syndrome, heart disease, and kidney disorders.
- **Dietary Fiber**  
Helps prevent constipation. It also helps lower blood cholesterol thereby reducing the risk of heart disease. Fiber has many other health benefits.
- **Calories**  
A calorie is a unit of energy. All foods have calories.

## Menu Planning and Nutrition

Planning meals is the best way to ensure that we eat a healthy and nutritious diet. Menus are the written plan of daily meals. Menus are required in all Adult Foster Care Licensed facilities. Shopping lists can be made from menus to help make grocery shopping easier. Individuals living in the home where you work should be encouraged to participate in menu planning, to the extent that they can.

Menu planning is like putting together a jigsaw puzzle. You must fit the following "pieces" into the menu planning.

- Recommended nutritional guidelines
- Individual dietary preferences and needs of each individual in the home.
- Adult Foster Care Licensing requirements
- Household budget

## Nutritional Guidelines

### Refer to “MyPyramid - Steps To A Healthier You”

You can use MyPyramid to build a healthy diet. Each of the food group bands represent a food group that provides different nutrients. The widths show how much food a person should eat from each group. “**One size doesn’t fit all.**” The USDA’s new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The DSP must assist individuals to make healthy food choices and to be active every day. Eating the right amount from each group ensures the diet will include enough protein, vitamins, and minerals. Choosing lower-fat, lower-calorie food in each group will help prevent or control obesity.

#### MyPyramid is your guide to making choices for healthy eating:

- **Breads and cereals** are a good source of fiber, vitamins, and minerals. Whole grain products such as whole wheat bread, oatmeal, and brown rice are good choices. Look for dry breakfast cereals that are low in sugar. Avoid sugar-frosted and candy-coated cereals.
- **Fruits and vegetables** are good sources of fiber and are generally low in fat. Include dark leafy greens and yellow or orange vegetables in the daily diet as these are rich in vitamins, minerals, and cancer-preventing chemicals. Citrus fruits such as oranges, grapefruits, and tangerines, as well as their juices, are rich sources of vitamin C.
- Include animal **proteins** (beef, pork, poultry, fish, and eggs) and/or vegetable proteins (beans, lentils, nuts, and seeds) in the diet daily. Look for lean meats and trim off visible fat.
- Fat-free and low-fat **dairy products** are good sources of calcium and protein. Unless being underweight is a concern, choose fat free milk and low-fat cheese. If milk causes diarrhea or gas, yogurt or cheese may be acceptable or try enzyme-treated milk (Lactaid), fortified rice milk, or fortified soy milk.
- **Fats and sweets** can be included in the diet, but should be limited to small amounts. Excess amounts of fats and sweets replace healthy foods in the diet and can lead to tooth decay, obesity, and heart disease.

#### Children and MyPyramid

MyPyramid is for Americans 2 years of age and older. Infants and children younger than age 2 have special dietary needs. Follow the advice of a doctor.

