

4665.3000 DIETARY SERVICE.

The food and nutritional needs of residents shall be met in accordance with their needs and shall meet the dietary allowances, as stated in the Recommended Dietary Allowances, National Academy of Sciences, seventh edition, 1968. Providing each resident the specified servings per day from each of the following five food groups will satisfy this requirement.

A. Meat or protein group. Two or more servings per day. A serving of meat or protein is defined as:

- (1) two to three ounces cooked (equivalent to three to four ounces raw) of any meat without bone, such as beef, pork, lamb, poultry, or variety meats such as liver, heart, and kidney;
- (2) two slices prepared luncheon meat;
- (3) two eggs;
- (4) two ounces of fresh or frozen cooked fish, shellfish, or one-half cup canned fish; or
- (5) one cup cooked navy beans.

B. Milk group. Two or more servings per day. A serving is defined as eight ounces (one cup) of milk. A portion of this amount may be served in cooked form, such as cream soups, desserts, etc.

- (1) one ounce of cheese for three-fourths cup milk;
- (2) three-fourths cup cottage cheese for one-third cup milk; or
- (3) one-half cup ice cream for one-fourth cup milk.

C. Vegetable group. Three or more servings per day, one of which is deep green or yellow. A serving is defined as one-half cup.

D. Fruit group. Two or more servings per day, one of which is citrus (i.e. orange, grapefruit) or tomato. A serving of citrus fruit or tomato is defined as:

- (1) one medium orange or four ounces of orange juice;
- (2) one-half grapefruit or four ounces of grapefruit juice; or
- (3) one large tomato or eight ounces of tomato juice.

E. Cereal and bread group. Three to four servings per day of whole grain or enriched products. A serving is defined as:

- (1) one slice bread;
- (2) one-half cup cooked cereal;
- (3) three-fourths cup dry cereal; or

- (4) one-half cup macaroni, rice, or noodles.

Statutory Authority: *MS s 144.56*

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