

SPECIAL DIETS

- AUTHORITY:** Administrative Directive
California Code of Regulations, Title 15, Section 1460 and 1462
- RESCINDS:** Procedure Manual Item 3-1-403, dated 8/1/13
- FORMS:** None
- PURPOSE:** To have a uniform procedure for providing special diets to **youth** in custody at juvenile facilities.

I. GENERAL INFORMATION

Youth Needs and Recommendation (How to Arrange Special Diets)

- A. Special diets are available to **youth** when a clear and consistent need is identified.
- B. Meals served at all **facilities** meet the provisions of the "Recommended Dietary Allowances of the Food and Nutrition Board of the National Research Council and Selection for Good Nutrition in Group Feeding," U. S. Department of Agriculture.
- C. All special diets must be requested by or prescribed by a physician or licensed medical person, and authorized by County medical personnel (doctor or nurse).
- D. Staff will be sensitive to the dietary needs of **youth** and refer a **youth** to qualified medical personnel to consider special diet considerations.

II. PROCEDURE

Common Situations Requiring a Special Diet

- A. Diabetes
 - 1. If a **youth** reports a diabetic condition, have medical staff confirm it through blood and/or urine tests.
 - 2. The **youth** will be referred to the OCJH Medical Unit or an approved medical facility for blood sugar tests.
 - 3. A special diet order will be prescribed by medical staff.
 - 4. Once ordered by medical staff, diabetic meals shall be separately prepared, placed on specially marked plates, with the **youth's** name and calorie count clearly marked on the plate. Snacks shall also be separately delivered and marked with the **youth's** name and calorie count.

B. Pregnancy

1. The Health Administrator for the facility, in cooperation with facility administrator, shall develop written policies and procedures pertaining to meeting the dietary needs of pregnant **youth**.
2. Instructions for all special dietary needs including, but not limited to, a.m. and p.m. snacks with milk shall be provided to food services, in writing, by medical services.
4. Pregnant **youth** in custody will be under regular medical care. Once ordered by medical staff, pregnancy meals shall be separately prepared, placed on specially marked plates, with the **youth's** name clearly marked on the plate. Snacks shall also be separately delivered and marked with the **youth's** name.

C. **Youth** with Jaw Wired or immobilized

This involves more frequent meals, liquid meals, and a high-protein diet prescribed by proper medical staff.

D. Vegetarian and/or Religious Generated Diets

This is a personal choice of the **youth** but should be confirmed by his/her parents and monitored individually by **facility** staff, medical staff, and **Facility** Chief Cook.

E. Allergies

1. Examples would be allergic to meat, dairy products, etc., reported by medical personnel, the **youth**, or parents.
2. Note the allergy in the **youth's** medical record and monitor on an individual basis.

F. Cold or Flu

Except in the most severe cases, these **youth** are put on Medical Observation (MO) and Sick Tray (ST) by a nurse.

G. Weight Loss or Gain

If a **youth** requests a diet that will assist him/her in losing or gaining weight, staff should not make any recommendations but refer to the **youth** to a licensed medical person.

REFERENCES:

Procedure: 3-1-401 Medical Procedures

Policy: F-10 Medical Examinations and Treatment for Juveniles

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APPROVED BY: