

Nutrition Care Manual

Link to Nutrition Care Manual: <https://www.nutritioncaremanual.org/auth.cfm>

Enter the following:

1. Username
2. Password
3. Click on the Sign In button

eat right. NCM
Nutrition Care Manual

Home About NCM About PNCM About SNCM

Welcome Back!
As a subscriber to the Nutritional Care Manual, simply enter your e-mail address and password and click "Sign In"

Forgot your password?
If you forgot your password, click on the button labeled "E-mail Password?" and the system will generate a new temporary password and e-mail it to you.

Having trouble?
[Click here](#) to send us an e-mail.

Sign In

* Username

* Password

Sign In E-mail Password

Knowledge & Research Based:

- Written and reviewed by experienced RDs
- Cross referenced with the Evidence Analysis Library (EAL), Academy and other health organizations
- Thousands of references with links to abstracts and articles
- Knowledge and research based nutrition care information for over 120 (NCM) / 40 (PNCM) diseases and conditions

The Nutrition Care Manual is:

- Updated and reviewed annually
- Available 24/7 from any computer with access

Customizable Sections:

- **Facility Pages:** Facility documents can be added to customize the manual
- **Quick Links:** Add links to frequently visited pages
- **Menus:** Customized menus and analysis from the USDA nutrient database
- **Handouts:** Logo and notes from the RD
- **Calculators:** Results can be customized with notes and printed
- **Searches:** captures top 8 frequent searches

Under the NCM Tab there are three sections:

- Conditions
- Normal Nutrition
- Older Adult Nutrition

Conditions:

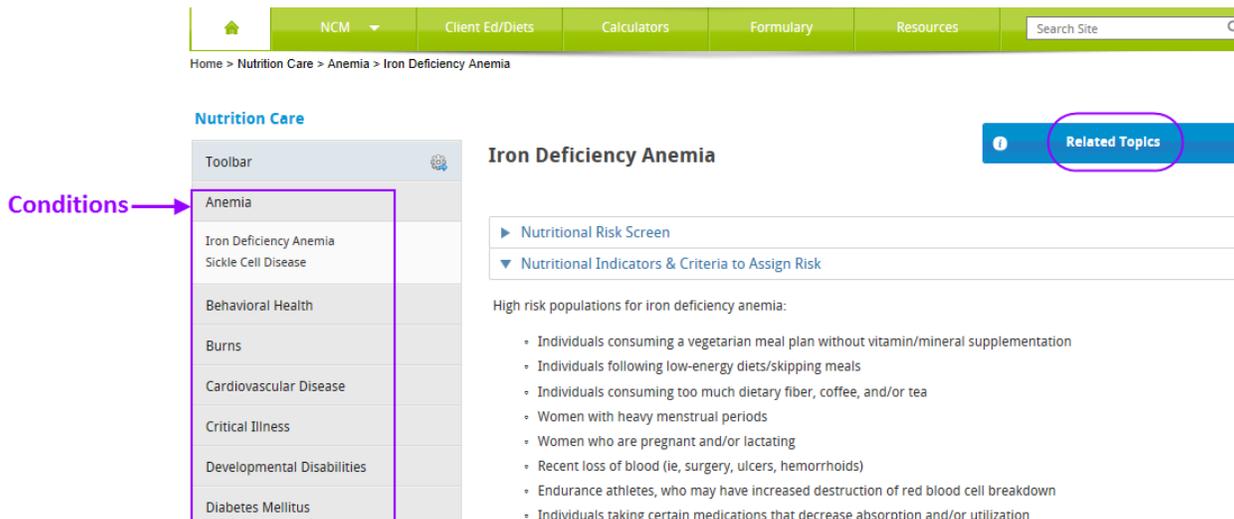
- The Conditions area contains pertinent background and nutrition care information for various diseases and conditions

1. Select Conditions from NCM tab



1. Select a Condition under the Nutrition Care on left side
 - a. Select a sub category, and drill down until you reach the required information
2. Select one of the informational categories from the middle section
3. Select the Related Topics button

Note: Repeat Steps 1-3 for Normal Nutrition and Older Adult Nutrition sections



Normal Nutrition:

- The Normal Nutrition section content is appropriate for healthy adults in various life stages

Normal Nutrition



Lactation And Breastfeeding

Breastmilk contains nutritional and immunomodulatory components that play an important role in maturation of the infant's immune system. The World Health Organization and other national and international groups (ADA, 2005) recommend exclusive breastfeeding for 6 months (WHO, 2009), whereas other groups advise breastfeeding for at least 4 months (Greer, 2008). Partial breastfeeding should be encouraged for at least 12 months and can continue up to 2 years or for as long as the mother prefers (NICE, 2008).

