



Youth Detention Facility OPERATIONAL ORDER

Minimum Diet - Title XV 1461

Purpose and Scope

Facility meals are based on nutritional standards which may include the Federal Child Nutrition Meal Program. 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 shall have a written process for how vegetarian or vegan diets may be requested and granted or denied. Religious diets, and when provided, vegetarian or vegan diets, must conform to these nutrition standards.

Affected Personnel

All Youth Detention Facility Employees.

Authority

Title XV-Section 1461

Effective Date

01/08/2009

I. Guidelines

The nutritional requirements for the minimum diet are specified in the following subsections. Snacks may be included as part of the minimum diet. A wide variety of foods should be served.

A. 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 equal two servings (a total of 196 grams per week). In addition, there shall be a requirement to serve a third serving from the legumes three days a week,

and/or three servings from another protein group. One Serving equals but is not limited to, one of the following examples:

- 2 to 3 oz. (without bone lean), cooked meat, poultry or fish
- 2 medium eggs
- 1 cup cooked dry beans, peas, or lentils
- 4 Tbsp. peanut butter
- 8oz. tofu
- 2 ¼ oz. dry, or 1 cup rehydrated, canned or frozen TVP.
- ½ cup seeds
- 2/3 cup nuts

B. 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 pregnant and lactating women, the daily requirement is four servings. One serving equals, but is not limited to, one of the following examples:

- 8oz. fluid milk (nonfat, 1% or 2% reduced fat)
- 1 ½ oz. natural cheese
- 2oz. processed cheese
- 1 ½ cups of low fat, or nonfat cottage cheese
- 1 ½ cups of ice milk, or ice cream
- 1/3 cup nonfat dry milk
- ½ cup nonfat, or low fat evaporated milk
- 1 cup nonfat, or low fat plain yogurt
- 1 cup pudding

C. Vegetable-Fruit Group

Includes: fresh frozen, dried, and canned vegetables and fruits. One serving equals: ½ cup vegetable or fruit; 6 oz. of 100% juice; 1 medium apple, orange, banana, or potato; 1/2 grapefruit, or ¼ cup dried fruit. The daily requirement shall be at least of the following three categories:

1. One serving of a fresh fruit or vegetable.
2. One serving of a Vitamin C source containing 30 mg. or more. One serving equals, but is not limited to, the following examples:

Broccoli	Orange Juice
Brussels Sprouts	Potato (baked only)
Cabbage	Strawberries
Cantaloupe, or honeydew	Tangerine, large

Melon	Tomato paste
Cauliflower	Tomato puree
Green and red peppers (not dehydrated)	Tomato juice
Greens collards including Kale, turnip, and mustard	Tomato sauce (6oz)
Greens	Vegetable juice cocktail
Grapefruit	
Grapefruit Juice	
Orange	

3. One serving of a Vitamin A source fruit or vegetable containing 200 micrograms Retinol Equivalent (RE) or more. One serving equals, but is not limited to, the following examples:

Apricot nectar (6oz)	Peas and carrots
Apricots	Pumpkin
Cantaloupe	Red peppers
Carrots	Sweet potatoes or tams
Beets, chard, mustard, Turnips, or spinach	Winter squash
Mixed vegetables with carrots	

D. Grain Group

Includes: bread, rolls, pancakes, sweet rolls, ready-to-eat, or cooked cereals, corn bread, pasta, rice, tortillas, etc., and any food item containing whole or enriched grains. The daily requirement for youth shall be a minimum of six (6) servings, or 42 servings per week. One serving equals, but is not limited to, one of the following examples:

Bread, white (including French and Italian)	1 Slice
Whole Wheat, Rye, Pumpnickel, or Raisin	
Bagel Small	1/2
English Muffin, Small	1/2
Plain roll, muffin or biscuit	1
Frankfurter roll	1/2
Hamburger bun	1/2
Dry bread crumbs	2 Tbsp.
Crackers	
Arrowroot	3
Graham 2 1/2 "	2
Matzo 4"X6"	1/2
Oyster	20
Pretzels, 3 1/18" long, 1/8" diameter	25

Rye Wafers, 2' X 3 ½	3
Soda, 2 ½ : Sq.	6
Ready-to-eat unsweetened cereal	¾ cup
Cereal Cooked	
Barley, couscous, grits, macaroni, noodles	
Pastas, rice, spaghetti, etc.	1/2
Cornmeal, dry	2 Tbsp.
Flour (wheat, whole wheat, carob, soybean, cornmeal, etc.)	2 ½ Tbsp.
Wheat germ	¼ cup
Pancakes 5"	1
Waffle 5"	1
Tortilla, 6" (corn/four)	1

The following are examples of whole grains and whole grain products:

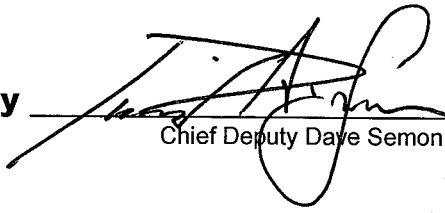
Barley	Pumpnickel bread
Bran	Rolled oats
Brown rice	Rye
Corn meal	Whole grain
Tortilla	Bagels, muffins, and crackers, graham
Baked taco/tostada shell	Hot cereal
Cracked wheat (bulgur)	Pancakes and waffles
Flour	Ready-to-eat cereal
Carob	Whole wheat
Soybean	Bread
Oatmeal	Rolls
Popcorn	

E. Calories

Recommended daily caloric allowances for both females and males is a minimum of 2500 calories not to exceed 3000. Calorie increases with the exception of a medical diet may occur as collaboratively determined by the facility manager, dietitian, food service manager and physician.

1. Pregnant youth shall be provided with a diet as approved by a doctor in accordance with Penal Code Section 6030 (e) and a supplemental snack, if medically indicated.
2. In keeping with chronic disease prevention goals, total dietary saturated fat shall not exceed 10 percent of total calories on a weekly basis. Facility dietitians shall consider the reducing overall added sugar and sodium levels. Herbs and spices may be used to improve the taste and eye appeal of food served.

Authorized By



Chief Deputy Dave Semon

Date

8/21/19