




**CORRECTIONAL SERVICE CANADA**  
CHANGING LIVES. PROTECTING CANADIANS.



### Use of the AMDR at CSC

 Correctional Service Canada 

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## CSC and Our Clientele

**Role of CSC:**  
The Correctional Service of Canada (CSC) is the federal government agency responsible for administering court-imposed prison sentences of two years or more. CSC operates institutions of varying security levels and supervises offenders on conditional release into the community.

**Clientele:**

- Approximately 14,000 inmates across Canada
- Minimum sentence of 2 years, but about 50% life sentences
- 43 institutions (varying security levels: minimum to maximum)
- 94% male inmates; 6% female inmates
- Aging population (~20 %); premature aging and development of chronic diseases
- Majority of inmates are between the ages of 18 to 39 yo (~57 % of the population)
- Diversified cultural / religious profile (32% Indigenous; 21% visible minorities)

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## Policy Requirements

CSC follows a National policy (Commissioner Directives) that sets out the procedures to be followed by staff to meet the policy objective.


CSC has a responsibility to provide nutritious and balanced meals to offenders according to established standards (Health Canada's Food Guide, DRIs).

National Menu must be approved by a registered dietitian and follow National standards to ensure nutritional requirements are met as part of CSC's duty of care.

Meals are a critical factor in creating a healthy penitentiary environment and healthier offenders.



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## Use of AMDR at CSC

AMDR are used at CSC for population-based menu planning, macronutrient distribution.


CSC has a National Menu (28-day cycle menu) that is used in all of its institutions across Canada to ensure that nutritional requirements are met.

Caloric Requirements are set based on data from the Offender Management System (OMS) to determine the mean height, weight and age of our clientele to meet needs of majority of the population.

Total Energy Expenditure (TEE) is calculated based on the Prediction Equation (Jan 2023) for men 19yrs & above at the low active PAL category. Individual customizations based on nutritional assessment and medical need.

Acceptable Macronutrient Distribution Range (AMDR)		
Total CHO	Total Protein	Total Fat
45 – 65%	10 – 35%	20 – 35%

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## Considerations

- Litigious population
- If no AMDR, what foundation to build the menu?
- Removal of recommended portions in 2019 Canada Food Guide
- AMDR calculations also apply to CSC's religious and conscience diets
- Reduced risk of chronic diseases by limiting intake of certain nutrients and ensuring adequate intake of essential nutrients
- Rationale for use of public funds to feed federal inmates

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