

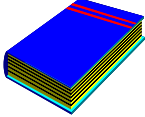



Menu Substitutions for the CACFP

Lesson 6 Overview

	Time 30 minutes
	Purpose To give the employees a working knowledge of appropriate food substitutions Objectives At the conclusion of this lesson, employees will be able to: <ul style="list-style-type: none">▪ Verbalize the adult day care center's policy and protocol for making menu substitutions▪ Describe ways to increase the fluid intake of adult day care participants
	Definitions <i>Therapeutic Diet:</i> Diet in which a specific food component(s) has been reduced or increased <i>Consistency-Modified Diet:</i> Diet in which the texture of foods or beverages has been changed
	Materials <ul style="list-style-type: none">▪ Current copy of CACFP regulations▪ Flipchart and markers▪ Two or three adult day care center menus▪ Handout 1: Icebreaker▪ Handout 2: Meat Alternates for CACFP Meal Components▪ Handout 3: Foods That Contain Vitamin A▪ Handout 4: Foods That Contain Vitamin C▪ Lesson Evaluation▪ Answer key for Lesson Evaluation

Lesson 6 Overview (cont.)



Activities

Activity 1: Icebreaker. The purpose of the icebreaker is to use humor to demonstrate the importance adults place on food preferences and how they feel if their requests are denied. The skit is called “Eating at the No-Subs Cafe.” Three people are required for the skit. One plays a server and the other two play the customers. The customers try to order a meal using the menu from the No-Subs Cafe. See Handout 1. The menu has unusual combinations of food. The customers must try to convince the server to allow menu substitutions. The server is responsible for insisting that no substitutions are allowed. After the skit, discuss the questions at the bottom of Handout 1.



Evaluation

Use the Lesson Evaluation to assess the employees’ knowledge of the concepts presented in this lesson.

References

CACFP Regulations and Policies of the National School Lunch Act, 7 C.F.R. § 226 (2005). Retrieved August 25, 2005, from <http://www.fns.usda.gov/cnd/Care/Regs-Policy/226-2005.pdf>.

United States Department of Agriculture and United States Department of Health and Human Services. (1987). *Cross-cultural counseling: A guide for nutrition and health counselors*. Washington, DC: Author.

Lesson 6 Content

Activity 1: Icebreaker



Note: The material needed for Activity 1 is a copy of Handout 1 for each employee. The purpose of Activity 1 is to use humor to demonstrate the importance adults place on food preferences and how they feel if their requests are denied. The skit is called “Eating at the No-Subs Cafe.” Three people are required for the skit. One plays a server and the other two play the customers. The customers try to order a meal using the menu from the No-Subs Cafe. See Handout 1. The menu has unusual combinations of food. The customers must try to convince the server to allow menu substitutions. The server is responsible for insisting that no substitutions are allowed. There is no script for this skit. Before the skit, you might need to give suggestions to the people who play the customers as to what substitutions to request. Suggest substitutions that reflect cultural background, religious beliefs, family traditions, and medical requirements.

Tell: You are going to see a skit called “Eating at the No-Subs Cafe.” The menu for the No-Subs Cafe is on Handout 1. Listen carefully to the skit and be prepared to discuss it when it is finished.

Note: Make sure each employee has a copy of Handout 1 before the skit begins.

Discuss: The questions at the bottom of Handout 1.

Emphasize: The importance of honoring participants’ food preferences.

Introduction

Tell: Food preferences are based on:

- Cultural background
- Religious beliefs
- Family traditions

Lesson 6 Content (cont.)

Reasons for Menu Substitutions

Ask: Why do participants refuse to eat foods served at the adult day care center?

Note: Write employees' responses on a flipchart. The following are some possible responses:

- Not hungry
- Food dislikes
- Unfamiliar foods
- Food too difficult to chew
- Food too difficult to swallow
- Food not allowed by religious dietary laws
- Food not allowed on therapeutic diet
- Food culturally unacceptable
- Food allergies or intolerance to certain foods

Tell: There are many reasons for menu substitutions including food preferences, cultural food habits, religious dietary laws, and medical needs.

