

**27 MARCH 1995**



**Health Services**

**AEROMEDICAL EVACUATION DIETETICS  
SUPPORT**

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This instruction implements Air Force Policy Directive 41-3, *Worldwide Aeromedical Evacuation*. It provides guidance and procedures for dietetics departments in medical treatment facilities (MTF) that feed patients in the Aeromedical Evacuation (AE) system during peacetime and contingency operations. It explains how to submit diet orders to the dietetics departments, how to package and label meals, how to account for the prepared rations, and how to conduct quality--improvement evaluations. It describes the worldwide menu system and identifies the MTFs that routinely provide Cooked Therapeutic Inflight Meals (CTIM) for the AE system.

This instruction complies with Air Force Joint Instruction (AFJI) 41-301, *Worldwide Aeromedical Evacuation System*, and other instructions for AE. Send comments and suggested improvements on AF Form 847, **Recommendation for Change of Publication**, through channels, to HQ AMC/SGX, 502 Scott Drive, Room 226, Scott AFB IL 62225-5319.

**SUMMARY OF REVISIONS**

This is the first publication of AFI 41-303, substantially revising AFR 166-6, *Cooked Therapeutic Inflight Meals (CTIM)*, 14 April 1986.

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### *Section A—Overview*

**1. Responsibility for Providing Food.** Air Force flight kitchens and MTFs located on bases where AE flights originate jointly provide meals for patients and attendants in the AE system.

1.1. Each hospital or Aeromedical Evacuation Staging Squadron (ASTS) located where an AE flight originates provides food for inflight meals. See figure 1 for the 13 standard MTF locations in the Cooked Therapeutic Inflight Meals (CTIM) worldwide system. Peacetime flight schedules determine these locations.

1.2. During contingency operations, installations along the AE routes provide food for patients.

1.3. When possible, hospitals or ASTSs where patients stay overnight or for extended ground time provide hot meals when flights arrive.

### *Section B—AE Meals And Diet Orders*

**2. Inflight Meals for Patients with Regular Diets.** Flight kitchens, at installations where flights originate, provide meals and snacks for patients with regular diets by filling orders received from the Aeromedical Evacuation Coordination Center (AECC) or AE detachment personnel.

2.1. All meals must meet the "USAF Check It Out" nutritional education program criteria and follow the regular menu plan outlined in **Figure 1.**

2.2. The MTF provides regular patient meals and beverages when a flight kitchen isn't available.

**3. CTIMs.** MTFs, where AE flights originate, provide CTIMs or "special diets" for all patients on the flight according to the CTIM menu plan in **Figure 2.** **EXCEPTION:** The bases at Rota, Spain, and

Incirlik, Turkey, don't have MTFs that can provide CTIMs so Landstuhl Regional Medical Center in Ramstein, Germany provides the CTIMs for patients on flights originating from these locations.

3.1. CTIM orders must arrive at the MTF no later than 2 hours before the aircraft's scheduled departure time. Submit all diet orders according to the Defense Medical Regulating Information System (DMRIS) Manual, Appendix L (see **Attachment 2**), and the American Dietetic Association Manual of Clinical Dietetics.

3.1.1. When the AECC or ASTS requests the order, the MTF's dietetic personnel complete AF Form 2464, **CTIM Diet Order, (Figure 3).**

3.1.2. Physicians who admit patients into the AE system prepare DD Form 602, **Patient's Evacuation Tag**, which serves as the original source document for all CTIM diet orders.

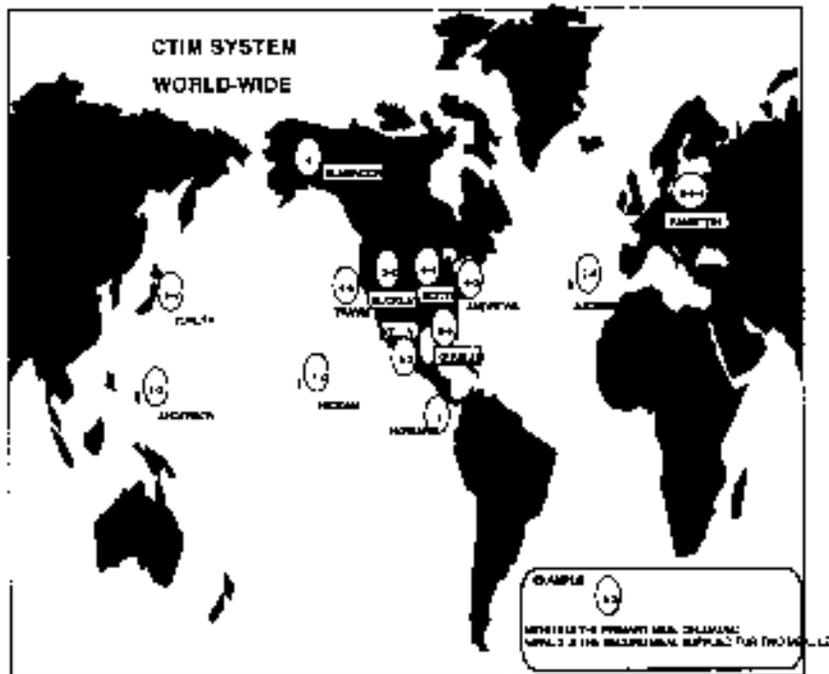
3.1.2.1. The AE Clerk at the MTF provides diet orders to the AECC through DMRIS or another method.

3.1.2.2. The AECC provides the information to the ASTS or MTF by using the Armed Services Medical Regulating/Patient Airlift Center Daily File.

3.1.3. ASTS and AECC limit diet orders during contingency operations to:

- Dental Soft.
- Diabetic.
- Sodium Restricted.
- Liquid Diets.
- Tube Feedings.

Figure 1. Worldwide CTIM System.



