



DIETETIC SERVICES

DIET MANUAL

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INTRODUCTION

The HM Composite ***Dietetic Services*** Diet Manual has been developed for long and short term care institutions by the Registered Dietitians of Healthcare Management Composite. Nursing facilities caring for long term elderly residents, psychiatric hospitals catering to short term clients, small acute hospitals, residential care, and board and care facilities all require diet information. The contents of this manual reflect current dietetic practice and research findings applied to the feeding of resident populations.

The Dietetic Services Diet Manual should be read carefully. Any discrepancies between the current facility diet procedures and this manual should be resolved at the Resident Care Policy Committee prior to approval of the manual. Review pertinent policies and procedures with the dietary staff. The Diet Manual should be made available to all personnel concerned with Dietetic Services. An inservice "Overview of Dietetic Services Diet Manual" is included in the Appendix section.

The page Facility House Diets is designed as a poster that can also be used as a handout for inservice training with dietary staff, nursing personnel or others.

The menus and therapeutic diets served to the residents or clients must follow a facility approved Diet Manual. Details of specific diets and meal patterns are further supported in the Dietetic Services Policy and Procedure Manual and educational material provided to the food production staff. Diet therapy should be approached through consideration for the individual and their needs, thus the diets found on the following pages are a guide only. The descriptions of diets in this manual shall serve as a reference for the Registered Dietitian in planning cycle menus, a guide for the Physician in selecting appropriate dietary regimens, and a resource for the Food Service Director and nursing personnel to establish a common language of communication.

The Dietetic Services Diet Manual divides diets into nine categories. The nine categories are 1) Normal Nutrition; 2) Regular Diets; 3) Consistency (Texture) Modified Diets; 4) Carbohydrate Modified Diets; 5) Fat Modified Diets; 6) Mineral Modified Diets; 7) Protein Modified/Renal Diets; 8) Food Sensitivities and Intolerances; and 9) Enteral and Parenteral Nutrition. Listed under each heading are the specific diets included in this Diet Manual.

Some diets contain additional information for institutional menu planning where menus and food preparation are under the direction of a Registered Dietitian or other dietetic professional.

We are confident you will find this revised manual to be the best written, user-friendly Dietetic Service Manual. While this manual meets current regulations, be aware that state regulations vary and new federal or state regulations are released continuously. Your comments are always welcome. We gratefully acknowledge the contributions of these professionals:

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DIETETIC SERVICES

DIET MANUAL

Statement of Approval

The Resident Care Policy Committee has approved the Dietetic Services Diet Manual. The diet regimens outlined in this manual are intended as standards specified by physicians, dietitians, and other health care personnel involved with the nutritional care of residents. As scientific knowledge advances, this manual will be updated, at least once every five years, to incorporate the most current diet therapy principles. This manual will be reviewed at least annually or more often as deemed necessary by the Resident Care Policy Committee.

Facility

Address

Administrator Date

Medical Director Date

Director of Nurses Date

Registered Dietitian Date

Dietary Service Supervisor Date

Administrator Date

Medical Director Date

Director of Nurses Date

Registered Dietitian Date

Dietary Service Supervisor Date

Administrator Date

Medical Director Date

Director of Nurses Date

Registered Dietitian Date

Dietary Service Supervisor Date

Administrator Date

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Registered Dietitian Date

Dietary Service Supervisor Date

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ESSENTIAL NUTRIENTS IN HEALTH AND DISEASE

Some knowledge of each nutrient's function in the body is necessary to understand the importance of proper menu planning. This section includes a description of selected nutrients and their function in health and disease, with emphasis on problems of the chronically ill.

MACRONUTRIENTS:

Protein: Protein is needed to build and repair tissue, resist infection, and perform a multitude of functions in the body. Amino acids are referred to as the "building blocks" of protein. Essential amino acids are those that the body cannot make and must be supplied by the diet, in the proper balance. Foods containing all of the essential amino acids are primarily of animal origin such as eggs, milk, fish, meat and poultry. Proteins from vegetable sources such as legumes, cereals, nuts and seeds do not individually contain a balance of the essential amino acids, but may easily be combined with each other or with animal sources to provide complete protein. Protein requirements are substantially increased in instances such as trauma, fractures, and pressure ulcers.

Carbohydrate: Carbohydrate (starches and sugars) is used by the body for energy. Carbohydrate foods such as legumes, vegetables, whole grain cereal products and fruits are also excellent sources of required vitamins, minerals and fiber and should be included in the diet in adequate amounts.

The kilocalorie (Kcal) requirement decreases with aging due to a lowered basal metabolic rate and a more sedentary life style. Other nutrient requirements are not decreased; therefore care must be taken to select foods of high nutritional quality. Avoid overuse of fats, sugar, sweets and refined cereal products.

Severe physical deterioration and fever create a demand for additional energy in the form of carbohydrate. Again, quality food selection is imperative since other nutrient requirements will also be elevated.

Fat: Fat in the diet adds flavor and if needed, concentrated calories. It carries the fat soluble vitamins and provides essential fatty acids. It also helps in calcium absorption. Fat stored in the body in moderate amounts is necessary to provide a reserve of energy, to support body organs and to maintain body temperature.

Linoleic acid is an essential fatty acid which must be provided by the diet. It is easily supplied by corn oil, safflower oil, and soybean oil. Residents on fat free intravenous feedings or clear liquid diets for extended periods may show symptoms of essential fatty acid deficiency. These clinical symptoms include dermatitis, kidney damage, and decreased

wound healing. Some fat is necessary in the diet but excess fat provides empty calories which may replace more nutritious food and lead to unplanned weight gain.

Water: Water is essential for carrying nutrients to the tissues and wastes out of the body. Adequate hydration is necessary to control body temperature.

Dehydration is caused by insufficient intake of fluid or excessive losses due to perspiration, vomiting, diarrhea, or excretion of large quantities of urine. The consequences are serious and include electrolyte imbalance, confusion, low blood pressure, poor skin tone, stress to the kidneys, constipation, loss of appetite, and even death. Certain diagnoses such as CHF, Renal Disease, Pressure Ulcers with air therapy beds, and Edema could affect fluid needs.

MICRONUTRIENTS:

Water Soluble Vitamins:

B Vitamins (Thiamin, Niacin, Riboflavin, Pyridoxine, Folic Acid, Cyanocobalamin): The B vitamins are essential for growth, energy metabolism, proper function of the nervous system, blood production and maintenance of muscle, skin, and mucus membranes. Alcoholism may increase the requirement for thiamin, niacin, and pyridoxine (B₆). Cancer also increases the requirement for niacin. Cyanocobalamin (B₁₂), folic acid, and B₆ deficiencies may occur in persons with malabsorption syndromes or gastric resections. Strict vegan vegetarians may be deficient in B₁₂.

A well balanced diet will assure the adequate intake of these vitamins as they are present in a wide variety of foods. The B vitamins are water soluble and must be provided in the diet daily.

Vitamin C (Ascorbic Acid): Vitamin C has many functions in the body. It assists in building collagen (connective tissue protein) for tissue healing, maintaining the strength of blood vessels, protecting against infections, forming hemoglobin and maintaining healthy gums. Vitamin C is water soluble and must be provided in the diet daily.

Fat Soluble Vitamins:

Vitamin A: Vitamin A is an essential part of the eye pigment that enables the eye to adjust to various light intensities. It is essential for tissue growth. Although necessary in certain amounts, it is toxic to humans in large amounts. Vitamin A is found fully formed only in milk, having been formed from a precursor by the milk producing animal. It is found in foods as a precursor. A well designed menu provides adequate

amounts of Vitamin A. Deficiencies can occur with diets inadequate in either active Vitamin A or its precursors.

Vitamin D: Vitamin D, the "sunshine vitamin", increases the absorption of calcium and phosphorus from the intestinal tract, helps mobilize calcium to bones, preserves phosphate by control of its excretion from the kidney and promotes normal growth. Active Vitamin D is created in humans by the action of ultraviolet light on certain precursors found in the skin. It is found in its active form in fortified cow's milk.

Vitamin E: Vitamin E is an antioxidant that prevents the breakdown of red blood cells by the oxygen they carry. It is essential for normal human growth. Adequate amounts are found in a well balanced menu.

Vitamin K: Vitamin K is essential as a blood clotting factor. The primary dietary sources are green leafy vegetables. It is also synthesized by intestinal bacteria. A deficiency is unlikely except in clinical situations, for example the prolonged use of antibiotics or malabsorption of fat.

Minerals:

Phosphorus: Phosphorus is a partner with calcium in bone and tooth formation, energy metabolism and certain chemical balances in human metabolism. It is widely distributed in foods and deficiencies are rare.

Calcium: Calcium is needed in blood clotting, nerve stimulation, normal heart and muscle contraction, and is a major mineral in teeth and bones. Adequate dietary calcium intake throughout life can help to minimize the effects of postmenopausal osteoporosis in women.

It is very difficult to maintain recommended calcium intake without using the suggested amounts of milk and milk products, although it can be done by careful food selection. In older women particularly, intake of adequate dietary calcium is critical.

A dietary imbalance of either calcium or phosphorus will adversely affect normal metabolism. For example, carbonated soft drinks, processed meats and many common snack items are high in phosphates and thereby promote calcium losses. In addition, lack of exercise promotes loss of calcium from bone.

Iron: Iron in hemoglobin carries oxygen to the body's cells and is essential to energy metabolism. A lack of iron in the blood causes iron deficiency anemia, a medical problem which lowers the body's resistance to infections and causes fatigue. Much of the body's iron is present in hemoglobin. Normally, one absorbs only the amount of iron that is needed to replace body stores. Replacement of iron stores lowered by

excessive blood loss due to extensive surgery, hemolysis, hemorrhage, or sloughing of intestinal mucosa will require an increased consumption of iron-rich foods.

In foods, the amount of iron that is actually available varies greatly; heme iron from meats is well absorbed, while vegetable sources may be chemically unavailable. A diet in which ascorbic acid, protein, and red meats are eaten with iron-rich foods will promote absorption and utilization of this nutrient.

Magnesium: Magnesium is a mineral that is involved in a multitude of metabolic reactions in the body. It is provided in adequate amounts in any menus containing legumes, whole grains and green vegetables. Deficiencies are rare.

Iodine: Iodine is a unique mineral in human metabolism in that its only known function is in the formation of the thyroid hormone thyroxine. The iodine content of foods is controlled by the iodine content of the soil. Consequently foods grown in iodine poor soils will be low in iodine. However, the use of iodized salt and the widespread availability of foods from many different areas in the U.S.A. have reduced the incidence of iodine deficiency primarily to clinical situations.

Zinc: Zinc is essential as a part of the cell enzyme systems, insulin storage and as a part of the immune system. The primary source of zinc is animal products; legumes and whole grains are fair sources. A severe deficiency results in retarded physical growth. A less severe deficiency may impair taste sensation, the sense of smell, and wound healing.

Selenium: Selenium is an antioxidant that protects cells from oxygen damage. A deficiency may result in muscle deterioration which would seriously affect heart function.

Trace minerals: There are other minerals that are essential to health but needed in very small amounts. A balanced diet with a variety of foods will provide adequate amounts. Trace minerals include: copper, manganese, fluoride, chromium, molybdenum, selenium, nickel, arsenic, silicone boron, vanadium and cobalt.

FOOD SOURCES OF SOME ESSENTIAL NUTRIENTS

In quantities normally eaten, these common foods contribute significant amounts of needed nutrients.

	EXCELLENT SOURCES	GOOD SOURCES
PROTEIN	Fish Poultry Meat Organ Meats Cheese Eggs	Peanuts Dry Beans, Peas Tofu & Other Soy Bean Products Milk Other Nuts
CARBOHYDRATE	Cereals Breads Potatoes Pasta Pancakes, Waffles Dried Beans, Peas Sugar Jams, Jellies Cake, Cookies	Milk Vegetables Cake, Cookies Pudding, Ice Milk, Sherbet Fruits, Juices
FAT	Vegetable Oils Margarine, Butter Mayonnaise Animal Fat, Lard Gravy Cream Bacon, Salt Pork	Nuts Cream Cheese Sour Cream Olives, Avocado
WATER	Water Popsicle, Juice Bar Fruit Juices Soft Drinks Coffee, Tea Milk Soup	Melons Lettuce Tomatoes Berries Celery Cucumbers Oranges Grapefruits

FOOD SOURCES OF SOME ESSENTIAL NUTRIENTS

WATER-SOLUBLE VITAMINS

	EXCELLENT SOURCES	GOOD SOURCES
THIAMIN (B1)	Pork, Ham Organ Meats Wheat Germ Bran Yeast	Meat and Poultry Nuts Soybeans Dry Peas Collards Whole Grain or Enriched Cereal Products Potatoes Milk Dry Beans
RIBOFLAVIN (B2)	Organ Meats Milk Meat Yeast Mushrooms, Raw	Eggs Leafy Greens Whole Grain / Enriched Cereal Products
NIACIN	Organ Meats Poultry Veal Mushrooms, Raw Peanut Butter Yeast	Nuts Meat Dry Beans Potatoes Meat Sweet Potatoes Whole Grain Cereal Products
PYRIDOXINE	Liver Tuna Avocado Wheat Germ Yeast Bran Legumes	Milk Fish Eggs Potatoes Meat Sweet Potatoes Whole Grain Cereal Products
PANTOTHENIC ACID	Liver Meats Eggs Milk Mushrooms, Raw Bran Yeast	Poultry Sweet Potatoes Whole Grain Cereal Products
FOLACIN	Liver Leafy Green Vegetables Fruit Avocado Yeast Whole Grain Cereal Products Nuts and Legumes	Broccoli Peanuts

FOOD SOURCES OF SOME ESSENTIAL NUTRIENTS

WATER-SOLUBLE VITAMINS

	EXCELLENT SOURCES	GOOD SOURCES
COBALAMIN (B12)	Liver Oysters Tuna Meat Eggs Poultry	Milk Cheese
ASCORBIC ACID (C)	Bell Peppers Currants Broccoli Brussels Sprouts Oranges Orange Juice Persimmons Papayas Grapefruit Grapefruit Juice Cantaloupe	Strawberries Lemon Raw Cabbage Leafy Green Vegetables, especially raw Raw Cauliflower

FOOD SOURCES OF SOME ESSENTIAL NUTRIENTS

FAT-SOLUBLE VITAMINS

	EXCELLENT SOURCES	GOOD SOURCES
VITAMIN A	Liver Carrots Kale, Chard, Collards, Spinach Sweet Potatoes Mango Pumpkin Winter Squash	Apricots Papaya, Persimmons Cantaloupe Tomatoes Plums Brussels Sprouts Egg Milk
VITAMIN D	Egg, Yolk Milk, Fortified	Liver Fortified Dry Cereals Fortified Chocolate Syrup
VITAMIN E	Seed Germ Oils Cotton Seeds Safflower Wheat Almonds Peanuts Leafy Green Vegetables Asparagus Lobster	Margarine Eggs Vegetable Oils- Corn, Soybean Beef
VITAMIN K	Leafy Green Vegetables Cauliflower Peas Whole Grain Cereals	

FOOD SOURCES OF SOME ESSENTIAL NUTRIENTS

MINERALS

	EXCELLENT SOURCES	GOOD SOURCES
CALCIUM	Milk Yogurt Dry Milk Powder Cheese Pudding, Custard Cream Soups Seaweed	Cottage Cheese Ice Milk, Sherbet White Sauce, Gravy Broccoli Kale Blackstrap Molasses Tofu Quick Breads, Pancakes Nopales (Cactus)
PHOSPHORUS	Nuts Dry Beans and Peas Fish Organ Meats Peanut Butter Egg Yolk	Milk Soybeans Poultry Cheese Legumes Whole Grain Products
MAGNESIUM	Nuts Spinach Wheat Bran	Avocado Dry Beans Leafy Green Vegetables Dried Fruit (Uncooked) Cheddar Cheese
IRON	Oysters Liver Meat Prunes, Dried Fruits Dry Beans Wheat Germ Pepitas (Pumpkin Seeds)	Fortified Breakfast Cereals Avocado Poultry, Fish Eggs Potatoes Broccoli Whole Grain/ Enriched Cereal Products Nuts
ZINC	Oysters Crab Meat Liver Poultry, Dark Meat	Milk Poultry, Light Meat Cheese Fish Dry Beans Wheat Cereals, Ready-To-Eat Egg Whole Grains
IODINE	Iodized Salt Sea Foods All Foods Grown in Soils Containing Adequate Iodine	
SELENIUM	Seafood Kidney Liver Whole Grains	

FOOD SOURCES OF SOME ESSENTIAL NUTRIENTS

MINERALS

	EXCELLENT SOURCES	GOOD SOURCES
CHROMIUM	Whole Grains Meats Poultry Liver Cheese Yeast	
COPPER	Oysters Beef Liver Nuts	Avocado Dried Fruit (Uncooked) Mushrooms Molasses Lamb Shellfish Poultry
POTASSIUM	Yams Avocado Potatoes Dry Beans Spinach Winter Squash Milk Bananas, Oranges Dried Fruits Papaya Kiwi Apricots, Fresh Melon	Orange Juice Leafy Greens Broccoli Brussels Sprouts Prune Juice Prunes

DRI: RECOMMENDED DIETARY ALLOWANCES

The most recent Dietary Reference Intakes (DRIs), approved by the Food and Nutrition Board, Institute of Medicine, and National Academies are used as the basis for the Diet Manual. The DRIs are a set of four reference values. Estimated Average Requirements (EAR), Recommended Dietary Allowances (RDA), Adequate Intakes (AI), and Tolerable Upper Intake Levels (UL) have replaced the Recommended Dietary Allowances (RDAs).

The nutrient levels recommended reflect the combined judgment of outstanding scientists of nutrition and medicine in the United States. The levels represent desirable nutrient intake which, on the basis of current knowledge, should be provided by diets planned utilizing the U.S. food supply. The **DRI's** are the accepted standard for determining nutritional adequacy of diets for population groups in the United States. **Nutritional requirements of individuals may vary from these standards.**

In 1940, the Food and Nutrition Board was created within the National Research Council to advise government agencies on problems relating to food and nutrition for population groups. One function of the Board was to recommend the amounts of various nutrients necessary for the armed forces and the general public. A Committee on Dietary Allowances was appointed in 1941 and issued the first RDA publication in 1943. Revisions have been and will continue to be made as research reveals new information. Revisions are available on the internet at <http://www.nal.usda.gov/fnic/etext/000105.html>.

Refer to the table: The Dietary Reference Intakes (DRIs): Estimated Average Requirements for Groups which follows. Note that the Allowances are "designed for the maintenance of good nutrition of practically all healthy people in the U.S.A." Under conditions of stress, the levels recommended may require adjustment. Therefore, foods must be carefully selected. This results in a menu of high nutrient density; that is, with an increased ratio of nutrients to calories. Requirements for protein, vitamins, minerals, and fluids may exceed the **DRI's** with such stresses as tissue repair, fever, infection, pain, emotional distress, agitation, tremors and long-term nutrient depletion. Medications can also affect nutrient requirements.

For menu planning, the authors of this manual have used an average of 2000-2200 kilocalories daily as being adequate for moderately active geriatric residents in long-term care facilities. The Registered Dietitian should make adjustments for individuals who require more calories and for sedentary persons who require fewer calories. It should be noted that as the caloric intake decreases, the nutrient density of specified foods must be increased to compensate for the reduced volume of food.

A challenge in meeting the **DRI's** for residents can be their diminished appetite and reduced consumption of food. In addition, their relative inactivity, combined with a lower basal metabolic rate, may reduce their energy requirements, while the need for other nutrients remain the same or increased due to the presence of stress factors.

Dietary Reference Intakes (DRIs): Estimated Average Requirements for Groups

Food and Nutrition Board, Institute of Medicine, National Academies

Life Stage Group	CHO (g/d)	Protein (g/d) ^a	Vit A (μg/d) ^b	Vit C (mg/d)	Vit E (mg/d) ^c	Thiamin (mg/d)	Ribo-flavin (mg/d)	Niacin (mg/d) ^d	Vit B ₆ (mg/d)	Folate (μg/d) ^b	Vit B ₁₂ (μg/d)	Copper (μg/d)	Iodine (μg/d)	Iron (mg/d)	Magnesium (mg/d)	Molybdenum (μg/d)	Phosphorus (mg/d)	Selenium (μg/d)	Zinc (mg/d)	
Infants																				
7–12 mo		9*												6.9						2.5
Children																				
1–3 y	100	11	210	13	5	0.4	0.4	5	0.4	120	0.7	260	65	3.0	65	13	380	17	2.5	
4–8 y	100	15	275	22	6	0.5	0.5	6	0.5	160	1.0	340	65	4.1	110	17	405	23	4.0	
Males																				
9–13 y	100	27	445	39	9	0.7	0.8	9	0.8	250	1.5	540	73	5.9	200	26	1,055	35	7.0	
14–18 y	100	44	630	63	12	1.0	1.1	12	1.1	330	2.0	685	95	7.7	340	33	1,055	45	8.5	
19–30 y	100	46	625	75	12	1.0	1.1	12	1.1	320	2.0	700	95	6	330	34	580	45	9.4	
31–50 y	100	46	625	75	12	1.0	1.1	12	1.1	320	2.0	700	95	6	350	34	580	45	9.4	
51–70 y	100	46	625	75	12	1.0	1.1	12	1.4	320	2.0	700	95	6	350	34	580	45	9.4	
> 70 y	100	46	625	75	12	1.0	1.1	12	1.4	320	2.0	700	95	6	350	34	580	45	9.4	
Females																				
9–13 y	100	28	420	39	9	0.7	0.8	9	0.8	250	1.5	540	73	5.7	200	26	1,055	35	7.0	
14–18 y	100	38	485	56	12	0.9	0.9	11	1.0	330	2.0	685	95	7.9	300	33	1,055	45	7.3	
19–30 y	100	38	500	60	12	0.9	0.9	11	1.1	320	2.0	700	95	8.1	255	34	580	45	6.8	
31–50 y	100	38	500	60	12	0.9	0.9	11	1.1	320	2.0	700	95	8.1	265	34	580	45	6.8	
51–70 y	100	38	500	60	12	0.9	0.9	11	1.3	320	2.0	700	95	5	265	34	580	45	6.8	
> 70 y	100	38	500	60	12	0.9	0.9	11	1.3	320	2.0	700	95	5	265	34	580	45	6.8	
Pregnancy																				
14–18 y	135	50	530	66	12	1.2	1.2	14	1.6	520	2.2	785	160	23	335	40	1,055	49	10.5	
19–30 y	135	50	550	70	12	1.2	1.2	14	1.6	520	2.2	800	160	22	290	40	580	49	9.5	
31–50 y	135	50	550	70	12	1.2	1.2	14	1.6	520	2.2	800	160	22	300	40	580	49	9.5	
Lactation																				
14–18 y	160	60	885	96	16	1.2	1.3	13	1.7	450	2.4	985	209	7	300	35	1,055	59	10.9	
19–30 y	160	60	900	100	16	1.2	1.3	13	1.7	450	2.4	1,000	209	6.5	255	36	580	59	10.4	
31–50 y	160	60	900	100	16	1.2	1.3	13	1.7	450	2.4	1,000	209	6.5	265	36	580	59	10.4	

NOTE: This table presents Estimated Average Requirements (EARs), which serve two purposes: for assessing adequacy of population intakes, and as the basis for calculating Recommended Dietary Allowances (RDAs) for individuals for those nutrients. EARs have not been established for vitamin D, vitamin K, pantothenic acid, biotin, choline, calcium, chromium, fluoride, manganese, or other nutrients not yet evaluated via the DRI process.

^a For individual at reference weight (Table 1-1). *Indicates change from prepublication copy due to calculation error.

^b As retinol activity equivalents (RAEs). 1 RAE = 1 μg retinol, 12 μg β-carotene, 24 μg α-carotene, or 24 μg β-cryptoxanthin. The RAE for dietary provitamin A carotenoids is two-fold greater than retinol equivalents (RE), whereas the RAE for preformed vitamin A is the same as RE.

^c As α-tocopherol. α-Tocopherol includes RRR-α-tocopherol, the only form of α-tocopherol that occurs naturally in foods, and the 2R-stereoisomeric forms of α-tocopherol (RRR-, RSR-, RRS-, and RSS-α-tocopherol) that occur in fortified foods and supplements. It does not include the 2S-stereoisomeric forms of α-tocopherol (SRR-, SSR-, SRS-, and SSS-α-tocopherol), also found in fortified foods and supplements.

^d As niacin equivalents (NE). 1 mg of niacin = 60 mg of tryptophan.

^e As dietary folate equivalents (DFE). 1 DFE = 1 μg food folate = 0.6 μg of folic acid from fortified food or as a supplement consumed with food = 0.5 μg of a supplement taken on an empty stomach.

SOURCES: *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride* (1997); *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B₆, Folate, Vitamin B₁₂, Pantothenic Acid, Biotin, and Choline* (1998); *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids* (2000); *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc* (2001), and *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids* (2002). These reports may be accessed via www.nap.edu.

DRI ANALYSIS OF THE H.M. COMPOSITE MENUS

The seasonal cycle menus written by the H.M. Composite have been nutritionally analyzed for the Dietary Reference Intakes (DRI's) specified for healthy adult males and females. In addition, sodium, potassium, and cholesterol are included in the analysis. The H.M. Composite menus meet the DRI's and provide safe and adequate amounts of other nutrients.

SUMMARY OF THE Average Nutritional Content of the Regular Diet, Regular Portions

Calories	:	2000-2250
Protein	:	80-90 grams
Carbohydrate	:	260-280 grams
Fat	:	80-90 grams
Cholesterol	:	350 milligrams
Sodium *	:	3000 milligrams
Potassium	:	3000 milligrams
Vitamin C	:	100 milligrams
Iron	:	13-15 milligrams
Phosphorus	:	1500 milligrams
Calcium	:	1200 milligrams

* (excludes salt added by the resident)

PHILOSOPHY OF FEEDING THE ELDERLY

Many persons entering a nursing facility have a history of poor nutritional intake because of the lack of financial resources or the inability to prepare or consume a balanced meal. Proper nutrition is an important factor in their care. The person may improve physically, and often mentally, with a better diet.

Generally, the nutritional needs of the resident can be met by following the basic four food groups. The calorie level of the diet should be determined by the individual resident's weight and activity pattern. Attractiveness and temperature of the meal are extremely important since the residents often have poor appetites or have lost a portion of their senses of taste or smell and need to be tempted to eat.

The resident may have difficulty chewing; he/she may wear dentures or his/her natural teeth may be in poor condition. The dentures may fit poorly as a result of shrinkage of the supporting bones or gums and pressure sores may develop. Salivation may decrease causing dryness in the mouth.

Many older persons have chronic health conditions which may be treated with multiple medications. Some of these medications may increase needs for nutrients. Other medications may interfere with digestion, cause weight change, loss of appetite or a dry mouth.

Constipation may be a problem as a result of lack of exercise, a diet low in bulk because of chewing difficulty, inadequate fluid intake, or prolonged use of laxatives. The resident in good health should be encouraged to eat whole grain breads and cereals, fruits and vegetables to provide fiber and to drink 6 to 8 glasses of assorted fluids per day.

The resident may have established particular eating habits which could interfere with acceptance of their diet. Past eating practices and food preferences, as well as ethnic customs and religious beliefs, should be kept in mind when planning menus. Resident-centered care involves the residents in decisions about menus, dining locations, and food choices.

It is the position of the American Dietetic Association (ADA) that the quality of life and nutritional status of older residents in long-term care facilities may be enhanced by liberalization of the diet prescription. The Association advocates the use of qualified dietetics' professionals to assess and evaluate the need for medical nutrition therapy according to each person's individual medical condition, needs, desires, and rights. Nutrition care in long-term settings should meet two goals: maintenance of health and promotion of quality of life. For the complete position paper, please refer to the Journal of the American Dietetic Association, 2005;105:1955-1965 or the American Dietetic Association website www.eatright.org.

FOOD GUIDE PYRAMID AND MENU PLANNING

The **Food Guide Pyramid** was developed by the United States Department of Agriculture and the Department of Health and Human Services as a guide to individual good nutrition. Foods are divided into five major categories with suggested number of servings from each group. Using the Food Pyramid promotes consuming the recommended daily dietary allowances. **Nutritional requirements of individuals may vary from these standards.**

The **Food Pyramid** which includes recommended number of servings per food group is a guide to good nutrition for all persons. Some persons may not want, or be able, to consume the recommended amounts in each of the five groups.

Menus written for institutions follow well defined meal patterns. These institutional menus must meet the DRI requirements for a particular group. The menu written may include more or less foods from one group due to preferences or general restriction. For example, menus developed for the geriatric (80 to 100 year old) population may contain more fat, in the form of gravies or vegetables with margarine, due to a need for calorie dense foods and decreased salivation. Crisp raw vegetables and fruits may be limited due to the chewing problems of this population.

The **Food Guide Pyramid** has recently been updated and can be viewed on the internet at www.mypyramid.gov. The Pyramid is a useful tool for education and individuals, but less applicable to the geriatric population and to planning instructional menus.

Geriatric residents in nursing facilities often require small portions of nutrient dense foods. Fats, oils and sweets are often more plentiful than recommended in the Pyramid. Residents may not be able to consume recommended amounts, especially of the vegetable and bread group.



FOOD GUIDE PYRAMID

FOOD GROUPS AND SERVING RECOMMENDATIONS

<p>Bread, Cereal, Rice, & Pasta Group</p> <p><i>6-11 servings</i></p> <p>1 slice of bread ½ cup of cooked rice or pasta ½ cup of cooked cereal 1 ounce of ready-to-eat Cereal</p> <p>Use enriched or whole grain products. This group provides carbohydrate, iron, several B vitamins, small amounts of protein.</p>	<p>Vegetable Group</p> <p><i>3-5 servings</i></p> <p>½ cup of cooked vegetables 1 cup of leafy raw vegetables ½ cup non-leafy raw, chopped vegetables</p> <p>Include a dark green leafy or deep yellow vegetable or yellow fruit at least 3 or 4 times a week for Vitamin A.</p>	<p>Fruit Group</p> <p><i>2-4 servings</i></p> <p>1 piece of fruit or melon wedge ¾ cup of juice ½ cup of canned fruit ¼ cup of dried fruit</p> <p>Include a citrus fruit or tomatoes or other good source of Vitamin C every day.</p>
<p>Milk, Yogurt, & Cheese Group</p> <p><i>2-3 servings</i></p> <p>1 cup of milk or yogurt 1½ ounces of natural cheese 2 ounces of processed Cheese</p> <p>Cheese, yogurt, ice cream and other foods made with milk can supply part of the milk allowance. Dairy products provide protein, some Vitamin A, B, D, calcium, carbohydrate and fats. Dairy products should be fortified with Vitamins A and D. Milk is the main source of calcium in foods.</p>	<p>Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group</p> <p><i>2-3 servings</i></p> <p>2 to 3 ounces of cooked lean meat, poultry, or fish; may substitute ½ cup of cooked beans, 1 egg, or 2 tablespoons of peanut butter for 1 ounce of lean meat.</p> <p>Meat, fish, poultry, eggs, cheese, with dry beans, dry peas, nuts, soy or peanut butter as alternatives. The meat group provides protein, fat, iron, B vitamins.</p>	<p>Fats, Oils, & Sweets</p> <p><i>Use sparingly</i></p> <p>Limit calories from these especially if you need to lose weight. May be added to increase calories and provide more variety. This group includes sugars, margarine and other fats or oils, and alcohol. These foods help to meet caloric needs but are generally poor sources of other nutrients.</p>



FACILITY HOUSE DIETS

The five diets listed below will meet the nutritional requirements of most residents in the facility. Encourage the Physician to choose one of these diet orders:

HOUSE DIETS

REGULAR DIET

REGULAR DIET, NO ADDED SALT PACKET (NASP)

MECHANICAL SOFT DIET

LIBERAL BLAND DIET

DIABETIC DIET, LOW/NO CONCENTRATED SWEETS

Some residents may require more severe dietary restrictions. In these instances one of the following diets may be appropriate:

ADDITIONAL DIETS

PUREE DIET

DYSPHAGIA I (PUREE DIET)

DYSPHAGIA II (MECHANICALLY ALTERED DIET)

DYSPHAGIA III (ADVANCED DIET)

LOW SALT DIET (2.5 to 3.5 gms. Na+) DIET

2 GRAM SODIUM DIET
(not recommended for long term care facilities)

1200 CALORIE DIABETIC OR WEIGHT CONTROL DIET

1500 CALORIE DIABETIC OR WEIGHT CONTROL DIET

1800 CALORIE DIABETIC OR WEIGHT CONTROL DIET

RENAL DIET

LOW FAT DIET

LOW CHOLESTEROL & LOW FAT DIETS

VEGETARIAN DIETS

DESCRIPTION OF FACILITY HOUSE DIETS

EXACT DIET ORDER TERMINOLOGY	COMPOSITION OR SUMMARY OF THE DIET
REGULAR DIET	Regular size portion provides 80 to 90 gms. protein, 3000 mg. sodium (excluding tray salt packets), 3000 mg. potassium, 350 mg. cholesterol and 1400 or more cc. fluids (from milk, juice and hot beverage specified on the menu). Portions: the Regular size portions yield 2000+ calories and meet or exceed the Recommended Dietary Allowances (RDA) for females 51+ years. Large size portions yield 2400+ calories. Small portion yields 1600 calories. Texture is whole.
MECHANICAL SOFT DIET	Most foods are softened, cut up, diced, chopped or minced. Some raw foods are omitted. This diet is designed for residents with chewing problems.
REGULAR DIET, NO ADDED SALT PACKET	All regular food is served, salt packets are omitted; averages 3000 mg. sodium.
LIBERAL BLAND DIET	Most foods from the Regular Diet are served. Coffee and tea with caffeine, pepper packets and foods prepared with chili powder are omitted. Individual food preferences are observed.
DIABETIC DIET, LOW/NO CONCENTRATED SWEETS	The Regular Diet is served except concentrated sweets are omitted (i.e. sugar packets and most foods containing added sugar). This diet is appropriate for the elderly diabetic resident who is not overweight. Regular portions average 1800 calories; large portions average 2300 calories; large portion plus appropriate AM and PM snacks average 2600 calories. Dietetic dessert products are offered in this diet.
ADDITIONAL DIETS	COMPOSITION OR SUMMARY OF THE DIET
PUREE DIET	Regular textured food is pureed. The Puree texture may be combined with any other diet modification. This diet is designed for residents with swallowing problems.
DYSPHAGIA LEVEL I, II, III DIETS	Designed for residents with swallowing problems and may be ordered by speech therapy. Texture and liquids may be modified for specific resident's needs.
LOW SALT DIET 2.5 to 3.5 gms Na+.	Most regular food is served, tray salt packets and highly salted foods are omitted; menu averages 3000 mg. sodium.

ADDITIONAL DIETS	COMPOSITION OR SUMMARY OF THE DIET
2 GRAM SODIUM	The Low Salt Diet is followed except low sodium margarine, low sodium bread and low sodium soups are served. Only low sodium cookies, crackers, bread and margarine should be given as snacks. All salt packets are omitted on trays.
1200 CALORIE DIABETIC DIET	Regular and dietetic foods are served within the limit of 1200 calories per day. Designed primarily for over- weight female residents. A multi-vitamin with minerals supplement is recommended.
1500 CALORIE DIABETIC DIET	Regular and dietetic foods are served within the limit of 1500 calories per day. Designed for overweight male or female residents. A multi-vitamin with minerals supplement is recommended.
1800 CALORIE DIABETIC DIET	Regular and dietetic foods are served within the limit of 1800 calories per day. Designed for overweight male or female residents. A multi-vitamin with minerals supplement is recommended.
RENAL DIET 80 GRAM PROTEIN LOW SALT 3 GM POTASSIUM	Low salt, unsweetened, and regular foods are modified to meet the restrictions of this diet. The menu is 1800-2000 calories per day and contains approximately 900-1,000 mg phosphorus. Neither salt nor salt substitute are allowed without a Physician's order. The diet order may specify other amounts of protein, sodium, phosphorus, and/or potassium.
LOW CHOLESTEROL/LOW SATURATED FAT DIET LOW FAT DIET	The diets can be specified to reduce type of fat intake. The Regular Diet is modified to reduce total fat and cholesterol. Breakfast eggs are often omitted, egg substitutes are specified. Non-fat milk is served. Many high fat entrees are substituted with low fat-low cholesterol entrees. Cholesterol averages less than 300 mgs per day; fat averages 65-75 gms per day.
VEGETARIAN DIET	The Regular Diet is followed except all meat, poultry and fish are omitted. Cheese, eggs, legumes, tofu and milk provide protein. A daily multi-vitamin with minerals is recommended as this diet may be inadequate in some nutrients.

SUGGESTED DIET ORDER TERMINOLOGY

WHEN THIS DIET IS ORDERED	USE THIS TERMINOLOGY
Soft diet.....	Mechanical Soft Diet
Dental diet.....	Mechanical Soft Diet
Cardiac diet	Low Salt, Low Cholesterol/Low Saturated Fat Diet
Renal diet.....	Specify amount of protein, sodium, and potassium in grams and if needed "ml" of fluid restriction
Low potassium	3 gram Potassium Diet
Diet as tolerated.....	State a specific diet such as Regular or Mechanical Soft Diet
Blenderized	Puree, Liquified with liquid consistency specified (nectar, etc.)
Liquid diet.....	Specify Clear Liquid or Full Liquid Diet
Thickened liquids	Specify: Nectar/Syrup, Honey, Pudding (or Spoon-Thick)
Thin liquids.....	Do not use – regular consistency liquids is understood
Low sodium.....	Low Salt Diet
1600 ADA.....	1500 Calorie Diabetic Diet
1400 ADA.....	1500 Calorie Diabetic Diet
1100 ADA.....	1200 Calorie Diabetic Diet
1300 ADA.....	1200 Calorie Diabetic Diet
1800 ADA	Low/No Concentrated Sweets Diet
Diabetic	Low/No Concentrated Sweets Diet
High Protein	Fortified Diet
High Calorie	Fortified Diet
Low Protein	Specify grams of protein

WHEN THIS DIET IS ORDERED

USE THIS TERMINOLOGY

Dysphagia Must specify texture and consistency of liquid such as Puree with Nectar Liquids. Specify Dysphagia Level I Puree, or Dysphagia Level II Mechanical Altered or Dysphagia Level III Advanced

ADDITIONAL TIPS FOR DIET ORDER TERMINOLOGY

Avoid calorie-controlled diets, if possible.

Preferences do not need to be included as part of the diet order.

All residents are offered an HS snack as part of the meal plan. If a specific snack is required, then that may be part of the order.

HS Snack for any Diabetic Diet does not require an order as it is automatically part of the diet order.

Food items that the Physician allows that are not normally part of the diet order require a special doctor's order; such as ham on a 2 gm Na+ Diet or milk on a Renal Diet.

Fortified diets should have a Physician's order as they are a therapeutic diet and are being used to treat a clinical condition.

House supplements should also have a Physician order as they are modifying the nutrient content of the diet, and are usually provided to treat a clinical condition.

All diet trials that will be provided by the dietary department for more than one meal, should have a Physician's order. Speech therapy can request any consistency (texture) diet for a speech therapy session, but if needed for other meals, obtain an order. The dietary department should not send out meals without a diet order.

A resident or family member may request any consistency (texture) diet, however, a Physician's order must be obtained for the diet desired.

When changing a diet order, especially when the consistency (texture) changes, be certain to carry forward all therapeutic components of the previous diet order.

COMBINATION DIETS

Combination diets include two or more modifications. Use the following basic procedures:

1. For any combination diet which contains a diabetic or calorie restriction, follow the menu for the calorie level and make the other modifications.

Example: 1500 Calorie, Low Salt Diet

Follow 1500 Calorie Menu, give salt free foods as indicated under Low Salt Menu using pattern for 1500 Calorie Menu.

2. For combination diets containing sodium restrictions (except calorie and diabetic diets), follow the menu for the sodium level and then make the other modifications.

Example: 2 gm Sodium, Mechanical Soft

Follow 2 gm Sodium Menu, modify consistency (texture) according to Mechanical Soft Menu.

DIET ABBREVIATIONS

NAS	No Added Salt
NASP	No Added Salt Packet
NCS	No Concentrated Sweets
LCS	Low Concentrated Sweets
CCHO	Consistent Carbohydrate
M/S	Mechanical Soft
LS.....	Low Salt
LF	Low Fat
LC/LF	Low Cholesterol/Low Saturated Fat
2 gm Na	2 Gram Sodium

REGULAR DIET

REGULAR DIET: The facility Regular Diet should be appropriate for the facility clientele. Facilities with residents primarily in their eighties should serve a menu softer in consistency (texture) and with more "old fashioned" selections. Short or long term care facilities catering to young, active clients should provide menus with crisp food textures, healthy menu selections or foods common to fast-food restaurants. Some facilities cater to a specific ethnic or religious group, and the Regular Diet contains mostly foods preferred by persons of this nationality or religion.

DIET ORDER TERMINOLOGY: **Regular diet.** Diet orders received as House Diet, Regular Diet, Catering Diet, will be served as the Regular Diet. Refer to High Protein and High Calorie Diets when these are prescribed.

INDICATIONS: The Liberalized Geriatric Diet or Regular Diet is designed to provide the nutritional needs of persons who are not acutely ill and who do not need any dietary modification or restrictions. Individual tolerances may necessitate the exclusion of certain food items. Food may be prepared in a variety of ways. This diet is for residents who do not require consistency (texture) or nutrient modifications of their diet. Foods are limited only by ethnic and religious backgrounds or individual food preferences.

DESCRIPTION: Menus include the food groups in recommended amounts. Additional servings of basic foods as well as appropriate amounts of fat/oils, sugar and sweet desserts provide variety and complete the menu.

- Requires a minimal amount of salt in food preparation and limits salty foods, resulting in a sodium intake of 3000 to 4000mg per day. Additional salt is provided ad lib when not contraindicated.
- Provides 80-90 grams of protein per day in 2 cups of milk and 4 to 6 ounces of meat or alternate. Milk also provides 600 mg calcium. Persons who dislike milk or who are intolerant to lactose may need supplemental calcium and Vitamin D.
- Provides 6 mg iron per day. Emphasis on foods high in iron will increase iron intake to 10 mg daily.

- Emphasizes natural fiber and fluid intake of a least 64 oz per day to promote gastrointestinal function and prevent dehydration.

**APPROXIMATE
COMPOSITION:**

- Calories - 2000-2250
- Protein - 80-90 grams
- Fat - 80-90 grams
- Carbohydrate – 260-280 grams

**NUTRITIONAL
ADEQUACY:**

Meets the DRI's for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

VARIATIONS:

Regular Diet, No Added Salt Packet
Regular Diet, No Sugar Packet
Regular Diet with skim milk for a beverage.

**REGULAR DIET
NO ADDED
SALT PACKET:**

The Regular Diet is served as it is written on the menu. Only the salt packet is omitted.

REGULAR DIET

NO SUGAR PACKET: The Regular Diet, No Sugar Packet is served as it is written on the menu. Only the sugar packet is omitted; a sugar substitute/artificial sweetener packet may be served per resident preference.

**HIGH PROTEIN
DIET:**

"High" is not a precise diet order. The Regular Diet provides an average of 80-90 grams of protein. If a "High Protein" Diet is ordered, the number of grams of protein must be specified. Adequate calories must be consumed to ensure protein sparing and allow consumed amino acids to be used for tissue repair and building. Where the resident's protein needs have been calculated and exceed 90 grams (which is rare), follow the instructions for the Fortified Diet. This adds protein without increasing food volume. It is suggested that the Registered Dietitian review diet orders for High Protein Diets and recommend a more appropriate diet order.

**REGULAR DIET
VARIATIONS:**

**HIGH CALORIE
DIET:**

"High" is not a precise diet order. The Regular Diet, regular portion provides 2000 to 2250 calories. Large portions provide approximately 2400 calories. When a need for increased calories is indicated, but the resident is unable to meet this need because of poor appetite or because the calorie need is so high that the amounts of food will be excessive, follow the instructions for Fortified Diets for adding calories without increasing the food volume. When a resident eats 100% of each meal and still complains of hunger, larger portions at meals and/or snacks may be added in any amount tolerated by the resident. Food intake records must be monitored to ensure that the snacks are not decreasing the resident's appetite for meals.

It is suggested that the Registered Dietitian review diet orders for High Calorie Diets and recommend a more appropriate diet order.

REGULAR MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU	PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	4 oz 6 oz 1/3 cup 1 slice 1 tsp 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	1/3 cup 2 oz meat/1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	4 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 8 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

FIBER MODIFICATIONS OF THE REGULAR DIET

Residents needing fiber modified diets are served the Regular Diet with modifications in type and quantity of whole grains, fruits and vegetables to increase or decrease dietary fiber intake.

Fiber modifications in current diet therapies increase rather than decrease fiber. The “Low Residue” diet order is ambiguous and the effectiveness of the restriction is questionable at best.

It is important to differentiate between dietary fiber and fecal residue. Reducing the volume of feces (as in a low residue diet) may be indicated in some gastrointestinal disorders, however it is not commonly recommended for the elderly. Diet orders for Low Residue and Low Fiber diets should be referred to the Registered Dietitian for review. Constipation is a common problem in long term care facilities. Inactivity, decreased fluid intake, inadequate food intake, decreased muscle tone and some medications all contribute to the development of constipation.

Today’s institutional menus must contain adequate amounts and appropriate kinds of dietary fiber. Foods provide both soluble and insoluble forms of fiber. Institutional menus for older clients must also consider residents’ dentition status. The fiber content of foods is not altered by pureeing. The fiber in the pureed foods, even though finely divided, is still effective.

Appropriate amounts of fiber, in combination with adequate amounts of fluid will:

- Slow down the emptying time of the stomach
- Increase fecal bulk and water absorption in the colon
- Shorten or normalize the intestinal transit time
- Produce normal colon function

Residents with diverticular disease, irritable bowel syndrome or cancer of the colon may benefit from increased fiber in general, but may be intolerant of certain fiber-containing foods.

It is essential for the dietary department to be aware of individual food intolerances and provide appropriate substitutes.

HIGH FIBER DIET

HIGH FIBER DIET: The Regular Diet is served with modifications in the amounts and types of whole grains, fruits and vegetables, nuts, seeds, and legumes to increase dietary fiber intake to 25-30 grams of fiber per day.

DIET ORDER TERMINOLOGY: High Fiber Diet. Orders for High Fiber Diet should be referred to the Registered Dietitian so consideration may be given to the resident's diagnosis and food intake.

INDICATIONS: The High Fiber Diet may be ordered for cases of constipation, diverticular disease, irritable bowel syndrome, or cancer of the colon. The High Fiber Diet is not to be used in acute stages of diverticulitis or when gastrointestinal bleeding is a diagnosis.

DESCRIPTION: Additional fiber can be provided by daily serving whole grain bread, by adding 1-2 tbsp. of wheat or oat bran to some menu item daily; providing a whole grain cereal every morning; offering at least a half cup of green salad at each noon and evening meal, in addition to another vegetable, and offering fresh fruit to the resident's tolerance. The resident's rights in regard to these modifications must be observed. The High Fiber Diet requires an increase in fluid consumption. Refer to High Fiber Diet Recommended Foods on the next page.

APPROXIMATE COMPOSITION:

- Calories - 2000-2250
- Protein - 80-90 grams
- Fat - 80-90 grams
- Carbohydrate - 260-280 grams
- Fiber - 25-30 grams

NUTRITIONAL ADEQUACY: Meets the DRIs for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

VARIATIONS: The High Fiber Diet may be combined with other nutrient or consistency (texture) modified diets.

HIGH FIBER DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	All, except limit alcoholic beverages, if consumed, to moderate amounts	None
MEAT AND MEAT SUBSTITUTES	All	None
POTATO AND POTATO SUBSTITUTES	All, especially cooked potatoes with skins, legumes, brown rice	None
BREADS AND CEREALS	All, especially whole grain unprocessed bran	None
VEGETABLES	All, at least two servings raw daily	None
FRUITS AND JUICES	All, at least two servings raw or dried fruit daily, especially prune juice and fiber enriched juices	None
SOUPS	All, especially those with legumes	None
DESSERTS AND SWEETS	Moderate amounts of any	Excessive amounts
FATS	All	None
MISCELLANEOUS	Salt, herbs, spices, sauces, flavorings, gravies, nuts and seeds	None

HIGH FIBER DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST	<u>Regular:</u>	<u>High Fiber Diet:</u>	
Fruit or Juice	Orange Juice	Fiber-rich Apple Apricot Juice	4 oz
Cereal	Oatmeal	Oatmeal w/2 tsp Bran	6 oz
Eggs or Meat Entree	Scrambled Eggs	Scrambled Eggs	1/3 cup
Toast or Hot Bread	Wheat Toast	Whole Wheat Toast	1 slice
Margarine	Margarine	Margarine	1 tsp
Milk	Milk, 2% Fat	Milk, 2% Fat	8 oz
Hot Beverage	Coffee, Tea, Cocoa	As desired	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
LUNCH	<u>Regular:</u>	<u>High Fiber Diet:</u>	
Salad or Appetizer	French Orange Romaine Salad	French Orange Romaine Salad	1/3 cup
Meat/Entrée	Swiss Cube Steak w/ Gravy	Swiss Cube Steak w/ Gravy	2 oz meat 1/4 cup
Potato or Starch	Mashed Potatoes	Mashed Potatoes w/Skins	1/3 cup
Hot Vegetable	Green Beans and Red Peppers	Green Beans and Red Peppers	1/3 cup
Bread	Whole Wheat Bread	Whole Wheat Bread	1/2 slice
Margarine	Margarine	Margarine	1 tsp.
Fruit or Dessert	Baked Pear Delight	Baked Pear Delight	2x2 sq
Milk	Milk, 2% Fat	Milk, 2% Fat	4 oz
Hot Beverage	As desired	As desired	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
DINNER	<u>Regular:</u>	<u>High Fiber Diet:</u>	
Soup or Salad	Beef Barley Soup	Beef Vegetable Barley Soup	4 oz
Main Entrée**	Ham Salad Sandwich on Whole Wheat Bread	Ham Salad Sandwich on Whole Wheat Bread w/Lettuce & Tomato Slices	1 each/2 oz protein
Bread**			
Potato or Starch**			
Margarine**			
Vegetable	Shoestring Beet Salad	Shoestring Beet Salad with Lettuce	1/3 cup
Dessert or Fruit	Oatmeal Macaroons	Oatmeal Macaroons	1 each
		Fresh Fruit	1/2 cup
Milk	Milk, 2% Fat	Milk, 2% Fat	4 oz
Hot Beverage	As desired	As desired	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	

****May be combined for sandwich or casserole with 2 oz protein equivalent**

LOW FIBER DIET

LOW FIBER DIET: The Regular Diet is served with modifications of the amount and types of whole grains, fruits and vegetables, nuts, seeds and legumes to decrease dietary fiber intake.

