

Diet for Health (DFH)

- A. The Diet for Health can be prescribed for patients (offenders) with the following medical conditions:
- Diabetes (insulin and non-insulin dependent)
 - Hyperlipidemia
 - Hypertension
 - Morbid Obesity
- B. The Diet for Health shall provide approximately 1900-2100 calories per day.
- C. The DFH menu is a mandatory menu and must be prepared exactly as written.
- D. Portions must be followed exactly, meat items must be weighed, fruits and vegetables must be served with the correct size utensil and the utensil should be level and not heaping.
- E. **DO NOT** add additional fat or salt during preparation.
- F. Menu items shall be baked, steamed, or boiled (don't debread the fish when baking, only the Fish can be fried).
- G. Sugar substitutes may be provided; however, a minimal amount of sugar; such as, frosted cereal, may be provided to patients (offenders) on the DFH.
- H. In the event of product unavailability, appropriate substitutions based on the DFH menu plan may be made and shall be noted on the Cook's Worksheet.
- I. At the breakfast meal, one four (4) ounce portion of different canned fruits, or one two (2) ounce portion of a single dried fruit, and at supper one four (4) ounce portion of different canned fruit shall be served.
- J. Pork roll and cured ham shall not be provided on the DFH; fresh ham, pork loin, fresh pork shoulder, pork ribs, and fresh ground pork may be served on the DFH; Pork links and pork sausage may be served 2 times per month on the DFH.
- K. On the days when desserts are served on the regular menu, patients (offenders) on the DFH shall be provided canned fruit for dessert.
- L. On days when pancakes or French toast are served, patients (offenders) on the DFH shall be provided diet syrup.
- M. On days when jelly is served, patients (offenders) on the DFH shall be provided diet jelly.
- N. There is no Hypercaloric DFH.
- O. The DFH is a medical diet order and overrides all other menu plans. If a patient (offender) on DFH requests a meat-free or pork-free tray, it can be provided as long as the medical diet order is met.