ON LOADING AIRFIELD	MTF PROVIDING CTIM	ON LOADING AIRFIELD	MTF PROVIDING CTIM	ON LOADING AIRFIELD	MTF PROVIDING CTIM
Anderson AFB, Guam	Naval Hospital Guam	Andrews AFB	89th Med Group Malcolm Grow Medical Center	Buckley ANGB	Fitzsimmons Army Medical Center
Elmendorf AFB	3rd Med Group Elmendorf Regional Hospital	Hickam AFB	Tripler Army Hospital	Howard AFB	Gorgas Army Hospital
Keesler AFB	Keesler Medical Center	Kelly AFB	Wilford Hall Medical Center	Lajes AB	65 Medical Group
Ramstein AB	Landstuhl Army Regional Medical Center	Scott AFB	375th Medical Group Scott Medical Center	Travis AFB	David Grant Medical Center

ON LOADING AIRFIELD	MTF PROVIDING CTIM	ON LOADING AIRFIELD	MTF PROVIDING CTIM	ON LOADING AIRFIELD	MTF PROVIDING CTIM
Yokota AB	374 Medical Group Yokota Regional Hospital				

**Figure 2. Menu Plans.**

CTIM MENUS		REGULAR MENUS	
Menu Number	In-House Preparation	Commercial Diet Meals	
1.	Orange Juice or Tomato Juice  Cheese Omelet Dinner Roll or Bread	Western Omelet  Salisbury Steak Potatoes Green Beans Apples	Salisbury Steak/Shrimp Creole
2.	Chicken with Tomato Marinara Sauce Whole Potatoes Canned Peas  Canned Apricots Pineapple Juice	Herb Roasted Chicken Rice Broccoli/Carrots  Apples/Cranberries Pineapple Juice	Sweet and Sour Chicken  Chicken Oriental Night Hawk - Filet of Chicken Amore
3.	Broiled Steak with Jellied ConsommÉ Mashed Potatoes Canned Green Beans Canned Pears Apple Juice	Oriental Beef Pepper Steak Rice Broccoli/Carrots Apples Apple Juice	Oriental Pepper Steak  Sole au gratin
4.	SautÉed Chicken in White Wine Sauce Baked Potato	Turkey/Chicken Wild Rice	Chicken Parmesan  Chicken and Pasta Divan

	CTIM MENUS	REGULAR MENUS	
	Canned Carrots	Peas and Carrots	Night Hawk - Glazed Chicken
	Canned Peaches	Apples/Cherries	
	Grape Juice	Grape Juice	
5.	Broiled Steak with Red Wine Sauce	Sirloin Tips	Sirloin Tips
	Rice	Rice	Turkey with Stuffing
	Canned Wax Beans	Carrots	
	Canned Applesauce	Apples	
	Orange Juice	Orange Juice	

Figure 3. Sample AF Form 2464, CTIM Diet Order.

CTIM DIET ORDER (For C-9 and C-141 Flights)			1. AECC/ASF - Prepare single copy each flight 2. Nutritional Medicine Service - Prepare in duplicate, each flight.				
FLIGHT NO		TIME ORDER REQUIRED	ASF	Person Calling	Date	Time Ordered	Receiving Call
654		0700		AIC Smith	6 Apr 93	0500	N/A
Patient's Name		DIET ORDER (Specify calorie and mineral level)			Meal Needed		Station Patient Explained
Shepherd, Julie		1800 Cal Diabetic			R	L	D
Jones, Joseph		FS Osmolite @ 80cc/hr			X	X	X
Checked By (Signature)					Pickup Time		Accounting Credit Date 6 Apr 93

AF Form 2464

Section C—Preparing AE Meals

4. **How To Prepare Diets.** Prepare all diets according to *The American Dietetic Association Manual of Clinical Dietetics*. Use the menu patterns in AFMAN 44-139, *USAF Supplement to Manual of Clinical Dietetics*, and the CTIM Diabetic Menu Patterns specified in **Attachment 3**. Menu patterns include

instructions for providing snacks that comply with specific diets. **NOTE:** MTFs may obtain copies of the menu patterns from the AMC Consultant Dietitian if AFMAN 44-139 isn't available.

**5. Advance Meal Preparation.** MTFs may prepare CTIMs in advance for refrigeration or freezing, or purchase commercially prepared entrees listed in **Figure 1**. Canned commercial items such as soups must come in self-opening containers because AE aircraft don't carry can openers. Analyze commercially prepared entrees to ensure that they comply with AE menu patterns (see **Attachment 4** for a sample evaluation).

**6. Menu Rotation.** The AE menu rotation correlates with flight schedules to ensure that patients traveling through the system don't receive the same menu for consecutive days. Make local substitutions only after considering the menu rotation.

**7. Diabetic Meals.** Prepare all diabetic diets using the three-meal, two-snack plan unless otherwise specified. Portions on CTIM Diabetic Menu Patterns (**Attachment 3**) have been modified to avoid packaging four ounces of milk.

**8. CTIM Supplies.** Use the CTIM supplies listed in attachment 8 to prepare meals.

8.1. Each of the 13 facilities routinely providing CTIMs submits annual requirements for boxes to the Major Command (MAJCOM) Consultant Dietitian.

8.2. The local MTF provides the remainder of the supplies.

**9. Food Temperature.** Chill food to 40 degrees Fahrenheit or below before releasing meals from the MTF dietary department. Aircraft refrigerators *maintain* chilled temperatures but can't cool food.

**10. Meals Ready to Eat (MRE).** Use MREs during contingency operations if other food isn't available. Provide MREs and snacks for meals during the entire flight per the guidance in attachment 7.

**11. Tube Feedings and Supplements.** Provide a 3-day supply of tube feedings or medical food supplements for flights within theaters and a 5-day supply for flights between theaters. These quantities allow the receiving ASTS or MTF adequate time to evaluate the formula and order additional supplies or a substitute formula.

11.1. When the formula requires mixing, prepare a 24-hour supply and provide the rest as powder. During contingency operations, pack the prepared formula in 500 milliliter bags (to reduce hang time and prevent food borne illness) and refrigerate or pack them in ice or dry ice.

**12. Baby Food.** MTF personnel provide baby food (considered a therapeutic diet) by specifying the child's age on AF Form 2464 (figure 3).

Figure 4. Sample CTIM Labels.

<b>NAME:</b>	SHEPHERD JULIE	FLIGHT 654
<b>DIET:</b>	1800 Cal Diabetic	
<b>STATION ENPLANED:</b>	SCOTT AFB	
<b>PREPARED BY :</b>	SCOTT MED CEN	
<b>DATE:</b>	30 APR 93	0500 hrs
<hr/>		
<b>NAME:</b>	JONES JOSEPH	FLIGHT 654
<b>DIET:</b>	Full Strength OSMOLITE @ 80 CC/HR	
<b>STATION ENPLANED:</b>	SCOTT AFB	
<b>PREPARED BY:</b>	SCOTT MED CEN	
<b>DATE:</b>	30 APR 93	0500 hrs

*Section D—Packing AE Meals*

**13. Packing Instructions.** Pack meat, starch, and vegetables in containers suitable for either convection or conventional ovens. Label each entree on the lid of the actual hot meal with the information shown in figure 4 to identify which patient gets the meal.

**14. Keeping Meals Frozen.** When entree meals, starch and vegetables, must remain frozen, place them in a separate box with the labels on the outside box and the entree lid so it can be placed in the aircraft freezer. When packing meals that don't need to stay frozen, place the entree in the box with the remainder of the meal and snack items.

**15. Meal Sizes.** Package and place the remainder of the meal and any snack in a box and label it according to **Figure 4.** Keep the entire meal as small as possible due to limited refrigeration or freezer space aboard the aircraft (for aircraft galley configurations, see **Attachment 6**). If adequate refrigerator space

isn't available on the designated aircraft, MTFs may pack meals in an ice chest after coordinating with aircrew members to confirm space requirements. A copy of the menu pattern is placed inside each meal box to provide aircrew and patient information about meal preparation and consumption.

**16. Diabetic Snacks.** Pack diabetic snacks separately, sealed in a bag or saran wrap. These may be placed in the same box with the meal, however, clearly label these packages as snacks and indicate the time they should be eaten by.

**17. Packing CTIMs.** Pack CTIMs in an insulated ice chest and deliver them to the ASTS or the patient departure point for loading onto the aircraft.

### *Section E—Responsibilities*

**18. ASTS Responsibilities.** The ASTS:

- Submits diet orders to dietetic personnel at least 2 hours before the aircraft departure time.
- Completes AF Form 2464 for each flight when faxing diet orders.
- Delivers the CTIMs to the aircraft when MTF personnel escort the patients on board.
- Returns any insulated ice chests to the MTF.

**19. AECC Responsibilities.** The AECC:

- Provides diet order information to the ASTS and MTF by using the Armed Services Medical Regulating Office/Patient Airlift Center daily file.
- Submits diet orders to dietetic personnel at locations that don't have an ASTS.
- Completes AF Form 2464 according to the DMRIS manual, appendix L, for each flight when faxing diet orders.

**20. Referral MTF Responsibilities.** Provides diet order information through the aeromedical evacuation clerk to the AECC according to appendix L of the DMRIS manual, using the DMRIS system or other method.

**21. Responsibilities of MTFs Receiving Patients:**

- Provides meals for patients who remain overnight in the facility.
- Provides hot meals to arriving flights whenever possible. **NOTE:** Each MTF contacts their designated aerovac clerk, medevac clerk, or Aeromedical Evacuation Liaison Team (AELT) to coordinate AE arrivals and departures.

**22. Aircrew Responsibilities.** Aircrew members:

- Heat, assemble, and serve meals using proper meal preparation and service procedures.
- Follow guidelines for serving acceptable snacks and condiments for common diets as well as carbohydrate replacement items for diabetics if meals are delayed (see **Attachment 5**).

**23. Financial Accounting Responsibilities.** The Financial Accounting office uses:

- AF Form 2464 as the source document for financial accounting of CTIMs and Tube feeding meals. **NOTE:** Tabulate each CTIM as 80 percent of the Hospital Basic Daily Food Allowance (HBDFA). Consider tube feedings of subsistence items as a full ration.
- The nursing unit diet roster or AF Form 2464 as the source document when the MTF provides regular meals as well as CTIMs.

**24. HQ AMC Services Directorate Responsibilities.** This directorate provides CTIM boxes to each of the 13 facilities routinely providing CTIMs.

**25. Military Public Health Responsibilities.** Military Public Health evaluates food safety by following established guidelines, including periodic bacteriological testing.

**26. HQ AMC Consultant Dietitian Responsibilities.** The consultant dietitian will:

- Provide recipes to facilities that routinely prepare CTIMs.
- Evaluate patient feedings personally or through a designated representative either during routine Temporary Duty Yonder (TDY) or as mission essential ground personnel (MEGP).
- Submit evaluation reports to the Associate Chief of Biomedical Science Corps for Dietetics and the HQ AMC consultant dietitian. The report must include an evaluation of the preparation and service of regular and therapeutic diets, preflight storage, galley and food temperatures, and problems requiring corrective action.
- Do QA/I studies on patient satisfaction, diet ordering terminology, and accuracy of CTIMs (see attachment 9).

**27. Forms Prescribed.** AF Form 847, **Recommendation for Change of Publication**; AF Form 2464, **CTIM Diet Order**; and AF Form 602, **Patient's Evacuation Tag**.

EDGAR R. ANDERSON, JR., Lt General, USAF, MC  
Surgeon General

**Attachment 1****GLOSSARY OF REFERENCES, ABBREVIATIONS, ACRONYMS, AND TERMS*****References***

AFPD 40-104, *Nutrition Education*

AFI 40-104, *Nutrition Education*

AFPD 41-3, *Worldwide Aeromedical Evacuation*

AFJI 41-301, *Worldwide Aeromedical Evacuation System*

AFPAM 44-131, *Information for the Patient with Diabetes*

AFMAN 44-139, *USAF Supplement to Manual of Clinical Dietetics*

***Abbreviations and Acronyms***

**ADP**—Air Drop/Paratroops

**AE**—Aeromedical Evacuation

**AECC**—Aeromedical Evacuation Coordination Center

**AELT**—Aeromedical Evacuation liaison Team

**AFI**—Air Force Instruction

**AFJI**—Air Force Joint Instruction

**AFMAN**—Air Force Manual

**AFPAM**—Air Force Pamphlet

**AFPD**—Air Force Policy Directive

**AFR**—Air Force Regulation

**ALCE**—Airlift Control Element

**AMC**—Air Mobility Command

**APES**—Automated Patient Evacuation System

**ASTS**—Aeromedical Evacuation Staging Squadron

**ATD**—Actual Time of Departure

**ATG/L**—Air Transportable Galley/Lavatory

**CP**—Cargo/Passengers

**CTIM**—Cook Therapeutic Inflight Meal

**DMRIS**—Defense Medical Regulating Information System

**DoD**—Department of Defense

**DV**—Distinguished Visitor

**HBDFA**—Hospital Basic Daily Food Allowance

**HQ**—Headquarters

**MAJCOM**—Major Command

**MEGP**—Mission Essential Ground Personnel

**MRE**—Meals Ready to Eat

**MTF**—Medical Treatment Facility

**OCONUS**—Outside Continental United States

**P**—Passenger

**QA/I**—Quality Assessment and Improvement

**RON**—Remain Overnight

**TDY**—Temporary Duty Yonder

### *Terms*

**Actual Time of Departure (ATD)**—That time at which an aircraft actually lifts off the runway.

**Aeromedical Evacuation (AE)**—The movement of patients under medical supervision to and between medical treatment facilities by air transportation. (Joint Pub 1-02)

**Aeromedical Evacuation Coordination Center (AECC)**—A coordinating group that an airlift division, major air command, or USAF sets up to coordinate medical requirements and airlift capabilities with airlift command and control centers. It also assigns medical missions to the appropriate AE element in the system and monitors patient movements.

