

**“Mechanically altered diet”** means one in which the texture of a diet is altered. When the texture is modified, the type of texture modification must be specific and part of the physicians’ or delegated registered or licensed dietitian order.

**PROBES §483.60(e)(1)-(2)**

- If a resident is receiving a therapeutic diet, is the diet prescribed by the attending physician or delegated registered or licensed dietitian?
- If a registered or licensed dietitian has written the order, is this delegation by the physician allowed by State law?
- If a resident has inadequate nutrition or nutritional deficits that manifest into and/or are a product of weight loss or other medical problems, determine if there is a therapeutic diet that is medically prescribed.

**POTENTIAL TAGS FOR FURTHER INVESTIGATION §483.60(e)(1)-(2)**

During the investigation of F808, the surveyor may have identified concerns with additional requirements related to outcome, process, and/or structure requirements. The surveyor is advised to investigate these related requirements before determining whether non-compliance may be present at these other tags. Examples of some of the related requirements that may be considered when non-compliance has been identified include, but are not limited to, the following:

- §483.30(e)(2), F715, Physician Delegation to Dietitians
  - Determine if concerns are identified with the physician delegation/supervision of a registered or licensed dietitian
- §483.25(g)(1)-(3), F692, Assisted Nutrition and Hydration.
  - Determine if concerns are identified regarding a resident’s nutritional status

**F809**

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**§483.60(f) Frequency of Meals**

**§483.60(f)(1) Each resident must receive and the facility must provide at least three meals daily, at regular times comparable to normal mealtimes in the community or in accordance with resident needs, preferences, requests, and plan of care.**

**§483.60(f)(2) There must be no more than 14 hours between a substantial evening meal and breakfast the following day, except when a nourishing snack is served at bedtime, up to 16 hours may elapse between a substantial evening meal and breakfast the following day if a resident group agrees to this meal span.**

**§483.60(f)(3) Suitable, nourishing alternative meals and snacks must be provided to residents who want to eat at non-traditional times or outside of scheduled meal service times, consistent with the resident plan of care.**

**DEFINITIONS §483.60(f)(1)-(3)**

A **“Nourishing snack”** means items from the basic food groups, either singly or in combination with each other.