According to Child and Adult Care Food Program regulations (7 CFR, part 226h), “substitutions because of medical needs shall be made only when supported by a statement from a recognized medical authority which includes recommended alternate foods.”

Medical needs would include:

- A therapeutic diet
- A consistency-modified diet
- A combination therapeutic and consistency-modified diet
- Food allergies
- Food intolerances

Honoring participants' food preferences, cultural food habits, and religious dietary laws is important to making participants' feel content at the adult day care center.

Lesson 6 Content (cont.)

Reasons for Menu Substitutions (cont.)

Tell: Always substitute foods from the same food group that have similar nutrients. Handouts 2, 3, and 4 show acceptable substitutions for:

- Meat
- Foods that contain vitamin A
- Foods that contain vitamin C

Note: Make sure each employee has a copy of Handouts 2, 3, and 4. Discuss how these handouts can be used in making menu substitutions.

You might want to give the participants a copy of two or three menus from the adult day care center. Using Handouts 2, 3, and 4, discuss appropriate substitutions to these menus for meat and for foods containing vitamins A and C.

Food Allergies or Food Intolerance

Tell: The goal of the adult day care center is to avoid serving any food that would trigger an allergic or food intolerance reaction.

Note: Write the following foods on a flipchart as you explain each one.

Tell: The foods to which older adults most commonly have allergies are:

- Milk
- Citrus foods
- Fish
- Eggs
- Nuts
- Wheat

Lesson 6 Content (cont.)

Food Allergies or Food Intolerance (cont.)

Older adults commonly have intolerances to foods containing:

- Caffeine
- Milk
- Some food additives

Tell: Food allergies and food intolerances produce different reactions in the body. Some food allergies (peanuts, etc.) can be fatal and should not be treated lightly. Food intolerances can make people ill.

Cooking a food will not destroy the component in the food that causes an allergic or food intolerance reaction in the body.

Emphasize: Food allergies and food intolerances must be documented by an authorized medical professional. This documentation must include a list of allowed foods.

Religious Dietary Laws

Ask: Do any of the participants follow religious dietary laws?

Tell: There are numerous religious practices related to food. The Jewish dietary laws and the Islamic dietary laws are often practiced by adults.

Jewish Dietary Laws

Tell: Jewish dietary laws group foods as “kosher” (fit to eat) and “treyf” or “not kosher” (prohibited).

The list of prohibited foods includes:

- Pork
- Shellfish
- Certain combinations of food, such as dairy foods and meat

There are also laws that regulate:

- How animals are to be slaughtered
- How foods are to be prepared
- When foods can be eaten

Special dietary laws are in place during religious observances, such as Passover.

Lesson 6 Content (cont.)

Islamic Dietary Laws

Tell: Islamic dietary laws group food as “halal” (allowed) and “haram” (prohibited).

Foods considered “halal” (allowed) include:

- Meats from animals slaughtered according to certain procedures
- Marine animals and seafood
- Fruits
- Vegetables
- Grains
- Dairy products

Foods that are “haram” (prohibited) include:

- Pork and pork by-products
- Animal fats or gelatin
- Birds of prey
- Alcoholic beverages
- Coffee
- Caffeinated beverages
- Tea

Tell: Special dietary laws and fasting are in place during religious observances, such as Ramadan.

Work with the social services professionals at the adult day care center to identify participants who may have religious dietary requirements. Please observe participants’ religious dietary laws as specified in the CACFP Instructions for compliance for an eligible reimbursable meal.

Planning Ahead for Menu Substitutions

Tell: It is the responsibility of the adult day care center to provide acceptable meals to participants.

Some menu substitutions cannot be avoided. “Unkosher” and “haram” foods should never be served to participants who observe Jewish or Islamic dietary laws. Also, foods that cause allergies should never be served to allergic participants.

Lesson 6 Content (cont.)

Planning Ahead for Menu Substitutions (cont.)

Tell: Remember that food preferences change over time.

Show respect to participants by trying to honor menu substitution requests.

Lesson Evaluation



Note: The material needed is a copy of the Lesson Evaluation for each employee. Go over the directions with the employees before having them answer the questions.

Discuss: Employees' responses.

Handout 1

Icebreaker

Directions: Watch the skit called “Eating at the No-Subs Cafe.” See what you would order from the No-Subs Cafe.

Welcome to the No-Subs Cafe
Home Cooked Meals for Healthy Folks

Daily Specials

- #1. Meatloaf on cornbread, mashed potatoes, corn on the cob
- #2. Fried flounder, three-bean salad, baked beans
- #3. Cheeseburger patty, macaroni and cheese, cheese grits
- #4. Fried chicken with bun, fried onion rings, french fries
- #5. Baked chicken with fried squash, fried onion rings
- #6. Pork roast, applesauce, cinnamon baked apples

Beverages: Sweetened Tea or Diet Cola

Our cooks prepare the foods as described on the menu.
NO substitutions allowed!

Discussion Questions

1. Would you like to eat at the No-Subs Cafe? Why or why not?
2. Think about the places you like to eat. Are menu substitutions welcomed or a wide variety of choices of foods served?
3. How does it make you feel when your food choices are limited?
4. How does it make you feel when your food preferences, cultural food needs, or religious dietary requirements are not honored?

Handout 2

Meat Alternates for CACFP Meal Components

Meat Alternate	Portion Equivalent (for a 2-oz serving of meat or meat alternate)
Beans, all types of cooked, dry	½ cup
Cheese, cottage	½ cup
Cheese, all types	2 oz
Egg, whole	1
Lima beans, cooked	½ cup
Nuts ¹ , all types	1 oz = 50% (choking risk)
Peanut or other nut or seed butter	4 Tbsp (choking risk)
Peas, all types of cooked, dry	½ cup
Seeds ¹ , all types	1 oz = 50% (choking risk)
Soybeans, cooked	½ cup
Yogurt	8 oz

¹Nuts and seeds may meet only one-half of the total meat/meat alternate serving and **must be combined** with another meat/meat alternate to fulfill the lunch or supper requirement.

Handout 3

Foods That Contain Vitamin A

The following are food sources of vitamin A ranked by International Units (IU). All foods are equal to or more than 20% (1000 IU) of the Daily Value (DV) of 5000 IU for vitamin A. The DVs are used on the Nutrition Facts Label and are based on a 2000 diet.

Food Item	Serving Size	Vitamin A (IU)
Sweet potato, cooked, baked in skin	1 potato (146 grams)	28,058
Sweet potato, cooked, boiled, without skin	1 potato (156 grams)	24,554
Carrots, frozen, cooked, drained	½ cup	12,137
Sweet potato, canned, vacuum pack	½ cup	10,179
Pumpkin, canned	¼ cup	9,532
Kale, cooked, drained	½ cup	8,854
Carrots, canned, drained	½ cup	8,154
Collards, cooked, boiled, drained	½ cup	7,709
Carrots, raw	½ cup	6,620
Dandelion greens, cooked, boiled, drained	½ cup	5,207
Vegetables, mixed, canned, drained	¼ cup	4,746
Spinach, cooked, boiled, drained	¼ cup	4,717
Mustard greens, cooked, boiled, drained	½ cup	4,426
Cabbage, Chinese (pak-choi), cooked, boiled, drained	½ cup	3,612
Turnip greens, cooked, boiled, drained	¼ cup	2,745
Cantaloupe, raw	½ cup	2,706

Handout 3 (cont.)

