

**DIVISION OF DEVELOPMENTAL DISABILITIES SERVICES  
COMMUNITY SERVICES / ADULT SPECIAL POPULATIONS**

**Health Care Services Protocol #4**

**Nutrition Management Guidelines**

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Approved by: \_\_\_\_\_

Signature

Written: April 2007

Revised Date: July 2, 2008

**I. OBJECTIVE**

To effectively and efficiently monitor and promote nutritional health for the individuals we serve.

**II. Nutritional Screening:**

Basic Review of factors related to nutritional health/

**Nutrition Assessment:**

Comprehensive evaluation of overall nutritional health taking into account subjective and objective factors such as: nutritional requirements, medical diagnoses, appetite / intake, height / weight and changes, relevant lab values, skin condition, relevant medications, lifestyle, food preferences, swallow status, and diet order

**III. STANDARDS**

- A. Any individual, upon admission to residential services will also receive a nutritional screening. During this review, if the nurse deems it necessary, a referral to the Registered Dietitian will be completed. (See Exhibit A)
- B. Annually, a nutritional screening will be performed by the Nurse for all individuals. The screening will be part of the Annual ELP Nursing Assessment. During this review, if the nurse deems it necessary, a referral to the Registered Dietitian will be completed. (See Exhibit A)
- C. If any of the following factors are present, then that individual will receive a nutritional evaluation by a Registered Dietitian annually. This information will be documented on a form as deemed appropriate by the Registered Dietitian and filed in the C.O.R.
  - Individuals that receive enteral feedings
  - Diabetics requiring medications
  - Unexplained weight loss or weight gain of 10% or more during a 6 month period
  - Coronary Heart Disease or Triglycerides are over 200, LDL is over 100, or total cholesterol 240 or above
  - Dysphagia
  - Prader-Willi Syndrome
  - Pressure ulcers / Decubitus ulcers
  - New onset of hypo or hyperglycemia
  - Deemed necessary by the nurse
  - Below normal albumin levels
  - Fluid restriction below 1500cc

- D. Nutritional status will be discussed by the interdisciplinary team with the individual and their advocates / family at the time of the annual ELP. Outcomes of that process shall be documented in the ELP.
- E. *Appendices B and C* contain health information specifically aimed at promoting good nutrition for individuals with intellectual or developmental disabilities. These two guides should be used by the nutritionist, community nurse, and the house manager to foster good nutrition for the individuals that are served in residential services.

#### IV. APPENDICES

- A. Nutrition for Individuals with Intellectual Disabilities or Developmental Disabilities, Montana Disability and Health Program, University of Montana Rural Institute

<http://mtdh.ruralinstitute.umt.edu/Publications/StandardsStaff.htm>

- B. Eat Well to Feel Well: Your Plan for Good Health, Montana Disability and Health Program, University of Montana Rural Institute

<http://mtdh.ruralinstitute.umt.edu/Publications/EatWell.htm>

**NUTRITION REFERRAL**

**DATE:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Contact Person:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Fax #:** \_\_\_\_\_

Reason for the referral: \_\_\_\_\_ New Admission \_\_\_\_\_ Medical Concern  
\_\_\_\_\_ Weight Loss / Gain

Information Requested: (May be copied and faxed / emailed)

- First page of the nursing ELP
- Current MAR or list of medications
- Height, current weight and all weights within the past 12 months
- Lab results for the following within 12 months
  - CBC
  - CMP, BMP
  - Lipid and liver profiles
  - TSH, thyroid panel
  - Iron studies
  - HbA1c
- Last nutrition evaluation (if available)

Comments: \_\_\_\_\_  
\_\_\_\_\_

## Eat Well to Feel Well: *Your Plan for Good Health*

November, 2005

This fact sheet has ideas about healthy diet and good nutrition. These ideas can help you be healthy and feel well. It also includes your Personal Food Guide Pyramid. You can:

1. Fill in your own information.
2. Post the Pyramid at home to remind yourself to eat well.
3. Use the Pyramid to tell others how to eat well!



At the end of this fact sheet are resources that can help you eat well, and phone numbers of people who can answer your questions about diet and food and nutrition.

