

A Fine Blend; Texture Modification, *Canada's Food Guide*, and Long-Term Care

Catherine Biden¹, Durant, M. A.¹ ¹Acadia University, Wolfville, Nova Scotia. [R].

Canada's Food Guide (CFG) has been the standard for food group recommendations since 1942 and is the foundation for many institutions foodservice guidelines. While *CFG* remains the standard for long-term care facilities guidelines, the usefulness when combined with texture modified diet orders is unclear. **Objectives:** The purpose of this study was to determine the adequacy of texture modified menu offerings in minced and pureed form in relation to *CFG*. **Methods:** Menus were collected from 34 facilities across Nova Scotia with 20 or more residents who offered texture modified diets and were reviewed using a tool developed by the principal investigator. The average offerings across facilities were analyzed using a non-parametric Sign test for both ground and pureed textures. **Results:** All menu offerings across both textures and all facilities were significantly different than the recommendations in *CFG*, and fruits and vegetables and grains food groups were significantly below the recommendations. **Implications & Conclusions:** These results show that texture modified diets frequently fall short of meeting the *CFG* recommendations. This is of significant concern as the elderly population in Canada is increasing quickly. Texture modified diets are becoming increasingly common and focus should be driven towards improving their palatability, energy and protein content, and consistency as food and nutrition play a role in quality of life, especially in long-term care dwelling seniors. Further evaluation of consumption versus meal offerings and nutrient analysis of menu offerings would present more insight into the nutritional status of seniors in institutionalized care.