

Food Service Systems:

Katherine Schulz, MS, RD, LDN

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Food Service Systems:

Providing the best

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Food Service Systems:

Providing the best for your residents

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Dr. Seuss: The Cat in the Hat

Director of Dietary Services
... juggles many duties
... and wears many hats!!

















Food Borne Illness

Some can be fatal.

Organism	Food Source	Symptoms	Prevention
* Salmonella Bacteria	raw or undercooked eggs, meat, poultry	6 – 48 hours nausea, fever, chills, vomiting, diarrhea CAN BE FATAL	Sanitary food handling Cook food thoroughly Refrigerate properly
* Staphylococcal Toxin	Toxin produced in eggs, meat, poultry, salads, cream-filled pastries	½ - 8 hours rarely fatal	Same as above
* E. Coli	Improper food contaminant caused by handling.		Cook until done

Common Deficiencies

Food Storage

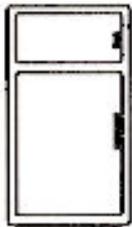
Temperatures in Freezer and Refrigerator

Freezer $<0^{\circ}$

Refrigerator $<40^{\circ}$

Safe Handling Instructions

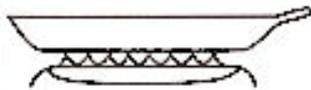
THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT CAN CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.



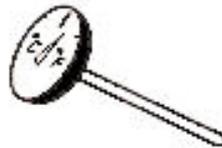
KEEP REFRIGERATED OR FROZEN.
THAW IN REFRIGERATOR OR MICROWAVE.



KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS.
WASH WORKING SURFACES (INCLUDING CUTTING BOARDS),
UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.



COOK
THOROUGHLY.



KEEP HOT FOODS HOT. REFRIGERATE
LEFTOVERS IMMEDIATELY OR DISCARD.

