

Meal and Menu Requirements

STATE EVALUATION: ASSISTED LIVING PROVIDERS (144G)

Provider and Survey Information

Provider:

Date:

HFID:

Surveyor:

Verify the Following Requirements (144G.41 Subd. 1)

- At least three nutritious meals daily with snacks available seven days per week.
- Meals include seasonal fresh fruit and vegetables.
- Menus are prepared at least one week in advance and made available to all residents.
- Residents' involvement in menu planning is encouraged.
- Meal substitutions are of similar nutritional value if a resident refuses a food that is served.
- Residents are informed in advance of menu changes.
- The facility does not require a resident to include and pay for meals in their contract (that the resident does not want).
- Meals are made according to the recommended dietary allowances in the United States Department of Agriculture (USDA) guidelines; refer to below, "My Plate Guide."
 - Half of the plate is fruits and vegetables of all colors; preference for whole fruits and non-starchy vegetables
 - One-quarter of the plate is grains, preferably whole grains rather than refined (white) grains.
 - One quarter of the plate is protein, preferably lean (chicken, fish, beans, or nuts)
 - Three servings of dairy per day, preferably low fat.

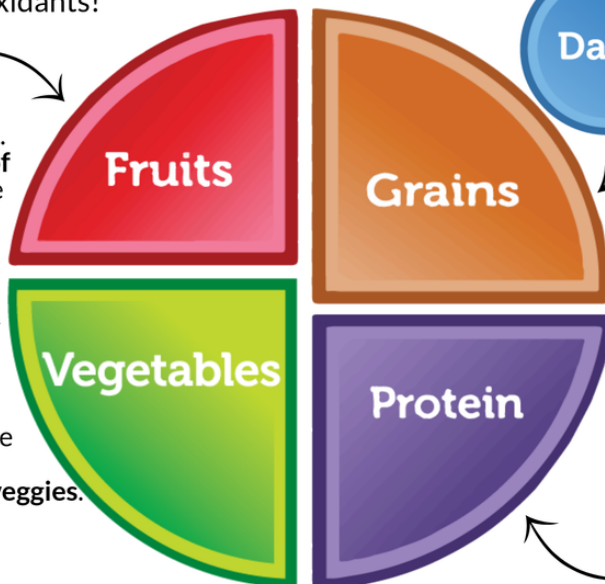
Comments:

MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit:
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables:
The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



Dairy:
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains:
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein:
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

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To obtain this information in a different format, call: 651-201-4200.