

**Abstract Title:** Are therapeutic or modified texture diets associated with food intake and nutritional status of residents in long-term care homes?: The Making the Most of Mealtimes (M3) Study  
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**Introduction:** It has been suggested that restricting diets in long term care (LTC) reduces older adults' food intake and may lead to iatrogenic malnutrition.

**Objective:** To examine if nutritional status, and energy and protein intake of residents is associated with prescription of a modified texture food or therapeutic diet.

**Methods:** The Making the Most of Mealtimes (M3) prevalence study examined determinants of food intake of 639 residents in 32 diverse LTC homes in 4 Canadian provinces (Alberta, Manitoba, Ontario, New Brunswick). Food and beverage intake was collected for a three-day period using weighed and estimated food records for meals and snacks. Malnutrition risk was determined using the Mini-Nutritional Assessment-SF (MNA-SF) and the Patient-Generated-Subjective Global Assessment (PG-SGA). Information on therapeutic diets and modified texture foods were also collected from health records.

**Results:** The proportion of residents on modified texture foods using the International Dysphagia Diet Standardisation Initiative (IDDSI) categories was: Regular (53%); Soft (14.3%); Minced/Moist (21.8%); Pureed (10.9%). Less than a quarter (22.8%, 137/630; 9 residents removed as < 6 meals recorded) were prescribed a therapeutic diet: Diabetic (80.3%); High Protein (37.2%); High Energy (35.0%); and No Added Salt (17.5%). Energy intake for those on a Minced/Moist diet (1486.5±329.3kcal) was significantly lower as compared to regular texture (1567.1±269.8; p<0.05). Those on texture modified diets were more likely to be malnourished or at risk of malnutrition (p<0.05). No significant differences were found between nutritional status and energy/protein intake of residents on any therapeutic diets as compared to those not on a therapeutic diet, although individual diet differences were seen in anticipated directions.

**Conclusions:** Modified texture foods are more likely to lead to poor food intake and malnutrition than therapeutic diets. Therapeutic diets do not seem to negatively influence food intake or nutritional status.

*Funding: Canadian Institutes of Health Research*