Common Deficiencies

Food Not Covered/labeled/dated

Items past expiration

Meat/eggs stored on bottom of shelf

Common Deficiencies

Handwashing Sink

Dish Machine/ wet nesting

3 compartment sink

Cross contamination

Common Deficiencies

Tray Line Food temperatures

<40°

>140°

Common Deficiencies

Other

Separate Food and chemicals

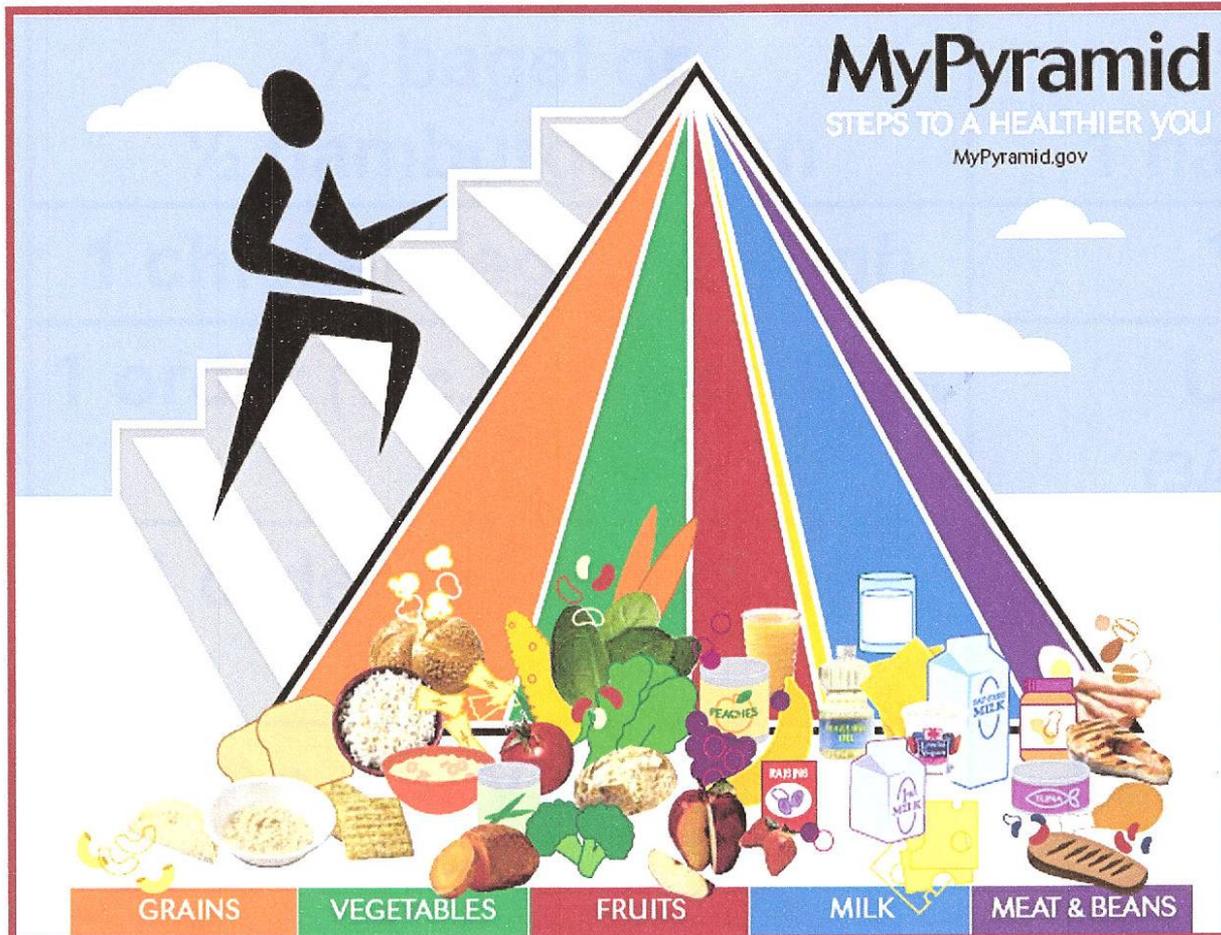
6" above floor

Contamination from above



“Man, Ben, I’m gettin’ tired of this. ... How many days now we’ve been eatin’ this trail dust?”

MyPyramid recommends total amounts rather than “servings”



MyPyramid gives more specific guidelines about **TYPES** and **AMOUNTS** of foods to eat than previous Food Guide Pyramid

MyPyramid: Fruits

- Eat the equivalent of 2 cups of fresh, canned or frozen fruits per day (for a 2,000 calorie diet)

Note this equivalent:

- $\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit



MyPyramid: Vegetables

- Eat the equivalent of 2½ cups of raw or cooked vegetables per day (for a 2,000 calorie diet)

Note this equivalent:

- 2 cups raw leafy greens =
1 cup of vegetable

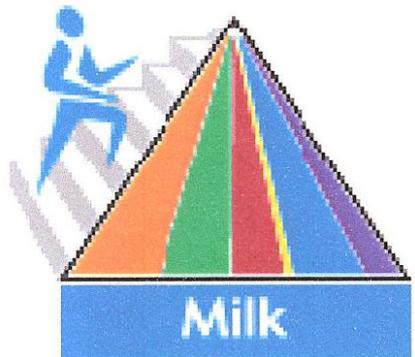


MyPyramid: Dairy products

- Consume 2 – 3 cups per day of **fat-free or low-fat** milk or equivalent milk products for ages 9 and up

Equivalents:

- 8 oz. milk
- 1 cup yogurt
- 1½ oz. natural cheese
- 2 oz. processed cheese



MyPyramid: Grains

- **Eat 6 ounce-equivalents (for a 2,000 calorie diet)**
 - 3 ounce-equivalents or more of whole-grain products; remaining grains should come from enriched or whole-grain products

Equivalents:

- 1 slice bread
- ½ cup cooked pasta, rice or cereal
- 1 cup ready-to-eat cereal



MyPyramid: Meat & beans

- Eat 5½ ounce-equivalents (for a 2,000 calorie diet). Choose lean meat and poultry. Vary your choices – more fish, beans, peas, nuts and seeds.

Equivalents:

- 1 oz. meat, poultry or fish
- ¼ c. cooked dry beans or peas
- 1 egg
- ½ oz. of nuts or seeds
- 1 tablespoon peanut butter



- Menu prepared at least one week in advance (and followed)
- Substitutions

Diabetes and the Consistent Carbohydrate Diet

* Carbohydrates for blood glucose control



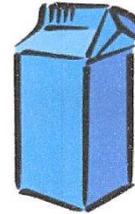
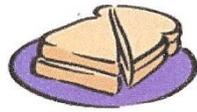
Absorption of nutrients



-
- ★ Carbohydrate → 100% to BG.
 - ★ Protein → 40-50% to BG
 - ★ Fat → 10% to BG

Carbohydrate Foods

Fruit and fruit juice



Sweets



Starch (bread, rice, potatoes, pasta, cereal)

Milk and yogurt

Digested

Glucose from carbohydrate foods

Bloodstream



Important Points

- ★ Eat the same amount of carbohydrate from day-to-day AND meal-to-meal and snack-to-snack.
- ★ If you can't eat the same amount, then be close.
- ★ If you can't be close, be prepared.

Consultant Dietitian --

- Do Sanitation Check
- Nutritional Assessment/Care Plans
- High Risk Residents Charted
- Recommendations Followed