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Regular Diet

General Description

The regular diet provides for the normal nutritional needs of individuals. No dietary restrictions are required. Variety in the food used is limited only by the individual's preferences and cultural and religious practices. Menus are planned to include the recommended amounts found in the Dietary Guidelines for Older Americans. Additional servings of basic foods and other foods such as fats, sugars and sweets are added to complete the menu and meet caloric needs of the individual.

Approximate Composition:

Calories	1990	
Protein	106 grams	21%
Fat	66 grams	30%
Carbohydrate	250 grams	50%

Adequacy:

The regular diet is adequate in all nutrients necessary to provide and maintain good nutrition for individuals who do not require dietary restrictions. The regular diet is planned to meet the current Recommended Dietary Intake (RDI).

Regular Diet

Food Groups	Foods Allowed	Daily Servings
Milk Group	All Types	At least 2 Cups
Meat & Meat Alternates	Meat, fish, poultry, cheese, eggs, dried beans, peas, and peanut butter.	At least 5 meat or meat alternates; ¼ cup cottage cheese, ½ cup cooked dried beans, 1 tbsp. peanut butter; 1 egg; ½ cup bean soup
Fruits and Vegetables	All types; citrus or high vitamin C sources daily; dark green leafy or deep yellow vegetables 3-4 times per week	4 or more servings
Breads, cereals, and grains	All types; Sliced bread – 1 slice; tortilla, roll, muffin – 1 each; Crackers – 1 packet; rice, pasta – ½ cup; cooked cereal – ¾ cup; dry cereal – ½ cup	4 or more servings
Fats	All types	1 or more tbsp.
Sweets and desserts	All types	Use in moderation