*Your Plan for Good Health* can help you choose the right diet for you:

- ☺ The Basic Diet
- ☺ The Special Needs Diet
- ☺ The Live Long and Healthy Diet

For any diet, good nutrition and smart eating are important. Good nutrition is good for you! A healthy diet means good nutrition. Good nutrition can make you feel better and can keep you from getting sick. Good nutrition has some real 'pluses'! Usually, people with good nutrition

- + are happy and have energy;
- + do not have constipation or diarrhea;
- + and are not too fat or too thin.

Smart eating is up to you! **S-M-A-R-T** eating means five simple things: (1) Store your food safely; (2) Shop wisely to save Money; (3) Ask to learn more about eating well; (4) Take Responsibility for choosing healthy foods; and (5) Make meals that Taste great.

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### *The Basic Diet*

The basic diet gives you what you need every day. It keeps you well. It gives you enough energy to do the things you want to do. **What does the basic diet have?**

- ✓ **All the nutrients that most healthy people need.** (Nutrients are things like vitamins, protein, calcium and iron).
- ✓ **Foods that you like and that are good for you.** You do not have to eat foods you hate. Some things that taste good are not part of a basic diet. Things like cookies and soda pop do not have nutrients your body needs.
- ✓ **Foods that fit the way you think and live.** If your religion says you must not eat some foods, do not eat them. Some religions say you should not eat meat that comes from pigs. Meat from pigs includes ham, bacon and pork chops. Some people do not eat meat at all.
- ✓ **Lots of fruits and vegetables and whole grains.** Fruits, vegetables and whole grains have many of the nutrients you need. Whole wheat bread, brown rice, corn bread, oatmeal and bran flakes cereal have whole grains. They are healthier than white bread, white rice, and sugary cereal.
- ✓ **Clean and safe food.** Germs can grow in food and spoil it and make you sick. Cold foods like cheese and tuna salad must stay cold until you eat them or put them in the refrigerator. Hot foods, like chili and roast chicken, must stay hot until you eat them or put them in the refrigerator.
- ✓ **Exercise and move your body!** Exercise and moving your body are part of the basic diet. The foods you eat give your body the energy to move. If you do not use the energy, you might get fat or sick. If you eat good food, exercise and move, your body will work right.

**How Do I Get a Basic Diet?** Use your Personal Food Guide and your Food Guide Pyramid to make a plan to get everything your body needs for the next week. Write down all the meals and snacks you will eat. Then you won't have to think about what to eat every day. You can write your choices on your Food Guide Pyramid. It can help you make

your own menus. It shows what kinds of foods you need to eat and drink, and how much of each thing you need to be healthy. A plan also helps you save money on groceries.

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### The Special Needs Diet

The Special Needs Diet is a healthy diet that has what your own body needs. It leaves out foods that are not good for you. If you need a special diet, please learn as much about it as you can. Your food might be cooked in a special way. If you have diabetes, learn what foods are safe to eat. If you need a low fat diet, find out which foods have a lot of fat and which foods have a little fat. If the Food Guide Pyramid does not have what your body needs, talk to your doctor, a nutritionist or a dietitian. They can help you make menus for a *Special Needs Diet*. A Special Needs Diet is good for:

People who have trouble chewing and swallowing food: A doctor might say that some foods should be put in a blender. Some food might be cut up into small pieces that are easy to chew and swallow. People who have trouble chewing and swallowing should not eat food that might make them choke.

People who have the flu: People with the flu might need to drink more liquid than usual. A doctor can say what liquids are good for the flu and how much to drink.

People with diarrhea or constipation: A doctor or a dietitian knows what foods are good for healthy bowel movements. Some people with diarrhea or constipation have a food allergy. A doctor can figure out what foods cause problems. Then the doctor or a dietitian can replace those foods with other healthy choices.

People with diabetes: Doctors and dietitians work to make sure that people with diabetes have diets with the right amount and types of sugars and other foods. Proper diets give people with diabetes the energy they need to be healthy and live active lives.

People with cancer: People with cancer usually have a team of doctors helping them. The doctors work with dietitians to plan a special needs diet that makes cancer patients stronger so they can fight their disease.

Overweight or underweight people: Overweight people might need a low-fat or low-calorie diet. A dietitian can help plan this kind of special needs diet. A dietitian can also plan a special needs diet for people who need to gain weight.

People who don't move much: Some people are not able to exercise or move much. These people might not be using much energy and they don't need as much food as other people.

A doctor or a dietitian can help plan a healthy diet so these people don't get fat.

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### The Live Long and Healthy Diet

If you eat a good *Basic Diet* or *Special Needs Diet* that meets your every day needs, what comes next? The *Live Long and Healthy Diet* does more than the basic diet and the special needs diet. Every day the *Live Long and Healthy Diet* gives your body what it needs to be healthy plus it can help you live a long time! If you eat a *Live Long and Healthy Diet* you may feel happier and have more energy. You might not get diarrhea, constipation, heart disease or cancer.

Here are some ideas for a *Live Long and Healthy Diet*:

1. Eat mostly fruits, vegetables, whole grains, beans, and low-fat milk products.
  2. Choose foods low in fat, sugar and salt. Junk food has a lot of fat, sugar and salt.
  3. Think before you eat candy, pizza, or soda. Will they help you live a long and healthy life? A little junk food is ok for parties, but eat only one serving.
  4. Most people need a daily vitamin and mineral supplement. Ask your doctor if you need a vitamin and mineral supplement. If you need one, take the kind your doctor suggests. Do not take extra vitamins or supplements. Too much of a supplement can make you sick.
  5. Talk to your doctor at each visit about other ideas for a *Live Long and Healthy Diet*.
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### Your Nutrition Rights

- You have the right to a basic diet that meets your body's needs and keeps you healthy.
- You have the right to a diet that follows your beliefs.
- You have the right to safe food that is served in a pleasant way.
- You have the right to a diet with many kinds of fresh, whole foods.
- You have the right to choose foods you will or will not eat.

- You have the right to know about your special needs and foods that work for you.
  - You have the right to be part of food and nutrition research studies and of groups that decide how you should eat and stay healthy.
  - You have the right to be respected and treated fairly by food and nutrition professionals.
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### List of Words

A **Diet** is all the foods that you usually eat. A **Basic Diet** has enough of the right kinds of food to help your body work properly. A **Special Diet** has enough of the right foods for a person whose body works differently than most other people's bodies. People who are too fat or too thin need a special diet. People with diabetes or seizures or food allergies also might need special diets. A **Live Long and Healthy Diet** helps your body work better and live longer.

**Exercise** is physical activity that gets your body moving.

**Junk Food** doesn't have many nutrients. It usually has a lot of fat or sugar or salt. Candy, cake, cookies, chips and ice cream are junk food. Many junk foods are eaten out of a package or heated in a microwave or oven. Other junk foods are fast food restaurant fries, soda pop, TV dinners, frozen pizza, hot dogs, baloney, canned soup, ramen noodles, and microwave popcorn.

**Low-fat** foods have less fat that gets stored in your body. Many foods have some fat in them. Junk foods might have a lot of fat.

A **Menu** is a plan for all the food you will eat for one meal or in one day or one week. You can make a menu for a whole week of meals at one time. You can list foods for breakfast, lunch, dinner and snacks. A menu helps you plan a good diet, and saves money and time on shopping.

**Nutrients** are the parts of your food that keep your body healthy and working well. Vitamins and minerals are nutrients. Calcium is a nutrient in milk that is good for your bones. Protein is a nutrient in meat, chicken, fish, beans, nuts, tofu, and milk that helps your body work right, grow strong, and heal when it gets hurt.

A **Nutritionist** or **dietitian** is an expert on diets and foods who helps people plan a good diet.



A **Serving** is the amount of a food that you should eat. One slice of bread is one serving, so a sandwich counts as two bread servings. You might need to use measuring spoons and cups to see how much one serving is for some foods. One measuring cup of milk is a serving. One measuring tablespoon of salad dressing is a serving. If the **Personal Food Guide** says:

**Cup** - use a measuring cup, not a coffee mug or a tea cup. A measuring cup might hold more or less food or liquid than a drinking cup.

**Oz.** - Means "ounce". Some foods, like yogurt or soda pop, show the number of ounces on the package. For meat, chicken, fish, or cheese, use Food Guide serving sizes.

**Tbl.** - tablespoon. Use a measuring spoon, not an eating spoon.

**Tsp.** - teaspoon. Use a measuring spoon, not an eating spoon.

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**Resources:** Write the names and telephone numbers of people and offices in your town that can answer your questions and help you learn about food and nutrition. If you call and no one answers, leave a message asking the person to call you back.

