**Section 370.1420 Adequacy of Diet**

The daily food allowance for each resident shall meet the basic food pattern for a general diet for an adult following the recommendations of the Food and Nutrition Board, National Research Council, and shall include:

a) Milk: Two (2) eight (8) ounce servings of milk. A portion of this amount may be served in a cooked form such as creamed dishes, desserts, etc.

b) Meat Group: Two (2) or more servings of protein food of good quality. The following are samples of one (1) serving:

1) One (1) egg equals one-third (⅓) serving.

2) Three (3) ounces of cheese two (2) one-and-one-half (1½) ounce, or three (3) one (1) ounce slices), or three-fourths (¾) cup cottage cheese.

3) Three (3) ounces fresh cooked fish or shellfish, or one-half (½) cup canned fish.

4) Three (3) ounces of any cooked meat (without fat, bone) such as ground beef, steak, roast beef, lamb or pork, pork chops, veal chops, lamb chops, chicken, turkey, liver, etc.

5) Three (3) ounces prepared luncheon meat (two (2) one and one-half (1½) ounce slices.)

6) Occasionally dry beans or dry peas may be served as an alternate.

c) Vegetable and Fruit Group: Four (4) or more servings. One serving of vegetable equals one-half (½) cup.

1) A citrus fruit each day or other fruit or vegetable important for Vitamin C.

2) A dark green or deep yellow vegetable for Vitamin A at least every other day.

3) Other fruits and vegetables including potatoes.

4) Any vegetable repeated for the day shall not again be counted as one (1) of the four (4) servings required in this group.

d) Bread and Cereal Group: Four (4) or more servings of whole grain, enriched or restored. One (1) slice bread equals one (1) serving. One-half (½) cup cereal equals one (1) serving.

e) Butter or Margarine: Some of either each day as a seasoning and as a spread.

f) Other Foods: Serve other foods as necessary to round out meals, satisfy individual appetites, improve flavor and meet the individual's nutritional and caloric needs. Snacks may also be used for this purpose.