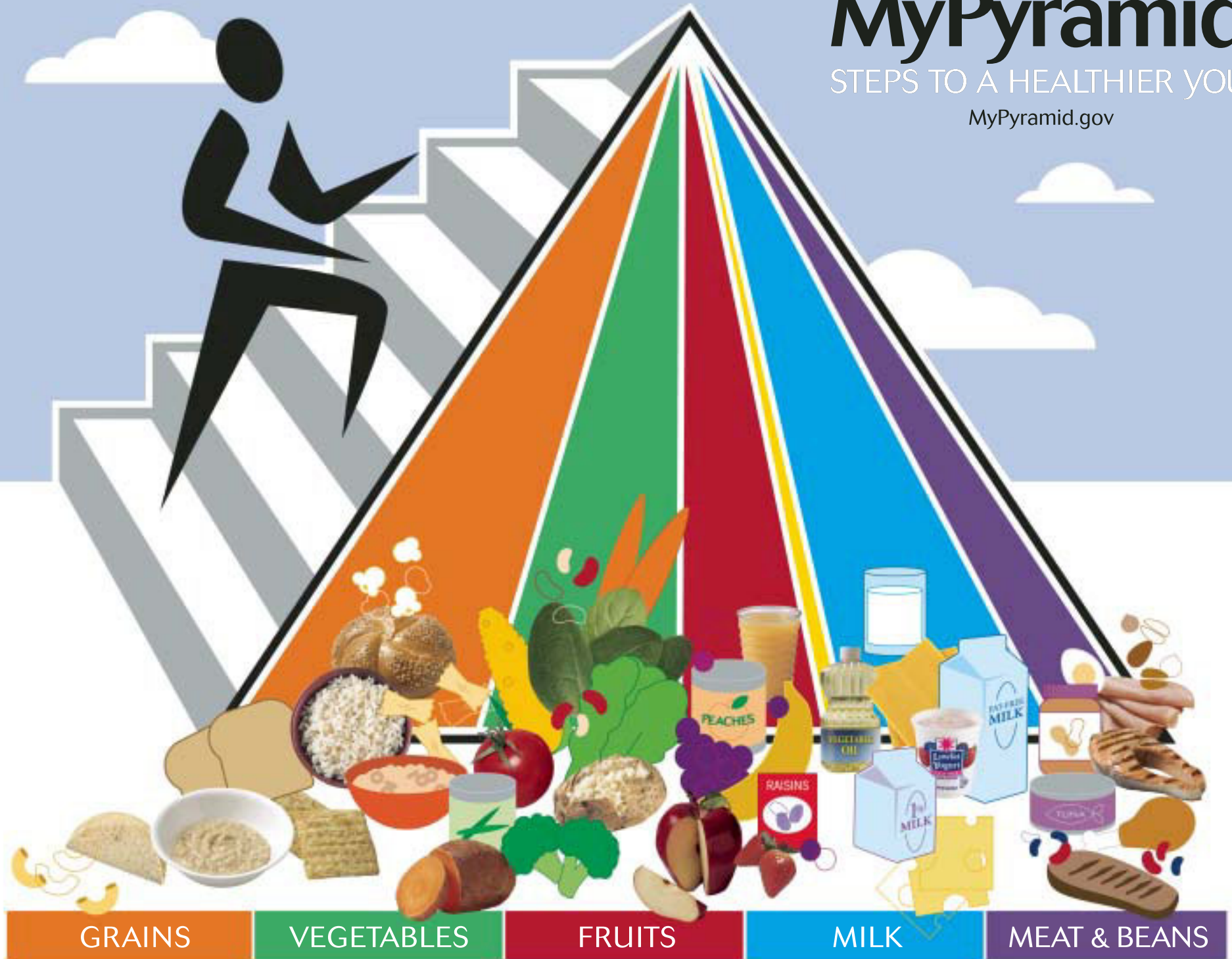
Young children often eat only a small amount at one time. Offer them nutritious snacks between meals so that they receive the total recommended daily servings from each food group.

Calorie needs vary for older children due to their individual growth rate and activity level. They should eat at least the minimum number of servings from each food group daily. If weight appears to be excessive, choose low fat foods in each group.

# MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

## GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

## VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweetpotatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

## FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

## MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

## MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine – choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day

Eat 2 1/2 cups every day

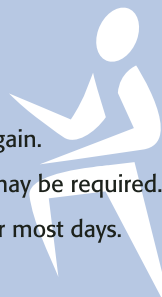
Eat 2 cups every day

Get 3 cups every day;  
for kids aged 2 to 8, it's 2

Eat 5 1/2 oz. every day

### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



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# Key Aspects of the New Nutrition Label

A number of consumer studies conducted by the FDA, as well as outside groups, enabled FDA and the Food Safety and Inspection Service of the U.S. Department of Agriculture to agree on a new nutrition label. The new label is seen as offering the best opportunity to help consumers make informed food choices and to understand how a particular food fits into the total daily diet.

New heading signals a new label.

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat, for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients.

## Nutrition Facts

**Serving Size 1 cup (228g)**

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~~Amount Per Serving~~

~~**Calories 260** Calories from Fat 120~~

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	<b>% Daily Value*</b>
<b>Total Fat 1g</b>	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 660 mg</b>	<b>28%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Sugars 5g</b>	
<b>Protein 5g</b>	
<del><b>Vitamin A 4% • Vitamin C 2%</b></del>	
<del><b>Calcium 15% • Iron 4%</b></del>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

New mandatory component helps consumers meet dietary guidelines recommending no more than 30 percent of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted depending on a person's calorie needs.

## Food Labeling

A Nutrition Facts label is found on almost all packaged foods. The label shows how a food fits into the daily diet and gives information regarding serving size, calories, fat, cholesterol, sodium (salt), carbohydrates, fiber, sugar, protein, vitamins, and minerals. The labels make it easier to compare one food with another. The labels also allow you to check the claims made on the package. For example, a product may say “fat free,” but contain as many calories as the regular product per serving because the fat was replaced by sugar.

Here are some important things to know when reading Nutrition Facts:

- Ingredients are listed in descending order by volume of weight (most-to-least).
- The number of calories in a serving and the calories from fat are given in numbers.
- Vitamins and minerals are only listed if they are at least 1% of the daily requirements.
- Percent Daily Values are based on a 2,000 calorie diet. Many people are on lower calorie diets.
- Total fat, cholesterol, sodium, carbohydrates, and dietary fiber are given both as numbers in grams and percentages of Daily Value. The Daily Values for these essential nutrients set upper limits for the amount to eat each day to stay healthy.

Refer to “Key Aspects of the New Nutrition Label”

## Meeting Individual Needs and Preferences

Most people have food they like or prefer to eat and most people have some foods they don't like and avoid. Some food preferences relate to what each person ate while growing up. Cultural and religious traditions also can influence what foods people prefer to eat or avoid. For example, people of the Muslim faith do not eat pork or in many Asian cultures rice is included with most meals. It's best to ask and not assume about what someone wants. Typically, the DSP can respond sensibly to preferences, unless whole classes of important foods are ruled out. In that case, seek advice from the individual's doctor and others such as a dietician or behavior specialist.

Many individuals may have complex nutritional needs because of a chronic health condition. For example, someone with cerebral palsy may have difficulty chewing and swallowing, or a person with diabetes has to limit sugar and the type of carbohydrates he or she eats. You must know each individual's health history and health care protocols in their Person Centered Plan to assure each individual's nutritional needs are met.

The different types of specialized diets are:

- **Regular**  
A balanced diet that includes a variety of foods. The type most of us should be eating.
- **Modified**  
A doctor prescribed diet altered in texture, such as pureed, chopped, or cut into small bites. If a person has trouble chewing and swallowing due to cerebral palsy, absence of teeth, or some other condition, a modified diet may be prescribed. Always notify the individual's doctor if he or she is observed to have a new onset of difficulty chewing, swallowing, or coughing during mealtime. An order can be written for a person's beverages (including water) to be thickened.
- **Content Modified**  
A doctor-prescribed diet that contains certain nutrients and eliminates others which are problematic to the individual because of a health condition. For example, the diabetic diet has a reduced amount of sugar. Following a **content modified diet** is similar to taking medications. Both are prescribed by the doctor to treat a health condition and if not taken or followed regularly can result in severe health problems.

Please click on the following handouts for more information:

- ❖ [Modified Diets](#)
- ❖ [Food Texture Chart](#)

## A Note on Dietary Supplements

Food is the best source for vitamins and minerals. If people eat a nutritious, well-balanced diet, most do not need food supplements in the form of vitamin and mineral formulas.

