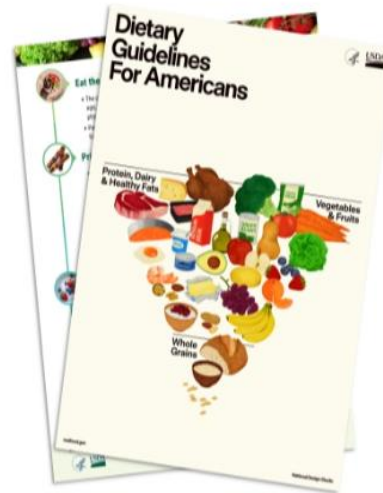


Module 14 – Nutrition

Handout #1 – Dietary Guidelines for Americans (DGA)

Prioritize whole,
healthy, and nutritious
foods with the new
*Dietary Guidelines for
Americans!*

Read the [new edition](#) and learn more at
[RealFood.gov](#)!



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Handout #2 – Special Diets

The following are examples of special diets that a patient may be advised by his/her nurse or doctor to adhere to.

Diet	Use	Foods Allowed
Low sodium – only a certain amount of sodium is allowed	Some kidney diseases, heart disease, fluid retention	Fruits, vegetables, unsalted butter, and salt-free seasonings. Table salt and salt added to cooking are not allowed.
Diabetic – carbohydrates, protein, fat, and calories are regulated and/or monitored	Diabetes	Varies depending on individual nutritional and energy requirements. Blood sugar to be monitored if necessary. Snacks may also be an important part of their nutritional health/needs.
Clear liquid – as the name suggests, clear liquids that are nonirritating and non gas-forming	Acute illness, nausea/vomiting, postoperatively	Water, carbonated drinks, tea, coffee without cream or milk, clear fruit juices, broth, gelatin, popsicles.
High fiber – to stimulate digestive activity	Constipation, colon disorders	All fruits and vegetables, whole wheat grains (bread, rice, and cereal), milk, cream, butter, meats
Bland – foods that will not irritate the patient, served at moderate temperatures, with no strong spice or seasonings	Gallbladder disorders, ulcers, intestinal disorders	Lean meat, canned fruits, and vegetables (without skin or seeds), pasta, rice, white bread, some cereals, cottage cheese, gelatin – no fried foods at all
Low calorie – calories are reduced below normal daily requirements	Weight loss	Foods low in fat and low in carbohydrates, lean meats, many restrictions regarding non-nutritional foods (e.g. no butter, cream, baked goods, potato chips, etc.)
High calorie – calorie intake significantly increased	Weight gain	Increase quantity and frequency in all food groups
High iron – increase in iron intake	Anemia, recent blood loss	Lean meats, organ meats, dried fruits and beans, green leafy vegetables, peanut butter, eggs
Soft – semisolid foods that can be digested easily	Mouth issues, chewing problems, gastrointestinal disorders, infections	All liquids, shredded meat (not fried or grilled), mild cheeses, white bread, crackers, pureed vegetables, canned fruit (no skins or seeds)

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Handout #3 - High Sodium Foods

Grain Group:

- Salted crackers
- Muffins
- Pretzels
- Quick breads
- Pancakes
- Waffles
- Instant cereals
- Noodles with seasoning packs
- Chips

Dairy Group:

- Most cheeses
- Buttermilk
- Chip dips made with sour cream

Meats and Beans:

- Sausage
- Ham
- Bacon
- Pork
- Hot dogs
- Lunch meats
- Sardines
- Anchovies
- Canned tuna
- Canned salmon
- Salted nuts or seeds
- Peanut butter

Vegetable Group:

- Tomato Juice
- V-8 Juice
- Frozen vegetables with added salt
- Canned vegetable with added salt
- Potato chips
- French fries
- Pickles
- Sauerkraut
- Relish

Fats, Oils, & Sweets:

- Mayonnaise
- Salad dressing
- Desserts

Other:

- Canned soups
- Bouillon cubes
- Dried soup mixes
- Mineral water
- Club soda
- Salted popcorn
- Frozen dinners
- Seasoning salts
- Soy sauce
- Worcestershire
- Food sauces (BBQ, steak, etc.)
- Baking powder & soda

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Handout #4 – Food Temperature

Is It Done Yet?

You can't tell by looking. Use a food thermometer to be sure.

USDA Recommended Safe Minimum Internal Temperatures						
						
Steaks & Roasts 145 °F	Fish 145 °F	Pork 160 °F	Ground Beef 160 °F	Egg Dishes 160 °F	Chicken Breasts 165 °F	Whole Poultry 165 °F

Source: http://www.fsis.usda.gov/PDF/Food_Safety_for_Older_Adults.pdf

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Handout #5 – Cold Storage Chart

Source: http://www.fsis.usda.gov/PDF/Food_Safety_for_Older_Adults.pdf

USDA Cold Storage Chart

These time limit guidelines will help keep refrigerated food safe to eat. Because freezing keeps food safe indefinitely, recommended storage times for frozen foods are for quality only.

