



<h2 style="text-align: center;">Choice in Dining</h2>		<p>Person-centered dining considers all aspects of the dining experience: the food, how and where it is served, and opportunity for social interaction. If a nursing home offers multiple options for dining, then choices in other parts of the resident’s life become easier, such as when to wake up in the morning.</p>	
Ask	Listen For	Learn More	My Expectations for Excellence
<p>What is your policy regarding food choices and alternatives?</p> <p>What types of dining do you offer?</p>	<p>“Here is a list of the alternatives we always have on hand. If these don’t appeal to you, what sounds better to you?”</p> <ul style="list-style-type: none"> Family-style Buffet Restaurant-style Open dining 24-hour dining 	<p>A few examples from recommended dining practice standards are:</p> <ul style="list-style-type: none"> Liberalized diets should be the norm, with few restrictions for specific medical conditions. Diet selection should start with resident preferences. Low sodium diets are not shown to be effective in the long-term care for reducing blood pressure so benefit to the individual resident should be documented. 	