Nutritionist or dietitian

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Public Health Department

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

County Extension Foods/Nutrition Agent

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Health care provider

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Use your phone or computer to learn more about nutrition! Here's where to start:

**Cooperative Extension Service** agents know about menu planning, food budgets, and other topics. To find your County Extension office, call 202-720-7441 and ask for the phone number of your county office or visit

<http://www.csrees.usda.gov/Extension/index.html> . Click on your state. Find your county office.

## Links to Montana County Extension Offices

**Dietary Guidelines for Americans** can help you, your family, or your assistants make healthy food that taste good too. Go to <http://www.healthierus.gov/dietaryguidelines/>

**Montana Disability and Health Program** has nutrition resources for persons with disabilities. <http://mtdh.ruralinstitute.umt.edu/Directory/Nutrition.htm> or call 406-243-2460.

**National Center for Physical Activity and Disability** has information about exercise and activity for persons with all types of disabilities. <http://www.ncpad.org/>

**Government Center for Food Safety:** Go to <http://www.foodsafety.gov>

We based *Eat Well to Feel Well: Your Plan for Good Health* on what we know about nutrition for adults with physical disabilities and adults without disabilities. As we learn more about nutrition for adults with intellectual disabilities, we will update the *Plan*. Please tell us what you think about *Your Plan for Good Health*!

Contact: Kathleen Humphries, Ph.D., [khumphries@ruralinstitute.umt.edu](mailto:khumphries@ruralinstitute.umt.edu)

**Montana Disability and Health Program:** *Living Well Under the Big Sky*, Research and Training Center on Disability in Rural Communities, The University of Montana Rural Institute, 52 Corbin Hall, Missoula, MT 59812-7056

888-268-2743 toll-free;

406-243-5467 Voice;

406-243-4200 TTY

406-243-2349 (fax)

<http://rtc.ruralinstitute.umt.edu>

<http://mtdh.ruralinstitute.umt.edu>

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Prepared by Kathleen Humphries, Meg Traci, & Tom Seekins. Reviewed by People First members, MTDH Advisory Board, & Montana Dietetics Association Executive Board. Available in Braille, large print, and text file formats.

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**[Montana Disability & Health Home Page](#) | [RTC: Rural](#) | [Rural Institute](#) | [The University of Montana](#) | [Publications](#) | [Resource Directory](#)**

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## Nutrition for Individuals with Intellectual or Developmental Disabilities

### ***Nutrition Standards of Care***

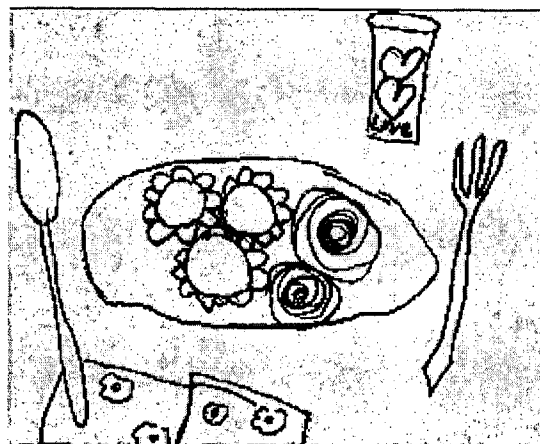
for Use by Personal Assistants, Service Providers, Healthcare Providers,  
Nutrition Professionals, and Family Members

The goal of this *Nutrition Standards of Care* is to promote quality food and nutrition supports for adults with intellectual and/or developmental disabilities (I/DD). These standards and practice guidelines are designed to help personal assistants, direct service staff and others to create and maintain environments that promote all three levels of healthy nutrition:

**Level 1: Adequate Nutrition**

**Level 2: Individualized Nutrition**

**Level 3: Health-Promoting Nutrition**



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### **Background:**

Research shows that a healthy diet would improve the quality and length of most individuals' lives. Poor diet is related to obesity and illnesses such as cardiovascular disease, cancer, diabetes mellitus, and hypertension.

Individuals with primary disabilities often experience "secondary conditions" – additional physical and psychological problems that limit a person's enjoyment of life and participation in activities. Health research conducted with adults who have I/DD shows that diet affects many of their most frequently reported secondary conditions, such as fatigue, weight problems, and constipation or diarrhea. Proper nutrition can increase these individuals' quality of life by improving existing secondary conditions and preventing additional conditions from developing.

Personal assistants and others responsible for nutrition or planning and preparing meals for adults with I/DD should read the *Standards of Care* and understand how to implement them. Training in safe food handling practices and basic nutrition is necessary. The *Resources* section lists food safety and basic nutrition training materials, including some designed specifically for supported living staff.

### **Minimum Standards of Care for Adults with I/DD:**

1. **Provide health-promoting food and nutrition supports.**
2. **Provide information, knowledgeable encouragement, and positive social/instrumental support (assist in grocery shopping, cooking, etc.) to help individuals make good food choices.**
3. **Support participation in activities that encourage healthy eating and physical activity.**

**Three Levels of Standards:** The goal of these Standards is to ensure that individuals with I/DD receive quality food and nutrition that promotes their health and participation in activities. There are three levels of standards necessary to achieve quality food and nutrition supports. Your role is to help implement the standards at each level, so that each individual:

- Level 1 - Has a diet that is safe and nutritionally adequate.
- Level 2 - Has a diet that addresses his or her special needs.
- Level 3 - Is encouraged to eat recommended portions of healthy foods associated with lower risk for common chronic diseases and conditions.

The **Tree of Good Eating** visually represents the three levels of the **Standards of Care**. The root system is the community and support people who follow the **minimum standards** for quality food and nutrition. The trunk is the **Level 1 Adequate Diet** that is the foundation for quality nutrition. The branches are the **Level 2 Individualized Diet**, the dietary modifications prescribed by a nutrition professional to address the individual's special needs. Finally, the leaves and fruit represent the **Level 3 Health-Promoting Diet** – an investment in a long and healthy life. When basic nutritional needs for routine growth and survival are satisfied, the individual is free to devote energy to other activities and optimal performance.



### Three Levels of Standards of Care

#### Level 1 - Diet is safe and adequate:

- Food is of adequate quality and amount.
- Variety of fruits, vegetables, and whole grains.
- Food is safely stored and prepared.
- Menus of 3 meals and snacks per day.
- Regular physical activity.
- Respects individual food preferences

#### Level 2 - Diet meets individual needs:

The six components of Level One, **plus**:

- Manages medical conditions
- Manages secondary conditions.
- Meets other special needs.

**Level 3 - Diet promotes health:**

- The six components of Level One, **plus**:
- The three components of Level Two, **plus**:
  - Abundant whole plant foods.
  - Low cholesterol, saturated and trans fats.
  - Limited simple sugars and salt.
  - More plant proteins (beans, nuts, grains) and fewer and leaner animal proteins (meat)
  - Multiple vitamin/mineral supplement.
  - Little or no alcohol

**Level 1 - Adequate Diet:** All persons with I/DD must have access to and be encouraged to eat a nutritionally adequate, culturally appropriate, and pleasing diet. Adequacy is defined by the number of servings and portion sizes of foods indicated in the *MyPyramid Food Guidance System* (see Resources). Variety within and across food groups is important. The number and size of servings are adjusted for an individual's age, sex, and activity level. Emphasis is on food safety and daily consumption of a variety of whole grains, fruits and vegetables.

Personal assistants have a key role in supporting nutritionally adequate choices by:

- Writing, posting, and recording menus that have been developed with as much input from the resident adults with I/DD as possible. Each year, a registered dietitian (RD) or other qualified nutrition professional should review menus to make sure they meet the *MyPyramid Food Guidance System*, the Dietary Guidelines for Americans, and the Dietary Reference Intake levels for essential vitamins, minerals, and other nutrients. Check with your local hospital, school system food service, or County Public Health Department for a qualified individual to do a free or low-cost menu review.
- Offering three meals and healthful snacks at appropriate times each day.
- Supporting adults with I/DD to engage in moderately-intense physical activity for a total of 30 minutes per day on most days of the week. Sessions may be broken up into 10-minute segments. Diet and exercise go hand in hand. The United States Surgeon

General states that, "Regular physical activity can help people with chronic, disabling conditions improve their stamina and muscle strength and can improve psychological well-being and quality of life by increasing the ability to perform activities of daily life."