More information on lactation and breastfeeding is available by clicking [here](#).

Older Adult Nutrition:

- The Older Adult content can be applied for the elderly in any health care setting, as well as community settings



Home > Older Adult Nutrition > Nutrition Screening > Nutrition Screening

Older Adult Nutrition

Toolbar
Geriatrics
Background Information
Nutrition Screening
Conditions
Nutrition Care
End Of Life Nutrition
Swallowing/Nutritional Status
Older Adult Nutrition References/Resources

Nutrition Screening

Nutrition screening has been defined by the Academy of Nutrition and Dietetics Quality Management Committee as the process of identifying patients, clients, or groups who may have a nutrition diagnosis and benefit from nutrition assessment and intervention by a registered dietitian. More information on nutrition screening can be found in Resources>Nutrition Care Process>[Nutrition Screening](#); topics include [Overview](#), [Difference in Screening and Assessment](#), [Evidence Analysis Results](#), and [Commonly Used Nutrition Screening Tools](#).

A variety of tools for nutrition screening are available, including the following (Escott-Stump, 2012; Mahan, 2013; Piland, 2009):

- [Mini Nutritional Assessment](#) (MNA) from Nestle Nutrition. The MNA is a validated screening and assessment tool that can identify older adults at risk for [malnutrition](#). The MNA includes 15 questions and 4 anthropometric measures. The Mini Nutritional Assessment-Short Form (MNA-SF) was updated in 2009 as a stand-alone screening tool based on the full MNA. It consists of 6 questions and streamlines the screening process.
- [Council on Nutrition Appetite Questionnaire](#) (CNAQ) is a screening tool for predicting anorexia-related weight loss in long-term-care residents to be used upon admission or in other clinical settings.

Calculators:

- 10 calculators including BMI/Weight Range, REE/EEE & Diabetic Exchange



Home > Nutrition Care Manual

Calculators

BMI & Weight Range
Body Surface Area
REE/EEE
Calorie Intake Diabetic Exchange
Metric Converter
Milligram To Milliequivalent Converter
Gestational Age
Pediatric Growth
Renal
Formulary

Nutrition Care Manual Calculators BMI & Weight Range

Statistics	
* Measurement Type	<input type="radio"/> US Units <input type="radio"/> Metric
Height	<input type="text"/>
Height	<input type="text"/>
Weight	<input type="text"/>
Is patient pregnant?	<input type="checkbox"/> Click here if the patient is pregnant
* Caution, persons with a low percent body fat and a high body weight will get a distorted BMI result unless body leanness is taken into consideration.	

BMI & Weight Range Calculator	
Classification	<input type="text"/>
Weight Range From	<input type="text"/>
Weight Range To	<input type="text"/>
Calculated BMI	<input type="text"/>
<input type="button" value="Calculate"/> <input type="button" value="Clear Form"/>	

Formulary:

- The NCM Formulary contains nutritional information about various types of oral & tube feeding solutions. Updated twice per year

Note: *This resource does not take into consideration WIC and Non-WIC eligible products*



Home > Formulary

Formulary

Amino Acid/Metabolics
Discontinued Solutions
Infant Formula
Oral
Tube Feeding
All
Compare Solutions

Nutrition Care Manual

Search Formulary Database

✓ This symbol means that this solution is currently being used by your facility.

Amino Acid/Metabolics Solutions - 121 Items		
Name	Manufacturer	View
Acerflex	SHS North America	View
Add-Ins™	SHS North America	View
Arginine Amino Acid Supplement	Vitaflo USA	View
Citrulline 1000 Amino Acid Supplement	Vitaflo USA	View
Complete Amino Acid Mix	SHS North America	View
Cyclinex®-2	Abbott Nutrition	View
Cystine Amino Acid Supplement	Vitaflo USA	View
EAA Supplement	Vitaflo USA	View
Essential Amino Acid Mix	SHS North America	View

Resources:

- The Resources section includes information pertaining to drug-nutrient interaction, cultural food practices, vegetarianism, DRIS, etc.



