

LONG TERM CARE SURVEY

SURVEY AREA	OBSERVATION	INTERVIEWING	RECORD REVIEW	EVALUATION FACTORS	CROSS REFERENCE
F196 (cont'd)	<p>Observe serving portions sizes on all menu items:</p> <p>MILK GROUP - 1 pint daily Source of: Protein Calcium Phosphorus B Complex</p> <p>MEAT GROUP - 5 lean meat equivalents (1 meat equivalent = 1 oz meat, poultry, fish, cheese & eggs; also dried peas, beans, and nuts). Source of: Protein Iron Vitamin B12</p> <p>VEGETABLE AND FRUIT GROUP - 5 servings or more (1/2 cup = 1 serving) Source of: Vitamin A,C, B6, Folicin, Fiber</p> <p>BREAD-CEREAL-POTATO- LEGUME-PASTA GROUP - 7 servings (1 serving = 1 slice bread; 1/2 cup other; 3/4 cup flake-type cereal).</p>		<p>BREAD-CEREAL-POTATO- LEGUME-PASTA GROUP</p> <p>7 servings</p> <p>FATS AND SWEETS</p> <p>(Without this group the diet contains 1,415 Kcal)</p> <p>Diets should be adapted from facility's currently approved diet manual.</p> <p>Menus are dated and contain minimum portion sizes.</p> <p>Are substitutions noted on the file copy?</p> <p>Are substitutions made within the same food group i.e., meat for another source of protein in the meat group, or vegetable of similar nutritional value?</p>		