"Moderately intense physical activity" means that a person: 1) feels some exertion; 2) breathes harder than when resting; yet 3) can talk comfortably. Moderately-intense activities include brisk walking, dancing, swimming, or bicycling on level terrain; or work such as mowing a lawn, cleaning, hauling, lifting, pushing, carpentry, shoveling, or packing large boxes. For greater benefits, a person could increase the number of active days (every day is best), increase the intensity of the activity (go faster), or increase the total amount of time spent being active each day.

**Level 2 - Individualized Diet:** Some individuals need a special diet in order to be adequately nourished. They may have difficulty eating or drinking, have food allergies or dislikes, or have secondary conditions such as diabetes, obesity, or drug side effects, all of which alter a person's nutrient or food needs. A Level 2 therapeutic diet prescribed by a physician or registered dietitian may override other *Standards of Care* recommendations.

For example, physicians or dietitians often prescribe therapeutic diets for individuals with Prader-Willi Syndrome. Most individuals with Prader-Willi Syndrome need support to know when they have eaten enough or when they need to eat more. Without appropriate supports, individuals often overeat and gain an excessive amount of weight. A person with Prader-Willi Syndrome may need high quality, nutrient-dense foods, dietary supplements, and fewer calories in order to balance calories consumed with calories burned.

Individuals with dysphagia, a swallowing disorder, also may have difficulty eating enough of the right foods to stay healthy or maintain an ideal weight. Individuals with dysphagia may also be unable to cough or clear their throats to remove food or liquid that accidentally enters their windpipes. If food or liquid enters the lungs, harmful bacteria may grow and cause aspiration pneumonia. A person with dysphagia needs a special diet of foods and beverages of a manageable consistency, and the support of a multi-disciplinary team of a registered dietitian and speech/or occupational therapist.

A Level 2 diet is part of the person's Personal Supports Plan (PSP) or Individual Plan (IP). A qualified nutrition professional plans and periodically reviews the therapeutic diet menu and provides prior approval for any changes. The nutritionist who plans the therapeutic diet menu should be part of the PSP/IP team discussion of the individual's and staffing resources. It is not appropriate for anyone else to prescribe a diet for an individual or "put" her on a diet, such as a low-carbohydrate or low-fat diet. Individuals on Level 2 diets need to be educated about their needs and included in menu planning.

**Level 3 - Health Promoting Diet:** All Americans can reasonably expect to live a long and healthy life. To live long and well, individuals with I/DD need diets that reduce their risk for chronic diseases. A health promoting diet improves quality of life and is associated with lower rates of secondary conditions, such as overweight and obesity, physical fitness and conditioning problems, depression, fatigue, and heart disease. The Health Promoting Diet:

- Limits simple sugars, salt, saturated fat, trans fat and cholesterol.
- Has moderate total fat, mostly from healthful plant oils.

- Includes ample whole grains, fruits, vegetables, and a good calcium source (dairy, fortified foods, or supplements).
- Limits candy, sodas, desserts, processed meats, and salty snacks (e.g. chips).
- Has low-fat protein mostly from plant sources, and limited amounts of animal protein (i.e. meat).
- For most individuals, includes a multiple vitamin/mineral supplement recommended by his or her health care provider. Unless prescribed by the health care provider, the supplement should provide only 100% of the Dietary Reference Intake appropriate for the individual.
- Includes alcoholic beverages with caution and in moderation (if at all).

### Practice Guidelines

Regardless of their living situations, menu planning for adults with I/DD is helpful. A basic menu that has been reviewed for adequacy can serve as a template or model for slightly different, but always nutritionally sound, weekly menus. Menus increase the likelihood that meals will be adequate. They save money because the individual makes fewer shopping trips and only buys items that will be used. Planners can modify weekly or biweekly menus to include sale items or USDA Commodities program foods (see <http://mtdh.ruralinstitute.umt.edu/Publications/Commodities.htm> ).

Nutrition education should be a component of the food systems in the homes of adults with I/DD. Caregivers, personal assistants, healthcare providers, and family members can teach basic knowledge of healthy and less healthy foods, safe food preparation, meal planning, and the association between eating well and good health. The resources listed at the end of this document provide basic education on nutrition principles.

Adults with I/DD and their care providers should regularly consult with and obtain guidance from a qualified nutrition professional. The progression of disability and secondary conditions, age, and lifestyle choices can change an individual's nutrient needs. A qualified nutrition professional can review menus, suggest practical tips on improving diets, and screen for nutrition-related disease and secondary conditions.

