



**FOOD IS MEDICINE™**  
— COALITION —

## **Medically Tailor Meals & Recipes**

*Food is Medicine Accelerator*

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*May 4, 2023*

# The Medically Tailored Meal Intervention

## Introduction

- The MTM Intervention is more than meals, rather it is the comprehensive process of home-delivering individually tailored meals.
- Clients are referred by healthcare personnel, nutrition assessments are conducted, and meals are individually tailored for the specific medical circumstances of the client by a Registered Dietitian Nutritionist (RDN).
- Meals are cooked from scratch and home-delivered, and clients are nourished and experience ongoing nutrition support and reassessments of need from the MTM provider throughout the course of their illness.
- Meals are generally tailored to meet a client's primary diagnosis, co-morbid conditions, and cultural preferences.

# Quality of MTM



- Scratch cooking
- Minimal preservatives or additives
- No ultra-processed foods
- Visually appealing and delicious
- Tailored to the nutritional needs of clients based on FIMC-approved clinical guidelines
- Culturally appropriate

# FIMC MTM Standards: Key to Success

## Purpose & Development of MTM Standards

- Developed and updated by FIMC Clinical Committee (RDNs)
- Designed for interventions that are evidence-based to successfully meet the needs of people living with chronic illness
- Ensure Standardization
- Ability of agency individualization
- Resources used include the AND Evidence Analysis Library and Nutrition Care Manual, Dietary Guidelines for Americans, National Kidney Foundation Kidney Disease Quality Initiative, and National Institutes of Health/National Heart Lung and Blood Institute.
- Continually updated as practice guidelines evolve and change with updated research
  - Clinical Committee to review two times per year or as updates become available
  - Clinical Committee co-chairs are responsible to finalize and communicate updates

