

Hospital Menu Creation

Management of Dietary Systems

2019 Summer A Semester

Skills: Research, Hospital Menu Creation, Low-Oxalate Diet, Event Marketing, CEU Event Planning, Innovation.



ROCKWELL HEALTH HOSPITAL & HEALING LIFESTYLE CENTER

A Futuristic Vision
By Annika Rockwell

Specialized Diet: Low-Oxalate	Regular Diet
Breakfast	Breakfast
Coconut flour pancakes 4oz	Buckwheat pancakes 4oz
Turkey sausage 1oz.	Turkey sausage 1oz.
Melon 3/4C	Orange 1ea.
Yogurt low-fat (blueberry) 4oz	Yogurt low-fat (raspberry) 4oz.
Coffee	Black tea
Maple syrup 2oz	Maple syrup 2oz.
Lunch	Lunch:
Arugula salad 2C with radish 5oz	Spinach salad 2C with beets 3oz
Zucchini and onion soup 1.25C	potato soup 1/2C
Spaghetti with garlic meat sauce 3/4C	Spaghetti with tomato meat sauce 3/4C
Acorn squash 4oz.	Eggplant 2oz.
Vanilla cookie 1 ea.	Chocolate chip cookie 1ea.
EV Olive Oil 1T & lemon juice 1T	EV Olive Oil 1T & vinegar 1T
Dinner	Dinner
Cole slaw (no carrots/sesame) 1/4C	Cole slaw 1/4C
Baked chicken with rosemary 3oz.	Baked chicken with cumin 3oz.
White rice 3/4C	Quinoa 3/4C
Corn 3oz.	Plantains 2oz.
Apple 1ea.	Figs 1oz.
Milk low-fat 1C	Milk low-fat 1C
Salt & White Pepper	Salt & Black Pepper
PRO: 99.5g - 19%	PRO: 103g - 19%
CHO: 297g - 57%	CHO: 291g - 55%
FAT: 57g - 25%	FAT: 64g - 27%
Total: 2,068 kcal	Total: 2,136 kcal

SPECIALIZED DIET FOR 7-DAY CYCLE MENU

LOW-OXALATE



Theme Meal: Lunch & Learn on the Low-Oxalate Diet

Salmon with light lemon-butter sauce, rice, and broccoli.

Arugula & butter lettuce, with goat cheese and pumpkin seeds

Blueberry frozen yogurt 6oz.

	A	C	D	E
1		SUN	MON	MON
2			Specialized Diet: Low-Oxalate	Regular Diet
3	Breakfast	Breakfast	Breakfast	Breakfast
4	Protein/Entrée			
5	Starch/Cereal	Oatmeal 1C	Coconut flour pancakes 4oz	Buckwheat pancakes 4oz
6	Meat		Turkey sausage 1oz.	Turkey sausage 1oz.
7	Fruit	Raisins 2oz.	Melon 3/4C	Orange 1ea.
8	Milk	Milk	Yogurt low-fat (blueberry) 4oz	Yogurt low-fat (raspberry) 4oz.
9	Beverage	Orange juice 1C	Coffee	Black tea
10	Condiment(s)	Brown sugar 2T	Maple syrup 2oz	Maple syrup 2oz.
11				
12	Lunch	Lunch	Lunch	Lunch:
13	Appetizer/Salad	Iceberg wedge 2C with tomato 1ea	Arugula salad 2C with radish 5oz	Spinach salad 2C with beets 3oz
14	Soup		Zucchini and onion soup 1.25C	potato soup 1/2C
15	Main Entrée	Haddock filet 4oz.	Spaghetti with garlic meat sauce 3/4C	Spaghetti with tomato meat sauce 3/4C
16	Starch	Couscous 3/4C		
17	Vegetable	Couscous 3/4C	Acorn squash 4oz.	Eggplant 2oz.
18	Dessert	Vanilla cookie low-fat 2ea	Vanilla cookie 1 ea.	Chocolate chip cookie 1ea.
19	Condiment(s)	Bluecheese dressing 3T	EV Olive Oil 1T & lemon juice 1T	EV Olive Oil 1T & vinegar 1T
20				
21	Dinner	Dinner	Dinner	Dinner
22	Appetizer/Salad	Mixed baby greens salad 2C	Cole slaw (no carrots/sesame) 1/4C	Cole slaw 1/4C
23	Main Entrée	Ground turkey meatloaf 10oz.	Baked chicken with rosemary 3oz.	Baked chicken with cumin 3oz.
24	Starch	Mashed potatoes 6oz.	White rice 3/4C	Quinoa 3/4C
25	Vegetable	Spaghetti squash 1/2C	Corn 3oz.	Plantains 2oz.
26	Dessert	Cherry Jello (sugar-free) 1/2C	Apple 1ea.	Figs 1oz.
27	Milk		Milk low-fat 1C	Milk low-fat 1C
28	Condiment(s)	Vinegrette dressing 2T	Salt & White Pepper	Salt & Black Pepper
29				
30	TOTALS			
31	PROTEIN g: %	104.3g - 20%	PRO: 99.5g - 19%	PRO: 103g - 19%
32	CARBS g: %	244.5g - 47%	CHO: 297g - 57%	CHO: 291g - 55%
33	FAT: g: %	77.53g - 34%	FAT: 57g - 25%	FAT: 64g - 27%
34	CALORIES	2068.7 kcal	Total: 2,068 kcal	Total: 2,136 kcal
35				

	F	G	H
1		TUE	WED
2			
3	Breakfast	Breakfast	Breakfast
4	Protein/Entrée	1.5C Bran flakes w/ 1 C fat-free milk	Scrambled eggs w/ cheese 1/2 C
5	Starch/Cereal	whole wheat toast 1 slice	Whole wheat English Muffin 1ea.
6	Meat		
7	Fruit	Blueberries 3oz.	Banana 1ea
8	Milk	Kefir low-fat (vanilla) 4oz.	Low-fat milk 1C
9	Beverage	Prune juice 4oz.	Coffee/tea
10	Condiment(s)	Smart balance margarine 1T	Margarine Smart Balance 1T
11			
12	Lunch	Lunch	Lunch
13	Appetizer/Salad	House salad 3C	3-Bean salad 1C
14	Soup	Tomato soup 1C	
15	Main Entrée	Tuna sandwich 1 ea.	Roasted chicken w/cilantro 3oz
16	Starch		Baked potato 1-sm
17	Vegetable		Mushrooms with garlic 1/2 C
18	Dessert	Peach - 1 ea.	Sherbert 4oz.
19	Condiment(s)	EVOO Vinegrette 2 T	Margarine: Smart Balance 1T
20			
21	Dinner	Dinner	Dinner
22	Appetizer/Salad	Romaine 3C & baby tomatoes 3oz.	Baby arugula & iceberg mix 4C
23	Main Entrée	Beef stew 4oz.	Salmon w/butter 5oz
24	Starch	Mashed potatoes w/milk 3/4C	White Rice 3/4C
25	Vegetable	Carrots with dill 3/4C	Green peas 3/4C
26	Dessert	Melon 3/4C	
27	Milk		Milk fat-free 1C
28	Condiment(s)	Creamy fat-free dressing 2T	Dressing: Oil & Vin. 2T
29			
30	TOTALS		
31	PROTEIN g: %	95g - 19%	128g - 24%
32	CARBS g: %	265g - 52%	224g - 43%
33	FAT: g: %	69g - 31%	128g - 34%
34	CALORIES	2,002kcal	2,094 kcal
35			

	I	J	K	L
1		THUR		SAT
2				
3	Breakfast	Breakfast	Theme Meal: Lunch & Learn CEU	Breakfast
4	Protein/Entrée	Yogurt w/ fruit low-fat 1C		French toast 2 slices
5	Starch/Cereal	All Bran Cereal 1.5C		
6	Meat	Sausage 1oz.		
7	Fruit	Grapefruit 1/2C		Stewed Prunes 1/2C
8	Milk			Milk, whole 1 C
9	Beverage	Coffee/tea		Coffee/tea
10	Condiment(s)			Maple syrup 1T, margarine 1T
11				
12	Lunch	Lunch	Low-Oxalate Theme Meal	Lunch
13	Appetizer/Salad	Mixed salad 2C	Arugula & butter lettuce 3C, goat cheese 1oz, pumpkin seeds 1/2oz.	Green bean salad w/ almonds 1C
14	Soup			
15	Main Entrée	Roast beef 4oz.	Salmon 5oz. w/ light lemon-butter sauce 2T	Pork tenderloin 3oz.
16	Starch	Potato & Caulif. Puree 1.5C	Saffron rice 1C with parsley	Brown rice 1C
17	Vegetable	Kale 1/2C	Broccoli (boiled) 1/2C	Broccoli with cheese 8oz.
18	Dessert	Grapes 1C	Blueberry fat-free yogurt 6oz.	
19	Condiment(s)	low-fat dressing 2T	Dressing: EVOO 1T, lemon 1T, white pepper, mustard 1t	salt, pepper
20				
21	Dinner	Dinner		Dinner
22	Appetizer/Salad	Tossed salad 4C		Tomato salad 1C
23	Main Entrée	Ginger Chicken 4oz		Roasted turkey 5oz.
24	Starch	Pasta 2C		Mashed Sweet potato 1C
25	Vegetable	Red cabbage 2C		Collard greens 1/2C
26	Dessert	Pudding made w/milk 6oz.		Applesauce unsweet 1/2C
27	Milk			Milk fat free 1C
28	Condiment(s)	Dressing: oil & vin. 2T		Smart Balance w/EVOO 1 T
29				
30	TOTALS			
31	PROTEIN g: %	132g - 26%	54g - 27%	125g - 24%
32	CARBS g: %	292g - 58%	87g - 43%	277g - 53%
33	FAT: g: %	50g - 22%	26g - 30%	55g - 24%
34	CALORIES	2,026 kcal	804 kcal	2,082 kcal
35				