**Aeromedical Evacuation Liaison Team (AELT)**—An AELT consists of two Medical Service Corps (MSC) officers, three radio operators, and flight nurse that is deployed to provide a direct communications link between the user service requesting AE and the AECC.

**Aeromedical Evacuation Staging Squadron (ASTS)**—A medical facility (normally 50 to 250 beds) located on or near an air base or airstrip to receive administrative support, process, transport (on the ground), feed, and provide limited health care for patients entering, in the midst of, or leaving an aeromedical evacuation system.

**Check it Out**—USAF program that promotes healthful eating habits. See AFPD 40-1, *Health Promotion*, and AFI 40-104, *Nutrition Education*.

**Continental United States (CONUS)**—United States territory, including the adjacent territorial waters located within North America between Canada and Mexico. (Joint Pub 1-02)

**Cooked Therapeutic Inflight Meals (CTIM)**—A refrigerated or frozen meal designated medical treatment facilities prepare according to therapeutic diets as the referring physician requests.

**Defense Medical Regulating Information System (DMRIS)**—A system that regulates patients by providing patient information (both continental United States [CONUS] and outside the continental United States [OCONUS]) to the AECC for aeromedical evacuation scheduling. The DMRIS currently collects data that personnel used during aeromedical evacuation. Because the processes of patient regulating and patient movement are so interrelated, the Automated Patient Evacuation System (APES)

shares it with the DMRIS.

**Destination Medical Facility**—The medical facility to which AE personnel transfer the patient.

**Originating Medical Facility**—A medical facility that initially transfers a patient to another medical facility. (Joint Pub 1-02)

**Remain Overnight (RON)**—A stop during an AE flight at which patients remain overnight in a facility awaiting further transportation to a destination hospital.

**Attachment 2****SPECIAL DIET ORDERS FROM DMRIS MANUAL, APPENDIX L****Tube Feedings and Elemental Diets:**

- **Specify name of product (example: Ensure, Vital, Osmolite).**
- **Specify calories/cc or strength (example: full, half).**
- **Specify cc/hour.**
- **Sample tube feeding order (example: Ensure, full strength, 75 cc/HR).**
- **Ensure, 1 cal/cc, 75 cc/hr).**

**Therapeutic Diets:****Pediatric Diets:**

- **Infant Diet: specify age in months.**
- **Preschool Diet: Specify age in years.**

**Soft Diets:**

- **Soft.**
- **Mechanical or Dental Soft (for patients with dentures or chewing problems).**
- **Pureed.**

**Liquid Diets:**

- **Clear Liquid.**
- **Full Liquid.**
- **Blenderized/Dental Liquid.**
- **Cold Semi-Liquid (T&A ).**

**Diabetic Diets:**

**Patients receive a diet consisting of three meals and two snacks unless specified otherwise. If the patient is pregnant, order "Gestational Diabetic" (three meals, one snack) or "Pregnant Diabetic" (for patients on insulin with three meals and three snacks) with no less than 1800 calories. If the patient is less than 18 years old, specify "Juvenile Diabetic" (three meals and three snacks, with more milk).**

**Each order must specify one of these calorie levels: 1000, 1200, 1500, 1800, 2000, 2200, 2400, 2600, 3000.**

**Sample Diabetic Diet Orders:**

- 1800 Cal Diab.
- 1800 Cal Gestational Diab.
- 1800 Cal Juvenile Diab.

**Calorie Restricted Diets:**

Specify one of the calorie levels indicated for diabetic diets (example: 1200 Cal).

**Renal Diets:**

Specify allowable levels of restricted protein, sodium, potassium, and phosphorus intake. Examples:

- 40 gm Pro
- 40 gm Pro, 2 gm Na
- 40 gm Pro, 2 gm Na, 45 mEq K
- 40 gm Pro, 2 gm Na, 45 mEq K, 800 mg P04
- 60 gm Pro
- 60 gm Pro, 2 gm Na, 45 mEq K
- 60 gm Pro, 2 gm Na, 45 mEq K, 1200 mg P04
- 80 gm Pro
- 80 gm Pro, 2 gm Na
- 80 gm Pro, 2 gm Na, 45 mEq K
- 80 gm Pro, 2 gm Na, 45 mEq K, 1200 mg P04

**Modifications in Fat:**

- Fat Restricted (for gallbladder, inflamed bowel): the standard restriction contains 50gm's fat (25gm Fat can be specified).
- Moderate Cholesterol (commonly called AHA Step 1).
- Severe Cholesterol (commonly called AHA Step 2).
- Cardiac (combination of moderate cholesterol, 3 gm Na, and caffeine-restricted diets).

**Modifications in Sodium:**

- 2 gm Na
- 3 gm Na or NAS (No Added Salt)

**Modifications in Potassium:**

- 1500 mg K (same as 34 mEq K)
- 2000 mg K (same as 45 mEq K)
- High Potassium (2500 to 4000 mg)

**Modifications in Calcium:**

- 400 mg Ca

**Modifications in Phosphorus:**

- 600 mg P04
- 800 mg P04
- 1200 mg P04

**Combination Diets:**

- Specify diet orders in combinations when appropriate (example: 2 gm Na, 1800 Cal Diab or 2 gm Na Clear Liquid).
- When using dietetic terminology not cited in this attachment, verify the diet order against one of these references:
- AFI 41-303, *Aeromedical Evacuation Dietetic Support*.
- American Dietetic Association Manual of Clinical Dietetics.
- AFMAN 44-139, *Clinical Dietetics*.

**NOTE:** If diet orders are unclear or incorrect, AECC personnel must contact the physician before the patient's flight departs to clarify the exact diet. These are examples of incomplete diet orders that would require further clarification:

- "RENAL" (What level of protein, K, Na, and PO4?)
- "LOW FAT" (How restricted? Cholesterol restricted also?)
- "LOW CHOL" (Is it moderate or strict?)
- "DIABETIC" (What calorie level? Is patient less than 18 years old or pregnant?)
- "LOW SODIUM" (How restricted? 500 mg, 1 gm, 2 gm, 3 gm?)
- "ENSURE" (How many cc per hour? What strength?)

