

How to Modify and Print a Customized Sample Menu

Anemia

- Iron Deficiency Anemia Nutrition Therapy
- Iron-Rich Nutrition Therapy
- Sickle Cell Disease Nutrition Therapy

Bariatric Surgery

Behavioral Health

Iron Deficiency Anemia Nutrition Therapy

[Customize Menu](#)
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Iron helps carry oxygen throughout your body. If you are not eating and run-down.

How Much Iron Do You Need?

- Click **Customize Menu**.

Anemia

- Iron Deficiency Anemia Nutrition Therapy
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Iron Deficiency Anemia Nutrition Therapy

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Menu

*Title	Iron Deficiency Anemia Sample 1-Day Menu Te
Description	This menu provides 31 mg of Iron.

- Change the **Title** of the menu and you can use the description box to customize any notes for your patient/client.

Breakfast: Menu Items

Qty.	UOM	Item/Friendly Name	
1	fruit (2-5/8" dia) (131g) ▼	Oranges, raw, all commercial varieties x	Delete
		1 serving citrus fruit	
0.75	cup (1 NLEA serving) (53g) ▼	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran x	Delete
		3/4 cup raisin bran cereal	

- The existing menu items will be included. You have the option to *change* items, *delete* items, or *add* new items.
- To delete entire item, click **Delete**.

0.333	tbsp (1 NLEA serving) (14g) ▼	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub x	Delete
		1 tsp margarine	

Add Menu Item

- To add items, click **Add Menu Item**.

Qty.	UOM	Item/Friendly Name	
	ea	Type Nutrient Name	Delete
<input type="button" value="Add Menu Item"/>			

- **Qty:** Quantity
- **UOM:** Unit of Measurement
- **Type:** As found in the USDA FoodData Central
- **Friendly Name:** What your patient/client will see

Evening Snack: Menu Items

Qty.	UOM	Item/Friendly Name	
	ea	watermelor	Delete
<input type="button" value="Add Menu Item"/>			

Watermelon, raw
Seeds, **watermelon** seed kernels, dried

- Begin by entering the menu item in the **Nutrient Name** box.
- As you type, a drop-down box will appear offering possible matches from FoodData Central. Select the best match.
- *For tips on how to search, please see tip section below.*

Evening Snack: Menu Items

Qty.	UOM	Item/Friendly Name	
		Watermelon, raw	Delete
<input type="button" value="Add Menu Item"/>			

cup, balls (154g)
cup, diced (152g)
melon (15" long x 7-1/2" dia) (4518g)
wedge (approx 1/16 of melon) (286g)
10 watermelon balls (122g)
NLEA serving (280g)

- After selecting the menu item, the **UOM** drop-down box will have different ways to measure the item.
- Select the unit of measurement that best fits.

Evening Snack: Menu Items

Qty.	UOM	Item/Friendly Name	
.5	cup, diced (152g)	Watermelon, raw	Delete
		Watermelon, raw	

Add Menu Item

- Enter **Quantity** of the menu item.
- Note: Use *decimals* instead of fractions (0.5 instead of ½).

Evening Snack: Menu Items

Qty.	UOM	Item/Friendly Name	
0.5	cup, diced (152g)	Watermelon, raw	Delete
		1/2 cup watermelon, diced	

Add Menu Item

- This is the box your patient/client will see when the final menu is completed. *Note: The box will automatically fill with the name of the menu item when the Nutrient Item is selected. You may delete this.*
- Type in the menu item as you want your client to see—include the amount, name, and preparation type if needed.

Evening Snack: Menu Items

Qty.	UOM	Item/Friendly Name	
0.5	cup, diced (152g)	Watermelon, raw	Delete
		1/2 cup watermelon, diced	

Add Menu Item

Save Delete Cancel

- Continue to **Add Menu Items** to meals and snacks as desired.
- When finished, click **Save** at the bottom of the page.

Iron Deficiency Anemia Sample 1-Day Menu Test [View Nutrient Info](#) [Update](#) [Delete](#)

Breakfast	<ul style="list-style-type: none"> 1 serving citrus fruit 3/4 cup raisin bran cereal 1 egg 1 slice whole-wheat toast
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- To **view** your customized saved menu, go back to the client education handout and the new menu appears within the sample 1-day menus.
- Note: The customized menu has the options to “**update**” or “**delete.**”

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Customize Client Ed

Client Name

RD/DTR

Email

Phone

*Include

- All Content
- [Tips](#)
- [Foods List](#)
- NCM Standard Menu: Iron Deficiency Anemia Sample 1-Day Menu
- [Facility Menu: Iron Deficiency Anemia Sample 1-Day Menu Test](#)
- NCM Standard Menu: Iron Deficiency Anemia Vegan Sample 1-Day Menu
- NCM Standard Menu: Iron Deficiency Anemia Vegetarian (Lacto-Ovo) Sample 1-Day Menu

[Download PDF](#)

- To **print** the customized menu with the handout, select **Download Client Ed**, select your customized **Facility Menu**, and then **Download PDF**.
- Note: Select “All Content” or select just the options needed for your patient/client.

Tips for Finding Food Items in USDA FoodData Central

FoodData Central offers thousands of food items. The database includes both brand name foods and generic foods. Here are some tips to follow when searching to find the generic foods.

- Start with general terms when typing.
 - Milk vs 1% milk
- Do not use punctuation.
 - Milk low fat vitamin d
- To get more specific, continue adding descriptor words to the generic term.
 - As you type, a drop-down box will offer potential matches to the food item you want.
 - If the specific item does not appear, try using different descriptor words.
- Reference the [FoodData Central website](#).
 - Sometimes looking at the website directly may offer more options from which to select.
 - When the item is found, note which words were used and type them in the Nutrition Care Manual Menu.
- Some examples of common food items:
 - Fruits and Vegetables: Include the word **raw** to indicate the non-processed form.
 - Red Tomatoes: Tomatoes raw red
 - Fresh Orange: Oranges raw all types
 - Meats
 - Chicken breast: Chicken broiler or fryer breast meat only
 - Roast: Beef round eye of roast 70% lean
 - Ground beef: Beef ground
 - Eggs: Egg whole scramble
 - Bread
 - Toast: Bread whole wheat commercially prepared toasted
 - Condiments
 - Mustard: Mustard prepared yellow
 - Salsa: Sauce salsa
 - Cereals and Grains
 - Oatmeal: Oats instant prepared with water
 - Corn flake cereal: Cereal ready to eat corn
 - Other
 - Brown sugar: Sugar brown