

## ALTERED PORTION SIZES

**Policy:** Extra portions or another serving requested by the resident during the meal service will be served upon request unless contraindicated by the diet order. An altered “portion menu”, such as small portions, larger portions, or double portions, requires a physician’s order.

- Procedure:**
1. Altered “portion size” menus are planned to meet the individual nutritional needs of the resident. The nutritional needs will be monitored and routinely assessed by the dietitian or designee.
  2. If a small portion menu is planned for a resident, a between meal snack is recommended. A second portion will be served during the meal service, if requested.
  3. Acceptance/tolerance of an altered “portion menu” will be observed and recorded in the medical chart and care plan.
  4. A double portion menu will include a double portion of the entrée, potato or starch, vegetable, salad, bread, and margarine, with single portions of desserts, milk and other beverage.

<b>Menu Item</b>	<b>Small Portion</b>	<b>Large Portion</b>	<b>Double Portion</b>
Juice	6 oz.	6 oz.	6 oz.
Cereal, hot	½ c.	¾ c.	1 c.
Milk	4-8 oz.	8 – 12 oz.	8- 12 oz.
Egg	1	1 ½ - 2	2
Bread	½ - 1	1 ½ -2	2
Margarine	1	2	2
Protein	2-3 oz.	4-5 oz.	6-8 oz.
Starch and/or Vegetable	1/3 c.	¾ c.	1c.
Salad	1/3 c.	¾ c.	1.c.
Dessert	2-3 oz.	¾ c.	¾ c.
Soup	4-6 oz.	8 oz.	8 oz.