II. NUTRITIONAL HEALTH EVALUATION

# Adult Temporary Holding Facilities

| **ARTICLE/SECTION** | **YES** | **NO** | **N/A** | **COMMENTS** |
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| **Article 12. Food** |
| 1240 Frequency of Serving Food is served three times in any 24-hour period. |  |  |  |  |
| At least one meal includes hot food. |  |  |  |  |
| If more than 14 hours passes between these meals, supplemental food is served. |  |  |  |  |
| Supplemental food is served in less than the 14-hour period for inmates on medical diets.  |  |  |  |  |
| A minimum of fifteen minutes shall be allowed for the actual consumption of each meal except for those inmates on medical diets where the responsible physician has prescribed additional time. |  |  |  |  |
| Inmates who miss or may miss a regularly scheduled facility meal, are provided with substitute meal and beverage |  |  |  |  |
| Inmates on medical diets who miss a regularly scheduled meal, are provided with their prescribed meal. |  |  |  |  |
| 1241 Minimum Diet The minimum diet provided shall be based upon the nutritional and caloric requirements found in the 2011 Dietary Reference Intakes (DRI) of the Food and Nutrition Board, Institute of Medicine of the National Academies, the 2008 California Food Guide, and the 2015-2020 Dietary Guidelines for Americans. Facilities providing religious, vegetarian or medical diets, shall also conform to these nutrition standards. The nutritional requirements for the minimum diet are specified in the following subsections. A daily or weekly average of the food group's requirement is acceptable. A wide variety of food should be served. |  |  |  |  |
| Protein Group. Includes beef, veal, lamb, pork, poultry, fish, eggs, cooked dry beans, peas, lentils, nuts, peanut butter and textured vegetable protein (TVP). One serving equals 14 grams or more of protein; the daily requirements shall be equal to three servings (a total of 42 grams per day or 294 grams per week). In addition, there shall be a requirement to serve a fourth serving from the legumes three days a week. |  |  |  |  |
| Dairy Group. Includes milk (fluid, evaporated or dry; nonfat, 1% or 2% reduced fat, etc.); cheese (cottage, cheddar, etc.); yogurt; ice cream or ice milk; and pudding. A serving is equivalent to 8 oz. of fluid milk and provides at least 250 mg. of calcium. All milk shall be pasteurized and fortified with Vitamins A and D. The daily requirement is three servings. One serving can be from a fortified food containing at least 150 mg. of calcium. For persons 15-17 years of age, or pregnant and lactating women, the requirement is four servings of milk or milk products. |  |  |  |  |
| Vegetable-Fruit Group. Includes fresh, frozen, dried and canned vegetables and fruits. One serving equals: 1/2 cup vegetable or fruit; 6 ounces of 100% juice; 1 medium apple, orange, banana, or potato; 1/2 grapefruit; or 1/4 cup dried fruit. The daily requirement of fruits and vegetables shall be five servings. At least one serving shall be from each of the following three categories: |  |  |  |  |
| One serving of a fresh fruit or vegetable per day, or seven (7) servings per week. |  |  |  |  |
| One serving of a Vitamin C source containing 30 mg. or more per day or seven (7) servings per week. |  |  |  |  |
| One serving of a Vitamin C source containing 30 mg. or more per day or seven (7) servings per week. |  |  |  |  |
| 1. Grain Group. Includes bread, rolls, pancakes, sweet rolls, ready-to-eat cereals, cooked cereals, corn bread, pasta, rice, tortillas, etc. and any food item containing whole or enriched grains. At least three servings from this group must be made with whole grains. The daily requirements shall be a minimum of six servings.
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| Providing only the minimum servings outlined in this regulation is not sufficient to meet the inmates' caloric requirements. Additional servings from the dairy, vegetable-fruit, and bread-cereal groups must be provided in amounts to meet caloric requirements. Saturated dietary fat should not exceed 10 percent of total calories on a weekly basis. Fat shall be added only in minimum amounts necessary to make the diet palatable. Facility diets shall consider the recommendations and intentions of the 2015-2020 Dietary Guidelines of Americans of reducing overall sugar and sodium levels. |  |  |  |  |
| **1243 Food Service Plan** This regulation requires Temporary Holding facilities to have a food service plan; however, the intent is that policies and procedures only address those areas that apply to the facility operation. |  |  |  |  |

Summary of nutritional health evaluation: