



**California Division North
Nutritional Services
Diet - Menu**

Subject/Title: GERIATRIC DIET
Order As: REG or SOFT

GOALS OF DIETARY MANAGEMENT:

This diet is designed to provide general information and assistance for the special dietary considerations when prescribing and/or implementing diets for elderly persons who do not require dietary modifications for special diseases.

DIET PRINCIPLES:

A well-balanced diet is as necessary for the aging person as for younger adults and children. An older person may require dietary changes because of disease or psychological or physiological status.

ADEQUACY:

The Recommended Dietary Allowances can be easily met by selecting foods from the daily food guide using recommended serving sizes. Supplements may be used with the foods to insure nutritional adequacy. Food habits, influenced by ethnic, religious, and socioeconomic factors, are important to the quality of life of the elderly person. These factors should be considered when planning meals and/or dietary modifications.

GUIDELINES	DAILY FOOD GUIDE
MILK, DAIRY	2 cups (8 oz) for adults Cheese and other dairy foods can supply part of the milk allowance
PROTEIN	2 of more servings (2 to 3 oz cooked weight without bone or fat) of beef, veal, pork, poultry, fish or lamb 1 cup cooked dry beans, peas, or lentils 4 tablespoons peanut butter
VEGETABLES FRUITS	4 or more servings including 1 serving of citrus
BREAD, PASTA CEREAL	4 or more servings including whole grains
OILS	Include for palatability and calories

SAMPLE MENU

Breakfast

Juice	1/2 cup
Cereal	3/4 cup
Fruit	1/2 cup
Toast	2 slices
Margarine	2 tsp
Jelly	1 tbsp
2% milk	1 cup
Coffee/tea	

Lunch and Dinner

Soup or salad	1/2 cup
Meat	3 oz
Potato or substitute	1/2 cup
Vegetable	1/2 cup
Bread or roll	1 slice
Margarine	2 tsp
Fruit or yogurt	1/2 cup
2% milk	1 cup
Coffee/tea	