Product	Refrigerator (40 °F)	Freezer (0 °F)
Eggs		
Fresh, in shell	3 to 5 weeks	Don't freeze
Hard cooked	1 week	Don't freeze well
Liquid Pasteurized Eggs, Egg Substitutes		
Opened	3 days	Don't freeze well
Unopened	10 days	1 year
Deli and Vacuum-Packed Products		
Egg, chicken, ham, tuna, & macaroni salads	3 to 5 days	Don't freeze well
Hot Dogs		
Opened package	1 week	1 to 2 months
Unopened package	2 weeks	1 to 2 months
Luncheon Meat		
Opened package	3 to 5 days	1 to 2 months
Unopened package	2 weeks	1 to 2 months
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Hamburger and Other Ground Meats		
Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb, Pork		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Fresh Poultry		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, pieces	1 to 2 days	9 months
Seafood		
Lean fish (flounder, haddock, halibut, etc.)	1 to 2 days	6 to 8 months
Fatty fish (salmon, tuna, etc.)	1 to 2 days	2 to 3 months
Leftovers		
Cooked meat or poultry	3 to 4 days	2 to 6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months
Pizza	3 to 4 days	1 to 2 months

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Activity #1 - Food Safety

Complete the following exercise to test your knowledge about food safety.

Activity	Good idea or bad idea?	Explain your answer here
1. Washing dishes with cool water.		
2. Storing unused portion of canned vegetables in the refrigerator in the can.		
3. Allowing frozen vegetables to thaw at room temperature for several hours before cooking.		
4. Placing fresh lettuce in an air-tight container for storage.		
5. Washing fresh produce with cool water before cooking or serving.		
6. Using the same spoon to stir soup and taste it for proper seasoning.		
7. Inspecting packages as you shop for expiration dates.		
8. Washing hands before putting away groceries after shopping.		
9. Storing an open jar of mayonnaise in the pantry.		
10. Buying foods in containers that can be re-sealed tightly after opening.		

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Activity #1 - Food Safety

Answer Guide

1. Bad
2. Bad
3. Bad
4. Good
5. Good
6. Bad
7. Good
8. Good
9. Bad
10. Good

Handout #6 – Becoming a Better Shopper

Source: <https://www.fda.gov/media/83744/download>

In the Know: Safe Shopping

Safe Food-handling Practices

Follow these safe food-handling practices when shopping:

- Put raw packaged meat, poultry, or seafood into a plastic bag before placing it in the shopping cart so that its juices will not drip on – and contaminate – other foods. If the meat counter does not offer plastic bags, pick some up from the produce section before you select your meat, poultry, and seafood.
- Buy only **pasteurized** milk, cheese, and other dairy products from the refrigerated section. When buying fruit juice from the refrigerated section of the store, be sure that the juice label says it is **pasteurized**.
- Purchase eggs in the shell from the refrigerated section of the store. (Note: Store the eggs in their original carton in the main part of your refrigerator once you are home.)

For recipes that call for eggs that are raw or undercooked, when the dish is served – homemade Caesar salad dressing and homemade ice cream are two examples – use either shell eggs that have been treated to destroy *Salmonella* by pasteurization or pasteurized egg products. When consuming raw eggs, using pasteurized eggs is the safer choice.

- **Never buy** food that is displayed in unsafe or unclean conditions.
- When purchasing canned goods, make sure that they are free of dents, cracks, or bulging lids. (Once you are home, remember to clean each lid before opening the can.)
- Buy produce that is not bruised or damaged.



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Handout #7 - Dehydration

Staying hydrated is important for anyone, not just your home care patients. However, medications and illness can change a patient's hydration, and the home care aide needs to be aware of signs that something may be wrong.

Signs and symptoms of dehydration include:

Flushed skin	Decreased urination
Dry skin	Elevated body temperature
Poor skin elasticity	Confusion/irritability
Coated tongue	Decreased saliva

Signs and symptoms of too much fluid include (more common in patients with heart or kidney disease):

Swelling of ankles, feet, fingers, and hands	Shortness of breath
Daily weight gain	Increased heart rate
Decreased urination	Skin that looks abnormally tight and smooth

Ways to assist patients with proper hydration:

Keep clean, fresh water available to the patient	Offer smaller sips more frequently
Encourage patient and/or family to keep a food and liquid log	Recognize if a patient has a barrier to accessing fluids on his or her own and work to correct that