Caregivers also need appropriate nutrition and food safety training so they can assist in preparing food safely and can recognize unsafe conditions or practices. The goal is to support the individual's greatest possible independence.

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### Nutrition Rights for Individuals with Intellectual or Developmental Disabilities

Individuals with intellectual or developmental disabilities (I/DD) have the right to expect:

- Nutritional support from providers who respect their needs.
- A nutritious and adequate diet based on scientific health and nutrition research.

- A culturally-acceptable diet that promotes the individual's health and meets individual needs.
  - Safely-prepared and stored food served in a pleasant atmosphere.
  - A varied diet of fresh, whole, and minimally-processed foods.
  - Choices of foods to include or exclude from an individual's diet.
  - Ongoing information about individual dietary needs and appropriate foods to meet those needs.
  - Representation in population-based food and nutrition research studies, to ensure that findings generalize to, and are useful for, people with disabilities.
  - Fair and respectful treatment from food and nutrition professionals.
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These *Standards of Care* are based on the current scientific research on adults with and without disabilities and will be updated regularly. Please note that individuals with I/DD are under-represented in most research studies. Your feedback is important to the nutrition and health of individuals with intellectual or developmental disabilities. We would like to hear from you!

#### **Resources:**

##### **General Nutrition Guidelines and Support:**

*MyPyramid* (the *Food Guide Pyramid*): Nutrition standards for an adequate diet. Includes a web-based tool to customize the Pyramid for each individual: <http://www.mypyramid.gov/>

*Dietary Guidelines for Americans*: USDA/HHS suggestions for enjoying food and maintaining good health: <http://www.healthierus.gov/dietaryguidelines/>

*American Dietetic Association*: Registered dietitians' professional organization can locate a dietitian in your area: [www.eatright.org](http://www.eatright.org)

*U.S. Department of Agriculture*: Gateway to reliable nutrition information: [www.nutrition.gov](http://www.nutrition.gov)

*Cooperative State Research, Education, and Extension Service*: Food and nutrition agents provide individualized information on menu and meal planning, food budgeting, and other topics. For local offices, call 202-720-7441 or visit: <http://www.csrees.usda.gov/Extension/>

##### **Links to Montana County Extension Offices**

*Food and Nutrition Information Center*: Information on nutrition, food safety, and U.S. food programs (i.e. food stamps, commodities). Call 301-504-5719 (V) or 301-504-6856 (TTY) or search the index at <http://www.nal.usda.gov/fnic/>



*Food Safety Training and Education Alliance:* Professional food service web site has safe food handling staff training materials and resources: <http://www.fstea.org>

**Disability and Health:**

*Healthy People 2010:* National health objectives for Americans with and without disabilities: <http://www.healthypeople.gov/>

*Healthy People 2010, Chapter 6:* National health objectives on disability and secondary conditions: <http://www.healthypeople.gov/Document/HTML/Volume1/06Disability.htm>

*Montana Disability and Health Program:* Nutrition resources for individuals with disabilities: <http://mtdh.ruralinstitute.umt.edu/Directory/Nutrition.htm>

*U.S. Health and Human Services:* Gateway to reliable health information: [www.healthfinder.gov](http://www.healthfinder.gov)

**Physical activity:**

*Centers for Disease Control and Prevention:* General information and materials on becoming physically active: <http://www.cdc.gov/nccdphp/dnpa/physical/>

*National Center for Physical Activity and Disability:* Information and guidelines on exercise and activity for individuals with all types of disabilities: <http://www.ncpad.org/>

**Write in your local resources here:**

Name

Telephone

Consulting nutritionist or dietitian:

\_\_\_\_\_

Public Health Department:

\_\_\_\_\_

County Extension Foods/Nutrition Agent:

\_\_\_\_\_

Health care provider:

\_\_\_\_\_

**For more information, contact:**

**Kathleen Humphries, Ph.D.,**

[khumphries@ruralinstitute.umt.edu](mailto:khumphries@ruralinstitute.umt.edu)

Montana Disability and Health Program: Living Well Under the Big Sky

Research and Training Center on Disability in Rural Communities,

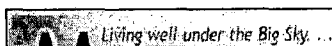
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Seekins, and the MTDH Advisory Board. The Montana Dietetics Association Executive Board reviewed content. It is available in Braille, large print, and as a text file. A version is also available for individuals with intellectual disabilities.

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