Foods That Contain Vitamin A

Food Item	Serving Size	Vitamin A (IU)
Squash, winter, all varieties, cooked, baked	¼ cup	2,677
Cantaloupe, raw	⅛ melon	2,334
Lettuce, green leaf, raw	½ cup	2,074
Apricots, canned juice pack, with skin, solids and liquids	½ cup	2,063
Vegetable juice cocktail, canned	4 fl oz	1,885
Peas, green, frozen, cooked, drained	½ cup	1,680
Lettuce, cos or romaine, raw	½ cup	1,626
Apricots, canned, heavy syrup pack, solids and liquids	½ cup	1,587
Broccoli, cooked, boiled, drained	½ cup	1,535
Grapefruit, raw, pink and red	½ grapefruit	1,415
Spinach, raw	½ cup	1,407
Plums, canned purple, juice pack, solids and liquids	½ cup	1,272
Apricots, dried, sulfured, uncooked	10 halves	1,261
Peppers, sweet, red, raw	¼ cup	1,167
Tangerines (mandarin oranges), canned, light syrup pack	½ cup	1,059

Source: Adapted from the Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17.

Handout 4

Foods That Contain Vitamin C

All foods in the following chart contain 8 milligrams (mg) or more of vitamin C.

Food Item	Serving Size	Vitamin C (mg)
Asparagus, frozen, cooked, boiled	½ cup	22
Asparagus, frozen, cooked, boiled	4 spears	15
Banana	1 medium	10
Broccoli, frozen, chopped, boiled	½ cup	37
Broccoli, raw	¼ cup	20
Brussels sprouts, frozen, cooked, boiled	¼ cup	18
Cabbage, Chinese (pak-choi), cooked, boiled	¼ cup	22
Cabbage, cooked, boiled	½ cup	15
Cabbage, red, raw	¼ cup	10
Carambola (starfruit), raw	¼ cup	9
Cauliflower, frozen, cooked, boiled	¼ cup	14
Cauliflower, raw	¼ cup	12
Coleslaw, school-prepared	¼ cup	10
Collards, frozen, chopped, boiled	½ cup	22
Corn, sweet, yellow, canned	½ cup	9
Cranberry juice cocktail, bottled	4 fl oz	45
Dandelion greens, cooked, boiled, drained	½ cup	10

Handout 4 (cont.)

Foods That Contain Vitamin C

Food Item	Serving Size	Vitamin C (mg)
Grapefruit sections, canned, light syrup pack, solids and liquid	¼ cup	14
Grapefruit, raw, white	¼ grapefruit	20
Grapes, red or green (such as Thompson seedless), raw	½ cup	9
Kale, cooked, boiled, drained	½ cup	27
Kiwi fruit (Chinese gooseberries), fresh	½ medium	35
Kohlrabi, cooked, boiled, drained	½ cup	45
Lemon jc, cnd. o r bottled	2 Tbsp	8
Lima beans, immature seeds, frozen, cooked	½ cup	11
Mangos, raw	¼ cup	12
Melons, cantaloupe, raw	⅛ melon	25
Melons, cantaloupe, raw	½ cup	29
Melons, honeydew, raw	⅛ melon	28
Melons, honeydew, raw	½ cup	15
Mustard greens, cooked, boiled	½ cup	18
Orange juice, canned, unsweetened	4 fl oz	43
Orange juice, chilled, includes from concentrate	4 fl oz	41
Oranges, raw, all commercial varieties	1 medium	70

Handout 4 (cont.)