DIET ORDER TERMINOLOGY: Low Fiber Diet. Orders for Low Fiber Diet should be referred to the Registered Dietitian for review of resident's diagnosis and food intake.

INDICATIONS: The Low Fiber Diet may be ordered for short term use for residents in the acute phase of Crohn's disease, diverticulitis, ulcerative colitis, or stenosis of the esophagus or intestine.

DESCRIPTION: The Regular Diet is followed with limits on fiber containing foods. Refer to Low Fiber Diet Recommended Foods on the next page.

APPROXIMATE COMPOSITION:

- Calories - 2000-2250
- Protein - 80-90 grams
- Fat - 80-90 grams
- Carbohydrate - 260-280 grams
- Fiber – 5-10 grams

NUTRITIONAL ADEQUACY: Meets the DRIs for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

VARIATIONS: The Low Fiber Diet may be combined with other nutrient or consistency (texture) modified diets.

LOW FIBER DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Milk, juices – pulp free, sodas, coffee, tea	Fruit smoothies made with berries
MEAT AND MEAT SUBSTITUTES	All meats, fish, poultry, tofu, unless combined with those foods to avoid	Nuts, seeds, dried beans, peas, lentils, peanut butter, fibrous meats
POTATO AND POTATO SUBSTITUTES	Peeled potatoes, yams, sweet potatoes, white rice and pasta	Potatoes with skins, brown rice, whole grain pasta
BREADS AND CEREALS	White bread, muffins, rolls, cream of wheat, cream of rice, quick oats	Whole grain bread & cereal, corn bread, graham crackers, granola, bran
VEGETABLES	Cooked vegetables without seeds or skins	Peas, corn, raw vegetables, winter squash, vegetables with skins and seeds, sauerkraut
FRUITS AND JUICES	All low pulp juices, canned fruits without seeds	Berries, dried fruits, raw fruits (except banana)
SOUPS	Noodle soups, vegetable soups without seeds or skins, cream soups	Soups with lentils, peas, corn
DESSERTS AND SWEETS	Moderate amounts of any	Baked goods with nuts, seeds, coconut, dried fruits
FATS	All	None
MISCELLANEOUS	Salt, herbs, spices, sauces, flavorings, gravies	Coconut, popcorn, seeds, nuts, pepper

LOW FIBER DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>Low Fiber Diet:</u> Apple Juice Cream of Rice Scrambled Eggs White Toast Margarine Milk, 2% Fat As desired Salt, Sugar, No Pepper	4 oz 6 oz 1/3 cup 1 slice 1 tsp 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Low Fiber Diet:</u> Canned Vegetable Salad without Lettuce Swiss Cube Steak with Gravy Mashed Potatoes (No Skin) Green Beans (No Peppers) White Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Sugar, No Pepper	1/3 cup 2 oz meat 1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad on Lettuce Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Low Fiber Diet:</u> Beef Consomme Ham Salad Sandwich on White Bread Shoestring Beet Salad without Lettuce Sugar Cookies Milk, 2% Fat As desired Salt, Sugar, No Pepper	4 oz – 6 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 8 oz

**May be combined for sandwich or casserole with 2 oz protein equivalent

HYDRATION AND FLUID INTAKE

The standard dietary meal plan provides approximately 1320 ml fluids to 1500 ml fluids on meals tray distributed as follows:

- Breakfast: 120 ml juice, 240 ml milk, 240 ml coffee
- Dinner/Noon: 120 ml milk, 240 ml hot beverage
- Supper/Evening: 120 ml milk, 240 ml hot beverage plus 120-180 ml soup several times weekly

Unless contraindicated by Physician orders, a water pitcher is provided daily to each resident adding approximately 1000 ml fluids per day. Nursing personnel will be encouraged to place water within residents' reach or assist residents needing assistance to take fluids.

Residents needing additional fluids at meals, or between meals, will be referred to the Dietary Service Supervisor for selection of an appropriate beverage.

Facility may consider additional approaches for promoting adequate hydration, including:

- a. When residents are turned every two hours, offer and encourage fluids at that time.
- b. Assist residents to drink fluids with and in between meals.
- c. Offer fluid with every resident contact.
- d. Offer additional fluids during medication pass (4-8 ounces).
- e. Consider a special identifying hydration bracelet for high risk residents.
- f. Place a bright napkin on the resident's tray to identify need for increased fluid or place a picture of a water drop by the resident's door for those at high risk.
- g. Set up a hydration station: self-serve juice/beverage dispenser in common area.
- h. Offer a variety of fluids: soft drinks, soup, broths, ices, popsicles and gelatin.
- i. Offer fluids during therapy sessions and incorporate fluids during activities.

Residents ordered for fluid restrictions by Physician will have fluid intake monitored by Licensed Nurse. All sources of fluids provided by dietary or nursing will be included. The Licensed Nurse and Dietary Service Supervisor will plan the distribution of fluids at meals, between meals and for medication pass. This plan may be documented on the optional

Form: Fluid Restriction Instructions in the HMC Policy and Procedure manual and copies given to dietary, NA/CNAs, placed in medication binder and in resident care plan per facility procedure.

Residents with Physician orders for thickened liquids (nectar, honey, or pudding thick) may be at higher risk for not obtaining adequate hydration. Residents may have difficulty adjusting to the different texture, taste or may need more assistance for fluid intake. The facility may incorporate additional hydration measures specifically for residents on thickened liquids such as:

- a. Adding 8 oz extra thickened beverage on each meal tray.
- b. Sending 8 oz thickened beverage TID between meals.
- c. Providing thickened beverages on a daily hydration cart offered to all residents.

CONVERTING FLUID MEASURES TO ML's (MILLILITERS)

32 oz	960 ml.
8 oz	240 ml.
7 oz	210 ml.
6 oz	180 ml.
5 oz	150 ml.
4 oz	120 ml.
3 oz	90 ml.
2 oz	60 ml.
1 oz	30 ml.
½ oz or 1 Tb.....	15 ml.
1 Tsp	5 ml.

Note: JCAHO guidelines for standard abbreviations require use of ml. (milliliter) instead of cc (cubic centimeter) to prevent medical record errors. The volume of cc and ml are equivalent.

FORTIFIED DIET TO INCREASE CALORIES AND PROTEIN

FORTIFIED DIET: Provides additional calories and protein in the same or a smaller volume at meal times than the Regular Diet. Residents with a poor appetite of less than 75% of meals usually benefit from more nutrient dense foods served at meal times rather than between meal snacks and supplements. Approaches need to be customized to the individual resident's acceptance of foods offered.

DIET ORDER TERMINOLOGY: The preferred wording of the diet order is Fortified Diet.

INDICATIONS: A Fortified Diet is used with residents with poor appetite (regardless of body weight); residents with diagnosis which have high risk for weight loss (i.e. cancer); weight loss by a resident unable to consume the usual volume of food; or residents with skin breakdown or other conditions which increase caloric and protein needs.

DESCRIPTION: An individualized plan to increase calories and protein may include any of the following approaches:

- Serve whole milk in place of low fat milk at all meals
- Add 2 tablespoons of non fat dry milk to each serving of 4 ounces of milk
- Serve breakfast hot cereal with a high protein cereal topping containing whole milk, non fat dry milk, margarine and brown sugar
- Add 2-3 extra teaspoons of margarine or sauce to starch and vegetables
- Substitute a nutritious dessert such as custard, pudding or ice cream for less nutritious items such as cakes or cookies
- Serve a cream soup with 2 tablespoons of non fat dry milk added and/or extra cream or fat to increase calories
- May serve smaller portions of all menu items per resident's tolerance
- May omit extra foods such as appetizers, salads and desserts per resident's tolerance

- Nutrient dense foods may be added (see examples in this section).

**APPROXIMATE
COMPOSITION:**

- Calories – approx. 2500-3250 (may add 500-1000 calories to the Regular Diet)
- Protein – approx. 110-130 grams (may add 30-40 grams to the Regular Diet)
- Fat – approx. 120-135 grams (may add 40-45 grams to the Regular Diet)
- Carbohydrate – approx. 330-350 grams (may add approx. 70 grams to the Regular Diet)

**NUTRITIONAL
ADEQUACY:**

This diet meets the DRIs for all nutrients. A resident's need for vitamin and mineral supplementation should be assessed on an individual basis by the Registered Dietitian.

VARIATIONS:

The Fortified Diet may be combined with other consistency (texture) modified diets such as Mechanical Soft or Puree Consistency (Texture), as well as a No Added Salt Packet or No Sugar Packet Modified Diet. It is not recommended for other nutrient modified diets such as Lowfat, Low Salt or Diabetic Diets due to the increased use of fats, sugars and milk/nonfat dry milk with increased sodium content.

Diabetic residents needing protein or calorie fortifications need to be referred to the Registered Dietitian.

Nutrient dense foods may be individually added to a Fortified Diet. See "Nutrient Dense Food Examples" in this section.

FORTIFIED DIET RECIPES AND INSTRUCTIONS

Example to Add 600 Extra Calories in the Same Food Volume*

BREAKFAST MEAL	NOON MEAL	EVENING MEAL													
To Breakfast Menu As Written Add:	To Noon Menu As Written Add:	To Evening Menu As Written Add:													
<ul style="list-style-type: none"> • High protein cereal topper (Hi Pro) Portion: 1/4 C over hot cereals 	<ul style="list-style-type: none"> • 3 teaspoons margarine (XM), add 2 teaspoons to starch (potato, rice, pasta, etc.) and 1 teaspoon to hot vegetable 	<ul style="list-style-type: none"> • 2 teaspoons margarine (XM), add to soup, casserole, potatoes, rice, pasta, bread or other items 													
<ul style="list-style-type: none"> • Super Milk (SM) Portion: 1/4 C NFDM added to 8 oz. breakfast milk 	<ul style="list-style-type: none"> • Super Milk (SM) Portion: 2 Tbs NFDM added to 4 oz. of noon meal milk 	<ul style="list-style-type: none"> • Super Milk (SM) Portion: 2 Tbs NFDM added to 4 oz. of evening meal milk 													
<p>By using all three recommended meal additions, approximately 600 calories and 27 grams of protein can be added without a significant increase in food volume. The calories added by margarine will vary depending on the number of hot foods on the menu each day. Any combination of items, or just one item, may be offered.</p>															
<p>HIGH PROTEIN HOT CEREAL TOPPER Yield 10 2 OZ., 1/4 C Portions</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">Ingredients</th> <th style="width: 33%;">Measurements</th> <th style="width: 33%;">Preparation Method</th> </tr> </thead> <tbody> <tr> <td>Whole Milk</td> <td>2 1/2 C</td> <td rowspan="2">Heat milk and all other ingredients in a double boiler; stir frequently.</td> </tr> <tr> <td>Nonfat Dry Milk Powder</td> <td>3/4 C + 2 Tbs</td> </tr> <tr> <td>Brown Sugar, Packed</td> <td>3/4 C + 2 Tbs</td> <td rowspan="2">Serve hot topping with a 2 oz. ladle, 1/4 C, directly over the hot cereal.</td> </tr> <tr> <td>Margarine</td> <td>1/2 C + 2 Tbs</td> </tr> </tbody> </table>			Ingredients	Measurements	Preparation Method	Whole Milk	2 1/2 C	Heat milk and all other ingredients in a double boiler; stir frequently.	Nonfat Dry Milk Powder	3/4 C + 2 Tbs	Brown Sugar, Packed	3/4 C + 2 Tbs	Serve hot topping with a 2 oz. ladle, 1/4 C, directly over the hot cereal.	Margarine	1/2 C + 2 Tbs
Ingredients	Measurements	Preparation Method													
Whole Milk	2 1/2 C	Heat milk and all other ingredients in a double boiler; stir frequently.													
Nonfat Dry Milk Powder	3/4 C + 2 Tbs														
Brown Sugar, Packed	3/4 C + 2 Tbs	Serve hot topping with a 2 oz. ladle, 1/4 C, directly over the hot cereal.													
Margarine	1/2 C + 2 Tbs														
<p>Note: Other high calorie additions or changes are: extra traditional gravy (not fat free) served over meats and starches, spreading toast or hot breads with two teaspoons of margarine instead of one, or adding 1 Tb jam to buttered breakfast hot bread.</p> <p>Note: Average daily calories of Regular Diet: 2,150 plus 600 for Fortified Diet equals 2,750 calories. Average daily protein content of Regular Diet: 85 grams plus 27 grams for Fortified Diet equals 112 grams.</p> <p>Note: Resident consumption of regular menu, regular portion size, plus Fortified Diet: 100% consumed averages 2,750 calories and 112 grams protein 75% consumed averages 2,062 calories and 84 grams protein 50% consumed averages 1,375 calories and 56 grams protein</p>															

*An individualized plan for residents is recommended. Consult with the Registered Dietitian.

COMBINING THE FORTIFIED DIET WITH OTHER NUTRIENT MODIFICATIONS

Diet	High Protein Cereal Topper	Super Milk	Nutritious Dessert	Added Margarine
Low Salt	Allowed	Allowed	Allowed	Allowed
2 gm Na+	Allowed	Allowed	Allowed	Use Unsalted Margarine
Low Fat/Chol	Omit	Nonfat Dry Milk with Nonfat Fluid Milk	Allowed	Omit
Renal	Omit	Omit	Omit	Allowed
Diabetic Diet, NCS, Consistent Carbohydrate	Unsweetened	Allowed	Allowed Unsweetened	Allowed
Lactose Restricted	Prepare with Milk Substitute and Omit Nonfat Dry Milk	Prepare with Milk Substitute and Omit Nonfat Dry Milk	Prepare with Milk Substitute and Omit Nonfat Dry Milk	Allowed

If the diet intake is so poor that even the extra calories are not effective, the second step intervention is the addition of a high calorie beverage in 4 oz portions. The time and frequency should be adjusted to accommodate the resident's tolerance.

FORTIFIED DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal	<u>Fortified Diet:</u> Orange Juice Oatmeal w/Hi Pro Cereal Topper	4 oz 6 oz + 2 oz topper
	Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat	Scrambled Eggs Wheat Toast Margarine + Jam Whole Milk w/Non Fat Dry Milk Powder	1/3 cup 1 slice 1 tsp + 1 tsp 8 oz + 1/4 cup
	Coffee, Tea, Cocoa Salt, Pepper, Sugar	Coffee, Tea, Cocoa Salt, Pepper, Sugar	8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes	<u>Fortified Diet:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes w/ Melted Margarine	1/3 cup 2 oz meat 1/4 cup 1/3 cup 2 tsp
	Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat	Green Beans and Red Peppers w/ Margarine Whole Wheat Bread Margarine Baked Pear Delight Whole Milk w/Non Fat Dry Milk Powder	1/3 cup 1 tsp. melted 1/2 slice 1 tsp. 2x2 sq 4 oz + 2 Tbsp
	As desired Salt, Pepper, Sugar	As desired Salt, Pepper, Sugar	8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread	<u>Fortified Diet:</u> Beef Barley Soup w/ Melted Margarine Ham Salad Sandwich on Whole Wheat Bread	4 oz 2 tsp 1 each/2 oz protein
	Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat	Shoestring Beet Salad Custard Whole Milk w/Non Fat Dry Milk Powder	1/3 cup 1/2 cup 4 oz + 2 Tbsp
	As desired Salt, Pepper, Sugar	As desired Salt, Pepper, Sugar	8 oz

**May be combined for sandwich or casserole with 2 oz protein equivalent

Nutrient Dense Food Examples:

- Fortified Cereal Topper: 2 1/2 cups Whole Milk
3/4 cup + 2 Tbs Nonfat Dry Milk
3/4 cup + 2 Tbs Packed Brown Sugar
1/2 cup + 2 Tbs Margarine
- Heat Whole Milk, Nonfat Dry Milk, Packed Brown Sugar, and Margarine in double boiler, stirring frequently.
2 ounce portion adds 200 Kcal, 6g. Protein.
- Cheesy Eggs: Add 1 oz cheddar cheese to 1 portion scrambled eggs after cooking.
1 egg with 1 oz cheese provides 190 Kcal, 14g. Protein (adds approx 110 calories and 7 g protein to egg serving)
- Fortified Soup: ●Regular Soups with Whole Milk and Nonfat Dry Milk Powder: 110 kcal, 7g Protein per 4 fl oz serving.
1. Replace water in soup recipe with Whole Milk.
 2. For every 1 quart of Whole Milk, mix in 1 C of Nonfat Dry Milk.
- Regular soups with Half and Half and Nonfat Dry Milk Powder: 220 kcal, 9.5 g Protein.
1. Replace water in soup recipe with Half and Half.
 2. For every 1 quart of Half and Half, mix in 1 C of Nonfat Dry Milk.
- Note: If Protein Powder Mix is added, it can add an additional 120 kcal, 12g Protein per serving or can be substituted for the milk products in a lactose free diet (1/4 C of Mix per serving).
- Fortified Milk: Mix Nonfat Dry Milk into fluid Whole Milk. Use 2 Tbs Nonfat Dry Milk added to 4 oz. Whole Milk. Best made in advance in bulk and allowed to fully dissolve. Quantity recipe is half gallon of Whole Milk (64 oz.) plus 4 cups Nonfat Dry Milk.
8 ounce portion provides 220 Kcal, 4 g Protein.
- Fortified Juice: Prepackaged Fortified Juice (Lactose Free) examples:
Hormel Nutritious Juice 6 fl oz: 200 kcal, 6g Protein
Novartis Resource Nutritious Juice 6 fl oz: 210 kcal, 6g Protein (adds 60 Kcal and 6 g protein per 8 oz portion)
- Gravy: Top each portion of meat and starch with 2 oz. gravy: 40 kcal
- Ice Cream: Vanilla Ice Cream: 4 oz frozen cup 145 kcal, 3g Protein (other flavors may vary Kcal and protein.)
- Magic Cup: Magic Cup: 4 oz frozen or thawed cup 290 kcal, 9g Protein.

NUTRITION INTERVENTIONS

Check if Applicable	Supplement	Times/Day	Amount/Size	Calories And Protein	Subtotal
	Fortified Cereal Topper		2 oz	200 calories 6g protein	
	Cheesy Eggs		1 egg with 1 oz cheese	215 calories 14g protein	
	Fortified Soup (Whole milk and NFDM powder)		4 oz	110 calories 7g protein	
	Fortified Soup (Protein powder for Lactose free)		4 oz	120 calories 12g protein	
	Whole Milk		8 oz	160 calories 8g protein	
	Nutritious Juice 206		6 oz	200 calories 6g protein	
	Multi Mix Powder Protein Fortification		1/4 C	120 calories 12g protein	
	Great Shake		6 oz	220 calories 8g protein	
	House Supplement*		6 oz	>180 calories > 6g protein	
	Med Pass 2.0 Lactose Free (Usual Dose QID)		1 oz 30 ml	60 calories 2-3g protein	
	Magic Cup (allowed for thickened liquids)		4 oz	290 calories 9g protein	
	Ice Cream		4 oz	145 calories 3g protein	
	Resource Cookie Plus		1 cookie 1.74 oz	220 calories 6g protein	
	Other:				

*House Supplement is any product over 180 calories and 6g protein.

Total Calories/Protein of Fortified food per day: _____ Kcal _____ gm Protein
 Total Calories/Protein of Diet per day: _____ Kcal _____ gm Protein

DATE: _____ PLAN DEVELOPED BY: _____

Nutrition Intervention Plan discussed with: Resident Family ID Team

NAME	MEDICAL RECORD#	ROOM #
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VEGETARIAN DIET

VEGETARIAN DIET:

A Vegetarian Diet is a variation of the Regular Diet for residents who for ethnic, religious or ecological reason do not wish to eat animal flesh or food products obtained from animals. It is important to obtain a food history to individualize food preferences as some residents on a vegetarian diet may eat poultry or fish.

DIET ORDER TERMINOLOGY:

Vegetarian Diet or Regular Diet. No beef, pork, lamb, fish, poultry or other animal protein foods are to be served to this resident.

INDICATIONS:

The Vegetarian Diet may be ordered for residents able to tolerate a Regular Diet. Consistency modification of the Vegetarian Diet will be provided when ordered by a Physician. Consult a Registered Dietitian when combining this diet with other therapeutic restrictions.

DESCRIPTION:

There are varying degrees of vegetarianism:

- Vegan: Vegetarian Diet with no animal products whatsoever
- Lacto Vegetarian: Vegetarian Diet with milk and cheese
- Lacto-Ovo Vegetarian: Vegetarian Diet with milk, cheese and eggs

When a resident requests a Vegetarian Diet, and accepts milk, cheese and eggs, the Regular Diet will be followed utilizing these as protein sources as well as beans, nuts and legumes in place of the meat. Many recipes can be found in the egg and cheese section of the recipe manuals.

For Vegan Diets, special meat analog vegetarian entrees made from soy beans and other protein products can be substituted for the entrees according to the serving instructions on the label. A list of the entrée to be served should be attached to the menu to avoid serving the same entrée two days in a row.

Vegan and Lacto Vegetarian Diets may be difficult for a skilled nursing facility not specializing in Vegetarian Diets to prepare correctly.

**APPROXIMATE
COMPOSITION:**

- Calories - 2000-2250
- Protein - 60-70 grams
- Fat - 80-90 grams
- Carbohydrate – 260-280 grams

**NUTRITIONAL
ADEQUACY:**

Meets the DRIs for most nutrients, but it is recommended that a multi-vitamin with minerals be ordered as diet may be limited in iron.

VARIATIONS:

Other nutrient and consistency (texture) modifications may be combined with the Vegetarian Diet. For example: Vegetarian NCS Diet, Vegetarian Puree Diet.

VEGETARIAN MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>Vegetarian Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	4 oz 6 oz 1/3 cup 1 slice 1 tsp 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Vegetarian Diet:</u> French Orange Romaine Salad Garden Burger Patty Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	1/3 cup 2 oz meat 1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Vegetarian Diet:</u> Vegetable Soup Grilled Cheese Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	4 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 8 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

VEGETARIAN DIET PROTEIN EQUIVALENTS

The following foods in specified amounts are approximately 7 grams of protein or the equivalent of 1 oz of cooked meat, fish, or chicken:

<u>ITEM</u>	<u>AMOUNT</u>
Cottage cheese	¼ Cup
Cheddar cheese	1 oz
Egg	1
Tofu	½ Cup
Peanut Butter	2 Tablespoons
Legumes (lentils, lima beans, dried peas, pinto beans, red beans)	¼ Cup dried or ¾ Cup cooked
Peanuts	2 Tablespoons
Walnuts	16-20 Nuts
Sunflower or sesame seeds	3-4 Tablespoons
Meat Analog Products:	
Big Frank	1 Frank
Chili with beans	1/3 Cup
Proteena	1 Slice (1/4" thick)
Veggie burger	3 Tablespoon
Vitaburger-reconstituted	¼ Cup
Stew-pack	¼ Cup
Little links	2 Links
Sandwich spread	6 Tablespoons

LIBERAL BLAND DIET

LIBERAL BLAND: The facility Regular Diet is served with modifications per individual tolerances for spices and caffeine.

**DIET ORDER
TERMINOLOGY:**

Liberal Bland Diet. Orders received as Bland Diet, Ulcer Diet, or No Gastric Stimulants Diet will be served a Liberal Bland Diet.

INDICATIONS:

Previously this diet was used in chronic peptic ulcer disease to restrict foods or beverages that could cause gastric irritation or increase gastric acid secretion. However, current literature indicates that dietary restrictions should be based on individual food tolerances. The diet is used in conjunction with the primary therapy of antacids and histamine H2 Blockers. The traditional Bland Diet no longer is thought to decrease gastric acid secretion or increase the role of healing. This diet is referenced in this diet manual in anticipation of diet orders; however, whenever possible food restrictions should be individualized.

DESCRIPTION:

The Liberal Bland diet should avoid foods that cause repeated discomfort.

Foods frequently omitted from the diet are:

- Caffeinated coffee, tea, sodas, and cocoa beverages
- Decaffeinated beverages should be avoided or used in moderation and not on an empty stomach or at bedtime
- Chili powder
- Highly spiced peppers or spicy hot oils
- Black pepper as a condiment
- Alcohol, cigarettes/tobacco products and aspirin should also be avoided

**APPROXIMATE
COMPOSITION:**

- Calories - 2000-2250
- Protein - 80-90 grams
- Fat - 80-90 grams
- Carbohydrate – 260-280 grams

**UTRITIONAL
ADEQUACY:**

Meets the DRIs for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

VARIATIONS:

The Liberal Bland Diet restrictions can be used with any nutrient or texture modified diet.

LIBERAL BLAND MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>Liberal Bland Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Decaf. Beverage Salt, Sugar, No Pepper	4 oz 6 oz 1/3 cup 1 slice 1 tsp 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Liberal Bland Diet:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat Decaf. Beverage Salt, Sugar, No Pepper	1/3 cup 2 oz meat 1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Liberal Bland Diet:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat Decaf Beverage Salt, Sugar, No Pepper	4 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 8 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

CONSISTENCY (TEXTURE) DEFINITIONS

I. MECHANICAL SOFT

This diet may be ordered for residents who have difficulty chewing or swallowing such as the result of facial paralysis, poor or broken teeth, missing or poorly fitting dentures. The foods are the same as the Regular Diet, but are served cut up, chopped, diced, minced or ground to minimize chewing problems. Raw fruits and vegetables may be tolerated if chopped fine.

II. PUREE

The Puree Diet provides a regular diet mechanically blended to the consistency of mashed potatoes. This diet is indicated for residents with chewing or swallowing difficulties. The nutritional value of the Puree Diet exceeds that of the Regular Diet as thickeners, milk, fruit juice and other liquids are added to facilitate mechanically pureeing food.

A Regular Diet is followed with these modifications:

- Most foods are pureed using a blender or food processor.
- Foods which require added liquid to puree will be processed using the addition of water, juice, milk or broth.
- Pureed foods are to be seasoned unless contraindicated by diet order.
- Pureed solid foods should be served with a consistency of mashed potatoes or applesauce.
- Regular bread, toast, crackers, cookies, and desserts will be served pureed, moistened or soaked in milk or slurry or soup as per the menu to avoid dry crumbs.
- The Registered Dietitian may revise this plan according to the individual's needs or diet restrictions.
- The menu may specify a different, but nutritionally similar food when this produces puree food with better texture or appearance.

III. DYSPHAGIA DIETS

The Dysphagia Diets provide an individualized approach to diet consistency ranging from mechanical soft to puree foods depending upon characteristics of the food and the ease to masticate and swallow specific foods.

IV. THICKENED LIQUIDS

Thickened Liquids are sometimes useful for a resident who exhibits dysphagia as they are less likely to result in aspiration. Thickened liquids should only be ordered

when the resident has received a swallow evaluation by the Speech Pathologist. This diet modification may be ordered for persons who are unable to swallow due to problems such as facial paralysis, dementia or illness.

A Regular Diet is followed with these modifications:

- Level of Liquid thickness must be specified as Nectar, Honey or Spoon Thick/Pudding Thick. When not specified, Nectar Thick will be served.
- Foods which become liquid at room temperature (i.e. gelatin and ice cream) will not be served unless thickened as per order.

Only naturally thick liquids, such as apricot nectar, tomato juice, buttermilk or specially thickened liquids should be served. All liquids are thickened to specified consistency. A pitcher of thin water is not left at the resident's bedside table.

V. FULL LIQUID DIET

Full Liquid Diet is used for residents who are unable (or unwilling) to tolerate solid foods. All foods are liquid at body temperature. Six feedings are recommended. When carefully planned, the diet is nutritionally adequate. Diet orders for Full Liquid Diet for more than three days should be referred to the Registered Dietitian for review.

VI. CLEAR LIQUID DIET

Clear Liquid Diet is a temporary order. It is normally used when the resident is having nausea, vomiting, or diarrhea. All liquids are clear and served either warm or cold, depending on the resident's preference. This diet should not be used for more than three days as it is inadequate in all nutrients and use is limited usually to 48 hours. Diet may be supplemented with special formulas that are considered a clear liquid and contain elemental nutrients, including proteins. Diet orders for Clear Liquid Diet for more than three days should be referred to the Registered Dietitian for review.

CONTINUUM OF FOOD TEXTURES

1. **Regular Diet with extra raw whole fruits and vegetables:** May be served to young alert residents.
2. **Regular Diet:** Appropriate for geriatric residents. Contains a wide variety of menu items including soft or cut up raw fruits or raw vegetables.
3. **Regular Diet, cut up meat:** Served to residents who do not have a chewing problem but are unable to cut up whole meats. An evaluation for adaptive utensils by the Occupational Therapist may be indicated.
4. **Mechanical Soft Diet:** All of the foods on the Regular or Modified Diet are offered in a reduced texture: cut up, chopped, diced or minced. This consistency (texture) modified diet still looks much like the Regular diet and retains eye appeal. This texture is usually soft enough for most nursing home residents with chewing problems.
5. **Mechanical Soft Diet with ground meat:** Meat, including any meat cubes in casseroles, are ground rather than chopped, diced or minced. These meats have less eye appeal and may be dry. Ground meats should be served with a gravy or sauce.
6. **Mechanical Soft Diet with some foods pureed:** This diet order specifies some foods be pureed without resorting to a full Puree Diet. The specific foods to be pureed should be included in the diet order: meat, vegetables, etc. These instructions must also be written on the tray card and the resident profile card in the Dietary Department.
7. **Puree Diet:** A severe consistency (texture) modification that eliminates the need for chewing. It is essential that the foods to be pureed are appropriately seasoned, garnished, and that current preparation techniques for pureed foods are utilized. These techniques greatly enhance the appearance of pureed foods, increase resident acceptance, and improve nursing staff's attitude toward this food consistency (texture).
8. **Liquified Puree Diet:** Portions of pureed food, according to the Puree Diet menu, are served in mugs or bowls. Hot broth or milk is added to each mug/bowl to thin pureed food. Cold milk or juice is used to thin cold items. This procedure may be used for residents who refuse solid food, but will drink semisolid liquids.
9. **Full Liquid Diet:** Ordered as a temporary diet when a resident refuses all other food

textures or as a transitional diet between Clear Liquids and solid foods. The Registered Dietitian should be notified if the diet is to continue for more than three days.

10. **Thickened Liquids:** This is not a "Thickened Liquid Diet" but a consistency of liquids that may be ordered for residents with dysphagia. Thickened liquids could be specified for the Full and Clear Liquid diets as well. Thickened Liquid orders must be specified as nectar, honey, or pudding spoon thick.
11. **Clear Liquid Diet:** Ordered as a temporary diet for residents with nausea and vomiting. If the diet order is not time limited, the nursing staff or the Registered Dietitian must be notified. It is inadequate in all nutrients and use is usually limited to 48 hours. The resident must be re-evaluated to assure tolerance before the diet is advanced.
12. **Tube Feeding:** Only commercially prepared formulas are utilized. The formula is fed to the resident either through a nasogastric tube (inserted through the nose and into the stomach), a gastrostomy tube (inserted directly into the stomach through the abdominal wall), or a jejunostomy tube (directly into the small intestine). Orders for "blenderized diet through a tube" are not acceptable.
13. **TPN:** Total Parenteral Nutrition. A commercially prepared intravenous solution is fed directly into a vein. Its primary use is in cases where the digestive system does not function.

GLOSSARY OF COOKING TERMS RELATED TO CONSISTENCY (TEXTURE) MODIFIED DIETS

Any time food is reduced in size and/or consistency (texture), dryness may develop. A source of moisture is frequently needed. Broth or light gravy for most meats, pineapple juice for ham or pastrami or thinned down tartar sauce or tomato juice for fish are recommended moistening liquids.

- Cut up** – To cut into bite size pieces approximately 3/4 to 1" squares/pieces. Usually items like meat loaf, baked fish or moist chicken are cut up.
- Chop** – To cut food into irregular pieces, approximately the size of peanuts to lima beans. This process is usually used with raw vegetables, such as "chopped onions."
- Dice** – To cut into small squares or pieces approximately one half inch square. This is frequently needed for red meats, especially beef and lamb. Items such as stew meat (usually one inch square pieces) are *diced* to meet the requirements of the mechanical soft diet.
- Mince** – To finely cut food into pieces approximately the size of uncooked rice. This consistency (texture) may be needed for very solid meat such as flank steak.
- Shred** – To grate or shred usually raw vegetables such as cabbage, carrots or lettuce. This may be done on the meat slicer especially for shredded lettuce.
- Grind** – To put food through a grinder or an attachment on the food processor that is equivalent to grind.
- Puree** – To food process or blend food until smooth. Unless ordered differently, pureed food should have form and stand up on a dinner plate like mashed potatoes.

MECHANICAL SOFT CONSISTENCY (TEXTURE)

MECHANICAL SOFT: The facility Regular Diet is served with only the consistency (texture) modified.

The Mechanical Soft Diet as written, with diced/cut up meat, should be the consistency (texture) goal for residents with moderate chewing problems. Cut up, cubed, or diced meats are more appealing.

**DIET ORDER
TERMINOLOGY:**

Mechanical Soft Diet. Diet orders received as Soft or Dental Soft will be served the Mechanical Soft Diet.

INDICATIONS:

Residents with chewing problems resulting from poorly fitting dentures, reduced ability to chew because of general weakness, painful chewing with dentures or with their own teeth. Some residents with no teeth and no dentures can tolerate the mechanical soft consistency (texture) very well.

DESCRIPTION:

The Regular Diet menu is followed for types of foods and portions with these modifications.

- Whole meats are designated cut up, chopped, diced, minced or ground depending on the type of meat. Extra broth, sauce or gravy should be added to meats to prevent dryness.
- Vegetables are soft, bite sized, or chopped. Many raw fruits and vegetables are served minced or shredded. Some raw fruits or vegetables may be omitted.
- Sandwiches are served whole or cut in half, with chopped or ground meats for fillings and shredded lettuce.
- Casseroles containing large pieces of food, especially meat, are cut up or chopped.
- Naturally soft foods such as breads, pancakes, French Toast, cake, cookies, etc. are served whole.

**APPROXIMATE
COMPOSITION:**

- Calories – 2000-2250
- Protein – 80-90 grams

- Fat – 80-90 grams
- Carbohydrates – 260-280 grams

**NUTRITIONAL
ADEQUACY:**

Meets the DRI's for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered. This consistency (texture) order can be combined with any nutrient–modified diet. The nutrient modification changes the kinds of foods served and may determine the nutritional adequacy.

VARIATIONS:

Mechanical Soft Diet with ground meats

Grinding all meats reduces eye appeal and generally is not needed when following recipes and menus planned for the Mechanical Soft Diet which specify foods to be cut up, chopped, diced, minced or ground. Refer to the Registered Dietitian to evaluate if resident may tolerate the Mechanical Soft Diet.

The Mechanical Soft Diet may be served as written with the exception that all whole meats are ground. For example, when cut up meat loaf is indicated on the menu, it would be served. However, when diced chicken is on the Mechanical Soft Diet, serve ground chicken with added liquid.

All other nutrient–modified diets may also be served the Mechanical Soft Diet consistency (texture).

MECHANICAL SOFT DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST	<u>Regular:</u>	<u>Mechanical Soft Diet:</u>	
Fruit or Juice	Orange Juice	Orange Juice	4 oz
Cereal	Oatmeal	Oatmeal	6 oz
Eggs or Meat Entree	Scrambled Eggs	Scrambled Eggs	1/3 cup
Toast or Hot Bread	Wheat Toast	Wheat Toast	1 slice
Margarine	Margarine	Margarine	1 tsp
Milk	Milk, 2% Fat	Milk, 2% Fat	8 oz
Hot Beverage	Coffee, Tea, Cocoa	Coffee, Tea, Cocoa	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
LUNCH	<u>Regular:</u>	<u>Mechanical Soft Diet:</u>	
Salad or Appetizer	French Orange Romaine Salad	Minced French Orange Romaine Salad	1/3 cup
Meat/Entrée	Swiss Cube Steak w/ Gravy	Diced Swiss Cube Steak w/Gravy	2 oz meat 1/4 cup
Potato or Starch	Mashed Potatoes	Mashed Potatoes	1/3 cup
Hot Vegetable	Green Beans and Red Peppers	Green Beans and Red Peppers	1/3 cup
Bread	Whole Wheat Bread	Whole Wheat Bread	1/2 slice
Margarine	Margarine	Margarine	1 tsp.
Fruit or Dessert	Baked Pear Delight	Baked Pear Delight	2X2 Square
Milk	Milk, 2% Fat	Milk, 2% Fat	4 oz
Hot Beverage	As desired	As desired	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
DINNER	<u>Regular:</u>	<u>Mechanical Soft Diet:</u>	
Soup or Salad	Beef Barley Soup	Beef Barley soup	4 oz
Main Entrée**	Ham Salad Sandwich on	Ham Salad Sandwich on	1 each/2 oz
Bread**	Whole Wheat Bread	Whole Wheat Bread	protein
Potato or Starch**	None	None	
Margarine**	None	None	
Vegetable	Shoestring Beet Salad	Shoestring Beet Salad On Minced Lettuce	1/3 cup
Dessert or Fruit	Oatmeal Macaroons	Oatmeal Macaroons	1 each
Milk	Milk, 2% Fat	Milk, 2% Fat	4 oz
Hot Beverage	As desired	As desired	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	

****May be combined for sandwich or casserole with 2 oz protein equivalent.**

PUREE CONSISTENCY (TEXTURE)

PUREE: The Regular Diet is served with consistency (texture) and sometimes temperature modifications.

Almost all foods are pureed. The standard consistency for this diet is that of mashed potatoes or applesauce. This consistency is best achieved when foods are pureed in a food processor rather than in a blender.

DIET ORDER TERMINOLOGY:

The preferred wording of the diet order is Puree Diet. Diet orders received as Soft Puree or Blenderized Diet will be served the Puree Diet.

INDICATIONS:

Swallowing problems
Refusal to chew
Painful chewing with dentures or with their own teeth
Mouth pain caused by lesions
Transition to solids after the removal of a feeding tube

For residents with difficulty swallowing due to stroke or other neurological problems, a swallowing evaluation by the Speech Pathologist may be indicated.

DESCRIPTION:

- The Regular Diet menu is followed as much as possible with adjustments to assure nutritional value, quality, and appeal is maintained. Commercial products may be used to thicken food to increase cohesion and result in a product easier to swallow.
- Casseroles, and other items which are normally served mixed, are pureed mixed or components can be pureed and layered on the plate. Strata-type casseroles may be substituted for hot sandwiches.
- Vegetables reduce in volume by 35 to 40 percent when cooked and pureed. Pureed vegetables, with added thickener, may be served in small, nutrient-dense portions. Vegetables are seasoned according to facility menus and recipes.
- Salads may be pureed, thickened, and served in soft shapes. Pureed molded salads may be jellied and served in diamond or square shapes to add interest to the diet. Vegetables or fruit juice are occasionally

substituted for some salads. Plain fruits need to be thickened to hold some shape. Plain cakes, cookies or bar cookies should be served with fruit or milk slurries.

- Special pureed cold sandwiches may be served when the Regular Diet calls for a cold sandwich.
- Bread is usually served in a milk slurry or baked as a soft, warm bread scoop.
- Garnishes, such as sour cream, paprika, grated cheese or powdered parsley improve the color contrast of pureed food.

**APPROXIMATE
COMPOSITION:**

- Calories – 2000-2250
- Protein – 80-90 grams
- Fat – 80-90 grams
- Carbohydrates – 260-280 grams

**NUTRITIONAL
ADEQUACY:**

Meets the DRI's for all nutrients. This consistency (texture) order can be combined with any nutrient-modified diet. A consistency (texture) order changes only the consistency (texture) of the foods served. The nutrient modification changes the kinds of foods served and may determine the nutritional adequacy.

Puree foods thickened with commercial thickeners have a higher calorie density providing 200-1000 extra calories per day. Refer to recipes and menus.

VARIATIONS:

All other nutrient-modified diets may also be served the Puree Diet consistency. Puree Diet may be served with Thickened Liquids which must be specified as part of the diet order as nectar thick, honey thick, or spoon/pudding thick.

PUREE DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>Puree Diet:</u> Orange juice Oatmeal Baked Egg Custard for Pureed Milk Toast with Thickener None Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	4 oz 6 oz 2.5 x2" square 1/2 cup None 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Puree Diet:</u> Pureed Vegetable salad Pureed Beef Smooth Gravy Mashed Potatoes Pureed Green Beans and Red Peppers Bread Scoop None Pureed Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	1/4 cup 2 oz protein/#10 1/4 cup 1/3 cup #20(3 Tbsp) #20(3 Tbsp) None #10 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Puree Diet:</u> Pureed Beef Barley Soup Pureed Ham Salad w/ Slurried Bread Sandwich None None Pureed Beet Salad Pureed or Slurried Sugar Cookie Milk, 2% Fat As desired Salt, Pepper, Sugar	#8 1 each/2 oz protein None None 1/4 cup 1 each 4 oz 8 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent.**

LIQUIFIED PUREE CONSISTENCY (TEXTURE)

LIQUIFIED PUREE:

A Liquified Puree Diet is used as a last resort for residents usually at the end stages of Alzheimer's disease-related dementia, who reject spoon feeding or food with any texture, but will drink. The diet can be thickened to nectar or honey consistency if required, as recommended by the speech therapist. This diet should only be initiated after a screen by the Speech Pathologist to determine that no other consistency (texture) will be tolerated by the resident. It should be reviewed at least quarterly to determine if an upgraded consistency (texture) can be tolerated.

DIET ORDER TERMINOLOGY:

Diet should be ordered as a Liquified Puree Diet. Orders for Blenderized Puree or Thinned Puree will be served a Liquified Puree Diet. Specific orders are needed if Thickened Liquids are needed, with Nectar or Honey consistency to be specified.

INDICATIONS:

Refusal of spoon feeding or solid food or textured food.
Swallowing problems.

DESCRIPTION:

The Puree Diet menu is followed with these modifications and served in mugs or bowls:

- Portion the puree diet according to the menu into individual mugs or bowls. Follow any other therapeutic diet orders such as Diabetic, Low Salt, Fortified, etc.
- Hot broth or milk is added to the puree item and stirred until the desired consistency is achieved. Thickener may be used to achieve honey consistency if needed.
- Cold fruits and desserts may add cold juice or milk using the same technique and thickener as needed. Commercial nectar or honey consistency juice or milk may be used to liquefy fruits and desserts.
- Cover the containers and keep hot or cold until ready to serve. Hot items should be 135°F or above (or as specified by state regulations) and cold items that contain milk or desserts with high protein content should be at 41°F or below.

**APPROXIMATE
COMPOSITION:**

This diet may have more calories (and often protein) than the facility Puree Diet because of the added calorie-containing liquids such as milk and juice.

- Calories – 2200-2500
- Protein – 90-110 grams
- Fat – 80-90 grams
- Carbohydrate – 260-280 grams

**NUTRITIONAL
ADEQUACY:**

Meets the DRI's for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

VARIATIONS:

This consistency (texture) order can be combined with any nutrient–modified diet. A consistency (texture) order changes only the consistency (texture) of the foods served. The nutrient modification changes the kinds of foods served and may determine the nutritional adequacy.

SPECIAL DIET CONSIDERATIONS FOR LIQUIFIED PUREE DIET

DIABETIC DIETS:

A calorie controlled diet order is not appropriate because the added liquids will increase calories. Therefore the diet order should be changed to Low/No Concentrated Sweets with portion size adjusted to approximate required calories (regular = 1800 calories, small = 1500 calories and large = 2200 calories).

2 GRAM SODIUM DIETS:

Use low sodium broth and low sodium margarine if fortified. If milk is used, keep it to less than 1/4 cup.

RENAL DIETS:

Use only hot or cold water to alter the consistency of the puree so as to still meet the diet prescription. The amount of liquid added must be considered in the fluid restriction if there is one. This should be deducted from the amount of fluid allowed on each tray and should be care planned so nursing is aware that the resident is receiving their designated amount of fluid restriction on meal tray. A Renal Diet cannot be fortified.

LOW FAT, LOW CHOLESTEROL DIETS:

Use only fat free milk if milk is used to alter the consistency of the Puree Diet.

FORTIFIED DIETS:

Add extra margarine to the starches and vegetables as indicated on the Fortified Diet instructions prior to diluting. Use fortified milk for dilution when milk is used. For the cereal in the morning, use cereal topping to achieve the desired consistency. For a Diabetic Fortified Diet, use unsweetened cereal topping only.

DYSPHAGIA MANAGEMENT

Dysphagia is a difficulty in swallowing and can be a symptom of disease or dysfunction resulting from a neurological, mechanical/structural, or behavioral disorder.

Frequent causes of dysphagia among the elderly include stroke, Parkinson's Disease, other neurological diseases, and muscle diseases, head and neck surgery, head and neck cancers, dementia, cervical spine disease, and medication effects. Some common clinical signs of dysphagia include:

- Difficulty initiating a swallow
- Drooling
- Problems managing own oral secretions
- Pocketing food in mouth
- Holding food or fluids in mouth with delayed swallow
- Choking or coughing during or after food or liquid intake
- Wet, gurgly vocal quality
- Regurgitation
- Spitting out food
- Repeated incidents of upper respiratory tract infections with or without a diagnosis of aspiration pneumonia.

The goal of dysphagia management is the modification of food and fluid textures for an individual to maintain or achieve optimal nutrition and hydration and minimize the risks of aspiration.

It is recommended that the Speech Language Pathologist (SLP) or an Occupational Therapist trained in dysphagia management assess a resident with suspected dysphagia to determine the individual's need for food consistency and fluid-thickness modifications. The SLP will make recommendations to the Physician and nursing or the SLP provides written communication of changes in diet orders to the Dietary Department. Residents needing thickened liquids will have specific orders for a thickness level of: nectar thick, honey thick or spoon thick (pudding consistency). The National Dysphagia Diet consistencies are followed in dysphagia management using an individualized approach. The diets are organized into four levels from most restrictive (Level 1) to least restrictive (Level 4). Level 1 is Dysphagia Puree, Level 2 is Dysphagia Mechanically Altered, Level 3 is Dysphagia Advanced, and Level 4 is Regular Diet.

LEVEL 1: DYSPHAGIA PUREE DIET

DYSPHAGIA PUREE DIET: This diet is for people with moderate to severe dysphagia, with poor oral phase abilities and reduced ability to protect their airway. Close or complete supervision and/or alternate feeding methods may be required. The Regular Diet menu is followed with consistency (texture) modified to smooth puree.

DIET ORDER TERMINOLOGY: Level 1 Dysphagia Puree Diet. Additional thickened liquid requirements must also be specified as part of the diet order if indicated.

INDICATIONS: Residents with oral or facial surgery, cancer, stroke, esophageal stricture, end stage progression of Parkinson's, other neurological diseases and neuromuscular diseases with impaired chewing and swallowing abilities are appropriate for this diet.

DESCRIPTION: The Level 1 Dysphagia Puree Diet does not require chewing. All food is blenderized or food processed and a thickening agent added to achieve a pudding or mashed potato consistency.

- Foods are smooth, homogeneous, and cohesive with no fibrous particles.
- Juices are pulp-free.
- Eggs are pureed or prepared as an egg soufflé or smooth custard.
- Oatmeal is pureed or not allowed.
- Bread products are pureed or slurried throughout the entire thickness of product.

APPROXIMATE COMPOSITION:

- Calories – 2000-2250
- Protein – 80-90 grams
- Fat – 80-90 grams
- Carbohydrate –260-280 grams

NUTRITIONAL ADEQUACY: Meets the DRIs for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

Puree foods thickened with commercial thickeners have a higher calorie density providing 200-1000 extra calories per day. Refer to recipes and menus.

VARIATIONS:

All other nutrient-modified diets may be combined with the Level 1 Dysphagia Puree Diet. Example: Level 1 Dysphagia Puree NAS Diet.

LEVEL 1 DYSPHAGIA PUREE DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Smooth, homogenous beverages without lumps, chunks or pulp. Milk, pulp-free juices, pureed milk shakes, commercial supplements, coffee, tea, hot cocoa. According to ordered consistency thickened as ordered.	Beverages with seeds, pulp, chunks
MEAT AND MEAT SUBSTITUTES	Pureed meats, soufflés or egg custards that are smooth and homogeneous, softened tofu, hummus, pureed cottage cheese and pureed legumes.	Whole or ground meats, fish, poultry, scrambled, poached, fried eggs, cheese, cottage cheese, beans or lentils not pureed, peanut butter.
POTATO AND STARCH:	Mashed potatoes or pureed potatoes with sauce, butter, gravy, cooked and pureed smooth pasta, rice, bread dressings.	Plain mashed potatoes, other cooked potatoes, rice, cooked grains, noodles
BREADS AND CEREALS	Pureed bread, slurried bread that is gelled throughout entire thickness of product, slurried or pureed rolls, biscuits, pancakes, cream of wheat, cream of rice, pureed oatmeal.	All other breads, rolls, crackers, dry cereals with nuts, seeds, dried fruits, etc. that cannot be pureed smooth. Regular cooked oatmeal.
VEGETABLES	Cooked, pureed vegetables with sauces, butter/margarine. Salads pureed smooth and thickened to pudding consistency.	Fibrous vegetables or vegetables with hulls that cannot be pureed smooth. Raw or whole vegetables or salads.
FRUITS	Pureed fruits or well mashed fresh banana to smooth consistency. May need thickening to pudding consistency.	Whole fruits.
SOUPS	Pureed or strained soups, thickened to individual's liquid needs.	Soups with chunks or lumps
FATS, CONDIMENTS	Butter, margarine, strained smooth gravy and sauces, smooth honey, jellies, jams, salt, pepper	Lumpy sauces, coarsely ground seasonings
DESSERTS	Ice cream, sherbet, gelatins, smooth puddings, custards, yogurt, pureed desserts and soufflés.	Ices, frozen fruit bars, fruited yogurts, bread or rice pudding.

LEVEL 1 DYSPHAGIA PUREE DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE		
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs	<u>Level 1 Dysphagia Puree:</u> Apple juice * Pureed Oatmeal Pureed Smooth Eggs or Pureed Egg Custard Slurried Wheat Milk Toast with Margarine Milk, 2% Fat * Coffee, Tea, Cocoa* Salt, Pepper, Sugar	4 oz 6 oz 1/3 cup/2.5 x2” square 1/2 cup 1 tsp 8 oz 8 oz		
	LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread	<u>Level 1 Dysphagia Puree:</u> Pureed Vegetable salad Pureed Beef w/ Smooth Gravy Mashed Potatoes w/Gravy Pureed Green Beans Smooth Pureed Bread Scoop with Margarine Pureed Pear Delight Milk, 2% Fat* As desired* Salt, Pepper, Sugar	1/4 cup 2 oz meat/1/2 cup 1/4 cup 1/3 cup #20(3 Tbsp) #20(3 Tbsp) 1 tsp. 1/2 cup/#8 4 oz 8 oz	
		DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread	<u>Level 1 Dysphagia Puree:</u> Pureed Smooth Soup* Pureed Ham Salad w/ Slurried Smooth Wheat Bread None None Pureed Beet Salad Pureed or Slurried Sugar Cookie Milk, 2% Fat* As desired* Salt, Pepper, Sugar	4 oz 1 each/2 oz protein/2 slices 1/4 cup 1 each 4 oz 8 oz
			None	None	
			None	None	
			Shoestring Beet Salad	Pureed Beet Salad	1/4 cup
			Oatmeal Macaroons	Pureed or Slurried Sugar	1 each
Milk, 2% Fat			Milk, 2% Fat*	4 oz	
As desired	As desired*		8 oz		
Salt, Pepper, Sugar	Salt, Pepper, Sugar				

*Thickened per orders.

**May be combined for sandwich or casserole with 2 oz protein equivalent.

LEVEL 2: DYSPHAGIA MECHANICALLY ALTERED DIET

DYSPHAGIA MECHANICAL DIET: This diet is used as a transition between puree and mechanical soft solid textures. The Regular Diet menu is followed with consistency (texture) modified.

DIET ORDER TERMINOLOGY: Level 2 Dysphagia Mechanically Altered Diet. Additional thickened liquid requirements must also be specified as part of the diet order if indicated.

INDICATIONS: The textures on this level are appropriate for individuals with mild to moderate oral and/or pharyngeal dysphagia. Residents with stroke, impaired muscle control of the oral cavity, decreased rotary chew, or poor dental status are appropriate for this diet.

DESCRIPTION: Foods that are moist, soft, and easily formed into a bolus are allowed, as well as all foods from Level 1 Dysphagia Puree Diet.

- Foods are moist with sauces or their own juices
- Crumbly, dry foods are omitted.
- Different consistency (texture)s should not be mixed in the same dish such as soups with broth and large chunks of meat or vegetables.
- Meats are ground and served with sauce or gravy
- Foods are given in bite size portions
- Foods difficult to chew because of their small pieces such as lima beans, rice, peas, corn, pineapple are pureed.
- Breads/rolls are served in a slurry, soft crackers, cookies, graham crackers soaked in milk are allowed.
- No nuts, seeds, coconut, dried fruits or vegetables with hulls are allowed.
- Sandwiches, pizza, complex textures in casseroles or with rice are not allowed.
- Vegetables are soft, well cooked, in ½" size pieces
- Fruits are soft, cooked or canned, and chopped fine

APPROXIMATE COMPOSITION:

- Calories – 2000-2250
- Protein – 80-90 grams
- Fat – 80-90 grams
- Carbohydrate –260-280 grams

**NUTRITIONAL
ADEQUACY:**

Meets the DRIs for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

Puree foods thickened with commercial thickeners have a higher calorie density providing 200-1000 extra calories per day. Refer to recipes and menus.

VARIATIONS:

All other nutrient-modified diets may be combined with the Level 2 Dysphagia Mechanically Altered Diet. Example: Level 2 Dysphagia Mechanically Altered NASP, NCS Diet.

LEVEL 2 DYSPHAGIA MECHANICALLY ALTERED DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	All beverages with minimal amounts of texture, pulp, etc. According to ordered consistency and thickened as ordered.	Smoothies made with berries with seeds.
MEAT AND MEAT SUBSTITUTES	Moistened ground or cooked meat, poultry or fish served with gravy or sauce; casseroles without rice; moist macaroni and cheese, well-cooked pasta with meat sauce; cottage cheese, soft tofu in small pieces; scrambled or poached eggs; tuna or egg salad without large chunks or raw vegetables.	Dry, tough meats (such as bacon, hot dogs, sausage served whole); casseroles with rice or chunks; cheese slices or cubes; peanut butter; hard cooked eggs or crisp fried eggs; pizza, sandwiches.
POTATO AND STARCH:	Well cooked, moistened boiled, baked or mashed potatoes without skin, well cooked noodles in sauce.	Potato skins and chips, fried potatoes, rice.
BREADS AND CEREALS	Soft pancakes, well moistened with syrup or sauce; pureed bread or slurried breads; cooked cereals with little texture including oatmeal; slightly moistened dry cereals with little texture such as corn flakes, rice cereals; unprocessed wheat bran stirred into cereals.	Coarse cooked cereals that may contain flax seed, nuts, dried fruits; whole grain, dry or coarse cereals.
VEGETABLES	All soft, well-cooked vegetables less than ½ inch pieces.	Peas, corn, broccoli, cabbage, brussels sprouts, asparagus or other fibrous, non-tender cooked vegetables unless pureed raw vegetables.
FRUITS	Soft, canned or cooked fruits without seeds or skins; fresh, soft, ripe banana; fruit juices with small amount of pulp.	Fresh or frozen fruits; cooked fruits with skin or seeds; dried fruits; fresh, canned or cooked pineapple.
SOUPS	Soups with easy-to-chew or easy-to-swallow meats or vegetables (particle size in soup less than ½ inch). Strained creamed soups and pureed soups. Broth-type soups to be thickened to the individual's needs.	Corn or clam chowder unless pureed; soups with large chunks of meat/vegetables or with rice, corn or peas.
FATS, CONDIMENTS	All fats, sauces, spreads or gravies with smooth consistencies; jams, jellies without seeds, salt, pepper, seasonings.	Fats with coarse or chunky additives.
DESSERTS	Pudding, custard; soft fruit pies with bottom crust only; crisps and cobblers without nuts or seeds; canned fruit (except pineapple); soft, moist cakes with icing; slurried moist cookies.	Dry, coarse cakes or cookies; any baked goods with nuts, seeds, coconut, dried fruit or pineapple; rice or bread pudding; any hard, sticky, chewy candies.

LEVEL 2 DYSPHAGIA MECHANICALLY ALTERED DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST	<u>Regular:</u>	<u>Level 2 Dysphagia Mech:</u>	
Fruit or Juice	Orange Juice	Orange Juice*	4 oz
Cereal	Oatmeal	Oatmeal	6 oz
Eggs or Meat Entree	Scrambled Eggs	Scrambled Eggs	1/3 cup
Toast or Hot Bread	Wheat Toast	Slurried Wheat Milk Toast	1 slice
Margarine	Margarine	with Margarine	1 tsp
Milk	Milk, 2% Fat	Milk, 2% Fat *	8 oz
Hot Beverage	Coffee, Tea, Cocoa	Coffee, Tea, Cocoa*	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
LUNCH	<u>Regular:</u>	<u>Level 2 Dysphagia Mech:</u>	
Salad or Appetizer	French Orange Romaine Salad	Cooked, Soft Minced Carrot Salad (No Lettuce)	1/3 cup
Meat/Entrée	Swiss Cube Steak w/ Gravy	Ground Swiss Cube Steak w/Gravy	2 oz meat 1/4 cup
Potato or Starch	Mashed Potatoes	Mashed Potatoes	1/3 cup
Hot Vegetable	Green Beans and Red Peppers	Green Beans and Red Peppers	1/3 cup
Bread	Whole Wheat Bread	Slurried Wheat Bread or Pureed Bread Scoop	1/2 slice/#20 (3 Tbsp)
Margarine	Margarine	Margarine	1 tsp.
Fruit or Dessert	Baked Pear Delight	Pureed Baked Pear Delight	1/2 cup/#8
Milk	Milk, 2% Fat	Milk, 2% Fat*	4 oz
Hot Beverage	As desired	As desired*	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
DINNER	<u>Regular:</u>	<u>Level 2 Dysphagia Mech:</u>	
Soup or Salad	Beef Barley Soup	Beef Barley soup w/Ground Meat *	4 oz
Main Entrée**	Ham Salad Sandwich on Whole Wheat Bread	Pureed Ham Salad w/ Slurried Wheat Bread	1 each/2 oz protein/2 sl bread
Bread**			
Potato or Starch**	None	None	
Margarine**	None	None	
Vegetable	Shoestring Beet Salad	Minced Beet Salad (No Lettuce)	1/3 cup
Dessert or Fruit	Oatmeal Macaroons	Slurried Sugar Cookies	1 each
Milk	Milk, 2% Fat	Milk, 2% Fat*	4 oz
Hot Beverage	As desired	As desired*	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	

*Thickened per orders

**May be combined for sandwich or casserole with 2 oz protein equivalent.

LEVEL 3: DYSPHAGIA ADVANCED DIET

**DYSPHAGIA
ADVANCED DIET:**

This diet is a transition to a Regular Diet. The diet consists of regular consistency (texture) with the exception of very hard, sticky or crunchy foods. The Regular Diet menu is followed with some consistency (texture) modifications.

**DIET ORDER
TERMINOLOGY:**

Level 3 Dysphagia Advanced Diet. Additional thickened liquid requirements must also be specified as part of the diet order if indicated.

INDICATIONS:

This diet is appropriate for individuals with mild oral and/or pharyngeal phase dysphagia. Adequate dentition and mastication are required. It is expected that mixed textures are tolerated on this diet.

DESCRIPTION:

Foods are moist, soft, solids that need to be chewed. All foods from Level 1 and Level 2 Dysphagia Diets are also allowed.

- Meats are thin sliced, tender or ground meat.
- Casseroles, soups, stews allowed with small chunks or ground meat.
- Breads, muffins, biscuits, toast, pancakes, etc. allowed with adequate margarine, jams, jellies, syrups to moisten well.
- Vegetables are cooked and tender and shredded lettuce allowed.
- Canned and cooked fruits, raw soft peeled fruits and soft berries with small seeds allowed
- Nuts, seeds, dried fruits, coconut, pineapple, hard crunchy, or chewy/sticky foods are omitted.

**APPROXIMATE
COMPOSITION:**

- Calories – 2000-2250
- Protein – 80-90 grams
- Fat – 80-90 grams
- Carbohydrate –260-280 grams

**NUTRITIONAL
ADEQUACY:**

Meets the DRIs for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

VARIATIONS:

All other nutrient-modified diets may be combined with the Level 3 Dysphagia Advanced Diet. Example: Level 3 Dysphagia Advanced Fortified, NASP Diet.

LEVEL 3 DYSPHAGIA ADVANCED DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Any beverages depending on liquid consistency recommendations.	None
MEAT AND MEAT SUBSTITUTES	Thin-sliced, tender 1/2 inch diced or ground meats and poultry; well-moistened fish; eggs any style; smooth or fruit flavored yogurt; casseroles with small chunks or ground meat.	Tough, dry meats and poultry; dry fish; chunky peanut butter; yogurt with nuts or coconut.
POTATO AND STARCH	All including rice, wild rice, bread dressing, and tender fried potatoes.	Tough, crisp-fried potatoes; potato skins; dry bread dressing.
BREADS AND CEREALS	Any well-moistened breads, biscuits, muffins, pancakes, etc. Use adequate syrup, jelly, margarine or butter to moisten well. All well-moistened cereals.	Dry bread, toast, crackers; tough or crusty breads; coarse or dry cereals such as shredded wheat or All Bran.
VEGETABLES	All cooked, tender vegetables; shredded lettuce; pureed corn.	All raw vegetables except shredded lettuce; cooked corn; non-tender or rubbery cooked vegetables.
FRUITS	All canned and cooked fruits; soft, peeled fresh fruit such as peaches, kiwi, honeydew, cantaloupe; soft berries with small seeds (strawberries; pureed pineapple or mango).	Difficult to chew fresh fruits (apples, pears); stringy, high pulp fruits (pineapple or mango); uncooked dried fruits such as prunes, apricots.
SOUPS	All soups except those on "Avoid" list.	Corn or clam chowder; soups with tough meats or chunks greater than 1 inch.
FATS, CONDIMENTS	All fats except those on the "Avoid" list.	Fats with coarse, chunky or difficult to chew additives such as cream cheese with nuts or pineapple.
DESSERTS	All desserts except those on the "Avoid" list.	Dry cakes, chewy or dry cookies; anything with nuts, seeds, dry fruits, coconut or pineapple; hard, sticky or chewy candies.

LEVEL 3 DYSPHAGIA ADVANCED DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>Level 3 Dysphagia Adv.:</u> Orange Juice* Oatmeal Scrambled Eggs Wheat Toast with Margarine and Jam Milk, 2% Fat * Coffee, Tea, Cocoa* Salt, Pepper, Sugar	4 oz 6 oz 1/3 cup 1 slice 1 tsp each 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Dysphagia Advanced:</u> French Orange Romaine Salad w/Shredded Lettuce Tender Swiss Cube Steak w/Gravy, cut up Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat* As desired* Salt, Pepper, Sugar	1/3 cup 2 oz meat 1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 square 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Dysphagia Advanced:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat bread None None Shoestring Beet Salad w/Shredded Lettuce Sugar Cookies Milk, 2% Fat* As desired* Salt, Pepper, Sugar	4 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 8 oz

*Thickened per orders

**May be combined for sandwich or casserole with 2 oz protein equivalent.

THICKENED LIQUIDS

THICKENED LIQUIDS:

Liquid consistency is altered based on Physician orders. Any diet consistency (texture) order may be combined with an order thickened liquids.

DIET ORDER TERMINOLOGY:

Orders must specify level of thickness as: nectar-thick (syrup), honey-thick, or pudding (spoon) thick. When not specified, nectar-thick will be served until nursing can obtain a clarified order from the Physician.

INDICATIONS:

Residents with dysphagia who are unable or unsafe to swallow thin liquids may have an increased risk of aspiration and need liquids thickened to one of the three consistencies. Swallowing problems may be due to stroke, neurological conditions such as Parkinson's and multiple sclerosis, advanced dementia or esophageal stricture. The Speech Therapist should evaluate residents needing thickened liquids.

DESCRIPTION:

- Foods or beverages which become liquid at room temperature such as gelatin and ice cream are not allowed.
- Commercial liquid supplements such as MedPass 2.0, Ensure, Healthshake, Resource, etc. are not considered thick enough to be served on any of the thickened liquid consistencies without added thickener.
- Naturally thick liquids such as apricot nectar, tomato juice and buttermilk are allowed only on Nectar-thick liquids.
- "Magic Cup" frozen commercial supplement is allowed on Nectar-thick liquids.
- All other liquids (including soups, broths, gelatin) must be thickened to the prescribed consistency using a commercial thickener such as ThickenUp, Thick & Easy, Thick-It. Follow the Manufacturer's guidelines for quantity of thickener needed for achieving the prescribed consistency.

APPROXIMATE COMPOSITION:

Typical thickeners are composed of modified food starch, modified corn starch, maltodextrin and gums. In addition to the nutrients in the liquids, thickeners add significant calories. 1500 ml of thickened fluids would add the following Kcal:

- Nectar-thick: 300-750 Kcal
- Honey-thick 600-1500 Kcal
- Pudding-thick 1100-2000 Kcal

**NUTRITIONAL
ADEQUACY:**

Thickeners add additional calories and should be considered for individual residents when monitoring unexpected weight gain.

FULL LIQUID DIET

FULL LIQUID DIET: The Full Liquid Diet consists of foods which are liquids or will become liquids at room or body temperature. Six feedings per day are recommended. The Registered Dietitian should be notified if the diet continues for more than 3 days.

**DIET ORDER
TERMINOLOGY:** Full Liquid Diet

INDICATIONS: This diet is indicated for residents who are unable or unwilling to tolerate solid food or who refuse solid food, but will drink liquids. This diet may also be used on a temporary basis due to dental work or mouth pain or ordered after surgery as a transition between a Clear Liquid and Regular Diet.

DESCRIPTION: The Full Liquid Diet menu contains:

- Broth, strained puree or cream soups, may be fortified with pureed meat
- Milk, milk drinks, protein supplements and shakes
- Fruit and vegetable juices
- Custards, puddings, gelatins, plain yogurts, plain ice cream, plain sherbets, plain ices, sorbets and popsicles
- Cereals such as cream of wheat, cream of rice, strained oatmeal, may be fortified with pureed cooked egg
- Carbonated beverages, coffee, tea
- Margarine, jelly and salt
- All other foods are omitted

**APPROXIMATE
COMPOSITION:**

- Calories – 1425-1500
- Protein – 40-60 grams
- Fat - 60 grams
- Carbohydrate –175 grams

**NUTRITIONAL
ADEQUACY:** Meets the DRIs for carbohydrate, protein, fat, Vitamins A, D, and C; riboflavin and calcium. It is inadequate in most other nutrients. Personal food preferences may alter the nutritional adequacy.

VARIATIONS: Full Liquid Diet, No Salt Packet
Full Liquid Diet, No Sugar Packet

**OTHER
RESTRICTIONS:**

Other nutrient modifications/combinations are not recommended due to potential for calorie limitations.

FULL LIQUID DIET

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES	Coffee, tea, cereal beverages, decaffeinated coffee, carbonated beverages, cocoa	All others
MILK	Milk and milk beverages	All others
MEAT	Small amounts of pureed meat combined with smooth soups; pureed cooked egg combined with hot cereal and milk	All others
MEAT SUBSTITUTES	Custard and eggnog (made with commercial mix, not raw eggs)	All others
BREADS AND CEREALS	Cooked refined cereals	All others
VEGETABLE AND FRUIT JUICES	Any	None
SOUPS	Strained cream soup made with mild flavored pureed vegetables; broth bouillon, consommé	All others
DESSERTS	Smooth puddings, smooth ice cream and sherbet, regular or high protein gelatin, custards	All others
SUGARS AND SWEETS	Honey, sugar, syrup (in moderation)	All others
FATS	Butter, margarine, cream	All others
MISCELLANEOUS	Salt, flavorings, mild spices such as nutmeg, cinnamon, paprika Special commercial products, such as high protein gelatin and plain or flavored high protein, high calorie drinks or supplements	All others

FULL LIQUID DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU	PORTION SIZE
BREAKFAST Juice Cereal Milk Beverage Condiments	Orange Juice Cream of Wheat Cereal, Pureed with One Cooked Egg and Milk Milk As desired Sugar, Salt, Cream	1/2 cup 1 cup 1 cup As desired
MID MORNING NOURISHMENT High Protein Beverage	Eggnog	1 cup
LUNCH High Protein Soup Juice Gelatin Dessert Milk Beverage Condiments	Pureed Cream Soup Combined with 2-3 Tbs Pureed Chicken Tomato Juice Regular or High Protein Lemon Gelatin Butterscotch Pudding Milk As desired Sugar, Salt, Cream	1 cup 1/2 cup 1/2 cup 1/2 cup 1 cup As desired
MID AFTERNOON NOURISHMENT High Protein Beverage	Milkshake	3/4 cup
DINNER High Protein Soup Juice Gelatin Dessert Beverage Condiments	Pureed Vegetable Soup Combined with 2-3 Tbs Pureed Beef Apricot Nectar Regular or High Protein Cherry Gelatin Lime Sherbet As desired Sugar, Salt, Cream	1 cup 1/2 cup 1/2 cup 1/2 cup As desired
EVENING NOURISHMENT Dessert	Ice Cream	1/2 cup

CLEAR LIQUID DIET

CLEAR LIQUID DIET: The Clear Liquid Diet provides foods that are fluid at room or body temperature and leave no residue in the gastrointestinal tract. The Clear Liquid Diet should include between meal feedings.

**DIET ORDER
TERMINOLOGY:** Clear Liquid Diet

INDICATIONS: The Clear Liquid Diet is used to provide fluids to residents to prevent dehydration and maintain fluid balance until the diet may be advanced to full liquid or solids. The diet is usually prescribed for 24 to 48 hours and indicated in instances of nausea, vomiting, and acute diarrhea or when a resident rejects other foods during a severe illness or terminal illness.

DESCRIPTION: The Clear Liquid Diet menu contains:

- Clear broth, bouillon
- Flavored gelatin
- Juices: only apple, cranberry or grape allowed
- Popsicles, Ices, Kool-Aid type drinks and electrolyte-replacement drinks such as Gatorade, Powerade
- Tea, coffee, carbonated beverages
- Sugar, salt, sugar substitute
- Special nutrient-fortified commercial products for clear liquid diets
- All other foods are omitted

**APPROXIMATE
COMPOSITION:**

- Calories – 800-1000
- Protein - 10-15 grams
- Fat - negligible
- Carbohydrate – 185-235 grams

**NUTRITIONAL
ADEQUACY:** Inadequate in all nutrients.

VARIATIONS: Orders may include a commercial elemental supplement with a Clear Liquid Diet order.

CLEAR LIQUID DIET

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES	Tea, coffee, carbonated beverages, Kool-Aid type drinks, Ices, Gatorade type drinks	All others
JUICES	Strained or clear juices such as apple, grape, cranberry	All others
SOUPS	Fat-free broth, consommé, and bouillon	All others
DESSERTS	Flavored regular or high protein gelatins, ices made from strained fruit juices, popsicles	All others
SWEETS	Sugar and honey (in moderation)	All others
MISCELLANEOUS	Salt Commercial clear liquid and elemental supplements	All others

CLEAR LIQUID DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU	PORTION SIZE
BREAKFAST Soup Juice Gelatin Beverage Condiments	Beef Broth Cranberry Juice High Protein Orange Gelatin Postum, Coffee or Tea Sugar, Salt	1 cup 1 cup 1/2 cup As desired
MID MORNING NOURISHMENT Beverage	Strained Lemonade	1 cup
LUNCH Soup Juice Gelatin Beverage Condiments	Consommé Apple Juice High Protein Cherry Gelatin Tea Sugar, Salt	1 cup 1 cup 1/2 cup As desired
MID AFTERNOON NOURISHMENT Beverage	Gingerale	1 cup
DINNER Soup Juice Gelatin Beverage Condiments	Chicken Broth Grape Juice High Protein Lime Gelatin Decaffeinated Coffee Sugar, Salt	1 cup 1 cup 1/2 cup As desired
EVENING NOURISHMENT Dessert	Fruit Juice Bar / Popsicle	1 bar

DIETS IN DIABETES MELLITUS

One of the goals in dietary treatment for many individuals with Diabetes Mellitus is control of total calorie intake to attain and maintain ideal body weight. Return to ideal body weight is often accompanied by improvement in hyperglycemia and glycosuria.

Regularity and spacing of food intake will assist in normalizing blood sugar. Carbohydrate distribution should be divided throughout the day. Recommended distribution of calories in the diet is 20% from protein, 30-35% from fat and 45-50% from carbohydrate.

For some adult onset diabetics with easily controlled diabetes, calorie restriction may not be required, and for many, blood sugar levels may be controlled by diet alone. In these cases, the body may produce enough active insulin to utilize the carbohydrates in a controlled diet but not enough to allow the person to eat unlimited amounts of food. Weight control for obese persons may normalize carbohydrate metabolism. These persons exhibiting only mild symptoms may receive diets ordered as a **Low Concentrated Sweets (LCS)** or **No Concentrated Sweets (NCS)**, or **Consistent Carbohydrate Diet (C-CHO)**. The goal of diet therapy is to prevent hyperglycemic peaks by avoiding large amounts of easily digested and absorbed sugars (sucrose, glucose, fructose, etc.).