FACILITY INTRODUCTION



Architectural Design by Gilbert Hassid
(my 85-year-old dad)

Census: 150 beds, acute care

-Summer & winter variations

-Average stay: 4 days

Demographics:

-82% local residents within a
20-mile radius

-Ethnicities including Hispanic, White,
African-American, and European



Environmentally Responsible Health Care movement

- Green building
- Health Care without Harm
- Mercury-free equipment and supplies
- Safer chemicals

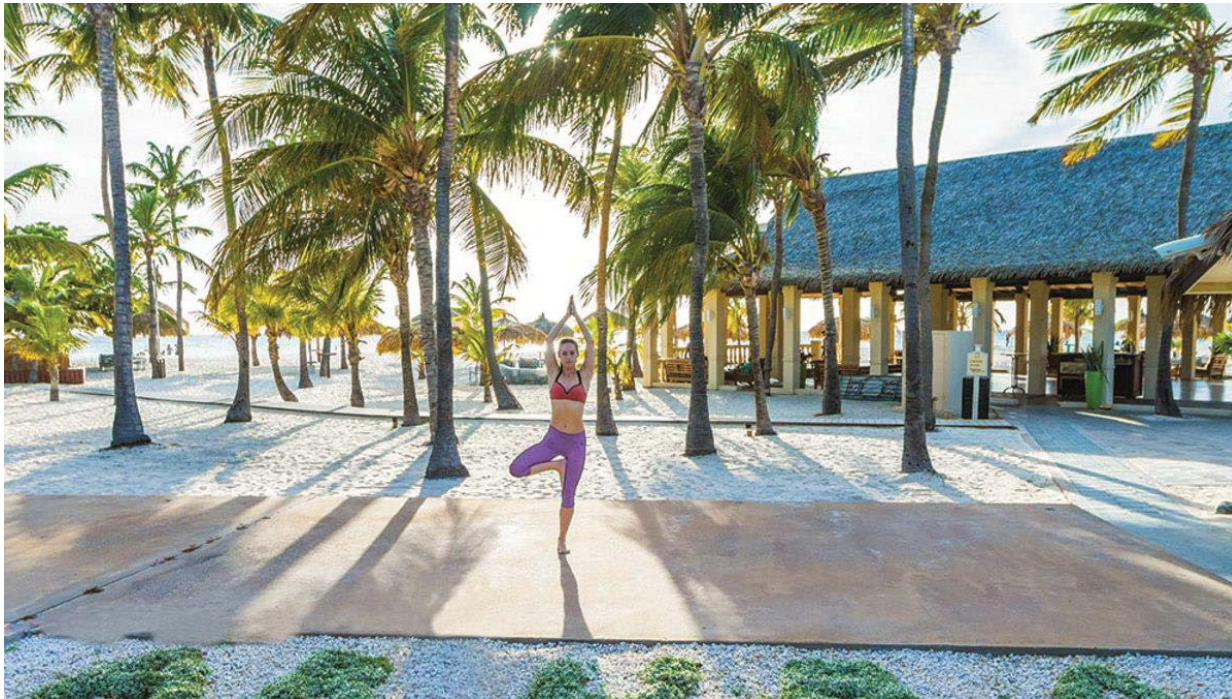


Environmentally Responsible Health Care movement

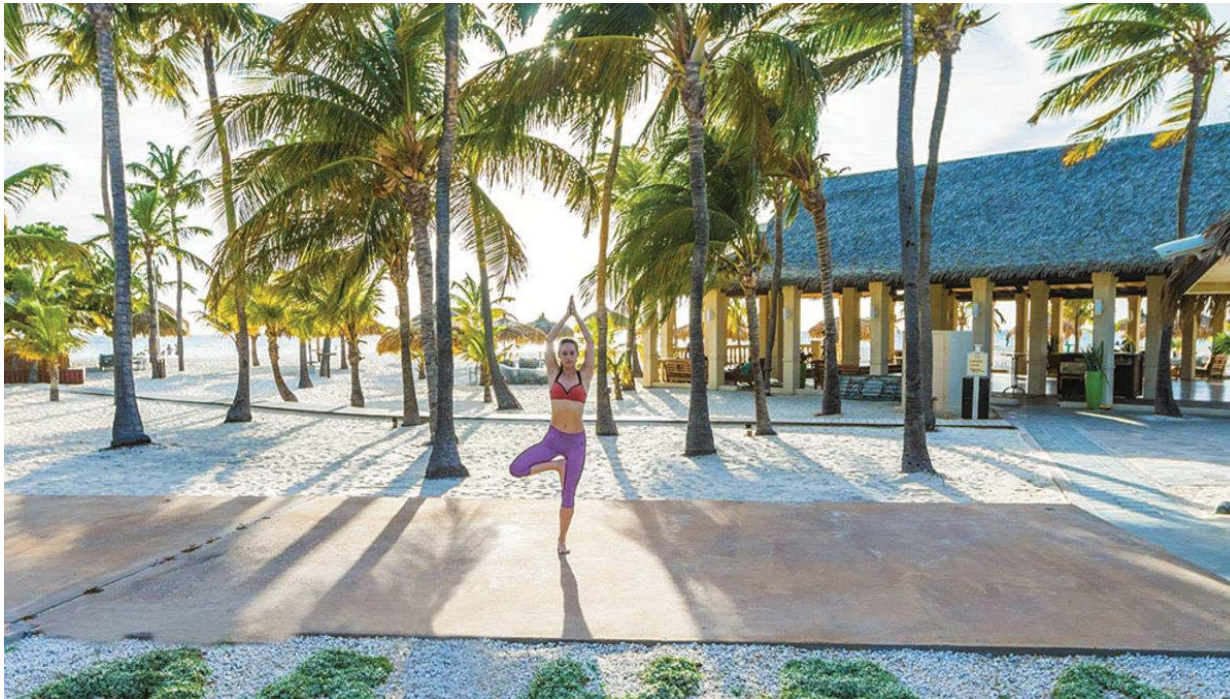
- Plants on every floor keeping indoor air clean naturally.
- Hydroponic gardens on rooftop for freshest food for patients!



ROCKWELL HEALTH
HOSPITAL



HEALING LIFESTYLE CENTER @ ROCKWELL HEALTH



Recovery center post-discharge

Learn how to transition to
healthier way of life

Wellness workshops to empower

Learn skills for optimal living

Cooking & self-care of mind,
body & soul.

Daily buffet of fresh, organic
nutrient-dense foods.

Yoga, meditation, & beachside
sunshine

Lunch & Learn Seminar
Rockwell Health Hospital & Lifestyle Center

USING THE LOW-OXALATE DIET FOR MANAGEMENT OF:

- ✓ KIDNEY STONES
- ✓ CELIAC DISEASE
- ✓ INTESTINAL DISEASE
- ✓ PAIN
- ✓ POST BARIATRIC SURGERY

Date: JUNE 28, 2019
Time: 11:30AM - 1:30PM
Cost: \$59* includes lunch, CECs, and seminar material
Location: Banquet Room at Rockwell Health Hospital

*Attendees must purchase their ticket online at www.RockwellHealth.com/seminar
Limited seating - Reserve your seat today!

eat right® Earn your **Continuing Education Credits** while enjoying a delicious low-oxalate lunch and listening to latest exciting research on the diseases affected by poor oxalate metabolism, how to assess your patients' oxalate load, and how to customize low-oxalate meals to manage their symptoms. Guest speaker is researcher Dr. Susan Owens PhD.

Quotes from past attendees...



THEME MEAL DAY:

LUNCH & LEARN SEMINAR FOR HEALTH CARE PROFESSIONALS

Using the Low-Oxalate Diet for Management of...

