



POLICY DIRECTIVE

Policy:	DOC 4.5.55 OFFENDER NUTRITION AND MEDICAL DIETS
Effective Date:	04/19/2021 Page 1 of 1
Revision Date(s):	04/24/2026
Department Director Signature:	/s/ Eric Strauss, Director
Medical Director Signature:	/s/ Dr. Paul Rees, MD
Health Services Bureau Chief Signature:	/s/ Cynthia McGillis-Hiner, RN, MSN

I. POLICY

The Department 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 secure facilities.

III. DEFINITIONS (see Glossary)

IV. REQUIREMENTS

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 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 are documented in the health record.
5. Orders for medical diets are communicated electronically or 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 about this policy should be directed to the Health Services Bureau Chief.

VI. REFERENCES

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