There are exceptions, however, especially if a person is taking certain medications regularly. The use of supplements should be discussed with each individual's doctor. Individuals should not take vitamin, mineral, or herbal supplements unless they are prescribed.

### Food Restrictions

Sometimes people need to avoid or restrict specific foods because of a sensitivity or food allergy, such as peanuts, or to a food group, such as dairy products. Food allergies can make a person have symptoms such as a stomachache, diarrhea, hives (red, blotchy skin bumps), itchy and watery eyes, or a runny nose. When a food allergy is suspected, be careful to keep the individual away from such foods and have the individual see a doctor.

When an individual has a known allergy to a food or medication, all records must be marked with this information. Marking it in red to ensure that it will be easily noticed by all caregivers is a good idea.

**Important: Some severe food allergies can cause anaphylactic shock. Anaphylactic shock is life threatening. Extreme respiratory distress can cause a person to stop breathing if emergency medical treatment is not immediately available.**



## Weight Management and Reduction

A person is considered obese if he or she weighs 15 or more pounds than the largest healthy weight for that person's height and sex. Obesity is common in individuals with developmental disabilities. This is most often due to lack of physical activity, poor diet, and for some disabilities, a decreased need for calories. Another contributing factor can be the use of high calorie foods for rewards in behavior intervention programs. Obesity can cause heart disease, high blood pressure, and diabetes.

Obesity also causes problems in day-to-day living for individuals. Obesity can make the following activities more difficult:

- Walking
- Replacement of braces or orthotics; that is, more frequently
- Self-care and maintaining good hygiene
- Transferring for wheelchair users

Treatment of obesity involves changing the food the individual eats, decreasing the total daily caloric intake, offering foods low in fat, serving smaller portions, and increasing the daily activity level by walking or other exercise programs. The planning team, including the individual's doctor, should be involved in developing plans and a dietician may also be helpful.

In general, treating obesity requires changing daily routines for eating and activities. Some routines to look at include:

- Amount of TV watching
- Snacking throughout the day
- Receiving food as a reward for preferred behavior
- Eating as a social activity; for example, a weekly outing to a fast food restaurant can be replaced by a weekly outing to the bowling alley

### **A Note about Calories:**

- What happens if we take in too many calories and slow down our activity level? We gain weight.
- What happens if we take in more calories and increase our activity? We stay the same in weight or lose a little.
- What happens if we take in fewer calories and increase our activity? We lose weight. We need to balance calories from a variety of food with daily exercise.

**Remember: Consult with the individual's doctor before beginning any weight loss program.**

# Weight Management and Reduction

## Estimates of Daily Caloric Need

- Older adults and women who are not active need approximately 1,600 calories per day.
- Most children, teenaged girls, active women, and inactive men need approximately 2,200 calories per day.
- Teenaged boys, active men, and some very active women need approximately 2,800 calories per day.

Learn to recognize a serving size on a plate, in your hand, and in a bowl.

To help visualize a tablespoon or other common portion size, measure it out and compare its size to a common item like a quarter or deck of playing cards. Soon it will become second nature. Try remembering these serving sizes:

- ½ cup fruit, vegetable, cooked cereal, pasta or rice = a small fist
- 3 ounces cooked meat, poultry, or fish = a deck of cards
- 1 muffin = a large egg
- 1 teaspoon butter or margarine = a thumb tip
- 1 small baked potato = a computer mouse
- 1 pancake or waffle = a 4-inch CD

- 4 small cookies (like vanilla wafers) = 4 casino chips
- 1 medium apple or orange = a baseball (not softball)
- 2 tablespoons peanut butter = a golf ball

If you calculate calories, be honest about the portion consumed and multiply it by the correct number of servings contained.

## Tips for Assisting Individuals with Weight Loss

- Stress good eating, not dieting.
- Keep food out of sight and unavailable except during meal and snack time.
- Limit drinks other than water to meal and snack times; dilute other drinks with water.
- Avoid regular sodas and other sugary drinks.
- Serve larger portions of lower calories foods (vegetables and fruits) and smaller portions of higher calorie foods.
- Keep low fat, low calories foods, such as fruits and vegetables, available at all times.
- Check the portion size chart for recommended serving size.
- Look for fat-free and other non-fat dairy products.
- Look for non-fat or low-fat desserts such as fat-free pudding or gelatin.
- Do not reward good eating with dessert.
- Use non-food rewards such as books, outings, or cosmetics.

## Licensing Requirements for Adult Foster Care Homes

Here are some general Licensing requirements for food service:

- Food must meet nutritional needs of those served
- Each meal should provide at least one-third of the servings recommended in the Michigan Department of Community Health (MDCH) “Basic Nutrition Facts: A Nutrition Reference” and the USDA’s “Dietary Guidelines for Americans – 2005” for the age group served.
- All food shall be protected from contamination while being stored, prepared, or served and during transportation to the home.
- All food should be from sources that are approved by the Department.
- Special diets shall be prescribed only by a Physician.
- No more than 14 hours should pass between the third meal of one day and the first meal of the following day.
- Meals shall be of proper form, consistency, and temperature.
- Food should be cut, chopped, or ground to meet individual needs.
- A variety of menus should be planned.
- Menus should be written one week in advance, and posted. Dated copies of the menus as served; including special diets should be kept on file for one calendar year.
- All persons engaged in food preparation and service shall observe personal hygiene and food services sanitation practices.

## Food Shopping on a Budget

Most households shop twice a week for food, sometimes picking up milk and fresh produce (vegetables, fruits, and meats) more frequently. In addition, most households have a budgeted amount of money to spend on food. Staying within the budget is especially challenging in the residential setting where the preferences

and needs of each person as well as Adult Foster Care Licensing requirements must be met. Following are some shopping tips that will help you stay within the food budget while providing tasty, nutritious food.

### Top 10 Food Shopping Tips

1. Shop with a list.
2. Know your way around the store. Start by wheeling your shopping cart around the outside aisles of the store.
3. Choose fruits and vegetables that are "in season" when the price is relatively low.
4. Watch for sale items.
5. Save with coupons and preferred shopping cards.
6. Remember that "convenience" foods cost more.
7. It pays to stoop down to lower shelves. Food at eye level is usually more expensive than food on shelves near the floor.
8. Read labels, especially when buying a new item.
9. Buy store brands to save (up to 50%) over brand names.
10. Larger sizes are usually a better value.

## Diet and Nutrition

### Final Words on Diet and Nutrition

Much of what we eat is based on habit and what we find tasty. As with most things, moderation is the key. As individuals begin to eat more nutritious food, and drink plenty of water, it is wise to make change gradually to give taste

buds a chance to adapt. Reducing fat or excess salt in our diet can be hard, so make food and meal time fun. Talk about changes, and involve individuals in the planning and preparation of meals.



## Mealtime Management

Mealtimes are an important social aspect of the day and should be structured to encourage safe eating habits and good nutrition. Remember, prevention is the number one priority. This section provides suggestions for making mealtime a happy and successful part of the day.

At mealtime, you must consider the:

- Individual
- Food Served
- Environment

### The Individual

- Pay attention to the individual's feeding skills, appetite, food preferences, allergies, attention span and behavioral factors that may influence mealtime.
- Follow all doctors' orders for a modified or therapeutic diet.
- Follow any specific recommendations in the Plan of Service related to mealtime safety; for example, the individual needs supervision because of a choking tendency.
- Leave two to three hours between meals and snacks to encourage a good appetite.
- Discourage constant snacking with high calorie food (candy, cookies, soda).
- Medications may influence mealtime. Talk to a doctor about giving them at times they do not interfere with mealtime.

### The Food Served

- Serve food at appropriate temperature and in an attractive manner.
- Separate food on the plate; don't mix it together like "goulash".

- Encourage use of adaptive equipment when needed.
- Take care to serve food in the best way for the individual to eat (bite-size pieces, chopped, pureed, finger foods).

### The Environment

- Ask the individual what would make mealtime "special".
- Set the table attractively. Pretty tablecloths, attractive or festive placemats, and flowers make people feel good. Party themes spice up a meal.
- Offensive smells in the home should be eliminated before mealtime starts.
- Help should be available at the level the individual needs. You should sit beside the individual if assistance with eating is necessary.
- TV and loud music can be distracting. Meals are best without TV; however, some individuals may like soft music.
- Plan table seating to make sure that individuals sit by others with whom they are comfortable.
- Mealtime should not last longer than half an hour.
- It's important for you to talk to individuals, initiating conversation with those who are unable to do so.



# Food Safety and Preparation

Harmful **bacteria** that enter the food supply can cause **food borne illness**. Millions of cases of food borne illness occur each year. Common symptoms of foodborne illness include diarrhea, abdominal cramping, fever, headache, vomiting, severe exhaustion, and sometimes blood or pus in the stools. Symptoms will vary according to the type of bacteria and the amount eaten. Very young children, pregnant women, the elderly and people with some types of chronic health conditions are at a greater risk of getting sick from harmful bacteria. Some may become ill after ingesting only a few harmful bacteria; others may stay well after ingesting thousands. Often, it is hard to tell if food is unsafe because you can't see, smell, or taste the bacteria it may contain. The good news is that cooking and handling food safely can prevent most cases of food borne illness.

Adapted from material found on [www.Foodsafety.gov](http://www.Foodsafety.gov).

## **Four Simple Steps to Food Safety**

### **1. Clean – Wash Hands and Surfaces Often**

- Bacteria can spread throughout the kitchen on cutting boards, utensils, sponges, and counter tops.
- Wash your hands with hot, soapy water before handling food.

Wash your cutting boards, dishes, utensils, and counter tops with hot, soapy water after preparing each food item and before you go on to the next food.

- Use plastic or other non-porous cutting boards. Wash cutting boards in hot soapy water or run through the dishwasher after use.

- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.
- Kitchen Clean –Up when a dish washer is not available involves: washing in hot soapy water, rinsing, and sanitizing. For sanitizing step: mix 1 ½ teaspoons of bleach with one gallon of water. Then completely immerse all dishes, utensils and glasses for one minute. There are two acceptable ways to dry dishes; use the heated drying cycle on the dishwasher or air dry.

### **2. Separate – Don't Cross-Contaminate**

Cross-contamination is the scientific word for how bacteria can spread from one food product to another. This is especially true when handling raw meat, poultry, and seafood. So keep these foods and their juices away from ready-to-eat foods.

- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products.
- Always wash hands, cutting boards dishes and utensils with hot, soapy water after they come in contact with raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry or seafood.

## Food and Safety Preparation (continued)

### 3. Cook – Cook to Proper Temperature

Food safety experts agree that foods are properly cooked when heated for a long enough time and at a high enough temperature to kill the harmful bacteria that causes food borne illness.

- Use a thermometer, which measures the internal temperature of cooked foods, to make sure meat, poultry, casseroles and other foods are thoroughly cooked.
- Cook roasts and steaks to at least 145°F. Cook whole poultry to 180°F.
- Cook ground beef, where bacteria can spread during processing, to at least 160°F. Do not eat ground beef that is still pink inside.
- Fish should be opaque and flake easily with a fork.
- When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.

### 4. Chill – Refrigerate Properly

Most bacteria multiply at temperatures between 40°F and 140°F. This is the “danger zone”. Refrigerate foods quickly because cold temperatures keep harmful bacteria from growing and multiplying. Set your refrigerator no higher than 40°F and the freezer unit at 0°F. Check these temperatures occasionally with an appliance thermometer.

