

## Section 10: High Risk Nutritional Interventions

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### Fortified Enhanced Power Foods Protocol (FEP)

#### Use:

Dining Services Managers are encouraged to develop an individualized plan of care when additional calories and/or protein are needed to meet nutritional needs. This can be addressed as a part of the person's individualized documented care plan and progress note. Fortified Enhanced Power Foods Protocol (FEP) does not need to be ordered as a specific diet. For health care communities that utilize "fortified food" diet orders an option is to utilize the FEP Protocol. The FEP Protocol is based on the Regular Diet, with foods added to boost the calorie and protein content of meals. Improving intake via an individualized plan utilizing real, wholesome food is generally preferred to adding nutritional (commercial) supplements. Research and experience has demonstrated that improving intake with real food is preferable to adding commercial supplements.

#### Nutritional Adequacy:

The FEP Protocol adds or enhances the caloric and protein value of the Regular Diet. With the proper selection of foods, the FEP Protocol meets the current Dietary Reference Intakes/Recommended Dietary Allowances/Adequate Intakes, Food and Nutrition Board, Institute of Medicine, National Academy of Science, 1998-2011 for individuals ages 31 years and older.

#### General Principles & Guidelines:

1. Lack of appetite and adequate food intake often leads to the FEP Protocol. It is important to first evaluate the factors contributing to decreased appetite and intake before initiating the FEP Protocol or some other type of commercial supplement. Other factors to evaluate include food and meal time preferences, food texture, the need for assisted devices for self feeding, dining room environment, appearance of the meal, the need for coaching or cueing at the meal and proper body positioning.
2. Offering choices of food at meals and giving people foods they enjoy eating has been shown to decrease the need for the FEP Protocol.
3. The Registered Dietitian or Dining Services Manager assesses the individual to determine the amount of calories, protein, or both the person requires in their diet. If an individual is in need of additional calories and protein, the FEP Protocol is another option to provide an individualized approach to meeting the person's estimated needs for additional nutrients.

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4. FEP foods are designed to provide additional calories and protein. FEP foods are foods that are enhanced in calories and protein. All power foods provide a minimum of 180 to 190 calories and 5 to 6 grams of protein per serving. All of the FEP food items would be appropriate as “House Supplements”, if needed, so a variety of items can be offered to prevent taste fatigue and enhance acceptance.
5. The FEP foods include, but are not limited to, the following options: Recipes can be found in the Appendixes.
  - a. Cheesy Eggs
  - b. Fortified Hot Chocolate
  - c. Fortified Milk Shake
  - d. Fortified Soup
  - e. Juice Shake
  - f. Orange Creamsicle
  - g. Power Potatoes (from instant potatoes)
  - h. Power Potatoes (homemade)
  - i. Super Cereal
  - j. Super Pudding
6. The Dining Services Manager may initiate one FEP food item per meal until the Registered Dietitian can assess the individual’s nutritional needs. The Registered Dietitian indicates on the assessment and/or progress note the number of FEP foods needed per day for the individual. The Dining Services Manager will select the most appropriate item and time for the individual to receive the FEP food item, and can alter any of the choices based on the ongoing individual’s acceptance. This information is included in the plan of care and documented by the Dining Services Manager in the individual’s progress note.
7. An example of the FEP Protocol is below:
  - Step 1: Registered Dietitian assesses that the individual needs two FEP foods.
  - Step 2: The Dining Services Manager chooses super cereal and fortified hot cocoa at the breakfast meal based on the individual’s history of eating well at breakfast and frequent request for hot chocolate.
  - Step 3: The Dining Services Manager documents that the individual is to receive two FEP foods in the plan of care, notes the specific foods to be provided in the quarterly progress note and on the tray card.

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- Step 4: The Dining Services Manager notices the individual no longer is drinking the fortified hot cocoa.
- Step 5: The Dining Services Manager discontinues the fortified hot cocoa and changes to power potatoes at the noon meal. This is documented in the quarterly progress note, on the tray card and the plan of care is updated.
- Step 6: The individual's weight is monitored.
8. The Registered Dietitian or Dining Services Manager works with the individual to determine the food(s) that the person might enjoy.
9. Breakfast is often the meal consumed the best in the day and offers excellent opportunities to increase caloric and protein intake. There may be times when it is more appropriate to add two FEP foods to the breakfast meal and none at other meals.