# FIMC MTM Standards

| Nutrient                                       | HIV/AIDS                                    | HIV/AIDS +HLD (hyperlipidemia)             | Elderly                                   | Kidney Chronic Stages 3-4 ( non-dialysis)                                                                                                                                   | Kidney Stages 4-5 ESRD/Dialysis                | Diabetes Pre-diabetes                                                                                      | Heart Failure                                           | DASH TLC Heart Healthy                                 |
|------------------------------------------------|---------------------------------------------|--------------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|
| <b>Calories</b>                                | Needs vary similar to healthy individuals   | Needs vary                                 | Needs vary                                | 23-35 kcal/kg                                                                                                                                                               | 25-35 Kcal/kg                                  | Needs vary                                                                                                 | Higher if catabolic                                     | As per individual needs                                |
| <b>Protein</b><br>% of total daily calories    | *10-35% of daily calories<br>Individualized | 10-35% of daily calories<br>individualized | N/A                                       | 0.55-0.6 g/kg                                                                                                                                                               | 1.0-1.2g/kg                                    | Individualized macronutrient composition<br><br><b>*See MTM Meal Guidelines for nutrient target values</b> | N/A                                                     | 18% Daily calories<br>Lean meats/plant- based sources  |
| <b>Protein</b><br>g/kg body weight             | N/A                                         | N/A                                        | 1-1.25g/kg (NCM)                          | < 64 g /day                                                                                                                                                                 | HD 1.2 g/kg<br>PD 1.2-1.3 g/kg                 |                                                                                                            | 1.1g/kg is stable<br>1.3 g/kg if depleted for CHF       | N/A                                                    |
| <b>Carbohydrate</b><br>% total daily calories  | N/A                                         | N/A                                        | 45-65% daily calories                     | N/A                                                                                                                                                                         | N/A                                            |                                                                                                            | N/A                                                     | 55% daily calories Emphasize whole grains + vegetables |
| <b>Total Fat</b><br>% total daily calories     | N/A                                         | 25-35% of total daily calories             | 20-35% of daily calories                  | N/A                                                                                                                                                                         | N/A                                            |                                                                                                            | N/A                                                     | 25-35% daily calories                                  |
| <b>Saturated Fat</b><br>% total daily calories | <10% **                                     | <7% total daily calories                   | <10% daily calories                       | N/A                                                                                                                                                                         | N/A                                            | <7%                                                                                                        | <7%                                                     | 6-7% daily calories                                    |
| <b>Sodium (mg)</b>                             | DGA                                         | DGA                                        | 2300 mg/day                               | </= 2100 mg                                                                                                                                                                 | <2400 mg/day                                   | <2300 mg/day                                                                                               | CHF: 2000-3000 mg/day *                                 | 2300 mg for standard<br>1500 mg for lower NA DASH      |
| <b>Cholesterol</b>                             | DGA                                         | <200 mg/day                                | <300 mg/day                               | N/A                                                                                                                                                                         | N/A                                            | N/A                                                                                                        | <200mg/day                                              | 150                                                    |
| <b>Fiber (g)</b>                               | *14g/1000                                   | *14g/1000                                  | 30 g Male<br>21 g female<br>14g/1000 Kcal | N/A                                                                                                                                                                         |                                                | N/A                                                                                                        | Female: 21-25g<br>Male: 25-28 g<br>Soluble fiber 7-13 g | 25-31g                                                 |
| <b>Vitamin D (IU)</b>                          | 600 IU**                                    | 600 IU                                     | 800                                       | N/A                                                                                                                                                                         | N/A                                            | RDA                                                                                                        | 600 IU                                                  | N/A                                                    |
| <b>Calcium (mg)</b>                            | 1000 mg **                                  | 1000 mg                                    | 1200                                      | Stages 3-5 not to exceed 2000 mg /day                                                                                                                                       |                                                | RDA                                                                                                        | 1000 mg                                                 | 1000-1200 mg                                           |
| <b>Potassium</b>                               | DGA                                         | DGA                                        | 4700                                      | </= 3500 mg/day                                                                                                                                                             | <2400 mg/day                                   | DGA                                                                                                        | N/A                                                     | 4700 mg                                                |
| <b>Phosphorus</b>                              | N/A                                         | N/A                                        | 700                                       | No limit: But pay attention to sources due to bio-availability<br>Limit to 2 dairy exchanges/ day (4 oz fluid milk or 1 oz cheese)<br>Avoid foods with phosphoric additives | Limit to <1200 mg/day                          | RDA                                                                                                        | N/A                                                     | N/A                                                    |
| <b>Reference for Evidence Based Guidelines</b> | *EAL<br>**DGA (link)                        | AL                                         | NCM                                       | NKK-K/DOQI<br>EAL<br>AND Nutrition Care manual                                                                                                                              | NKF-K/DOQI<br>EAL<br>AND Nutrition care Manual | ADA<br>EAL                                                                                                 | EAL                                                     | DASH<br>TLC                                            |

# FIMC MTM Guide

- Breaks down the standards to apply per meal or per day
- Can be used to plan 1 or more meals per day
- Shows how multiple medical conditions can be accommodated within the framework of a particular diet
- Helps plan programs for target populations
- Guide on [FIMC Website](#)

Suggested meal types to accommodate multiple disease/conditions requiring modification to the nutritional content of meals. In some cases, meal types could be combined to meet the needs for several conditions. All based on the medically tailored meal guideline grid.

Calorie levels should be determined by the needs of the client base served; multiple levels offered or target the average clients' macronutrient needs. Below guidelines are based on a 180 pound male.

| Diet Type                                                                                                                                                                  | Per Meal                                                                                                                                                                            | Per Day                                                                                                                                       | Conditions/Diseases                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Heart Friendly or "regular"</b> <ul style="list-style-type: none"> <li>• Based on DGA for micronutrients</li> <li>• Macronutrients based on EAL for HIV/AIDS</li> </ul> | 600-800 Kcal (25-30 kcal/kg)<br>25 g protein (1g /kg)<br>23-31 g total fat (35% Kcal)<br>6-9 g Saturated Fat (10% kcal)<br>500-650 mg Sodium<br>8-9 g dietary fiber (14g/1000 kcal) | 1800-2300 kcal<br>70-80 g protein<br>70-74 g total fat<br>21 g saturated fat<br>1500-2000 mg Sodium<br>25-28 g dietary fiber (14 g/1000 kcal) | HIV/AIDS<br>Hepatitis C<br>Breast Cancer<br>CVD, overweight/obesity<br>Heart failure<br>End stage liver failure<br>Ascites |
| <b>Diabetic Friendly Diet</b>                                                                                                                                              | 55-60 g carbohydrate<br>25 g protein<br>23-31 g total fat<br>4-5 g saturated fat<br>800 mg sodium                                                                                   | 165-180 g carbohydrate<br>75 g protein<br>69-93 g total fat<br>12-15 g saturated fat<br>2300 mg sodium                                        | Pre-diabetes<br>Diabetes<br>Heart disease<br>Weight loss                                                                   |
| <b>GI Friendly</b><br>Lower fiber without strong odors or acidic foods.                                                                                                    | 600-800 kcal<br>25 g protein<br>4 g dietary fiber<br>800 mg sodium                                                                                                                  | 1800-2300 kcal<br>75 g protein<br>13 g fiber<br>2300 mg sodium                                                                                | Nausea/vomiting<br>Diarrhea<br>Cancer Treatment side effects<br>Post GI surgery<br>IBD/IBS                                 |



# Variety, Number of Diets and Quantity

- At least 50% daily nutritional needs
- At least 10 meals weekly
- At least 3 of the following illness groups: HIV, heart disease, diabetes, renal disease, COPD, cancer
- Ability to combine at least 2 types of diets to meet complex nutritional needs

## *Important considerations:*

- *Whether to provide meals to family members*
- *Initial production capacity*



# Factors to Consider in Developing Recipes and Menus

- Client profiles: dentition or challenges with chewing and swallowing through texture modifications
- Will meals be served to individuals in the household (for example, children) in addition to the client?
- Variety and menu rotation
- Incorporating donated foods
- Making certain foods “off limits”
- Accommodating cultural, religious and taste preferences
- Frozen, chilled, hot
- Issues w/ food safety and “retherming”





# Other Diet and Recipe Considerations

- **Cross utilization of diets**
  - Plan towards lowest common denominator to serve multiple purposes
    - Create recipes that are naturally softer or mild
    - Avoid phosphate additives and items higher in potassium to create greater acceptance within renal diet
- **Diet combinations that don't work**
  - Examples:
    - Vegetarian/low fiber
    - Multiple restrictions ex: mild, low-fiber, no beef, no fish

# Examples: God's Love We Deliver



**GOD'S LOVE WE DELIVER®**  
RECIPE, T1V

### QUINOA CORN CAKES WITH TOFU CREMA

This high-fiber savory corn cake blends fresh herbs, generous amount of veggies. It's absolutely delicious topped with cholesterol lowering tofu crema.

**ALLERGENS:** Soy

**RESTRICTIONS:** Fiber/Gas



**From the  
God's Love Kitchen**

|                  |          |
|------------------|----------|
| TOTAL SERVINGS:  | 100      |
| TOTAL COST       | \$237.90 |
| COST PER SERVING | \$2.38   |

| INGREDIENT                    | QUANTITY                   | UNIT OF | PREP                          | COST PER UNIT | EXTENDED COST |
|-------------------------------|----------------------------|---------|-------------------------------|---------------|---------------|
| <b>FOR QUINOA CORN CAKES:</b> |                            |         |                               |               |               |
| Corn, fresh                   | Corn, fresh                |         | Shucked, roasted, cobs juiced | \$1.01        | \$20.20       |
| Quinoa, tri-color, dry        | Quinoa, tri-color, dry     |         | boiled, drained, cooled       | \$5.55        | \$83.25       |
| Parsley, fresh                | Parsley, fresh             |         | De-stemmed, rough chopped     | \$0.74        | \$0.74        |
| Red onion, fresh              | Red onion, fresh           |         | Minced, sauteed               | \$0.47        | \$1.41        |
| Garlic, fresh                 | Garlic, fresh              |         | Minced, sauteed               | \$3.23        | \$3.23        |
| Liquid egg                    | Liquid egg                 |         |                               | \$1.36        | \$2.72        |
| Blended oil, 90/10            | Blended oil, 90/10         |         |                               | \$6.98        | \$1.75        |
| Vegetable base, low-sodium    | Vegetable base, low-sodium |         |                               | \$7.26        | \$3.63        |
| Thyme, fresh                  | Thyme, fresh               |         | Minced                        | \$0.92        | \$3.68        |
| Chives, fresh                 | Chives, fresh              |         | Rough chop                    | \$2.48        | \$9.92        |
|                               |                            |         |                               |               | \$-           |
| <b>FOR CREMA:</b>             |                            |         |                               |               |               |
| Tofu, silken                  | Tofu, silken               |         | Pureed                        | \$1.40        | \$17.50       |
| Lime juice                    | Lime juice                 |         |                               | \$1.37        | \$2.74        |
| Vegetable base, low-sodium    | Vegetable base, low-sodium |         | Pureed                        | \$7.26        | \$3.63        |
|                               |                            |         |                               |               | \$-           |
| Mixed vegetables, frozen      | Mixed vegetables, frozen   |         |                               | \$1.67        | \$83.50       |

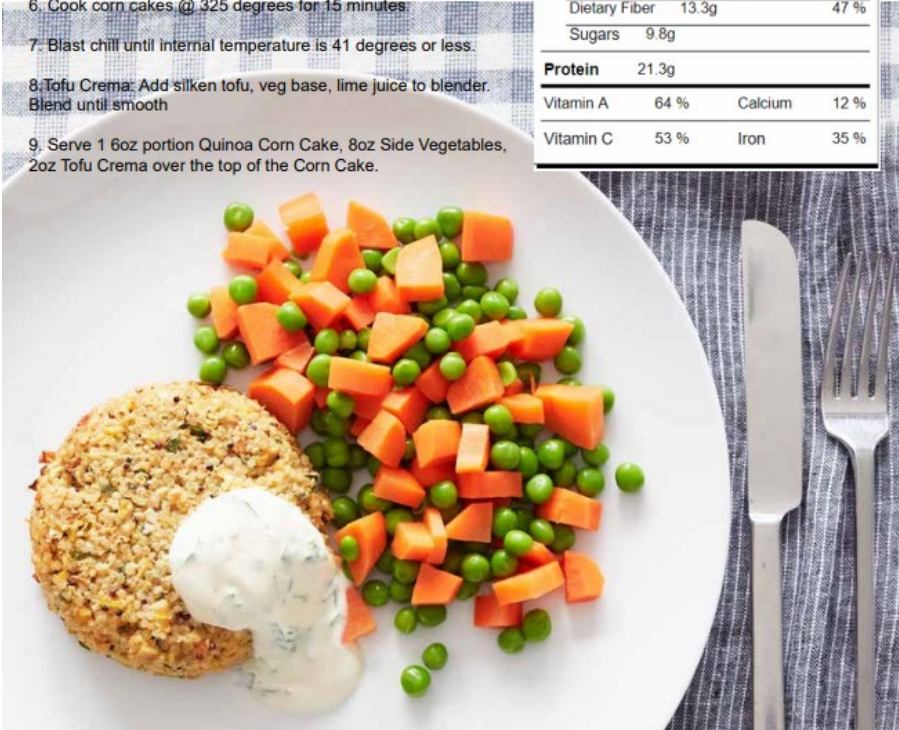
## PROCEDURES

- Follow preparations for each ingredient. Roast corn, cook quinoa, mise en place vegetables.
- Add corn, parsley, red onion, garlic, thyme, chive to food processor. Pulse until everything comes together and starts sticking to sides of bowl. Scrape bowl and pulse a couple more times
- Transfer corn mixture to tub, add quinoa and egg, and mix until everything is well combined. Refrigerate.
- Spray sheetpans so corn cakes do not stick.
- Form corn cakes, 24 per pan.
- Cook corn cakes @ 325 degrees for 15 minutes.
- Blast chill until internal temperature is 41 degrees or less.
- Tofu Crema: Add silken tofu, veg base, lime juice to blender. Blend until smooth
- Serve 1 6oz portion Quinoa Corn Cake, 8oz Side Vegetables, 2oz Tofu Crema over the top of the Corn Cake.

### Nutrition Facts

Serving Size 1.00 serving(s) (493g)

| Amount Per Serving |         |                       |
|--------------------|---------|-----------------------|
| Calories           | 567     | Calories from Fat 157 |
| % Daily Value      |         |                       |
| Total Fat          | 17.5g   | 22 %                  |
| Saturated Fat      | 1.8g    | 9 %                   |
| Trans Fat          | 0.0g    |                       |
| Cholesterol        | 27.2mg  | 9 %                   |
| Sodium             | 263.6mg | 11 %                  |
| Total Carbohydrate | 84.2g   | 31 %                  |
| Dietary Fiber      | 13.3g   | 47 %                  |
| Sugars             | 9.8g    |                       |
| Protein            | 21.3g   |                       |
| Vitamin A          | 64 %    | Calcium 12 %          |
| Vitamin C          | 53 %    | Iron 35 %             |



# Examples: God's Love We Deliver



## FILIPINO BEEF PICADILLO WITH GARLIC EGG RICE

This traditional Filipino dish is inspired by our Chef Andre's mother. It brings together low-fat beef, assorted vegetables and rice to create a complete meal that is not only nutritious and delicious, but also full of love.

**ALLERGENS:** Egg, Soy

**RESTRICTIONS:** Beef, Pescatarian, Vegetarian



| From the God's Love Kitchen                   |          |                 |                              |               |               |
|-----------------------------------------------|----------|-----------------|------------------------------|---------------|---------------|
|                                               |          |                 | TOTAL SERVINGS:              | 1000          |               |
|                                               |          |                 | TOTAL COST                   | \$2,577.23    |               |
|                                               |          |                 | COST PER SERVING             | \$2.58        |               |
| INGREDIENT                                    | QUANTITY | UNIT OF MEASURE | PREPARATION                  | COST PER UNIT | EXTENDED COST |
| <b>FOR PICADILLO: (\$1.60/ PORTION)</b>       |          |                 |                              |               |               |
|                                               |          |                 | Recipe split between 2 tilts |               | \$-           |
| Blended oil, 90/10                            | 1        | gal             |                              | \$6.98        | \$6.98        |
| Onion, IQF diced                              | 40       | lb              |                              | \$0.85        | \$34.00       |
| Garlic, minced                                | 5        | lb              |                              | \$3.23        | \$16.15       |
| Ground beef, 90/10                            | 280      | lb              |                              | \$4.40        | \$1,232.00    |
| Smoked paprika                                | 5        | lb              | Burlap and Barrel            | \$7.68        | \$38.40       |
| Garlic powder                                 | 2        | lb              | Burlap and Barrel            | \$7.68        | \$15.36       |
| Onion powder                                  | 2        | lb              |                              | \$7.83        | \$15.66       |
| Low sodium soy sauce                          | 1        | gal             |                              | \$13.79       | \$13.79       |
| Beef base, low sodium                         | 4        | lb              |                              | \$7.60        | \$30.40       |
| Petite diced tomatoes, canned, undrained      | 2        | cs              |                              | \$20.42       | \$40.84       |
| Potatoes, fresh diced                         | 60       | lb              | PFG#480521 new product       | \$0.95        | \$57.00       |
| Carrot, IQF diced                             | 60       | lb              |                              | \$0.59        | \$35.40       |
| Green Beans, IQF French cut                   | 48       | lb              | PFG #329630 new product      | \$1.20        | \$57.60       |
|                                               |          |                 |                              |               | \$-           |
| <b>FOR GARLIC EGG RICE: (\$0.15/ PORTION)</b> |          |                 |                              |               |               |
|                                               |          |                 |                              |               | \$-           |
| Blended oil, 90/10                            | 0.5      | gal             |                              | \$6.98        | \$3.49        |
| Liquid egg                                    | 20       | qt              |                              | \$1.36        | \$27.20       |
| Onion powder                                  | 8        | oz              |                              | \$0.49        | \$3.92        |
| Chive, freeze dried                           | 3.2      | oz              | half of a container          | \$5.36        | \$17.15       |
|                                               |          |                 |                              |               |               |
| White rice                                    | 100      | lb              |                              | \$0.45        | \$45.00       |
| Blended oil, 90/10                            | 1        | gal             |                              | \$6.98        | \$6.98        |
| Onion, IQF diced                              | 20       | lb              |                              | \$0.85        | \$17.00       |
| Garlic, fresh minced                          | 5        | lb              |                              | \$3.23        | \$16.15       |
| Kosher salt                                   | 4        | oz              |                              | \$0.04        | \$0.16        |
| Garlic powder                                 | 1        | lb              | Burlap and Barrel            | \$7.68        | \$7.68        |
| Onion powder                                  | 8        | oz              |                              | \$0.49        | \$3.92        |
|                                               |          |                 |                              |               | \$-           |
| Mixed vegetables, frozen (\$0.84/ portion)    | 500      | lb              |                              | \$1.67        | \$835.00      |