Foods That Contain Vitamin C

Food Item	Serving Size	Vitamin C (mg)
Papayas, raw	¼ papaya	47
Peaches, frozen, sliced, sweetened	¼ cup	59
Peas, green, canned, regular pack	½ cup	8
Peas, green, frozen, cooked, boiled	¼ cup	8
Peppers, hot chili, green, raw	¼ pepper	27
Peppers, hot chili, red, raw	¼ pepper	16
Peppers, sweet, green, raw	¼ cup	30
Peppers, sweet, green, cooked, boiled, drained	¼ cup	25
Peppers, sweet, red, raw	¼ cup	71
Peppers, sweet, red, cooked, boiled, drained	¼ cup	58
Pimento, canned	1 Tbsp	10
Pineapple juice, canned, unsweetened	4 fl oz	13
Pineapple, canned, juice pack, solids and liquids	½ cup	12
Pineapple, raw, all varieties	¼ cup	14
Potato salad, school-prepared	½ cup	12
Potato wedges, frozen, commodity	½ cup	8
Potatoes, white, flesh and skin, baked	1 potato (7 oz)	19

Handout 4 (cont.)

Foods That Contain Vitamin C

Food Item	Serving Size	Vitamin C (mg)
Potatoes, hash-brown, school-prepared	½ cup	10
Potatoes, white, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	½ cup	11
Potatoes, white, mashed, school-prepared	½ cup	11
Raspberries, frozen, red, sweetened	½ cup	21
Refried beans, canned (includes commodity)	½ cup	8
Rutabagas, cooked, boiled	¼ cup	8
Sauerkraut, canned, solids and liquids	¼ cup	9
Soybeans, green, cooked, boiled	½ cup	15
Spinach, canned, drained solids	¼ cup	15
Squash, summer, all varieties, raw	½ cup	10
Squash, winter, all varieties, cooked, baked	½ cup	10
Strawberries, frozen, sweetened, sliced	½ cup	53
Strawberries, raw	½ cup	49
Sweet potato, canned, syrup pack, drained solids	½ cup	11
Sweet potato, cooked, baked in skin	1 potato	29
Tangerines (mandarin oranges), canned	¼ cup	12

Handout 4 (cont.)

Foods That Contain Vitamin C

Food Item	Serving Size	Vitamin C (mg)
Tangerines (mandarin oranges), raw	1 tangerine	22
Tomato juice, canned	4 fl oz	22
Tomato products, canned, puree	¼ cup	13
Tomato products, canned, sauce	½ cup	9
Tomatoes, cherry, red, ripe, raw	4 cherry tomatoes	9
Tomatoes, red, ripe, raw, chopped	½ cup	11
Tomato soup, canned, prepared with equal amount of water	½ cup	33
Turnip greens, frozen, cooked, boiled	½ cup	20
Turnip greens, frozen, cooked, boiled	½ cup	18
Vegetable juice cocktail, canned	4 fl. oz.	34
Watermelon, raw	1 wedge (10 oz)	23

Source: Adapted from the Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17.

Lesson Evaluation

Directions: Mrs. W is a new participant at the AAA adult day care center. She is allergic to citrus and high acid foods. Her doctor has sent an order for no citrus foods or tomato products. Look at Monday's menu. Circle the foods that Mrs. W cannot eat. Write an appropriate substitution for these food items.

Sample Menu: Week 1

Monday—Day 1	Substitution
Breakfast	
Milk	
English Muffin and Jelly	
Orange Juice	
Coffee	
Lunch	
Ham	
Scalloped Tomatoes	
Green Peas	
Cornbread	
Cookie	
Milk	

Lesson Evaluation: Answer Key

Directions: Mrs. W is a new participant at the AAA adult day care center. She is allergic to citrus and high acid foods. Her doctor has sent an order for no citrus foods or tomato products. Look at Monday's menu. Circle the foods that Mrs. W cannot eat. Write an appropriate substitution for these food items.

Sample Menu: Week 1

Monday—Day 1	Substitution
Breakfast	
Milk	
English Muffin and Jelly	
Orange Juice	<i>Vitamin C fortified apple juice</i>
Coffee	
Lunch	
Ham	
Scalloped Tomatoes	<i>Green beans or other vegetable</i>
Green Peas	
Cornbread	
Cookie	
Milk	