

Minimum Diet

1011.1 PURPOSE AND SCOPE

The purpose is to establish and implement written policy and procedures to ensure minimum diet requirements are met. This policy applies to all juvenile facility staff.

1011.2 AUTHORITY AND REFERENCES

- Board of State and Community Corrections Title 15 § 1461;
- California Penal Code § 6030 (e).

1011.3 POLICY

Facility meals are based on nutritional standards which include the Federal Child Nutrition Meal Program. Food prepared by juvenile facilities is 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, the 2015-2020 Dietary Guidelines for Americans, Religious, vegetarian, or vegan diets, when provided, must conform to these nutritional standards.

1011.4 REQUIREMENTS

1011.4.1 CALORIES

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

- (a) Pregnant youth shall be provided with a diet as approved by a doctor in accordance with California penal code section 6030(e) and a supplemental snack, if medically indicated.
- (b) Facility dieticians shall consider the recommendations and intent of the 2015-2020 Dietary Guidelines of Americans of reducing overall added sugar and sodium levels. Herbs and spices may be used to improve the taste and eye appeal of food served.
- (c) Total dietary saturated fat shall not exceed 10% of total calories on a weekly basis.

1011.4.2 NUTRITIONAL

The nutritional requirements for the minimum diet, in every 24 hour period, consist of the full number of servings specified from each of the food groups listed below. Snacks may be included as part of the minimum diet. A wide variety of food shall 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. Requirements are:
 1. Two servings per day, a total of 196 grams per week.

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2. A third serving from the legumes shall be served three days per week, and or three servings from another protein group.
- (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. Requirements are:
1. One serving is equivalent to eight ounces and provides at least 250mg of calcium.
 2. All milk is pasteurized and fortified with Vitamins A and D.
 3. Thirty-two fluid ounces for youth 9-18 years of age, including pregnant and lactating female youth.
- (c) Vegetable-fruit group: includes fresh, frozen, dried and canned vegetables and fruits. Requirements are:
1. One serving equals one-half cup fruit or vegetables; six ounces of 100% juice; one medium apple, orange, banana, or potato; one-half grapefruit, one-fourth cup of dried fruit.
 2. The daily requirement is at least six servings; at least one serving per day, or seven servings per week, and shall be from each of the following three categories:
 - (a) One serving of a fresh fruit or vegetable.
 - (b) One serving of a Vitamin C source containing 30mg or more.
 - (c) One serving of a Vitamin A source fruit or vegetable containing 200 micrograms Retinol Equivalents (RE).
- (d) 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. Requirements are:
1. At least four servings from this group must be made with some whole grains.
 2. The daily requirement for youth shall be a minimum of six servings, or 42 servings per week.

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