Attachment 3

CTIM DIABETIC MENU PATTERNS

Figure A3.1. CTIM 1000 Calorie Diabetic.

PATIENT'S NAME \_\_\_\_\_

CHECK	LUNCH	DINNER
<b>HOT BOX</b> <input type="checkbox"/> Place in Freezer	2 oz Meat _____ 1 Bread Exchange _____ 1 Vegetable Exchange _____	2 oz Meat _____ 1 Bread Exchange _____ 1 Vegetable Exchange _____
<b>COLD BOX</b> <input type="checkbox"/> Place in Refrigerator	Lettuce Salad Cal/R Salad Dressing 1/2c Juice _____ Sugar Sub Kit	Lettuce Salad Cal/R Salad Dressing 1/2c Juice _____ Sugar Sub Kit
	<b>MID AFTERNOON SNACK</b> 1 Exch Graham Crackers	<b>EVENING SNACK</b> 1 Exch Graham Crackers
<b>SODIUM RESTRICTIONS:</b> Use Na/R, Cal/R Salad Dressing, Low Sodium Kit		
<b>CREW INFORMATION</b> Cooking (from frozen): _____ minutes at _____ degrees. ALLOWED: Black Decaf Coffee, Tea, Sugar Substitute, Salt (except Na/R) NOT ALLOWED: Extra Milk, Juice, Sugar, Snacks.		
<b>PATIENT INFORMATION</b> The menu pattern given to you during this flight may differ from the one you normally follow. If a snack has been provided for you, please save the items for mid-afternoon (around 2:30) or night time (around 8:30), depending on the snack provided. <b><u>SNACKS SHOULD NOT BE EATEN WITH YOUR MEAL</u></b> FACILITY: _____		

Figure A3.2. CTIM 1200 Calorie Diabetic.

PATIENT'S NAME \_\_\_\_\_

CHECK	LUNCH	DINNER
<b>HOT BOX</b>	2 oz Meat _____	2 oz Meat _____
<b>Place in Freezer</b>	1 Bread Exchange	1 Bread Exchange _____
	1 Vegetable Exchange _____	1 Vegetable Exchange _____
<b>COLD BOX</b>	Lettuce Salad	Lettuce Salad
<b>Place in Refrigerator</b>	Cal/R Salad Dressing	Cal/R Salad Dressing
	1/2 Bread Exchange _____	1 Bread Exchange _____
	1/2c Juice _____	1/2c Juice _____
	Sugar Sub Kit	Sugar Sub Kit
	<b>MID AFTERNOON SNACK</b>	<b>EVENING SNACK</b>
	1 Exch Graham Crackers	1 Exch Graham Crackers
<b>SODIUM RESTRICTIONS: Use Na/R, Cal/R Salad Dressing, Low Sodium Kit</b>		
<b>CREW INFORMATION</b>		
Cooking (from frozen): _____ minutes at _____ degrees		
ALLOWED: Black Decaf Coffee, Tea, Sugar Substitute, Salt (except Na/R).		
NOT ALLOWED: Extra Milk, Juice, Sugar, Snacks.		
<b>PATIENT INFORMATION</b>		
The menu pattern given to you during this flight may differ from the one you normally follow. If a snack has been provided for you, please save the items for mid-afternoon (around 2:30) or night time (around 8:30), depending on the snack provided.		
<b><u>SNACKS SHOULD NOT BE EATEN WITH YOUR MEAL</u></b>		
FACILITY: _____		

Figure A3.3. CTIM 1500 Calorie Diabetic.

PATIENT'S NAME \_\_\_\_\_

CHECK	LUNCH	DINNER
<b>HOT BOX</b> <input type="checkbox"/>	2 oz Meat _____	2 oz Meat _____
<b>Place in Freezer</b>	1 Bread Exchange _____	1 Bread Exchange _____
	1 Vegetable Exchange _____	1 Vegetable Exchange _____
<b>COLD BOX</b> <input type="checkbox"/>	Lettuce Salad	Vegetable Salad
<b>Place in Refrigerator</b>	Cal/R Salad Dressing	Cal/R Salad Dressing
	1 Bread Exchange _____	1/2 Bread Exchange _____
	1/2c Juice _____	1/2c Juice _____
	1 Margarine	1 Margarine
	Sugar Sub Kit	Sugar Sub Kit
	<b>MID AFTERNOON SNACK</b>	<b>EVENING SNACK</b>
	1/2c Juice _____	1 Exch Graham Crackers
	1 Exch Graham Crackers	
<b>SODIUM RESTRICTIONS: Use Na/R, Cal/R Salad Dressing, Low Sodium Kit</b>		
<b>CREW INFORMATION</b>		
Cooking (from frozen): _____ minutes at _____ degrees.		
ALLOWED: Black Decaf Coffee, Tea, Sugar Substitute, Salt (except Na/R).		
NOT ALLOWED: Extra Milk, Juice, Sugar, Snacks		
<b>PATIENT INFORMATION</b>		
The menu pattern given to you during this flight* may differ from the one you normally follow.		
If a snack has been provided for you, please save the items for mid-afternoon (around 2:30) or night time (around 8:30), depending on the snack provided.		
<b><u>SNACKS SHOULD NOT BE EATEN WITH YOUR MEAL</u></b>		
FACILITY: _____		

Figure A3.4. CTIM 1800 Calorie Diabetic.

PATIENT'S NAME \_\_\_\_\_

CHECK	LUNCH	DINNER
<b>HOT BOX</b>	2 oz Meat _____	3 oz Meat _____
<b>Place in Freezer</b>	1 Bread Exchange _____	1 Bread Exchange _____
	1 Vegetable Exchange _____	1 Vegetable Exchange _____
<b>COLD BOX</b>	Vegetable Salad	Vegetable Salad
	Cal/R Salad Dressing	Cal/R Salad Dressing
<b>Place in Refrigerator</b>	1 1/2 Bread Exchange _____	1 1/2 Bread Exchange _____
	1/2 c Juice _____	1/2 c Juice _____
	1 Margarine	1 Margarine
	Sugar Sub Kit	Sugar Sub Kit
	<b>MID AFTERNOON SNACK</b>	<b>EVENING SNACK</b>
	1/2c Juice _____	1/2c Juice _____
	1 Exch Graham Crackers	1/2 Exch Graham Crackers
<b>SODIUM RESTRICTIONS: Use Na/R, Cal/R Salad Dressing, Low Sodium Kit</b>		
<b>CREW INFORMATION</b>		
Cooking (from frozen): _____ minutes at _____ degrees.		
ALLOWED: Black Decaf Coffee, Tea, Sugar Substitute, Salt (except Na/R).		
NOT ALLOWED: Extra Milk, Juice, Sugar, Snacks.		
<b>PATIENT INFORMATION</b>		
The menu pattern given to you during this flight may differ from the one you normally follow.		
If a snack has been provided for you, please save the items for mid-afternoon (around 2:30) or night time (around 8:30), depending on the snack provided.		
<b><u>SNACKS SHOULD NOT BE EATEN WITH YOUR MEAL</u></b>		
FACILITY: _____		

Figure A3.5. CTIM 2000 Calorie Diabetic.