Lunch & Learn Seminar

Rockwell Health Hospital & Lifestyle Center

USING THE LOW-OXALATE DIET FOR MANAGEMENT OF:

- ✓ KIDNEY STONES
- ✓ CELIAC DISEASE
- ✓ INTESTINAL DISEASE
- ✓ PAIN
- ✓ POST BARIATRIC SURGERY



Date: JUNE 28, 2019

Time: 11:30AM -1:30PM

Cost: \$59* includes lunch, CECs, and seminar material

Location: Banquet Room at Rockwell Health Hospital

*Attendees must purchase their ticket online at www.RockwellHealth.com/seminar

Limited seating - Reserve your seat today!



Earn your **Continuing Education Credits** while enjoying a delicious low-oxalate lunch and listening to latest exciting research on the diseases affected by poor oxalate metabolism, how to assess your patients' oxalate load, and how to customize low-oxalate meals to manage their symptoms. Guest speaker is researcher Dr. Susan Owens PhD.

Quotes from past attendees...

"Dr. Owen's seminar transformed my nutrition practice after implementing her recommended tests and procedures! Thank you for this game changing information!" **Kathy Matthews, RD/N, MS**

Lunch & Learn Seminar
Rockwell Health Hospital & Lifestyle Center

USING THE LOW-OXALATE DIET FOR MANAGEMENT OF:

- ✓ KIDNEY STONES
- ✓ CELIAC DISEASE
- ✓ INTESTINAL DISEASE
- ✓ PAIN
- ✓ POST BARIATRIC SURGERY

Date: JUNE 28, 2019
Time: 11:30AM -1:30PM
Cost: \$59* includes lunch, CECs, and seminar material
Location: Banquet Room at Rockwell Health Hospital

*Attendees must purchase their ticket online at www.RockwellHealth.com/seminar
Limited seating - Reserve your seat today!

eat right. Earn your **Continuing Education Credits** while enjoying a delicious low-oxalate lunch and listening to latest exciting research on the diseases affected by poor oxalate metabolism, how to assess your patients' oxalate load, and how to customize low-oxalate meals to manage their symptoms. Guest speaker is researcher Dr. Susan Owens PhD.

Quotes from past attendees...



MARKETING

Marketing

Lunch & Learn Seminar

Rockwell Health Hospital & Lifestyle Center

USING THE LOW-OXALATE DIET FOR MANAGEMENT OF:

- ✓ KIDNEY STONES
- ✓ CELIAC DISEASE
- ✓ INTESTINAL DISEASE
- ✓ PAIN
- ✓ POST BARIATRIC SURGERY

Date: JUNE 28, 2019

Time: 11:30AM -1:30PM

Cost: \$59* includes lunch, CECs, and seminar material

Location: Banquet Room at Rockwell Health Hospital

*Attendees must purchase their ticket online at www.RockwellHealth.com/seminar

Limited seating - Reserve your seat today!

eat right® Earn your **Continuing Education Credits** while enjoying a delicious low-oxalate lunch and listening to latest exciting research on the diseases affected by poor oxalate metabolism, how to assess your patients' oxalate load, and how to customize low-oxalate meals to manage their symptoms. Guest speaker is researcher Dr. Susan Owens PhD.

Quotes from past attendees...

"Dr. Owen's seminar transformed my nutrition practice after implementing her recommended tests and procedures! Thank you for this game changing information!" Kathy Matthews, RD/N, MS



- Continuing Education Credits
- Seminar with Lunch and expert speaker
- Email promotion to hospital staff
- Academy of Nutrition and Dietetics email promotion
- Flyers to other local hospitals and care facilities



Lunch & Learn Seminar

Rockwell Health Hospital & Lifestyle Center

USING THE LOW-OXALATE DIET FOR MANAGEMENT OF:

- ✓ KIDNEY STONES
- ✓ CELIAC DISEASE
- ✓ INTESTINAL DISEASE
- ✓ PAIN
- ✓ POST BARIATRIC SURGERY

Date: JUNE 28, 2019

Time: 11:30AM -1:30PM

Cost: \$59* Includes lunch, CECs, and seminar material

Location: Banquet Room at Rockwell Health Hospital

*Attendees must purchase their ticket online at www.RockwellHealth.com/seminar

Limited seating - Reserve your seat today!




eat right®

Earn your **Continuing Education Credits** while enjoying a delicious low-oxalate lunch and listening to latest exciting research on the diseases affected by poor oxalate metabolism, how to assess your patients' oxalate load, and how to customize low-oxalate meals to manage their symptoms. Guest speaker is researcher Dr. Susan Owens PhD.

Quotes from past attendees...

"Dr. Owen's seminar transformed my nutrition practice after implementing her recommended tests and procedures! Thank you for this game changing information!" *Kathy Matthews, RD/NS, MS*

THE END