Home > Resources > Cultural Food Practices > Ecuador

Toolbar
Contributors
Cultural Food Practices
African American
Asian Indian
Caribbean
Chinese
Ecuador
Filipino
Hispanic
Jewish
Korean
Mormon
Muslim
Native American
Disaster Preparedness

Ecuador

Related Topics

▶ Food Practices
▶ Immigrants or Ancestors
▶ Regional Food Practices
▶ Adaptation of Native Culture to American Culture
▶ Meal Planning in this Native Culture
▶ Food Dictionary
▶ References

Client Ed/Diets:

- Customize client education handouts and menus, and then print in normal or large font. Link to USDAs nutrient database for menu analysis



Home > Client Ed/Meal Plans

Client Ed/Diets

Toolbar
Anemia
Behavioral Health
Burns
Cardiovascular
Diabetes
Dysphagia

Diets

Each nutrition therapy handout includes a rationale for prescribing the diet, lists of foods allowed and foods to avoid, and a sample 1-day menu. The items in the sample 1-day menus are linked to the [USDA Nutrient Database for Standard Reference](#). To view the nutrient analysis for a menu, click on "View Nutrient Info" next to the menu title.

We recommend you print hard copies of any food lists or sample menus for food service or nutrition services staff members who do not have access to a computer. The [Excel sheet](#) of Nutrition Care Manual (NCM) nutrition therapies can be used to create a crosswalk of diets for your facility.

For information on how to customize menus associated with any of the nutrition therapies, refer to the [Nutrition Care Manual Sample Menu Modification Tutorial](#).

View Client Ed:

1. Select a category on the left under Client Ed/Diets
2. Click on a sub-category (if necessary)
3. The View Client Ed will display



Toolbar
Anemia
Behavioral Health
Burns
Cardiovascular
Diabetes
Carbohydrate Counting For People With Diabetes
Carbohydrate Counting For Vegetarians With Diabetes
Diabetes Label Reading Tips
Gastroparesis Nutrition Therapy
Hypoglycemia Nutrition Therapy
Type 1 Diabetes Nutrition Therapy
Type 2 Diabetes Nutrition Therapy
Type 2 Diabetes Vegetarian Nutrition Therapy
Using Nutrition Labels: Carbohydrate
Dysphagia

Type 2 Diabetes Nutrition Therapy

[View Client Ed](#) [Customize Menu](#) [Download Client Ed](#)

Why Is Carbohydrate Counting Important?

- Counting carbohydrate servings may help you control your blood glucose level so you feel better.
- The balance between the carbohydrates you eat and insulin determines what your blood glucose level will be after eating.
- Carbohydrate counting can also help you plan your meals.

Which Foods Have Carbohydrates?

Foods with carbohydrates include:

- Breads, crackers, and cereals
- Pasta, rice, and grains
- Starchy vegetables, such as potatoes, corn, and peas
- Beans and legumes
- Milk, soy milk, and yogurt
- Fruits and fruit juices
- Sweets, such as cakes, cookies, ice cream, jam, and jelly

Customize Menu:

1. Select Customize Menu (a menu will display)

Note: Title and Description fields can be edited, or left with the pre-selected information

Carbohydrate Counting For People With Diabetes

[View Client Ed](#) [Customize Menu](#) [Download Client Ed](#)

Menu	
* Title	Carbohydrate Counting for People with Diabet
Description	This menu provides 15 carbohydrate servings.

To Customize Provided Menu:

1. Qty. To change the Qty. highlight number and enter another number
2. UOM To change UOM click on dropdown arrow, then select a different UOM
3. Item/Friendly Name To change the description highlight field and enter different information
4. Delete Select Delete button to delete food line item

Breakfast: Menu Items			
Qty.	UOM	Item/Friendly Name	
1	small (6" to 6-7/8")	Bananas, raw x 1 small banana (1 carbohydrate)	Delete
0.75	cup	Cereals ready-to-eat, corn flakes, low sodium x 3/4 cup corn flakes (1 carbohydrate)	Delete
1	cup fl oz quart	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D x 1 cup low-fat or nonfat milk (1 carbohydrate)	Delete
1	slice	Bread, whole-wheat, commercially prepared x 1 slice whole-wheat bread (1 carbohydrate)	Delete
0.333	tbsp (1 NLEA servir	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub x 1 tsp margarine	Delete

