



VOLUME 4: MEDICAL SERVICES	Effective Date: 12/2003
CHAPTER 20	Revision Date: 05/2015
4.20.1 OUTPATIENT DIETARY INTERVENTION POLICY	Attachments: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>

I. POLICY

California Correctional Health Care Services (CCHCS) shall provide patients with meals based on a standardized master menu consistent with a California Department of Corrections and Rehabilitation (CDCR) Heart Healthy diet. The CDCR Heart Healthy diet shall eliminate the need for most prescribed diets with appropriate patient diet instruction. Diet instruction, outpatient therapeutic diets, nourishments, and supplements shall be provided as medically indicated.

II. PURPOSE

CCHCS outpatient dietary interventions shall:

- Provide diet instruction and prescribed therapeutic diets, nourishments, and supplements to patients with identified nutritional needs.
- Ensure that patients have medically accurate information regarding appropriate nutritional choices.
- Ensure that patients requiring a medically necessary outpatient therapeutic diet, nourishment, or supplement receive the necessary food.

III. DEFINITIONS

CDCR Heart Healthy Diet: A diet plan restricted in sodium and fat while supplying adequate calories, fiber and all essential nutrients, supported by the CDCR and approved by a Registered Dietitian.

Diet Instruction: Specific dietary recommendations including careful food choices based on the CDCR Heart Healthy Diet, provided by a Registered Dietitian or other health care staff within the scope of their licensure.

Outpatient Therapeutic Diet: A therapeutic diet prescribed by a Primary Care Provider (PCP) or Dentist.

Supplement: High caloric drinks in addition to the standard meal, prescribed by a PCP or Dentist, for patients with certain medical or dental conditions.

IV. RESPONSIBILITY

The Chief Executive Officer or designee of each institution is responsible for the implementation, monitoring, and evaluation of this policy.

V. REFERENCES

- California Code of Regulations, Title 15, 2014, Article 4, 3054 (d)
- Nutrition Care Manual, 2014, Academy of Nutrition and Dietetics
- California Department of Corrections and Rehabilitation, Department Operations Manual, 2014, Chapter 5, Article 51, 54080.3, 54080.5-6, 54080.14