

**Leamington Mennonite Home
Long Term Care & Retirement Residence**

POLICY AND PROCEDURE

CATEGORY: Resident Care	SUBJECT: Resident Nutrition	SECTION: N POLICY: 2o
DATE: September 2004 REVISION DATE: September 2006	Administrator's Signature: _____	

RESIDENT NUTRITION

POLICY:

LMH shall provide nutrients, calories and fluids based on recommended dietary allowances that provide for daily amounts to meet current recommended nutrient intake as determined by Health Canada.

Adjustments should be made for age, sex, weight, physical activity and therapeutic needs as per the direction of the Dietitian and/or Home Doctor.

Each day each resident shall be provided with a variety of foods, including at least the following:

- Grain Products
 - five servings of whole grain or enriched bread and cereals
- Vegetable and Fruits
 - five 125 ml servings of vegetables, fruits and/or fruit juices
- Milk Products
 - adults – 50 ml
- Meat and Alternatives
 - two servings weighing 50 to 100 grams cooked weight of meat containing 7 grams of protein for each 30-gram serving, or the equivalent grams of protein in alternatives.