



STATE OF MARYLAND

DHMH

---

Maryland Department of Health and Mental Hygiene

Office of Health Care Quality

Spring Grove Center • Bland Bryant Building

55 Wade Avenue • Catonsville, Maryland 21228-4663

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein M.D., Secretary

TO: Nursing Home Administrators  
Assisted Living Managers

FROM: Patricia Tomsko Nay *ptn*  
Executive Director  
Office of Health Care Quality

DATE: February 25, 2014

RE: Diet Manual 2014 Revision

The Office of Health Care Quality (OHCQ) is pleased to announce the release of the latest revision of the Diet Manual for Long-Term Care Residents. This manual is a premier publication—serving as a resource for providers, health care facilities, caregivers and families across the nation.

The manual is now posted on OHCQ's web site and can be downloaded for **FREE**. The manual can be accessed by going to <http://dhmh.maryland.gov/ohcq>.

The Diet Manual for Long Term Care Residents was conceived and developed to provide guidance and assistance to nursing home personnel. It has also been used successfully in community health programs, chronic rehabilitation, and assisted living programs. It serves as a guide in prescribing diets, an aid in planning regular and therapeutic diet menus, and as a reference for developing recipes and preparing diets.

On behalf of the entire OHCQ agency, I would like to thank the nutrition experts who volunteered countless hours to produce this valuable tool.