PATIENT'S NAME \_\_\_\_\_

CHECK	LUNCH	DINNER
<b>HOT BOX</b> Place in Freezer	3 oz Meat _____ 1 Bread Exchange _____ 1 Vegetable Exchange _____	3 oz Meat _____ 1 Bread Exchange _____ 1 Vegetable Exchange _____
<b>COLD BOX</b> Place in Refrigerator	Vegetable Salad Cal/R Salad Dressing 1 Bread Exchange _____ 1/2 c Juice _____ Fresh Fruit _____ 1 Margarine Sugar Sub Kit	Vegetable Salad Cal/R Salad Dressing 1 Bread Exchange _____ 1/2 c Juice _____ Fresh Fruit _____ 1 Margarine Sugar Sub Kit
	<b>MID AFTERNOON SNACK</b> 1 1/2 Exch Graham Crackers	<b>EVENING SNACK</b> 1 1/2 Exchange Vanilla Wafers
<b>SODIUM RESTRICTIONS:</b> Use Na/R, Cal/R Salad Dressing, Low Sodium Kit		
<b>CREW INFORMATION</b>		
Cooking (from frozen) _____ minutes at _____ degrees.		
ALLOVED: Black Decaf Coffee, Tea, Sugar Substitute, Salt (except Na/R).		
NOT ALLOWED: Extra Milk, Juice, Sugar, Snacks.		
<b>PATIENT INFORMATION</b>		
The menu pattern given to you during this flight may differ from the one you normally follow. If a snack has been provided for you, please save the items for mid-afternoon (around 2:30) or night time (around 8:30), depending on the snack provided.		
<b><u>SNACKS SHOULD NOT BE EATEN WITH YOUR MEAL</u></b>		
FACILITY: _____		

Figure A3.6. CTIM 2200 Calorie Diabetic.

PATIENT'S NAME \_\_\_\_\_

CHECK	LUNCH	DINNER
<b>HOT BOX</b> Place in Freezer	3 oz Meat _____ 1 Bread Exchange _____ 1 Vegetable Exchange _____	3 oz Meat _____ 1 Bread Exchange _____ 1 Vegetable Exchange _____
<b>COLD BOX</b> Place in Refrigerator	Vegetable Salad Cal/R Salad Dressing 1 1/2 Bread Exchange _____ 1/2c Juice _____ Fresh Fruit _____ 1 Margarine Sugar Sub Kit	Vegetable Salad Cal/R Salad Dressing 2 Bread Exchange _____ 1/2c Juice _____ Fresh Fruit _____ 1 Margarine 1c Skim Milk Sugar Sub Kit
	<b>MID AFTERNOON SNACK</b> 1 Exch Graham Crackers	<b>EVENING SNACK</b> 1/2c Juice 1 Exch Graham Crackers
<b>SODIUM RESTRICTIONS: Use Na/R, Cal/R Salad Dressing, Low Sodium Kit</b>		
<p align="center"><b>CREW INFORMATION</b></p> Cooking (from frozen): _____ minutes at _____ degrees. ALLOWED: Black Decaf Coffee, Tea, Sugar Substitute, Salt (except Na/R). NOT ALLOWED: Extra Milk, Juice, Sugar, Snacks.		
<p align="center"><b>PATIENT INFORMATION</b></p> The menu pattern given to you during this flight may differ from the one you normally follow. If a snack has been provided for you, please save the items for mid-afternoon (around 2:30) or night time (around 8:30), depending on the snack provided. <p align="center"><b>SNACKS SHOULD NOT BE EATEN WITH YOUR MEAL</b></p> FACILITY: _____		

Figure A3.7. CTIM 2400 Calorie Diabetic.

PATIENT'S NAME \_\_\_\_\_

CHECK	LUNCH	DINNER
<b>HOT BOX</b> Place in Freezer	3 oz Meat _____ 1 Bread Exchange _____ 1 Vegetable Exchange _____	3 oz Meat _____ 1 Bread Exchange _____ 1 Vegetable Exchange _____
<b>COLD BOX</b> Place in Refrigerator	Vegetable Salad Cal/R Salad Dressing 2 Bread Exchange _____ 1/2c Juice _____ Fresh Fruit _____ 1 Margarine Sugar Sub Kit	Vegetable Salad Cal/R Salad Dressing 2 Bread Exchange _____ 1c Skim Milk Fresh Fruit _____ 1 Margarine Sugar Sub Kit
	<b>MID AFTERNOON SNACK</b> 6 Vanilla Wafers 1/2c Juice _____	<b>EVENING SNACK</b> 1 Exch Graham Crackers 1 Tbls Peanut Butter
<b>SODIUM RESTRICTIONS: Use Na/R, Cal/R Salad Dressing, Low Sodium Kit</b>		
<b>CREW INFORMATION</b>		
Cooking (from frozen): _____ minutes at _____ degrees. ALLOWED: Black Decaf Coffee, Tea, Sugar Substitute, Salt (except Na/R). NOT ALLOWED: Extra Milk, Juice, Sugar, Snacks.		
<b>PATIENT INFORMATION</b>		
The menu pattern given to you during this flight may differ from the one you normally follow. If a snack has been provided for you, please save the items for mid-afternoon (around 2:30) or night time (around 9:30), depending on the snack provided. <b>SNACKS SHOULD NOT BE EATEN WITH YOUR MEAL</b>		
FACILITY: _____		



Fruit Juice	1/2c		1					\$0.15
Graham Crackers	1	1						\$0.10
DIET GOALS: 1800 Cal Diab		3 1/2	2	0	2	3	1	TOTAL Actual Cost: \$4.15 \$4.15