Adult Foster Care Licensing regulations outline the “Thaw Law”, which requires the following:

- Refrigerate or freeze perishables and prepared food and leftovers within **two hours**.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water, or in the microwave.
- Marinate foods in the refrigerator.
- If food is defrosted in the microwave, it should be used immediately.
- Divide large amounts of leftovers into small shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.

Proper food preparation is also important in making food taste good and easier to eat, for preserving the nutrients, and in reducing fat and cholesterol. Food that is poorly prepared can end up being one-third as nutritious as when it is prepared well.

## Food and Safety Preparation (continued)

### Vegetables

- Fresh vegetables should be eaten soon after being purchased.
- Vegetables should be washed in running water, but not left to soak.
- Some veggies, such as potatoes, need scrubbing to remove the dirt. It is better not to peel such vegetables, because nutritional value will be lost.
- Avoid boiling vegetables because nutrients will end up in the water. Instead, you can microwave, steam, or stir-fry vegetables in water or a little bit of oil.
- Vegetables should not be overcooked and they should be eaten right away
- Vegetables should maintain their fresh color, and not end up wet and soggy.
- Frying vegetables (or any other items) can make them taste yummy, but excess oil and calories can be a problem.

### Meat, Poultry and Eggs

A high amount of bacteria is associated with food that comes from animals; therefore, more preparation is required before eating these items. As with vegetables, there are various methods of cooking these protein foods. The following are some pros and cons:

- Frying in oil or fat will retain most vitamins, but add to the fat content of the food.
- Wok cooking (high heat with little water or oil) works well; however, avoid using too much salt.
- Steaming works well, as does roasting, baking or broiling, although some nutrients will be lost.

Please click on the following links below for more information:

- ❖ [Ways to Reduce Salt in the Diet](#)
- ❖ [Top 10 Tips for Developing a Healthy Menu at Your Home](#)
- ❖ [Top 10 Safe Handling and Storage Tips](#)

## Movement and Exercise

Regular physical activity helps to maintain physical and emotional health. Physical exercise promotes total body fitness and strength, aids digestion and elimination, improves blood circulation throughout the body, stretches muscles and joints to help bones stay strong and increases mental alertness. Stretching increases joint flexibility. Physical activity should be a part of each individual's daily routine and fitness goals should be included in the I.P.O.S. As a DSP, you may be able to support individuals to achieve goals to increase activity.

"The Dietary Guidelines" for Americans recommend that all adults be more active throughout the day and get at least 30 minutes of moderate physical activity on most days of the week, or preferably, every day. Adults who are trying to maintain a healthy weight after weight loss are advised to get even more physical activity. The guidelines recommend that children get at least 60 minutes of physical activity daily and limit inactive forms of play such as watching television and computer games.

The following are potential benefits from regular exercise:

- Relieves tension and stress
- Provides enjoyment and fun
- Stimulates the mind
- Helps maintain stable weight
- Controls appetite
- Boosts self-image
- Improves muscle tone and strength
- Improves flexibility
- Lowers blood pressure
- Relieves insomnia

- Increases "good" cholesterol (HDL)
- Prevents diabetes
- Helps prevent constipation

Many physical fitness activities contribute to good health. But sometimes finding ways to make an activity fun and fit into a daily routine can present the DSP with challenges. Here are a few suggestions to get started.

To increase physical activity throughout the day, encourage and assist individuals to:

- Change TV channels manually by getting up and down.
- Take the stairs and park further away from the buildings.
- Do stretches while TV shows are on commercial breaks.
- Start walking short distances (five minutes) two or three times a day and increase this gradually.
- Swim or do water aerobics, which is great exercise that does not place stress on knees and other joints.

Join an organized exercise or sports program such as those provided by the YMCA, local parks department, or Special Olympics. This is a fun way to get exercise and meet new people. Be sure the program can meet the individual's needs.