Menus for **LCS/NCS** or **C-CHO Diets** are liberalized and provide seasonal variety, thus calorie levels are averages. Actual calorie levels will vary about five percent from day to day. Casseroles, sandwiches, main dish salads, fried foods, sauces, gravies, some desserts and other items from the regular menu can be calculated into the diabetic menu. Sugar substitute is added to some recipes and served at meals unless the Physician orders to the contrary. An evening snack composed of both protein and carbohydrate will be made available to all persons on Diabetic Diets to accommodate glucose lowering medications and avoid hypoglycemia. The evening snack is calculated into the total daily calorie allotment for Diabetic Diets.

In more difficult to control diabetes, the insulin the body produces is insufficient for even the carbohydrates in a controlled diet. Medications to stimulate or replace insulin are then prescribed. These include oral hypoglycemic agents and/or insulin which must be injected. It is extremely important that the entire diet be consumed or uneaten foods, particularly carbohydrates, should be replaced. All of the carbohydrate, about half of the protein, and one-tenth of the fat in food are converted to blood sugar. Blood sugar control problems may arise in diabetic individuals in health care institutions because of low activity levels and variable meal intakes.

Physicians are encouraged to order the more liberal diabetic diets (LCS/NCS and C-CHO) for most long term care facility residents. If a specific calorie level is desired, the Physician must order a Diabetic Diet according to the calorie level such as 1200 Calorie Diabetic Diet, 1500 Calorie Diabetic Diet, or 1800 Calorie Diabetic Diet. Orders for

controlled calorie diets should be referred to the Registered Dietitian for assessment and comparison to the resident's nutritional requirements and intake.

CONTINUUM OF DIABETIC DIETS:

- **REGULAR DIET** Follows the Regular Diet and substitutes artificial sweetener
NO SUGAR PACKET: for the sugar packets on trays. All foods are allowed.
- **LOW OR NO CONCENTRATED SWEETS DIET:** The most liberal diabetic diet on the menu. It most closely follows the Regular Diet menu but with diet desserts and avoids sweetened foods, sugars, syrups, etc.
- **CONSISTENT CARBOHYDRATE DIET:** The LCS/NCS menu is followed with some adjustments to portion sizes of starches and starchy foods and bedtime snacks.
- **CALORIE CONTROLLED DIET:** These are the most restrictive Diabetic Diets and are designed using the Exchange Lists for Meal Planning by the American Diabetes Association and the American Dietetic Association. Foods are listed by groups with similar nutrient compositions on the exchange lists. Meal patterns are written using numbers of exchanges from the food groups and strictly adhered to for all meals. Diets of less than 1200 calories are marginal in several nutrients, less palatable and not recommended for long term care of the institutionalized elderly. Calorie levels of 1200 calories, 1500 calories, 1800 calories, 2000 calories and 2200 calories may be provided with the Registered Dietitian's consultation.

VARIATIONS: CALORIE CONTROLLED DIETS FOR WEIGHT CONTROL

- When a resident expresses a desire to follow a diet for weight control, the 1200, 1500 and 1800 calorie diet may be appropriate. The resident's request should be referred to the Registered Dietitian. Documentation should indicate clearly that the desire for weight control is the resident's request. The Registered Dietitian will evaluate the adequacy of the diet in relation to the resident's medical condition.

LOW OR NO CONCENTRATED SWEETS DIET

LCS/NCS DIET: The most liberal diabetic diet is the Low or No Concentrated Sweets (LCS or NCS) Diet. This diet follows the portion sizes of the Regular Diet menu.

DIET ORDER TERMINOLOGY: The preferred wording of the diet order is Low Concentrated Sweets (LCS) or No Concentrated Sweets (NCS) Diet.

INDICATIONS: This diet is recommended for residents with Type I, Type II Diabetes Mellitus with stable blood sugar and consistent medication regime. It allows a greater variety of foods and is generally well accepted.

DESCRIPTION: Regular food is served per menu with these exceptions:

- A sugar substitute, diet jelly, diet syrup, etc. are served in place of sugar and sweetened items.
- Diet desserts and unsweetened fruits are served (ice cream may be served occasionally) in place of the sweetened items.
- Candied or other sweetened foods are not served (such as candied yams).
- HS snacks offered are a lower concentrated carbohydrate (examples are graham crackers or saltines)
- Small portions of regular sweetened foods found in the Other Carbohydrate list of the 1995 Diabetic Diet Exchanges may be served occasionally in place of a starch, fruit, or milk according to the Registered Dietitian.

APPROXIMATE COMPOSITION:

- Calories – 1800-2000
- Protein – 80-90 grams
- Fat – 70-80 grams
- Carbohydrates – 225-250 grams

NUTRITIONAL ADEQUACY: This diet provides the DRIs for all nutrients for identified age groups.

VARIATIONS:

LCS/NCS NO ADDED SALT

PACKET(NASP): The salt packet is omitted and LCS/NCS menu is followed.

OTHER

RESTRICTIONS:

Other nutrient restrictions may be combined with the LCS/NCS diet such as sodium, fat, cholesterol, potassium and protein restrictions, as well as consistency (texture) modifications such as puree and mechanical soft.

LOW OR NO CONCENTRATED SWEETS DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Milk, 100% fruit juices, coffee, tea, diet sodas, sugar free hot cocoa mixes, unsweetened yogurts or artificially sweetened yogurts	Chocolate milk, hot cocoa mix, fruited yogurt, regular sodas, punch or juice drinks, sweetened tea drinks, sweetened coffee drinks, instant breakfast drinks, milkshakes; Avoid alcoholic drinks
MEAT AND MEAT SUBSTITUTES	All meat, fish, eggs, poultry, legumes, nuts, seeds	Packaged meat products with sweetened sauces (sweet and sour meats, BBQ meats in sauce), baked beans with added sugars
POTATO AND STARCH	Fresh and frozen potatoes, yams, pastas, rice, canned potatoes or yams	Sweetened yams
BREADS AND CEREALS	Unsweetened hot or cold cereals, breads, rolls, muffins (plain), corn bread, tortillas, buns, crackers, pretzels, popcorn, pancake	Sweetened breakfast cereals, Danish pastries, doughnuts, muffins, sweet rolls
VEGETABLES	Fresh, frozen and canned vegetables and salads	Sweetened pickled vegetables
FRUITS AND JUICES	Fresh, frozen fruits, unsweetened canned fruits in their own juice	Sweetened or canned fruits with heavy syrup, dried fruits
SOUPS	All	None
FATS/CONDIMENTS	Margarine, butter, oils, mayonnaise, catsup, mustard, unsweetened salad dressings, diet syrup, diet jams and jellies	Jams, jellies, honey, syrups, cranberry sauce
DESSERTS	Diet gelatin, sugar free/diet puddings and custards, fresh or canned fruits, unsweetened sorbet	Cakes, cookies, pies, ice cream, sherbet

LOW CONCENTRATED SWEETS/NO CONCENTRATED SWEETS (LCS/NCS) MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>LCS/NCS Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Sugar-free Cocoa Salt, Pepper, Sugar Substitute	4 oz 6 oz 1/3 cup 1 slice 1 tsp 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>LCS/NCS Diet:</u> Green Salad with Unsweetened Dressing Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Unsweetened Canned Pears Milk, 2% Fat As desired (Sugar-free Cocoa) Salt, Pepper, Sugar Substitute	1/3 cup 2 oz meat 1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq/1/2 cup 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>LCS/NCS Diet:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Diet Cookies Milk, 2% Fat As desired (Sugar-free Cocoa) Salt, Pepper, Sugar Substitute	4 oz 1 each/2 oz protein 1/3 cup 1 each/2 ea 4 oz 8 oz
SNACK Evening		Milk, 2% Fat Graham Crackers	4 oz 3 sq/1 bread ex.

****May be combined for sandwich or casserole with 2 oz protein equivalent**

CONSISTENT CARBOHYDRATE DIET

CONSISTENT CARBOHYDRATE DIET:

This diet is used to achieve and maintain glycemic control. The total amount of carbohydrate served in daily meals and snacks is consistently distributed. It is different from the exchange meal plan because the diet tracks carbohydrate intake daily.

DIET ORDER TERMINOLOGY:

The preferred wording of the diet order is Consistent Carbohydrate Diet.

INDICATIONS:

A Consistent Carbohydrate Diet is appropriate for residents with diabetes, impaired glucose tolerance, hypoglycemia or for weight control. The diet balances the amount of carbohydrate the resident eats each day to assist with blood sugar control. This diet may be more conducive to compliance than a more restrictive regime.

DESCRIPTION:

- The Consistent Carbohydrate Diet menu is followed for most foods, with portion sizes adjusted to provide approximately 15 grams of carbohydrate in a serving of a starch or starchy vegetable.
- An evening snack is provided composed of both protein and carbohydrate.
- Foods with a high concentration of sugar, such as honey, jam, jelly, candy, molasses, syrups, carbonated or other beverages containing sugar, dried fruit or fruit canned in syrup, sweetened or sugar coated cereals, frosted rolls or cake or sweetened breads are eliminated or severely restricted.
- Alcoholic beverages should generally be avoided. These can be included in the diet on a very limited basis.
- Sugar substitutes, diet jellies and diet syrups are served in place of sweetened items.

APPROXIMATE COMPOSITION:

- Calories – 1800-2000
- Protein – 80-90 grams
- Fat – 70-80 grams
- Carbohydrates – 225-250 grams (63-72 grams at each meal, up to 36 grams at HS)

**NUTRITIONAL
ADEQUACY:**

This diet provides the DRIs for all nutrients for identified age groups.

VARIATIONS:

The Consistent Carbohydrate Diet may be combined with other nutrient and consistency (texture) modified diets. Example: Puree Consistent Carbohydrate, No Added Salt Packet Diet.

CONSISTENT CARBOHYDRATE DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE	CHO gm
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>Consistent Carbohydrate:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 4 oz 1/3 cup 2 slices 1 tsp 8 oz 8 oz	Total: 72 gm
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Consistent Carbohydrate:</u> Green Salad w/Unsweetened Dressing Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Unsweetened Canned Pears Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	1/2 cup/2 tsp 2 oz meat 1/4 cup 1/2 cup 1/2 cup 1 1/2 slices 1 1/2 tsp 1/2 cup 4 oz 8 oz	Total: 68 gm
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Consistent Carbohydrate:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Diet Cookies Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 2 oz protein 1/2 cup 2 each 8 oz 8 oz	Total: 70 gm
SNACK Evening:		Milk, 2% Fat	4 oz	Total: 21 gm

****May be combined for sandwich or casserole with 2 oz protein equivalent**

The Food Exchange System for Diabetic Diets

There are several ways to plan Diabetic Diets. The Exchange System is the easiest one.

With the Exchange System, similar foods are grouped together. Each group is an Exchange. The 1995 revision contains seven Exchange lists. The calorie-controlled diets are planned on the basis of the number of servings that are allowed from each Exchange list.

Exchange Lists

Similar foods are grouped together to form the Starch, Fruit, Milk, Other Carbohydrates, Vegetables, Meat (and meat substitutes), and Fat Exchanges. (See Exchange List pages for complete lists.)

One serving from each group is called an Exchange:

- 1 small orange = 1 Fruit Exchange
- 1/2 C cooked green beans = 1 Vegetable Exchange

The size of the serving is important. Remember that each serving is one Exchange. If the serving is doubled, it equals two Exchanges.

- 1 corn tortilla = 1 Starch (Bread) Exchange
- 2 corn tortillas = 2 Starch (Bread) Exchanges

Foods within each list may be exchanged for one another. For example in the Starch List:

- One Starch Exchange = 1 slice regular whole wheat bread
- or
- 1 small cooked potato
- or
- 3 graham crackers, 2½ inch square
- or
- 1/2 cup cooked hot cereal

Generally speaking, foods from one group may *not* be substituted for foods from another group. For example, one fruit Exchange may not replace one meat Exchange. A few exceptions are noted on the "Exchange Lists." No other changes should be made without consulting the Registered Dietitian.

Combining Exchanges

Casseroles, stews, soups, and commercially prepared foods are incorporated into the diabetic meal pattern if the protein, carbohydrate, and fat compositions are known. Recipes and composition data from food manufacturers may be analyzed to determine portion sizes and approximate Exchanges.

This Diet Manual follows the 1995 American Diabetes Association/American Dietetic Association Exchange lists for Diabetic Diets. However, some liberties are taken with these Exchanges to provide a slightly more liberal Diabetic Diet. This is done for the following reasons:

- The majority of residents in long term care facilities do not require rigid dietary restrictions.
- With fewer restrictions, residents will have more menu variety and will receive a greater number of foods prepared in more interesting ways. This will encourage maximum consumption and promote optimum nutrition.

The following Exchange liberalization concepts may be incorporated into menus:

1. All meats are calculated as medium fat content.
2. Two servings of vegetables have been included in the daily total. This allows the frequent serving of soups with vegetables, lettuce liners for salads and small portions of vegetables contained in other items such as sauces (i.e. spaghetti with tomato-meat sauce).
3. Green peas and winter squashes have not been calculated as starchy vegetables. Instead the portion size has been reduced so they may be included in the Vegetable List. The portion size for green peas is 1/4 cup, unless peas have been added only for color, as in cauliflower with peas. Winter squash portion size has been reduced to 1/3 cup.
4. Fruit portion size is 1/2 cup for all unsweetened canned fruits. When fresh fruit is on the menu, a 2/3 to 3/4 cup portion or one whole piece is specified.
5. One prepared unsweetened dessert, diet cake, cookies, pudding or ice cream, has been included daily as a substitute for 1/2 C unsweetened fruit. This practice adds menu variety and is appreciated by residents.
6. Three fat Exchanges have been included for the 1200 and four for the 1500 calorie diets. This number of fat Exchanges permits vegetables, potatoes, rice, noodles, etc. to be served "buttered." Also, casseroles and sandwiches from the Regular Diet can usually be served.
7. Low fat, 2%, or non-fat milk is specified in the meal plans. Consult the Registered Dietitian if the resident prefers other beverages.

1995 EXCHANGE LISTS FOR MEAL PLANNING*

Exchange lists are foods listed together because they are alike. Each serving of a food has about the same amount of carbohydrate, protein, fat, and calories as the other foods on that list. That is why any food on a list can be "exchanged" or traded for any other food on the same list. For example, you can trade the slice of bread you might eat for breakfast for one-half cup of cooked cereal. Each of these foods equals one starch choice.

Foods are listed with their serving sizes, which are usually measured after cooking. When you begin, you should measure the size of each serving. This may help you learn to "eyeball" correct serving sizes.

The following chart shows the amount of nutrients in one serving from each list.

Groups/List	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Carbohydrate Group				
Starch	15	3	1 or less	80
Fruit	15	—	—	60
Milk				
Skim	12	8	0-3	90
Low-fat, 2%	12	8	5	120
Whole	12	8	8	150
Other carbohydrates	15	Varies	Varies	Varies
Vegetables	5	2	—	25
Meat and Meat Substitute Group				
Very lean	—	7	0-1	35
Lean	—	7	3	55
Medium-fat	—	7	5	75
High-fat	—	7	8	100
Fat Group	—	—	5	45

The exchange lists provide many food choices (foods from the basic food groups, foods with added sugars, free foods, combination foods, and fast foods). This gives variety in meals. Several foods, such as dried beans and peas, bacon, and peanut butter, are on two lists. This gives flexibility in putting meals together. Whenever you choose new foods or vary your meal plan, monitor your blood glucose to see how these different foods affect your blood glucose level.

Most foods in the Carbohydrate group have about the same amount of carbohydrate per serving. You can exchange starch, fruit, or milk choices in your meal plan. Starchy vegetables are in this group.

* Adapted from the 1995 **Exchange Lists for Meal Planning**, written by the American Diabetics Association and the American Dietetic Association.

STARCH LIST

Each item on this list contains approximately 15 grams of carbohydrate, 3 grams of protein, 0 to 3 grams fat, and 80 calories **per portion**.

Bread

Bagel.....	1/2 (1 oz)
Bread, reduced-calorie.....	2 slices (1 1/2 oz)
Bread, white, whole wheat, pumpernickel, rye.....	1 slice (1 oz)
Bread sticks, crisp, 4 in. long x 1/2 in.	2 (2/3 oz)
English muffin.....	1/2
Hot dog or hamburger bun.....	1/2 (1 oz)
Pita, 6 in. across.....	1/2
Roll, plain, small.....	1 (1 oz)
Raisin bread, unfrosted.....	1 slice (1 oz)
Tortilla, corn, 6 in. across.....	1
Tortilla, flour, 7-8 in. across.....	1
Waffle, 4 1/2 in. square, reduced fat.....	1

Cereals and Grains

Bran cereals.....	1/2 cup
Bulgur.....	1/2 cup
Cereals.....	1/2 cup
Cereals, unsweetened, ready-to-eat.....	3/4 cup
Cornmeal (dry).....	3 Tbsp.
Couscous.....	1/3 cup
Flour (dry).....	3 Tbsp.
Granola, low-fat.....	1/4 cup
Grape-Nuts.....	1/4 cup
Grits.....	1/2 cup
Kasha.....	1/2 cup
Millet.....	1/4 cup
Muesli.....	1/4 cup
Oats.....	1/2 cup
Pasta.....	1/2 cup
Puffed cereal.....	1 1/2 cups
Rice milk.....	1/2 cup
Rice, white or brown.....	1/3 cup
Shredded Wheat.....	1/2 cup
Sugar-frosted cereal.....	1/2 cup
Wheat germ.....	3 Tbsp.

Starchy Vegetables

Baked beans.....	1/3 cup
Corn.....	1/2 cup
Corn on cob, medium.....	1 (5 oz)
Mixed vegetables with corn, peas, or pasta.....	1 cup
Plantain.....	1/2 cup
Potato, baked or boiled.....	1 small (3 oz)
Potato mashed.....	1/2 cup
Squash, winter (acorn, butternut).....	1 cup
Yam, sweet potato, plain.....	1/2 cup

Crackers and Snacks

Animal crackers.....	8
Graham crackers, 2 1/2 in. square.....	3
Matzoh.....	3/4 oz
Melba toast.....	4 slices
Oyster crackers.....	24
Popcorn (popped, no fat added or low-fat microwave).....	3 cups
Pretzels.....	3/4 oz
Rice cakes, 4 in. across.....	2
Saltine-type crackers.....	6
Snack chips, fat free (tortilla, potato).....	15-20 (3/4 oz)
Whole-wheat crackers, no fat added.....	2-5 (3/4 oz)

Dried Beans, Peas, and Lentils

(Count as 1 starch exchange, plus 1 very lean meat exchange.)

Beans and peas (garbanzo, pinto, kidney, white, split, black-eyed).....	1/2 cup
Lima beans.....	2/3 cup
Lentils.....	1/2 cup
Miso $\frac{\infty}{\infty}$	3 Tbsp.
Peas, green.....	1/2 cup

$\frac{\infty}{\infty}$ = 400 mg or more of sodium per serving.

Starchy Foods Prepared with Fat

(Count as 1 starch exchange, plus 1 fat exchange.)

Biscuit, 2 1/2 in. across.....	1
Chow mein noodles.....	1/2 cup
Corn bread, 2 in. cube.....	1 (2 oz)
Crackers, round butter type.....	6
Croutons.....	1 cup
French-fried potatoes.....	16-25 (3 oz)
Granola.....	1/4 cup
Muffin, small.....	1 (1 1/2 oz)
Pancake, 4 in. across.....	2
Popcorn, microwave.....	3 cups
Sandwich crackers, cheese or peanut butter filling.....	3
Stuffing, bread (prepared).....	1/3 cup
Taco shell, 6 in. across.....	2
Waffle, 4 1/2 in. square.....	1
Whole-wheat crackers, fat added.....	4-6 (1 oz)

FRUIT LIST

The carbohydrate and calorie content for a fruit serving are based on the usual serving of the most commonly eaten fruits. Use fresh fruits, or fruits frozen or canned without added sugar. Whole fruit is more filling than fruit juice and may be a better choice for those who are trying to lose weight. Fruit juices contain very little fiber. Citrus fruits, berries, and melons are good sources of Vitamin C. Unless otherwise noted, the serving size for one fruit serving is:

- 1/2 cup fruit or fruit juice
- 1/4 cup of dried fruit
- 1 small to medium fresh fruit

FRESH, FROZEN AND UNSWEETENED CANNED FRUIT

Each item on this list contains about 15 grams of carbohydrate and 60 calories. Fresh, frozen, and dry fruits have about 2 grams of fiber per serving.

Fruit

Apple, unpeeled, small.....	1 (4 oz)	Pear, large, fresh.....	1/2 (4 oz)
Applesauce, unsweetened	1/2 cup	Pears, canned	1/2 cup
Apples, dried	4 rings	Pineapple, fresh	3/4 cup
Apricots, fresh	4 whole (5 1/2 oz)	Pineapple, canned	1/2 cup
Apricots, dried	8 halves	Plums, small.....	2 (5 oz)
Apricots, canned	1/2 cup	Plums, canned	1/2 cup
Banana, small	1 (4 oz)	Prunes, dried.....	3 Each
Blackberries	3/4 cup	Raisins.....	2 Tbsp.
Blueberries	3/4 cup	Raspberries.....	1 cup
Cantaloupe, small		Strawberries	1 1/4 cup whole berries
.....	1/3 melon (11 oz) or 1 cup cubes	Tangerines, small.....	2 (8 oz)
Cherries, sweet, fresh	12 (3 oz)	Watermelon.....	1 slice or 1 1/4 cup cubes
Cherries, sweet, canned	1/2 cup		
Dates	3		
Figs, fresh.....	1 1/2 large or 2 med. (3 1/2 oz)		
Figs, dried.....	1 1/2		
Fruit cocktail	1/2 cup		
Grapefruit, large	1/2 (11 oz)		
Grapefruit sections, canned.....	3/4 cup		
Grapes, small.....	17 (3 oz)		
Honeydew melon	1 sl. (10 oz) or 1 cup cubes		
Kiwi.....	1 (3 1/2 oz)		
Mandarin oranges, canned.....	3/4 cup		
Mango, small.....	1/2 fruit (5 1/2 oz) or 1/2 cup		
Nectarine, small	1 (5 oz)		
Orange, small.....	1 (6 1/2 oz)		
Papaya	1/2 fruit (8 oz) or 1 cup cubes		
Peach, medium, fresh.....	1 (6 oz)		
Peaches, canned	1/2 cup		

Fruit Juice

Apple juice/cider.....	1/2 cup
Cranberry juice cocktail.....	1/3 cup
Cranberry juice cocktail, reduced-calorie	1 cup
Fruit juice blends, 100% juice	1/3 cup
Grape juice	1/3 cup
Grapefruit juice.....	1/2 cup
Orange juice.....	1/2 cup
Pineapple juice.....	1/2 cup
Prune juice	1/3 cup

MILK LIST

Each serving of milk products on this list contains about 12 grams of carbohydrate and 8 grams of protein.

The amount of fat in milk is measured in percent (%) of butterfat. The calories vary, depending on which milk you choose. The list is divided into three parts based on the amount of fat and calories: skim/very low fat milk, low fat milk, and whole milk. One serving (one milk Exchange) of each of these includes:

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Skim/Very Low fat	12	8	0 - 3	90
Low fat, 2% fat	12	8	5	120
Whole	12	8	8	150

Milk is the body's main source of calcium, the mineral needed for growth and repair of bones. Yogurt is also a good source of calcium. Yogurt and many dry or powdered milk products have different amounts of fat. If you have questions about a particular item, read the label to find out the fat and calorie content, or refer to the Registered Dietitian.

Milk is good to drink, but it can also be added to cereal, and to other foods. Many tasty dishes such as sugar-free pudding are made with milk. Add life to plain yogurt by adding one of your fruit servings to it.

Skim and Very Low Fat Milk

(0 - 3 grams fat per serving)

Skim milk.....	1 cup
1/2% fat milk.....	1 cup
1% fat milk.....	1 cup
Nonfat or Low-fat buttermilk.....	1 cup
Evaporated skim milk.....	1/2 cup
Dry nonfat milk.....	1/3 cup dry
Plain nonfat yogurt.....	3/4 cup
Nonfat or low-fat fruit flavored yogurt sweetened with Aspartame or with a nonnutritive sweetener.....	1 cup

Low Fat Milk (2% Fat Milk)

(5 grams fat per serving)

2% fat milk.....	1 cup
Plain low-fat yogurt.....	8 oz
(with added nonfat milk solids)	
Sweet acidophilus milk.....	1 cup

Whole Milk

(8 grams fat per serving)

The whole milk group has much more fat per serving than the skim and low fat groups. Whole milk has more than 3¼% butterfat. Try to limit your choices from the whole milk group as much as possible.

Whole milk.....	1 cup
Evaporated whole milk.....	1/2 cup
Goat's milk.....	1 cup
Kefir.....	1 cup

OTHER CARBOHYDRATES LIST

Foods from this list may be substituted for a starch, fruit or milk exchange. Some choices will also count as one or more fat exchanges. The Registered Dietitian may adjust menus to include some of these foods. Or, several of these items may be integrated into facility menus, approved by the Registered Dietitian.

