



**STATE OF MONTANA
DEPARTMENT OF CORRECTIONS
POLICY DIRECTIVE**

Policy No. DOC 4.5.55	Subject: OFFENDER NUTRITION AND MEDICAL DIETS
Chapter 4: FACILITY/PROGRAM SERVICES	Page 1 of 2
Section 5: Clinical Services	Effective Date: 4/19/2021
Department Director Signature: /s/ Brian Gootkin	Revised:
Medical Director Signature: /s/ Dr. Paul Rees	
Clinical Services Division Administrator Signature: /s/ Connie Winner	

I. POLICY

The Department of Corrections will ensure that nutrition and medical diets are provided that enhance offenders' health and are modified when necessary to meet specific requirements related to clinical conditions.

II. APPLICABILITY

All Department of Corrections secure care facilities.

III. DEFINITIONS

Heart-Healthy Diet – A low-fat, low-sodium, high-fiber diet recommended by the American Heart Association.

Medical Diets – Special diets ordered for temporary or permanent health conditions that may restrict the type, preparation, and amount of food.

Registered Dietitian Nutritionist – Adopted by the Commission on Dietetic Registration for option use by registered dietitians and is equivalent to the 'registered dietitian' designation still in use.

IV. DEPARTMENT DIRECTIVES

A. General Requirements

1. Regular and medical diets are nutritionally adequate and appropriate for age and gender groups.
2. For juvenile populations, a registered dietitian, registered dietitian nutritionist, or licensed dietitian (as permitted by state scope of practice laws) reviews medical diets and menus for nutritional adequacy at least every six (6) months and whenever a substantial change in the menus is made. Review may take place in a documented site visit or by written consultation.
3. Written documentation of menu reviews includes the date, signature, and title of the consulting dietitian.

4. Medical diets are provided per prescribed order and documented in the health record.
5. Orders for medical diets are communicated in writing to dietary staff and include the type of diet, duration for which it is to be provided, and special instructions, if any.
6. Workers who prepare regular and medical diets are trained and supervised in preparing the diets, including appropriate substitutions and portions.
7. When offenders refuse prescribed diets, follow-up nutritional counseling is provided.

V. CLOSING

Questions concerning this policy should be directed to the Clinical Services Division Administrator.

VI. REFERENCES

- A. P-D-05; National Commission on Correctional Health Services, 2018*
- B. Y-F-; National Commission on Correctional Health Services in Juvenile Detention and Confinement Facilities, 2015*
- C. DOC 4.3.2 Menu Planning*

VII. ATTACHMENTS

None