How to add a Menu Item:

1. Click on Add Menu Item button located on the different meal choices (i.e. Breakfast, Dinner, Snack etc)

Add Menu Item

2. Type in the item name that you are searching for in the Item/Friendly Name field
 - o A list of items will display that user will be able to choose from
 - o When the item is chosen the UOM dropdown will populate as will the Friendly Name section

<input type="text"/>	<input type="text" value="pear"/>	<input type="button" value="Delete"/>
ARCHWAY Home Style Cookies, Peanut Butter		
AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type		
AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type		
AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat		

Add Menu Item

3. Choose UOM from drop down

<input type="text"/>	<input type="text" value="serving"/>	ARCHWAY Home Style Cookies, Peanut Butter x	<input type="button" value="Delete"/>
		<input type="text" value="ARCHWAY Home Style Cookies, Peanut Butter"/>	

4. Enter Qty.
5. Enter Friendly Name (ex: 3oz serving Pork Shank)
 - o If a friendly name is not entered an error message will display

Qty.	UOM	Item/Friendly Name	
<input type="text" value="1"/>	<input type="text" value="serving (3 oz)"/>	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	<input type="button" value="Delete"/>
		<input type="text" value="Pork, cured, ham -- water added, shank, bone-in, separable"/>	

Add Menu Item

You must enter text with 50 or fewer characters

6. Click the Save button to save the menu changes or click on Cancel

Save

Cancel

Client Ed:

1. Select the Download Client Ed link

- a. Client Name: Enter the Participant/Clients name
- b. RD/DTR: Enter the RD/DTRs name
- c. Email: Optional
- d. Phone: Optional
- e. Include: Select one or more (required)
 - All Content: Includes all content (have ability to deselect boxes)
 - Tips: Meal planning tips
 - Food List: List of foods for
 - NCM Standard Menu: Menu created by an NCM
 - Facility Menu: Menu created by an Agency staff person
- ❖ **NOTE:** Only select one Menu.
- f. Page Break: If selected it will separate each section with a page break
- g. Font Size: Ability to choose Normal or Large font size
- h. Notes: If needed enter relevant information

2. Click on Download PDF

- a. By downloading PDF you can print or save the PDF to a specified folder on your computer
 - ❖ **NOTE:** If a menu has been created for the participant, please **delete** the menu(s) off of the View Client Ed section after printing or saving the PDF.

Carbohydrate Counting For People With Diabetes

 [View Client Ed](#)

 [Customize Menu](#)

 [Download Client Ed](#)

Customize Client Ed

Client Name	<input type="text" value="Enter Client Name"/>
RD/DTR	<input type="text" value="Enter RD/DTR Name"/>
Email	<input type="text"/>
Phone	<input type="text"/>
* Include	<input type="checkbox"/> All Content <input type="checkbox"/> Tips <input type="checkbox"/> Foods List <input type="checkbox"/> NCM Standard Menu: Carbohydrate Counting for People with Diabetes Sample 1-Day Menu <input type="checkbox"/> Facility Menu: Carbohydrate Counting for People with Diabetes Sample 1-Day Menu
Page Break	<input type="checkbox"/> Separate each section with a page break
Font Size	<input type="text" value="Normal"/>
Notes	<input type="text" value="Add relevant information"/>

[Download PDF](#)

Example of Customized Client Ed



Prepared For:	Enter Client Name	Date:	
Prepared By:	Enter RD/DTR Name	Contact:	

Carbohydrate Counting for People With Diabetes

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- Beans and legumes
- Milk, soy milk, and yogurt
- Fruits and fruit juices
- Sweets, such as cakes, cookies, ice cream, jam, and jelly

❖ Please check the following before leaving the Nutrition Care Manual:

1. Make sure that if a menu has been created for the participant, please delete the menu(s) off of the View Client Ed section.
2. **Log out of the Nutrition Care Manual.** Multiple staff will be using the same Login and Password, and only one staff person per login may use the Nutrition Care Manual at a time.