Because many of these foods are concentrated sources of carbohydrate and fat, the portion sizes are often very small. Facility use of low sugar or unsweetened gelatin, pudding, cake, syrup, etc., will allow larger portions of foods similar to portions served in the regular diet. Foods from this list are most appropriate for special Holiday or Theme meals.

Each item on the list contains about 15 grams of carbohydrate, or is equal to one starch, or one fruit or one milk. Calories, as well as protein and fat, vary.

Food	Serving Size	Exchanges Per Serving
Angel food cake, unfrosted	1/12th cake	2 carbohydrates
Brownie, small, unfrosted.....	2 in. square	1 carbohydrate, 1 fat
Cake, unfrosted	2 in. square	1 carbohydrate, 1 fat
Cake, frosted	2 in. square	2 carbohydrates, 1 fat
Cookie, fat-free	2 small	1 carbohydrate
Cookie or sandwich cookie with cream filling.....	2 small	1 carbohydrate, 1 fat
Cupcake, frosted	1 small	2 carbohydrates, 1 fat
Cranberry sauce, jellied	1/4 cup	2 carbohydrates
Doughnut, plain cake	1 medium (1 1/2 oz)	1 1/2 carbohydrates, 2 fat
Doughnut, glazed	3 3/4 in. across (2 oz)	2 carbohydrates, 2 fats
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)	1 carbohydrate
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (3/4 oz)	1 carbohydrate
Fruit spreads, 100% fruit.....	1 Tbsp.	1 carbohydrate
Gelatin, regular	1/2 cup	1 carbohydrate
Gingersnaps	3	1 carbohydrate
Granola bar.....	1 bar	1 carbohydrate, 1 fat
Granola bar, fat-free.....	1 bar	2 carbohydrates
Hummus	1/3 cup	1 carbohydrate, 1 fat
Ice cream	1/2 cup	1 carbohydrate, 2 fats
Ice cream, light	1/2 cup	1 carbohydrate, 1 fat
Ice cream, fat-free, no sugar added	1/2 cup	1 carbohydrate
Jam or jelly, regular	1 Tbsp.	1 carbohydrate
Milk, chocolate, whole	1 cup	2 carbohydrates, 1 fat
Pie, fruit, 2 crusts.....	1/6 pie	3 carbohydrates, 2 fats
Pie, pumpkin or custard	1/8 pie	1 carbohydrate, 2 fats
Potato chips.....	12-18 (1 oz)	1 carbohydrate, 2 fats
Pudding, regular (made with low-fat milk)	1/2 cup	2 carbohydrates
Pudding, sugar-free (made with low-fat milk).....	1/2 cup	1 carbohydrate
Salad dressing, fat free 8	1/4 cup	1 carbohydrate
Sherbet, sorbet.....	1/2 cup	2 carbohydrates
Spaghetti or pasta sauce, canned 8.....	1/2 cup	1 carbohydrate, 1 fat
Sweet roll or Danish	1 (2 1/2 oz)	2 1/2 carbohydrates, 2 fat
Syrup, light.....	2 Tbsp.	1 carbohydrate
Syrup, regular	1 Tbsp.	1 carbohydrates
Syrup, regular	1/4 cup	4 carbohydrates
Tortilla chips.....	6-12 (1 oz)	1 carbohydrate, 2 fats
Yogurt, frozen, low-fat, fat-free	1/3 cup	1 carbohydrate, 0-1 fat
Yogurt, frozen, fat-free, no sugar added	1/2 cup	1 carbohydrate
Yogurt, low-fat with fruit.....	1 cup	3 carbohydrates, 0-1 fat
Vanilla wafers	5	1 carbohydrate, 1 fat

VEGETABLE LIST

Each vegetable serving on this list contains about 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat, and 25 calories.

Vegetables contain 1-4 grams of dietary fiber. Vegetables which contain 400 mg of sodium per serving are identified with a " ⌘ " symbol.

Vegetables are a good source of vitamins and minerals. Fresh and frozen vegetables have more vitamins and less added salt. Rinsing canned vegetables will remove some of the salt.

Unless otherwise noted, the serving size for vegetables (one vegetable Exchange) is: 1/2 cup of cooked vegetables or vegetable juice or 1 cup of raw vegetables.

Artichoke
Artichoke hearts
Asparagus
Beans (green, wax, Italian)
Bean sprouts
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green onions or scallions
Greens (collard, kale, mustard, turnip)
Kohlrabi
Leeks
Mixed vegetables (without corn peas, or pasta)
Mushrooms

Okra
Onions
Pea pods
Peppers (all varieties)
Radishes
Salad greens (endive, escarole, lettuce, romaine, spinach)
Sauerkraut ⌘
Spinach
Summer squash
Tomato
Tomatoes, canned
Tomato sauce ⌘
Tomato/vegetable juice ⌘
Turnips
Water chestnuts
Watercress
Zucchini

⌘ = 400 mg or more sodium per exchange.

Starchy vegetables such as corn, peas, and potatoes are found on the **Starch** list.

MEAT AND MEAT SUBSTITUTES LIST

Each serving of meat and substitutes on this list contains about 7 grams of protein. The amount of fat and number of calories varies, depending on what kind of meat or substitute chosen. The list is divided into four parts based on the amount of fat and calories: very lean meat, lean meat, medium-fat meat, and high-fat meat. One **ounce** (one meat Exchange) of each of these includes:

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Very Lean	0	7	0-1	35
Lean	0	7	3	55
Medium-Fat	0	7	5	75
High-Fat	0	7	8	100

You are encouraged to use more very lean and lean meat, poultry, and fish in your meal plan. This will help decrease your fat intake, which may help decrease your risk of heart disease. The items from the high-fat group are high in saturated fat, cholesterol, and calories. You should limit your choices from the high-fat group to three (3) times per week. Meat and substitutes do not contribute any fiber to your meal plan.

Meats and meat substitutes that have 400 milligrams or more of sodium per Exchange are indicated with this symbol. ⚠

TIPS FOR COOKING AT HOME

1. Bake, roast, broil, grill or boil these foods rather than frying them with added fat.
2. Use a nonstick pan spray or nonstick pan to brown or fry these foods.
3. Trim off visible fat before and after cooking.
4. Do not add flour, bread crumbs, coating mixes or fat to these foods when preparing them.
5. Weigh meat after removing bones and fat, and after cooking. Three ounces of cooked meat are about equal to 4 ounces of raw meat. Some examples of meat portions are:

2 ounces meat (2 meat Exchanges) = 1 chicken thigh or
1/2 cup cottage cheese or tuna

3 ounces meat (3 meat Exchanges) = 1 medium pork chop or
1 small burger or
1/2 of a whole chicken breast
1 medium pork chop

6. Restaurants usually serve prime cuts of meat, which are higher in fat and calories.
7. Dried beans, peas, and lentils are also found on the Starch List.
8. Peanut butter, in smaller amounts, is also found on the Fats List.
9. Bacon, in smaller amounts, is also found on the Fats List.

VERY LEAN MEAT AND SUBSTITUTE LIST

One exchange equals 0 grams carbohydrate, 7 grams protein, 0-1 grams fat, and 35 calories.

One very lean meat exchange is equal to any one of the following items.

Poultry: Chicken or turkey (white meat, no skin), Cornish hen (no skin)	1 oz
Fish: Fresh or frozen cod, flounder, haddock, halibut, trout; tuna fresh or canned in water	1 oz
Shellfish: Clams, crab, lobster, scallops, shrimp, imitation shellfish	1 oz
Game: Duck or pheasant (no skin), venison, buffalo, ostrich	1 oz
Cheese with 1 gram or less fat per ounce:	
Nonfat or low-fat cottage cheese	1/4 cup
Fat-free cheese	1 oz
Other: Processed sandwich meats with 1 gram or less fat per ounce, such as deli thin, shaved meats, chipped beef Ⓢ, turkey ham	1 oz
Egg whites	2
Egg substitutes, plain	1/4 cup
Hot dogs with 1 gram or less fat per ounce Ⓢ	1 oz
Kidney (high in cholesterol)	1 oz
Sausage with 1 gram or less fat per ounce	1 oz

Count as one very lean meat and one starch exchange.

Dried beans, peas, lentils (cooked)	1/2 cup
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Ⓢ = 400 mg or more sodium per Exchange.

LEAN MEAT AND SUBSTITUTES LIST

One exchange equals 0 grams carbohydrate, 7 grams protein, 3 grams fat, and 55 calories.

One lean meat exchange is equal to any one of the following items.

Beef: USDA Select or Choice grades of lean beef trimmed of fat, such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse, cubed), ground round	1 oz
Pork: Lean pork, such as fresh ham; canned, cured, or boiled ham; Canadian bacon Ⓢ; tenderloin, center loin chop	1 oz
Lamb: Roast, chop, leg	1 oz
Veal: Lean chop, roast	1 oz
Poultry: Chicken, turkey (dark meat, no skin), chicken white meat (with skin), domestic duck or goose (well drained of fat, no skin)	1 oz
Fish:	
Herring (uncreamed or smoked)	1 oz
Oysters	6 medium
Salmon (fresh or canned), catfish	1 oz
Sardines (canned)	2 medium
Tuna (canned in oil, drained)	1 oz
Game: Goose (no skin), rabbit	1 oz
Cheese:	
4.5%-fat cottage cheese	1/4 cup
Grated Parmesan	2 Tbsp.
Cheeses with 3 grams or less fat per ounce	1 oz
Other:	
Hot dogs with 3 grams or less fat per ounce Ⓢ	1 1/2 oz
Processed sandwich meat with 3 grams or less fat per ounce, such as turkey pastrami or kielbasa	1 oz
Liver, heart (high in cholesterol)	1 oz

Ⓢ = 400 mg or more sodium per Exchange.

MEDIUM-FAT MEAT AND SUBSTITUTES LIST

One exchange equals 0 grams carbohydrate, 7 grams protein, 5 grams fat, and 75 calories.

One medium-fat meat exchange is equal to any one of the following items.

Beef: Most beef products fall into this category (ground beef, meat loaf, corned beef, short ribs, Prime grades of meat trimmed of fat, such as prime rib)	1 oz
Pork: Top loin, chop, Boston butt, cutlet	1 oz
Lamb: Rib roast, ground	1 oz
Veal: Cutlet (ground or cubed, unbreaded)	1 oz
Poultry: Chicken dark meat (with skin), ground turkey or ground chicken, fried chicken (with skin)	1 oz
Fish: Any fried fish product	1 oz
Cheese: With 5 grams or less fat per ounce	
Feta	1 oz
Mozzarella	1 oz
Ricotta	1/4 cup (2 oz)
Other:	
Egg	1
Sausage with 5 grams or less fat per ounce	1 oz
Soy milk	1 cup
Tempeh	1/4 cup
Tofu	4 oz or 1/2 cup

HIGH-FAT MEAT AND SUBSTITUTES LIST

One exchange equals 0 grams carbohydrate, 7 grams protein, 8 grams fat, and 100 calories.

One exchange is equal to any one of the following items.

Pork: Spareribs, ground pork, pork sausage	1 oz
Cheese: All regular cheeses, such as American ⚡, cheddar, Monterey Jack, Swiss	1 oz
Other: Processed sandwich meats with 8 grams or less fat per ounce, such as bologna, pimento loaf, salami	1 oz
Sausage such as bratwurst, Italian, knockwurst, Polish, smoked	1 oz
Hot dog (turkey or chicken) ⚡	1 (10/lb)
Bacon	3 slices (20 slices/lb)

Count as one high-fat meat plus one fat exchange.

Hot dog (beef, pork, or combination) ⚡	1 (10/lb)
Peanut butter (contains unsaturated fat)	2 Tbsp.

⚡ = 400 mg or more sodium per Exchange.

FAT LIST

Fats are divided into three groups, based on the main type of fat they contain: monounsaturated, polyunsaturated, and saturated. Small amounts of monounsaturated and polyunsaturated fats in the foods we eat are linked with good health benefits. Saturated fats are linked with heart disease and cancer. In general, one fat exchange is:

- 1 teaspoon of regular margarine or vegetable oil,
- 1 tablespoon of regular salad dressings.

The foods on the fat list contain mostly fat, although some items may also contain a small amount of protein. All fats are high in calories and should be carefully measured. When used in smaller amounts, bacon and peanut butter are counted as fat choices. When used in larger amounts, they are counted as high-fat meat choices.

Monounsaturated Fats List

One fat exchange equals 5 grams fat and 45 calories.

Avocado, medium	1/8 (1 oz)
Oil (canola, olive, peanut)	1 tsp.
Olives: ripe (black)	8 large
green, stuffed Ⓢ.....	10 large
Nuts	
almonds, cashews	6 nuts
mixed (50% peanuts)	6 nuts
peanuts	10 nuts
pecans	4 halves
Peanut butter, smooth or crunchy	2 tsp.
Sesame seeds	1 Tbsp.
Tahini paste.....	2 tsp.

Polyunsaturated Fats List

One fat exchange equals 5 grams fat and 45 calories.

Margarine: stick, tub, or squeeze	1 tsp.
lower fat (30% to 50% vegetable oil).....	1 Tbsp.
Mayonnaise: regular	1 tsp.
reduced-fat.....	1 Tbsp.
Nuts, walnuts, English.....	4 halves
Oil (corn, safflower, soybean)	1 tsp.
Salad dressing: regular Ⓢ.....	1 Tbsp.
reduced-fat.....	2 Tbsp.
Miracle Whip Salad Dressing ®: regular.	2 tsp.
reduced-fat.....	1 Tbsp.
Seeds: pumpkin, sunflower.....	1 Tbsp.

Ⓢ = 400 mg or more sodium per Exchange.

Saturated Fats List*

One fat exchange equals 5 grams fat and 45 calories.

Bacon, cooked.....	1 slice (20/slices/lb)
Bacon, grease	1 tsp.
Butter: stick.....	1 tsp.
whipped.....	2 tsp.
reduced-fat.....	1 Tbsp.
Chitterlings, boiled.....	2 Tbsp. (1/2 oz)
Coconut, sweetened, shredded	2 Tbsp.
Cream, half and half	2 Tbsp.
Cream cheese: regular.....	1 Tbsp. (1/2 oz)
reduced-fat.....	2 Tbsp. (1 oz)
Fatback or salt pork, see below†	
Shortening or lard.....	1 tsp.
Sour cream: regular.....	2 Tbsp.
reduced-fat.....	3 Tbsp.

† Use a piece 1 in. x 1 in. x 1/4 in. if you plan to eat the fatback cooked with vegetables. Use a piece 2 in. x 1 in. x 1/2 in. when eating only the vegetables with the fatback removed.

* Saturated fats can raise blood cholesterol levels.

FREE FOODS LIST

A free food is any food or drink that contains less than 20 calories or 5 grams of carbohydrate per serving. You can eat as much as you want of those items that have no serving size specified. You may eat two or three servings per day of those items that have a specific serving size. Be sure to spread them out through the day.

Fat-free Or Reduced-Fat Foods

Cream cheese, fat-free	1 Tbsp.
Creamers, nondairy, liquid	1 Tbsp.
Creamers, nondairy, powdered	2 tsp.
Mayonnaise, fat-free	1 Tbsp.
Mayonnaise, reduced-fat	1 tsp.
Margarine, fat-free.....	4 Tbsp.
Margarine, reduced-fat.....	1 tsp.
Miracle Whip ®, nonfat	1 Tbsp.
Miracle Whip ®, reduced-fat	1 tsp.
Nonstick cooking spray	
Salad dressing, fat-free.....	1 Tbsp.
Salad dressing, fat-free, Italian	2 Tbsp.
Salsa	1/4 cup
Sour cream, fat-free, reduced-fat	1 Tbsp.
Whipped topping, regular or light.....	2 Tbsp.

Sugar-free Or Low-sugar Foods

Candy, hard, sugar-free	1 candy
Gelatin dessert, sugar-free	
Gelatin, unflavored	
Gum, sugar-free	
Jam or jelly, low-sugar or light	2 tsp.
Sugar substitutes†	
Syrup, sugar-free	2 Tbsp.

† Sugar substitutes, alternatives, or replacements that are approved by the Food and Drug Administration (FDA) are safe to use. Common brand names include:

- Equal® (aspartame)
- Splenda® (sucralose)
- Sprinkle Sweet® (saccharin)
- Sweet One® (acesulfame K)
- Sweet-10® (saccharin)
- Sugar Twin® (saccharin)
- Sweet 'n Low® (saccharin)

Drinks

Bouillon, broth, consommé ☞	
Bouillon or broth, low-sodium	
Carbonated or mineral water	
Cocoa powder, unsweetened	1 Tbsp.
Coffee	
Club soda	
Diet soft drinks, sugar-free	
Drink mixes, sugar-free	
Tea	
Tonic water, sugar-free	

Condiments

Catsup	1 Tbsp.
Horseradish	
Lemon juice	
Lime juice	
Mustard	
Pickles, dill ☞.....	1 ½ large
Soy sauce, regular or light ☞	1 Tbsp.
Vinegar	

Seasonings

Be careful with seasonings that contain sodium or are salts, such as garlic or celery salt, and lemon pepper.

- Flavoring extracts
- Garlic
- Herbs, fresh or dried
- Pimiento
- Spices
- Tabasco® or hot pepper sauce
- Wine, used in cooking
- Worcestershire sauce

☞ = 400 mg or more sodium per choice.

COMBINATION FOODS LIST

Many of the foods we eat are mixed together in various combinations. These combination foods do not fit into any one exchange list. Often it is hard to tell what is in a casserole dish or prepared food item. This is a list of exchanges for some typical combination foods. This list will help you fit these foods into your meal plan. Ask your dietitian for information about any other combination foods you would like to eat.

Food	Serving Size	Exchanges Per Serving
Entrees		
Tuna noodle casserole, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese	1 cup (8 oz)	2 carbohydrates, 2 medium-fat meats
Chow mein (without noodles or rice)	2 cups (16 oz)	1 carbohydrate, 2 lean meats
Pizza, cheese, thin crust	1/4 of 10 in. (5 oz)	2 carbohydrates, 2 medium-fat meats, 1 fat
Pizza, meat topping, thin crust	1/4 of 10 in. (5 oz)	2 carbohydrates, 2 medium-fat meats, 2 fats
Pot pie	1 (7 oz)	2 carbohydrates, 1 medium-fat meat, 4 fats
Frozen entrees		
Salisbury steak with gravy, mashed potato fats	1 (11 oz)	2 carbohydrates, 3 medium-fat meats, 3-4
Turkey with gravy, mashed potato, dressing Entree with less than 300 calories	1 (11 oz) 1 (8 oz)	2 carbohydrates, 2 medium-fat meats, 2 fats 2 carbohydrates, 3 lean meats
Soups		
Bean	1 cup	1 carbohydrate, 1 very lean meat
Cream (made with water)	1 cup (8 oz)	1 carbohydrate, 1 fat
Split pea (made with water)	1/2 cup (4 oz)	1 carbohydrate
Tomato (made with water)	1 cup (8 oz)	1 carbohydrate
Vegetable beef, chicken noodle, or other broth-type	1 cup (8 oz)	1 carbohydrate

Ⓢ = 400 mg or more sodium per Exchange.

FAST FOODS*

Food	Serving Size	Exchanges Per Serving
Burritos with beef	2	4 carbohydrates, 2 medium-fat meats, 2 fats
Chicken nuggets	6	1 carbohydrate, 2 medium-fat meats, 1 fat
Chicken breast and wing, breaded and fried	1 each	1 carbohydrate, 4 medium-fat meats, 2 fats
Fish sandwich/tartar sauce	1	3 carbohydrates, 1 medium-fat meats, 3 fats
French fries, thin	20-25	2 carbohydrates, 2 fats
Hamburger, regular	1	2 carbohydrates, 2 medium-fat meats
Hamburger, large	1	2 carbohydrates, 3 medium-fat meats, 1 fat
Hot dog with bun	1	1 carbohydrate, 1 high-fat meat, 1 fat
Individual pan pizza	1	5 carbohydrates, 3 medium-fat meats, 3 fats
Soft-serve cone	1 medium	2 carbohydrates, 1 fat
Submarine sandwich fat	1 sub (6 in.)	3 carbohydrates, 1 veg., 2 med.-fat meats, 1
Taco, hard shell	1 (6 oz)	2 carbohydrates, 2 medium-fat meats, 2 fats
Taco, soft shell	1 (3 oz)	1 carbohydrate, 1 medium-fat meat, 1 fat

Ⓢ = 400 mg or more sodium per serving..

* Ask your fast-food restaurant for nutrition information about your favorite fast foods.

1000 CALORIE DIABETIC DIET EXCHANGES

These meal patterns are a guide for menu planning. Diabetic Diet meal patterns need to be defined in procedures or protocols as followed by individual facilities.

- **Breakfast:**

- 1 Fruit
- 1 Meat
- 1 Starch
- 0 Fat
- 4 oz Skim Milk

- **Supper:**

- 2 Meat
- 2 Starch
- 2 Fat
- 1 Vegetable
- 1 Fruit
- 0 Skim Milk

- **Dinner:**

- 2 Meat
- 0 Starch
- ½ Fat
- 1 Vegetable
- 0 Fruit
- 4 oz Skim Milk

- **Hour of Sleep:**

- 4 oz Skim Milk

	1000 CALORIES				
Exchanges	Number	Cals	CHO gm	PRO gm	Fat gm
Starch	3	240	45	9	Tr
Fruit	2	120	30	0	0
Milk, Skim	1.5	135	18	12	0
Milk, Low Fat, 2%	0	0	0	0	0
Milk, Whole	0	0	0	0	0
Other Carbohydrates*	0*	Varies	15*	Varies	Varies
Vegetable	2	50	10	4	0
Meat averaged at all Medium Fat	5	375	0	35	25
Fat	2.5	112.5	0	0	12.5
Average Total Calories		1032.5	103 X 4 = 412	60 X 4 = 240	37.5 X 9 = 337.5
Actual Total Calories	989.5	Calories			
Percentage of Carbohydrate, Protein, and Fat			42%	24%	34%

*Other Carbohydrate list may be substituted for one starch, one fruit or one milk in the diabetic theme or holiday menus (as approved by the Registered Dietitian). For maximum nutrition, foods in the Other Carbohydrate list are not recommended to be served on a regular basis. Also, the 15 grams of carbohydrates in this list **is not** included in the daily totals.

NOTE: Trace, abbreviated "tr" means 0 to 1 gram of fat per each exchange. Generally "tr" is calculated at zero calories.

1000 CALORIE MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>1000 Calorie Diet:</u> Orange Juice Oatmeal Scrambled Eggs None None Milk, Non Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 4 oz 1/3 cup None None 4 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>1000 Calorie Diet:</u> Green Salad with Sugar-free, Fat-free dressing Swiss Cube Steak without Breading or Gravy None Green Beans and Red Peppers None None Unsweetened Canned Pears Milk, Non fat Coffee, Tea Salt, Pepper, Sugar Substitute	1/3 cup 2 tsp 2 oz meat None None 1/2 cup None None 1/2 cup 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>1000 Calorie Diet:</u> Beef Consomme Ham (Sliced) Sandwich on Whole Wheat Bread None Diet Mayonnaise Green Salad w/Sugar-free, Fat-free dressing Unsweetened Diet Gelatin Unsweetened Punch Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 2 oz protein 2 tsp 1/2 cup 2 tsp 1/2 cup 8 oz 8 oz
SNACK Evening:		Milk, Non Fat	4 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

1200 CALORIE DIABETIC DIET EXCHANGES

These meal patterns are a guide for menu planning. Diabetic Diet meal patterns need to be defined in procedures or protocols as followed by individual facilities.

- **Breakfast:**

- 1 Fruit
- 1 Meat
- 1 Starch
- 0 Fat
- 4 oz Skim Milk

- **Supper:**

- 2 Meat
- 2 Starch
- 2 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz Skim Milk

- **Dinner:**

- 2 Meat
- 1 Starch
- 1 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz Skim Milk

- **Hour of Sleep:**

- 4 oz Skim Milk

1200 CALORIES					
Exchanges	Number	Cals	CHO gm	PRO gm	Fat gm
Starch	4	320	60	12	Tr
Fruit	3	180	45	0	0
Milk, Skim	2	180	24	16	Tr
Milk, Low Fat, 2%	0	0	0	0	0
Milk, Whole	0	0	0	0	0
Other Carbohydrates*	0*	Varies	15*	Varies	Varies
Vegetable	2	50	10	4	0
Meat averaged at all Medium Fat	5	375	0	35	25
Fat	3	135	0	0	15
Average Total Calories		1240	139 X 4 = 556	67 X 4 = 268	40 X 9 = 360
Actual Total Calories	1184 Calories				
Percents of Carbohydrate, Protein, and Fat			47%	23%	30%

*Other Carbohydrate list may be substituted for one starch, one fruit or one milk in the diabetic theme or holiday menus (as approved by the Registered Dietitian). For maximum nutrition, foods in the Other Carbohydrate list are not recommended to be served on a regular basis. Also, the 15 grams of carbohydrates in this list **is not** included in the daily totals.

NOTE: Trace, abbreviated "tr" means 0 to 1 gram of fat per each exchange. Generally "tr" is calculated at zero calories.