## PROCEDURES

### FOR PICADILLO:

(Note: The ingredients above for Picadillo should be divided into two in order to prepare in TWO BATCHES)

1. In a tilt fryer, saute the onion and garlic in blended oil until tender and beginning to caramelize.
2. Add the ground beef and break up very well. Continue to cook over medium-high heat until no pink remains, and temp is above 160 degrees. Drain beef thoroughly of most of its grease.
3. Season the beef with the smoked paprika, garlic powder and onion powder. Mix the spices well throughout the ground beef.
4. Mix in the soy sauce, diced tomatoes, beef base, and enough water to cover the mixture. Bring up to an aggressive simmer and add the potatoes and carrots.

Continue simmering until the carrots and potatoes are tender, and flavors have married. Mix in the green beans and cook for a few minutes more.

### FOR GARLIC EGG RICE:

1. Season the liquid eggs with onion powder and cook in a tilt fryer set to medium heat. Scramble the eggs well, breaking up curds. Just before the eggs are fully cooked, blend in the chives. Reserve.
2. In a tilt fryer, saute the onions and garlic in oil until caramelized and tender.
3. Add rice, salt, garlic powder, onion powder and enough water to come up to just above the 20 gallon level. Stir rice well. Bring to a boil and then reduce to a simmer. Cover and cook until liquid has been absorbed. Turn off heat and let rice rest for 10 minutes.
3. Fold in the cooked eggs, mixing well. Cool rice on sheet pans and reserve.

### TO PLATE:

Plate a 4 oz portion of rice next to an 8 oz portion of side vegetables. Top rice with a 6 oz portion of Picadillo.

## Nutrition Facts

Serving Size 1.00 serving(s) (570g)

| Amount Per Serving        |         |                   |               |
|---------------------------|---------|-------------------|---------------|
| Calories                  | 644     | Calories from Fat | 212           |
|                           |         |                   | % Daily Value |
| <b>Total Fat</b>          | 23.6g   |                   | 30 %          |
| Saturated Fat             | 6.2g    |                   | 31 %          |
| Trans Fat                 | 0.7g    |                   |               |
| <b>Cholesterol</b>        | 110.4mg |                   | 37 %          |
| <b>Sodium</b>             | 457.6mg |                   | 20 %          |
| <b>Total Carbohydrate</b> | 69.2g   |                   | 25 %          |
| Dietary Fiber             | 10.0g   |                   | 36 %          |
| Sugars                    | 12.4g   |                   |               |
| <b>Protein</b>            | 35.9g   |                   |               |
| Vitamin A                 | 145 %   | Calcium           | 11 %          |
| Vitamin C                 | 55 %    | Iron              | 31 %          |

## PACK-OUT

| MEAL COMPONENT | PORTION SIZE | SCOOP COLOR |
|----------------|--------------|-------------|
| Rice           | 4 oz         | Green       |
| Side Vegetable | 8 oz         | Orange      |
| Beef Picadillo | 6 oz         | Black       |





**FOOD IS MEDICINE™**  
— COALITION —

# Thank you!

Questions? Contact:

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