

Fortified Enhanced Power Foods (FEP)

If a resident is in need of additional calories and protein, the FEP foods protocol is utilized to provide an individualized approach to meeting the resident's needs for additional nutrients. FEP foods are foods that are enhanced in calories and protein. All power foods provide a minimum of 180 to 190 calories and 5 to 6 grams of protein per serving. All of the Fortified /Enhanced/Power Food items listed would be appropriate as "House Supplements" in order to prevent taste fatigue and better acceptance by residents.

The FEP foods include, but are not limited to, the following options:

Cheesy Eggs	Power Potatoes (homemade)
Fortified Milk Shake	Power Pudding
Juice Shake	Super Cereal
Orange Creamsicle	Fortified Hot Cocoa
Power Potatoes (from instant potatoes)	Fortified Soup

The Dining Services Manager will initiate one FEP food item per meal until the Registered Dietitian can assess the resident's nutritional needs. The Registered Dietitian will indicate on her assessment and/or progress note the number of FEP foods needed per day for the resident. The Dining Services Manager will select the most appropriate item and time for the resident and can alter any of the choices based on ongoing resident acceptance. This information is included in the care plan and documented by the Dining Services Manager in the resident's progress note.

An example of the procedure is below:

- Step 1: Registered Dietitian assesses that resident needs two FEP Foods.
- Step 2: The Dining Services Manager chooses super cereal and fortified hot cocoa at the breakfast meal based on the resident's history of eating well at breakfast and the resident's frequent request for hot chocolate.
- Step 3: The Dining Services Manager documents the resident receives two FEP Foods in the care plan, notes the specific foods to be provided in the quarterly progress note and on the tray card.
- Step 4: The Dining Services Manager notices the resident is no longer drinking the fortified hot cocoa.
- Step 5: The Dining Services Manager discontinues the fortified hot cocoa and changes to power potatoes at the noon meal. This is documented in the quarterly progress note and on the tray card.
- Step 6: The resident's weight is monitored.

The Center for Medicare and Medicaid Services (CMS) suggests that "with any nutrition program, improving intake via wholesome foods is generally preferable to adding "nutritional supplements". Once the individual is assessed to determine the amount of calories and protein needed in the diet, the Registered Dietitian or Dining Services Manager will develop nutritional interventions based on the individual's preferences and needs. Selections from the above list of FEP recipes or the following categories can be utilized to add calories and/or protein to the diet.

Foods/Snacks suggested to add calories and/or protein:

Cake	Ice cream, ice cream bars
Cheese/Cottage Cheese	Pie
Chocolate/Flavored Milk	Pudding
Cookies	Snack crackers
Dry Cereal	Yogurt

Food Items/Ingredients to add additional calories:

Some individuals primarily need to increase calories in the diet, but have difficulty consuming additional volume. This may be the case for persons with decreased appetite, under nutrition, unintentional weight loss or other conditions.

Fortified Enhanced Power Foods (FEP) continued:

The following are suggestions of ways to increase calories by adding ingredients to foods already offered at the meal.

Ingredients	Food Items
Margarine or Butter	Add margarine or butter to vegetables, hot cereals, potatoes, rice, soups, scrambled eggs
Mayonnaise	Spread on sandwiches, use in meat salad
Cream, Half and Half	Use in soups, cereals, casseroles, puddings, milk shakes, hot chocolate, gravy
Sour Cream	Add to mashed potatoes and casseroles
Honey	Add to fruit, cereals and beverages
Corn Syrup	Add to juices, fruits and beverages
Jam and Jelly	Add to breads and rolls
Cheese	Add to potatoes, casseroles, vegetables, salads and scrambled eggs
Non-Fat Dried Milk	Add to potatoes, soups, casseroles
Brown Sugar and Sugar	Sweeten cereals and fruits
Whipped Cream	Top desserts, fruits, puddings, hot chocolate, brownies and gelatin

The interventions above can be added as a part of the individual's plan of care. It is not necessary to have a diet order to implement the interventions outlined above.