## Movement and Exercise (continued)

Exercise at least three days a week. An instructor or physical therapist may be able to recommend areas of concentration such as; strength training, cardiovascular exercise, or aerobic fitness.

Develop plans for activities that are not sedentary such as bike riding, dancing to music, an exercise video, or mild hiking on days when there is no formal exercise.

**Remember: Consult with the individual's doctor before beginning any exercise program.**

Motivation will be a challenge if an individual has been sedentary. Find ways to keep fitness fun:

- Change routines often to avoid boredom.
- Take before and after pictures.
- Work together with a group of friends who can motivate each other.
- Develop motivators that add to the fitness program such as a trip to a park for a walk or go to the beach for a swim.

For individuals who use a wheelchair, encourage participation in activities that use their upper body strength as much as possible. Exercise such as weight lifting and swimming may be appropriate for those individuals.

Studies have shown that even mild exercise can improve fitness level. The rewards from increased activity will result in a safer and healthier life.





**Once you're finished reading the Nutrition Unit**

**Please review and complete the following handouts:**

- ❖ **[Menu Substitutes & Guidelines](#)**
- ❖ **[Ground and Pureed Food Charts](#)**

**Also, please complete these activities:**

- ❖ **[Activity #1- Reading a Food Label](#)**
- ❖ **[Activity #2 - Word Match](#)**
- ❖ **[Activity #3 – Healthy Food Choices](#)**

**Once you have reviewed and completed the activities and suggested reading, click on the link below to take the test on Nutrition:**

- ❖ **[Nutrition Test](#)**



# RESOURCE MATERIALS

Some content in this section has been adapted from the following resources:

“Providing Residential Services in Community Settings: A Training Guide”

Michigan Department of Human Services

[www.michigan.gov/afchfa](http://www.michigan.gov/afchfa)

Licensing Rules for Adult Foster Care family Homes

[http://www.michigan.gov/documents/dhs/BCAL-PUB-0332\\_281384\\_7.pdf](http://www.michigan.gov/documents/dhs/BCAL-PUB-0332_281384_7.pdf)

Licensing Rules for Adult foster Care large Group Homes (13-20)

[http://www.michigan.gov/documents/dhs/DHS-BCAL-PUB-334\\_276575\\_7.pdf](http://www.michigan.gov/documents/dhs/DHS-BCAL-PUB-334_276575_7.pdf)

Licensing Rules for Adult Foster Care Group Homes (12 or Less)

[http://www.michigan.gov/documents/dhs/BCAL-PUB-0333\\_241598\\_7.pdf](http://www.michigan.gov/documents/dhs/BCAL-PUB-0333_241598_7.pdf)

Certification of Specialized Programs Offered In Adult Foster Care Home To Clients With Mental Illness or Developmental Disability

[http://www.michigan.gov/documents/dhs/BCAL-PUB-0336\\_214333\\_7.pdf](http://www.michigan.gov/documents/dhs/BCAL-PUB-0336_214333_7.pdf)

Michigan Department of Community Health (MDCH)

<http://www.michigan.gov/mdch>

California Department of Developmental Services: Direct Support Professional Training

Year 1 and Year 2 Teacher and Student resource Guides, 2004

<http://www.dds.ca.gov/DSPT/Guides.cfm>

Department of Health and Human Services

<http://www.dhhs.gov/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/>

United States Department of Agriculture

<http://mypyramid.gov/>

Understanding and Using Nutrition Facts label on food products

<http://www.cfsan.fda.gov/~dms/foodlab.html>

Food and Nutrition Information

<http://www.nutrition.gov>

Dietary Guidelines for Americans, 2005

For more information:

<http://www.healthierus.gov/dietaryguidelines/>

Clean Hands Campaign

[www.washup.org](http://www.washup.org)

“Basic Nutrition Facts: A Nutrition Reference,” Michigan Department of Public Health publication no. H-808, 1/89.