**Attachment 5**  
**CREW GUIDANCE**

**A5.1. Crew Information For Service of Snacks and Condiments with CTIMs.** See figure A5.1.

**Figure A5.1. Sample of Crew Snacks and Condiments With CTIMs.**

<b>Diet</b>	<b>Allowed Snacks</b>	<b>Not Allowed</b>
Pediatric	Milk, juice, ice cream, sugar	Coffee, tea, pepper
<b>Liquid</b>		
Clear	Apple juice, grape juice, coffee, decaffeinated coffee, tea, sugar, salt	Milk, ice cream, cream, other juices, pepper
Full, Blenderized/ Dental	Milk, ice cream, juice, coffee, tea, sugar, salt	Pepper, anything not liquid at body temperature
Cold Semi Liquid (T&A)	Same as above	Any red products
<b>Soft</b>		
Soft Mechanical Dental	Milk, ice cream, juice, coffee, tea, sugar, salt, pepper Pureed	Any difficult to chew or crunchy foods
Diabetic	Black coffee, tea, salt, pepper, diet soda	Any sweetened beverages, sugar, or food with carbohydrate (i.e. fruit/ crackers/yogurt)
<b>Renal</b>		
Protein	Cranberry juice, hard candy, sugar, coffee, tea	All other foods
Potassium	Cranberry juice, salt, pepper	All other foods

Calcium	Coffee or tea made with distilled water, juices, sugar, salt, pepper	Milk products
Phosphorus	Coffee, tea, sugar, salt, pepper	Milk products
Low Sodium	Coffee, tea, pepper	Milk, ice cream, juice, crackers, yogurt
Fat		
Cardiac	Decaffeinated coffee, juice	Whole milk, ice
Step I or II	skim milk	cream, peanut
Fat Restricted		butter, cheese

#### A5.2. Crew Information for Carbohydrate Replacement for Insulin Dependent Diabetics:

A5.2.1. Use the foods in figure A5.2 to replace menu items not consumed during the flight:

**Figure A5.2. Carbohydrate Replacement for Insulin Dependent Diabetics.**

<b>Fruit Group</b>	<b>Simple Carbohydrates</b>	<b>Meat Group</b>
(15 gm Carbohydrate)	(15 gm Carbohydrate)	(If able to eat)
1/2c Fruit Juice:	1/2c Ice Cream	(0 gm Carbohydrate)
Apple, Grapefruit, Orange, or Pineapple	1/2c Ice Milk	1/4c Low-fat Cottage Cheese
1/3c Fruit Juice:	1/2c Regular Gelatin	1oz American or
Grape, Prune, or	1/4c Sherbet	Swiss Cheese
Cranberry	Soft Drinks, regular:	
	1/2c Cola Type	
	3/4c Gingerale	
	(10 gm Carbohydrate)	
	1/2 Twin Popsicle	
<b>Milk Group</b>	<b>Starch/Bread Group</b>	
(12 gm Carbohydrate)	(15 gm Carbohydrate)	
1c Plain Skim or Low-fat Milk	1/2c Cooked Cereal	

1c Skim or Low-fat Milk Yogurt	1c Broth-type Soup (Vegetable, Chicken Noodle)
1/2c Cocoa	3/4c Cream Soup ( Made with water)
1/4c Vanilla Pudding	6 Saltine Crackers (2in squares)
	4 Soda Crackers (2 1/2in squares)
<b>Vegetable Group</b>	3 Graham Crackers (2 1/2in squares)
(5 gm Carbohydrate)	
1/2c Tomato or Vegetable Juice	
See AFPAM 44-131, <i>Information for the Patient with Diabetes</i> , for additional information.	

**Attachment 6****AIRCRAFT GALLEY INFORMATION**

**A6.1. Comfort Pallets.** Comfort pallets with ovens are available on any C-141 (and the C-17 in the future) that has these configurations:

- Air Drop Paratroops (ADP) 3 and 4.
- Aeromedical Evacuation (AE) 1, 2, and 3.
- Cargo/Passenger (CP) 1, 2, and 3.
- Distinguished Visitor (DV) 1, 2, and 3.
- Passenger (P) 2, 3, and 4.

**A6.1.1. The Aircraft Configuration.** The Aeromedical Evacuation Clerk can get the aircraft's specific configuration from the Airlift Control Element (ALCE).

**A6.1.2. Storage Capacity.** All these configurations hold a maximum of 288 frozen meals packed, using dry ice (three pounds of dry ice for every 10 meals). The current galley has eight insulated compartments approximately 34 cubic feet (no mechanical refrigerators), three ovens, 50 gallons of potable water, two coffee makers, a small work area, and small storage/work area.

**A6.2. The C-5 Galley.** A C-5 galley has an 8 to 9 cubic-foot refrigerated compartment in the crew galley.

**A6.3. The C-9 Nightingale.** The C-9 Nightingale has a 2.05 cubic-foot forward refrigerator (usually used for CTIMs), a 4.2 cubic-foot aft refrigerator, and a 4.2 cubic-foot aft freezer (used for regular meals and snacks in most circumstances).

**A6.4. The Air Transportable Galley/Lavatory (ATG/L).** The planned Air Transportable Galley/Lavatory (ATG/L) will have a projected three 2.7 cubic feet refrigerators, three ovens, two coffee urns, 50 gallons of potable water, and a small storage and work space.

**NOTE:**

This is the total refrigeration capacity on all systems mentioned above and other items requiring refrigeration must also be kept in these area (i.e. IV fluids, medications, and crew meals).

## Attachment 7

## DECISION GUIDE FOR SELECTING TYPE OF MEALS OR SNACKS

Table A7.1. Selecting Type of Meals of Snacks. (See Notes 1 and 2.)

Flight Time:	Does the aircraft have a comfort pallet?	
	YES	NO
Less than 4 hours	Snacks and Beverages	Snacks and Beverages
4 - 7 hours	Sandwich* or Frozen Entree an Beverages, Paper Products, and Condiments	Sandwich or MRE and Beverages
More than 8 hours	2 Meals	2 Meals
	1 = Sandwich and 1 Frozen and Beverages	1 = Sandwich and 1 MRE and Beverages
	OR	OR
	2 Frozen and Beverages	1 MRE and Snacks** and Beverages
Each additional 4 hours	Add additional Frozen Meal and Beverages	Add additional Snacks and Beverages

**NOTES:**

1. Military Public Health considers sandwiches "safe" to consume within 5 hours of issue from a food service facility. Don't make sandwiches with mayonnaise.
2. Snacks and beverages must not require refrigeration or must be packed with ice or dry ice in insulated containers. Because of limited cargo space, you must get approval from the load master before packing beverages in containers.

**Attachment 8****LIST OF EXPENDABLE SUPPLIES**

**A8.1.** Labels for each box and entree cover ( two to three per meal).

**A8.2.** Copy of Menu Pattern to be placed in CTIM (see attachment 3).

**A8.3.** Lunch Box with MAJCOM Logo.

**A8.4.** Box for Frozen Entree with MAJCOM Logo.

**NOTE:**

MAJCOM Logo is optional.

**A8.5.** Aluminum food tray for entree. Trays must be a three--compartment model with foil laminated board covers or a container suitable for either convection or conventional galley ovens. Suggested specifications:

- Vertical Flange Hemmed Edge.
- Top out size of 8 5/8 by 6 1/2 inches.
- Top In size of 8 1/8 by 6 inches.
- Bottom size of 7 by 4 7/8 inches.
- Depth of 1 3/8 inches.
- Cover size of 8 7/16 by 6 5/16 inches.

**A8.6.** Sandwich bag (for bread) of at least 4 by 2 by 8 inches.

**A8.7.** Plastic wrap (for butter or margarine).

**A8.8.** Styrofoam cup, 4 oz, squat with cover (for salads and fruit).

**A8.9.** Styrofoam cup, 8 oz, with cover (for preparing bouillon or soup).

**A8.10.** Plastic medicine cup, 1 oz, with lid (for condiments).

**A8.11.** Plastic flatware Set (knife, fork, spoon).

**A8.12.** Food Service Condiment Kits (Bland, Diabetic, or Sodium Restricted).

**A8.13.** Individual can opener (provide only if the meal's soups or medical food supplements come in cans).

**A8.14.** Five hundred (500) ml tube feeding bags (provide during contingency operations only).

NOTES:

1. Submit annual requirements to the MAJCOM Consultant Dietitian.
2. Order boxes from MAJCOM/MWRS or other local source.
3. If you have difficulty obtaining the necessary supplies, contact the AMC Consultant Dietitian for current recommended sources.

**Attachment 9**

**EXAMPLES OF QUALITY ASSESSMENT AND IMPROVEMENT (QA/I) STUDIES**

**A9.1. Example 1:**

FUNCTION: Developing nutritional plans and goals.

INDICATOR: CTIM Diet order terminology.

MONITORING: Semiannually.

CRITERIA: Prepare diet orders according to figure 2 and the American Dietetic Association Manual of Clinical Dietetics.

METHOD: Semiannually, review ten file copies of AF Form 2464, to determine if the diet order complies with figure 2. The sample size is the number of diets ordered on the ten file copies of AF Form 2464.

EVALUATION: A defect is any diet order that doesn't meet the above criteria:

- Assess the effectiveness of the program by computing the percentage of correct orders.
- Document all problems, conclusions, recommendations, and corrective actions and send to the AMC Consultant Dietitian at Medical Center Scott/SGF, 310 W Losey St, Scott AFB, IL 62225-5252.

Evaluator: Sally Jones

Date(s) of Study: May 94

Dates of AF Form 2464:

- |                      |                       |
|----------------------|-----------------------|
| 1. <u>10 Dec 93</u>  | 6. <u>27 Feb. 94</u>  |
| 2. <u>21 Dec 93</u>  | 7. <u>1 Mar 94</u>    |
| 3. <u>3 Feb. 94</u>  | 8. <u>15 Mar 94</u>   |
| 4. <u>15 Feb. 94</u> | 9. <u>2 Apr. 94</u>   |
| 5. <u>16 Feb. 94</u> | 10. <u>13 Apr. 94</u> |

CRITERIA	1	2	3	4	5	6	7	8	9	10	Total
Number of diets as ordered on AF Form 2464 per AFJI 41-303, Atch 2	5	3	3	1	3	3	4	4	3	3	32
Number of diets as ordered on AF Form 2464 NOT according to AFJI 41-303, Atch 2 (record diet as ordered on back)	4	0	0	0	0	3	2	2	0	0	11

Survey Frequency: Semiannually

Total Number Ordered: 43

Number diets = 21

Correct Total = 49% Compliance

Sample Size: Number of diets ordered on ten file copies of AF Form 2464      Number of diets = 43

**A9.2. Example 2:**

FUNCTION: Serve nutritious food according to diet orders.

INDICATOR: MTFs prepare CTIMs according to diet orders.

MONITORING: Quarterly

CRITERIA:

1. Diet and accessory items comply with diet order and menu pattern.
2. Menu pattern was included with the meal.
3. Meals are served according to figure 1.1 of this instruction.
4. Diabetic snacks included, properly packaged and labeled.

METHOD: Make random samples of prepared CTIMs each quarter. Evaluate 10 percent of total number of CTIMs or no fewer than ten CTIMs. Record results on a suitable data collection form.

EVALUATION: A defect in any CTIM that doesn't meet the above criteria:

- Assess the effectiveness of the program by computing the percentage of correct orders.
- Document all problems, conclusions, recommendations, and corrective actions and send to the AMC Consultant Dietitian at Medical Center Scott/SGF, 310 W Losey St, Scott AFB, IL 62225-5252.

**NOTE: See figure A9.1 for a sample of a data collection form.**

**Figure A9.1. Sample Data Collection Form.**

DATE	DIET ORDER	CRITERIA			
		1. ITEMS IAW DIET ORDERS	2. MENU INCLUDED	3. MEALS IAW FIG 1.1	4. SNACKS IAW DIET
1 Apr.	1800 Diab	+	+	+	+
6 Apr.	80 gm Pro	+	+	+	E
7 Apr.	Step 1	+	+	+	E
12 Apr.	1800 Diab	+	+	+	-

DATE	DIET ORDER	CRITERIA			
		1. ITEMS IAW DIET ORDERS	2. MENU INCLUDED	3. MEALS IAW FIG 1.1	4. SNACKS IAW DIET
15 Apr.	2400 Diab	-	-	+	+
15 Apr.	Step 2	+	+	+	E
21 Apr.	40gm Pro	+	+	+	+
23 Apr.	Cardiac	+	+	+	E
28 Apr.	1800 Diab	+	+	+	+
30 Apr.	1800 Diab	+	+	+	+
TOTAL VARIATIONS:					
		1	1	0	1
TOTAL MET CRITERIA:					
		9	9	10	5
PERCENT COMPLIANCE:					
		90%	90%	100%	83%
EVALUATOR: <i>SUSY SMITH</i>			DATE OF STUDY: <i>1 MAY 93</i>		