1200 CALORIE MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST	<u>Regular:</u>	<u>1200 Calorie Diet:</u>	
Fruit or Juice	Orange Juice	Orange Juice	4 oz
Cereal	Oatmeal	Oatmeal	4 oz
Eggs or Meat Entree	Scrambled Eggs	Scrambled Eggs	1/3 cup
Toast or Hot Bread	Wheat Toast	None	None
Margarine	Margarine	None	None
Milk	Milk, 2% Fat	Milk, Non Fat	4 oz
Hot Beverage	Coffee, Tea, Cocoa	Coffee, Tea	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar Substitute	
LUNCH	<u>Regular:</u>	<u>1200 Calorie Diet:</u>	
Salad or Appetizer	French Orange Romaine Salad	Green Salad w/Sugar-free Dressing	1/2 cup 2 tsp
Meat/Entrée	Swiss Cube Steak with Gravy	Swiss Cube Steak with Gravy	2 oz meat 1/4 cup
Potato or Starch	Mashed Potatoes	Mashed Potatoes	1/2 cup
Hot Vegetable	Green Beans and Red Peppers	Green Beans and Red Peppers	1/2 cup
Bread	Whole Wheat Bread	None	None
Margarine	Margarine	None	None
Fruit or Dessert	Baked Pear Delight	Unsweetened Canned Pears	1/2 cup
Milk	Milk, 2% Fat	Milk, Non Fat	4 oz
Hot Beverage	As desired	Coffee, Tea	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar Substitute	
DINNER	<u>Regular:</u>	<u>1200 Calorie Diet:</u>	
Soup or Salad	Beef Barley Soup	Beef Consomme	4 oz
Main Entrée**	Ham Salad Sandwich on	Ham Salad Sandwich on	2 oz protein
Bread**	Whole Wheat Bread	Whole Wheat Bread	
Potato or Starch**	None	None	
Margarine**	None	None	
Vegetable	Shoestring Beet Salad	Shoestring Beet Salad	1/3 cup
Dessert or Fruit	Oatmeal Macaroons	Diet Cookies	2 each
Milk	Milk, 2% Fat	Milk, Non Fat	4 oz
Hot Beverage	As desired	Coffee, Tea	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar Substitute	
SNACK			
Evening:		Milk, Non Fat	4 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

1500 CALORIE DIABETIC DIET EXCHANGES

These meal patterns are a guide for menu planning. Diabetic Diet meal patterns need to be defined in procedures or protocols as followed by individual facilities.

- **Breakfast:**

- 1 Fruit
- 1 Meat
- 2 Starch
- 1 Fat
- 4 oz 2% fat Milk

- **Supper:**

- 2 Meat
- 2 Starch
- 2 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz 2% fat Milk

- **Dinner:**

- 3 Meat
- 1 Starch
- 1 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz 2% fat Milk

- **Hour of Sleep:**

- 4 oz 2% fat Milk

*Note: Some HMC menus move one meat Exchange to the H.S. snack for the 1500 diabetic diet; refer to printed menus.

1500 CALORIES					
Exchanges	Number	Cals	CHO gm	PRO gm	Fat gm
Starch	5	400	75	15	Tr
Fruit	3	180	45	0	0
Milk, Skim	0	0	0	0	0
Milk, Low Fat, 2%	2	240	24	16	10
Milk, Whole	0	0	0	0	0
Other Carbohydrates*	0*	Varies	15*	Varies	Varies
Vegetable	2	50	10	4	0
Meat averaged at all Medium Fat	6	450	0	42	30
Fat	4	180	0	0	20
Average Total Calories		1500	154 X 4 = 616	77 X 4 = 308	60 X 9 = 540
Actual Total Calories	1464 Calories				
Percents of Carbohydrate, Protein, and Fat			42%	21%	37%

*Other Carbohydrate list may be substituted for one starch, one fruit or one milk in the diabetic theme or holiday menus (as approved by the Registered Dietitian). For maximum nutrition, foods in the Other Carbohydrate list are not recommended to be served on a regular basis. Also, the 15 grams of carbohydrates in this list **is not** included in the daily totals.

NOTE: Trace, abbreviated "tr" means 0 to 1 gram of fat per each exchange. Generally "tr" is calculated at zero calories.

1500 CALORIE MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>1500 Calorie Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 4 oz 1/3 cup 1 slice 1 tsp 4 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>1500 Calorie Diet:</u> Green Salad w/Sugar-free Dressing Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers None None Unsweetened Canned Pears Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	1/2 cup + 2 tsp 3 oz meat + 1/4 c 1/2 cup 1/2 cup None None 1/2 cup 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>1500 Calorie Diet:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Diet Cookies Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 2 oz protein 1/3 cup 2 each 4 oz 8 oz
SNACK Evening:		Milk, 2% Fat	4 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

1800 CALORIE DIABETIC DIET EXCHANGES

These meal patterns are a guide for menu planning. Diabetic Diet meal patterns need to be defined in procedures or protocols as followed by individual facilities.

- Breakfast:**

- 1 Fruit
- 2 Meat
- 2 1/2 Starch
- 1 1/2 Fat
- 4 oz 2% fat Milk

- Supper:**

- 2 Meat
- 2 Starch
- 2 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz 2%fat Milk

- Dinner:**

- 3 Meat
- 2 Starch
- 2 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz 2% fat Milk

- Hour of Sleep:**

- 4 oz 2% fat Milk
- 1 Bread exchange

*Note: Some HMC menus move one meat Exchange to the H.S. snack for the 1800 Diabetic Diet; refer to printed menus.

1800 CALORIES					
Exchanges	Number	Cals	CHO gm	PRO gm	Fat gm
Starch	7.5	600	112.5	22.5	Tr
Fruit	3	180	45	0	0
Milk, Skim	0	0	0	0	0
Milk, Low Fat, 2%	2	240	24	16	10
Milk, Whole	0	0	0	0	0
Other Carbohydrates*	0*	Varies	15*	Varies	Varies
Vegetable	2	50	10	4	0
Meat averaged at all Medium Fat	7	525	0	49	35
Fat	5.5	247.5	0	0	27.5
Average Total Calories		1842.5	191.5 X 4 = 766	91.5 X 4 = 366	72.5 X 9 = 652.5
Actual Total Calories	1785				
	Calories				
Percents of Carbohydrate, Protein, and Fat			43%	20%	37%

*Other Carbohydrate list may be substituted for one starch, one fruit or one milk in the diabetic theme or holiday menus (as approved by the Registered Dietitian). For maximum nutrition, foods in the Other Carbohydrate list are not recommended to be served on a regular basis. Also, the 15 grams of carbohydrates in this list **is not** included in the daily totals.

NOTE: Trace, abbreviated "tr" means 0 to 1 gram of fat per each exchange. Generally "tr" is calculated at zero calories.

1800 CALORIE MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>1800 Calorie Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 4 oz 2/3 cup 1 1/2 slices 1 1/2 tsp 4 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>1800 Calorie Diet:</u> Green Salad w/Unsweetened Dressing Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Unsweetened Canned Pears Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	1/2 cup + 2 tsp 3 oz meat 1/4 cup 1/2 cup 1/2 cup 1 slice 1 tsp. 1/2 cup 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>1800 Calorie Diet:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Diet Cookies Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 2 oz protein 1/3 cup 2 each 4 oz 8 oz
SNACK Evening:		Milk, 2% Fat Graham Crackers	4 oz 3 sq./1 bread exchange

****May be combined for sandwich or casserole with 2 oz protein equivalent**

2000 CALORIE DIABETIC DIET EXCHANGES

This calorie level can be achieved by following the 1800 Calorie Diet and adding a 200 calorie snack at either 10 AM or 2 PM.

These meal patterns are a guide for menu planning. Diabetic Diet meal patterns need to be defined in procedures or protocols as followed by individual facilities.

- **Breakfast:**

- 1 Fruit
- 2 Meat
- 2 1/2 Starch
- 1 1/2 Fat
- 4 oz 2% fat Milk

- **Supper:**

- 2 Meat
- 2 Starch
- 2 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz 2% fat Milk

- **10 am Snack:**

- 1 Meat
- 1 Starch

- **Dinner:**

- 3 Meat
- 2 Starch
- 2 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz 2% fat Milk

- **Hour of Sleep:**

- 4 oz 2% fat Milk
- 1 Bread

*Note: Some HMC menus move one meat Exchange to the H.S. snack for the 2000 Diabetic Diet; refer to printed menus.

2000 CALORIES					
Exchanges	Number	Cals	CHO gm	PRO gm	Fat gm
Starch	8.5	680	127.5	25.5	Tr
Fruit	3	180	45	0	0
Milk, Skim	0	0	0	0	0
Milk, Low Fat, 2%	2	240	24	16	10
Milk, Whole	0	0	0	0	0
Other Carbohydrates*	0*	Varies	15*	Varies	Varies
Vegetable	2	50	10	4	0
Meat averaged at all Medium Fat	8	600	0	56	40
Fat	5.5	247.5	0	0	27.5
Average Total Calories		1997.5	206.5 X 4 = 826	101.5 X 4 = 406	77.5 X 9 = 697.5
Actual Total Calories	1930 Calories				
Percents of Carbohydrate, Protein, and Fat			43%	21%	36%

*Other Carbohydrate list may be substituted for one starch, one fruit or one milk in the diabetic theme or holiday menus (as approved by the Registered Dietitian). For maximum nutrition, foods in the Other Carbohydrate list are not recommended to be served on a regular basis. Also, the 15 grams of carbohydrates in this list **is not** included in the daily totals.

NOTE: Trace, abbreviated "tr" means 0 to 1 gram of fat per each exchange. Generally "tr" is calculated at zero calories.

2000 CALORIE MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>2000 Calorie Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 4 oz 2/3 cup 1 1/2 slices 1 1/2 tsp 4 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>2000 Calorie Diet:</u> Green Salad w/Unsweetened Dressing Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Unsweetened Canned Pears Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	1/2 cup + 2 tsp 3 oz meat 1/4 cup 1/2 cup 1/2 cup 1 slice 1 tsp 1/2 cup 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>2000 Calorie Diet:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Diet Cookies Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 2 oz protein 1/3 cup 2 each 4 oz 8 oz
SNACK 10 am: Evening:		1 oz Cheese 6 Saltines Milk, 2% Fat Graham Crackers	1 meat exchange 1 bread exch. 4 oz 3 sq/1 bread ex.

****May be combined for sandwich or casserole with 2 oz protein equivalent**

2200 CALORIE DIABETIC DIET EXCHANGES

This calorie level can be achieved by following the 1800 Calorie Diet and adding a 200 calorie snack at either 10 AM or 2 PM.

These meal patterns are a guide for menu planning. Diabetic Diet meal patterns need to be defined in procedures or protocols as followed by individual facilities.

- **Breakfast:**

- 1 Fruit
- 2 Meat
- 2 1/2 Starch
- 1 1/2 Fat
- 4 oz 2% fat Milk

- **10 am Snack:**

- 1 Meat
- 1 Starch

Dinner:

- 3 Meat
- 2 Starch
- 2 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz 2% fat Milk

Supper:

- 2 Meat
- 2 Starch
- 2 Fat
- 1 Vegetable
- 1 Fruit
- 4 oz 2% fat Milk

2 pm Snack

- 1 Meat
- 1 Fruit

Hour of Sleep:

- 4 oz 2% fat Milk
- 1 Bread

*Note: Some HMC menus move one meat Exchange to the H.S. snack for the 2000 Diabetic Diet; refer to printed menus.

2200 CALORIES					
Exchanges	Number	Cals	CHO gm	PRO gm	Fat gm
Starch	9.5	760	142.5	28.5	Tr
Fruit	4	240	60	0	0
Milk, Skim	0	0	0	0	0
Milk, Low Fat, 2%	2	240	24	16	10
Milk, Whole	0	0	0	0	0
Other Carbohydrates*	0*	Varies	15*	Varies	Varies
Vegetable	2	50	10	4	0
Meat averaged at all Medium Fat	98	675	0	63	45
Fat	5.5	247.5	0	0	27.5
Average Total Calories		2212.5	236.5 X 4 = 946	111.5 X 4 = 446	82.5 X 9 = 742.5
Actual Total Calories	2135 Calories				
Percents of Carbohydrate, Protein, and Fat			44%	21%	35%

*Other Carbohydrate list may be substituted for one starch, one fruit or one milk in the diabetic theme or holiday menus (as approved by the Registered Dietitian). For maximum nutrition, foods in the Other Carbohydrate list are not recommended to be served on a regular basis. Also, the 15 grams of carbohydrates in this list **is not** included in the daily totals.

NOTE: Trace, abbreviated "tr" means 0 to 1 gram of fat per each exchange. Generally "tr" is calculated at zero calories.

2200 CALORIE MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>2200 Calorie Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 4 oz 2/3 cup 1 1/2 slices 1 1/2 tsp 4 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>2200 Calorie Diet:</u> Green Salad w/Unsweetened Dressing Swiss Cube Steak with Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Unsweetened Canned Pears Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	1/2 cup + 2 tsp 3 oz meat + 1/2 cup 1/2 cup 1/3 cup 1 slice 1 tsp. 1/2 cup 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>2200 Calorie Diet:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread None None Shoestring Beet Salad Diet Cookies Milk, 2% Fat Coffee, Tea Salt, Pepper, Sugar Substitute	4 oz 2 oz protein 1/3 cup 2 each 4 oz 8 oz
SNACK 10 am: 2 pm: Evening:		1 oz Cheese, 6 Saltines Cottage Cheese Unsweetened Canned Fruit Milk, 2% Fat Graham Crackers	1 meat exch., 1 bread exch. 1/4cup=1oz pro. 1/2 cup=1 fruit ex. 4 oz 3 sq/1 bread ex.

****May be combined for sandwich or casserole with 2 oz protein equivalent**

100 CALORIE DIABETIC SNACKS

(These snacks provide approximately 100 calories \pm 25 calories)

- 1/2 Lean Meat Sandwich** 1 starch, 1 lean meat
1 slice bread
1 oz lean meat
Mustard or low fat mayo
- 1/2 Bagel with 1 oz LF Cream Cheese** 1 starch, 1 fat
- 6 Saltine Crackers with 1 oz LF Cheese** 1 starch, 1 lean meat
Cheese stick or
thin sliced cheese
layered with crackers
- 6 Saltine Crackers with 1 oz Lean Meat**..... 1 starch, 1 lean meat
Can thin slice meat into 3-6 pieces
and layer or roll up
- 1/2 Cup Cold Cereal and 1/2 Cup Skim Milk** 1 starch, 1/2 NF milk
- 1/2 Cup Unsw. Canned Fruit with 3 Crackers** 1/2 starch, 1 fruit
- 2 Tbs. Peanut Butter with 4-3" Celery Sticks**..... 1 MF meat, 1 vegetable or 1/2 fruit
or 1/2 Apple Thinly Sliced
- 1/2 Cup Skim Milk** 1 NF milk
- 1 Cup Skim, Unsweetened Yogurt** 1 NF milk
- 3/4 of a Large Banana**..... 1 1/2 fruit *
- 5 Vanilla Wafers** 1 starch, 1 fat

* Do not recommend fruit as a snack by itself for residents with poorly controlled diabetes.

200 CALORIE DIABETIC SNACKS

(These snacks provide approximately 200 calories \pm 25 calories)

- 2 Small Flour Tortillas each with 1 oz Melted LF Cheese**..... 1.5 starch, 2 meat
- 9 Saltine Crackers with 2 oz Lean Meat**..... 1.5 starch, 2 meat
Can thinly slice meat and layer or roll up
- 9 Saltine Crackers with 2 oz LF Cheese** 1.5 starch, 2 meat
Can thinly slice cheese and layer
- 2 Slices Bread with 1 oz Lean Meat, Mustard or Low Fat Mayo** 2 starch, 1 meat
- 1 Cup Cold Cereal with 1/2 Cup Skim Milk**..... 2 starch, 1/2 NF milk
- 3 Graham Crackers, 1/2 Cup Unsw.** 1 starch, 1 fruit, 1/2 NF milk
Applesauce, 1/2 Cup Skim Milk
- 3 Tbs. Peanut Butter, 8-3" Celery Sticks,** 1.5 meat, 1 vegetable, 1 fruit
1 Sliced Apple
- 1/2 Cup Cold Cereal, 1 Cup 2% Milk** 1 starch, 1 LF milk
- 3 Graham Crackers, 1 Cup 2% Milk** 1 starch, 1 LF milk
- 1 Bagel with Diet Jelly, 1/2 Cup Skim Milk** 2 starch, 1/2 NF milk
- 1 Small Muffin, 1/2 Cup LF Milk**..... 1 starch, 1 fat, 1/2 NF milk
- 1 English Muffin Toasted, Diet Jelly, 1/2 Cup Skim Milk** 2 starch, 1/2 NF milk
- 3/4 oz Pretzels, 1/2 Cup Unsw. Canned Fruit,** 1 starch, 1 fruit, 1/2 NF milk
1/2 Cup Skim Milk

300 CALORIE DIABETIC SNACKS

(These snacks provide approximately 300 calories ± 25 calories)

- Whole Sandwich** 2 starch, 2 meat, 1 fat
2 slices bread
2 oz meat or 1 oz meat and 1 oz cheese
1 tsp. mayo or margarine and mustard, if desired
- 1 Bagel, Toasted with 2 oz Cream Cheese** 2 starch, 2 meat, 1 fat
- Crackers (1.5 oz) and 2 oz Cheese** 2 starch, 2 meat, 1 fat
Can slice cheese and layer or use cheese sticks
- Crackers (1.5 oz) and 2 oz Meat** 2 starch, 2 meat, 1 fat
Can slice and roll or layer meat (can be medium fat meat)
- 2 Tbs. Peanut Butter with 8-3" Celery** 1 MF meat, 2 vegetable, 1 fruit, 1 LF milk
Sticks, 1 Small Apple Sliced, 1 Cup LF Milk, 2% Fat
- 6 Graham Crackers, 1 Cup LF Milk, 2% Fat** 2 starch, 1 LF milk
- 1 English Muffin, Toasted, Diet Jelly,** 2 starch, 1 LF milk
1 Cup LF Milk, 2% Fat
- 1 Cup Cold Cereal, 1 Cup LF Milk, 2% Fat** 2 starch, 1 LF milk
- 1/2 Cup Cottage Cheese, 1 Cup Unsw. Fruit,** 2 meat, 2 fruit, 1 starch
6 Saltine Crackers
- 1 Cup Unsw. Yogurt, 1 Bagel, Toasted, Diet Jelly** 2 starch, 1 LF milk

LOW CHOLESTEROL/LOW SATURATED FAT DIET

LOW CHOLESTEROL Provides less than 300 milligrams of cholesterol per day.
LOW SATURATED Cholesterol and saturated fats are restricted from the diet. The
FAT DIET: diet is somewhat limited in food choices.

DIET ORDER The preferred wording of the diet order is Low Cholesterol/Low
TERMINOLOGY: Saturated Fat Diet. Refer to Low Fat Diet for additional guidance. Sometimes referred to as “Heart Healthy Diet” when mild Sodium Restriction is also provided.

INDICATIONS: A Low Cholesterol/Low Saturated Fat Diet is used to reduce or maintain acceptable levels of cholesterol in the blood. The diet controls the type of fat used rather than the quantity. Polyunsaturated fats (vegetable in origin) are allowed and saturated fats (of animal origin) are restricted. Cholesterol content is approximately 300 milligrams or less per day. Note that in an elderly person 75+ years old it is difficult to reverse the damage already done by high intakes of cholesterol.

DESCRIPTION: A low fat cholesterol egg substitute and skim milk are served.

**APPROXIMATE
COMPOSITION:**

- Calories – 1800-2000
- Protein – 80-90 grams
- Fat – 65-75 grams
- Carbohydrates – 260-280 grams

NUTRITIONAL This diet provides the DRIs for all nutrients, provided sufficient
ADEQUACY: calories (at least 1500) are consumed.

VARIATIONS: The Low Cholesterol/Low Saturated Fat Diet may be combined with other nutrient or consistency (texture) modified diets. Examples:

Low Cholesterol/Low Saturated Fat, No Added Salt Packet Diet
Low Cholesterol/Low Saturated Fat, Puree Diet
Cardiac Diet or “Heart Healthy Diet” follows both the Low Cholesterol/Low Saturated Fat Diet and the Low Salt Diet.

LOW CHOLESTEROL/LOW SATURATED FAT DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Juices, sodas, coffee, tea, non fat yogurts, non fat milk	Whole or low fat milk, chocolate drinks, cocoa
MEAT AND MEAT SUBSTITUTES	Lean meat, fish, poultry, water-packed tuna or canned fish; limit meat to 4 ounces per day, limit egg yolks to 3 per week, low fat cheeses or cottage cheese, egg substitutes	Cold cuts, franks, glandular meats, bacon, sausage, poultry with skin on, fish packed in oil, fried meats and eggs, whole milk cheese or cottage cheese, shellfish
POTATO AND STARCH	Fresh or frozen potatoes, sweet potatoes, yams, rice, plain pasta	Potato chips, fried potatoes, french fries, hash brown, fried rice, pastas in cream sauces
BREADS AND CEREALS	Hot or cold cereals, breads, rolls, buns, tortillas, pretzels, plain popcorn	Doughnuts, pastries, biscuits, sweet rolls, croissants, muffins, crackers, pancakes, buttered popcorn, waffles
VEGETABLES	Fresh, frozen and canned vegetables prepared without margarine or butter	Creamed corn, creamed spinach, vegetables in sauces or vegetable salads in mayonnaise
FRUITS AND JUICES	Fresh, canned, or frozen fruits or juices	Avocado
SOUPS	All soups, cream soups made with non fat milk	Cream soups made with whole milk, low fat milk or cream
FATS/CONDIMENTS	Margarine, oil, mayonnaise, salad dressings	Heavy cream, sour cream, cream sauces, non-dairy creamers, coconut, chocolate, cashews, macadamia nuts, butter, lard, bacon, gravy, meat drippings, shortenings, coconut oil
DESSERTS	Angel cake, pudding made with non fat milk, sorbet, ices, sherbet, gelatin, fruits	Pastries, pies, cakes, custard, cookies, ice cream, chocolate

LOW CHOLESTEROL/LOW SATURATED FAT MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE	
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs	<u>Low Chol/Low Sat. Fat Diet:</u> Orange Juice Oatmeal Low Cholesterol Scrambled Egg Substitute	4 oz 6 oz 1/3 cup	
	Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	Wheat Toast Margarine Milk, Non Fat Coffee, Tea Salt, Pepper, Sugar	1 slice 1 tsp 8 oz 8 oz	
	LUNCH Salad or Appetizer	<u>Regular:</u> French Orange Romaine Salad	<u>Low Chol/Low Sat. Fat Diet:</u> French Orange Romaine Salad	1/3 cup
	Meat/Entrée	Swiss Cube Steak w/ Gravy	Lean Plain Veal Patty	2 oz meat None
	Potato or Starch Hot Vegetable	Mashed Potatoes Green Beans and Red Peppers	Mashed Potatoes Green Beans and Red Peppers	1/3 cup 1/3 cup
	Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	Whole Wheat Bread Margarine Pears Milk, Non Fat Coffee, Tea Salt, Pepper, Sugar	1/2 slice 1 tsp. 1/2 cup 4 oz 8 oz
	DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread	<u>Low Chol/Low Sat. Fat Diet:</u> Beef Barley Soup Sliced Turkey Ham Sandwich on Whole Wheat Bread with Mustard	4 oz 2 oz protein 1 tsp
	Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	Shoestring Beet Salad Gelatin Milk, Non Fat Coffee, Tea Salt, Pepper, Sugar	1/3 cup 1/2 cup 4 oz 8 oz	

****May be combined for sandwich or casserole with 2 oz protein equivalent**

LOW FAT DIET

LOW FAT DIET: Provides approximately 40-50 grams of fat per day. Total fat reduction to 30% or less of total calories. Recommended fat intake is less than 3 grams per 100 calories.

DIET ORDER TERMINOLOGY: The preferred wording of the diet order is Low Fat Diet. Refer to Low Cholesterol/Low Saturated Fat for additional guidance.

INDICATIONS: A Low Fat Diet is designed to be used for disorders of the gallbladder, pancreas and liver. The type of fat used is not restricted. This diet is not suitable for restricting cholesterol or saturated fat. Because fats are restricted, the diet will be low in calories unless calories are provided through additional servings of foods rich in carbohydrates and protein.

DESCRIPTION: All fats polyunsaturated. Margarine, butter, salad dressings, and mayonnaise products are very limited. Skim milk is served.

APPROXIMATE COMPOSITION:

- Calories – 1600-2000
- Protein – 80-90 grams
- Fat – 40-50 grams
- Carbohydrates – 260-280 grams

NUTRITIONAL ADEQUACY: This diet provides the DRIs for all nutrients, provided sufficient calories (at least 1500) are consumed.

VARIATIONS: The Low Fat Diet may be combined with other nutrient or consistency (texture) modified diets. Examples:

Low Fat, No Added Salt Packet Diet
Low Fat, No Concentrated Sweets Diet

LOW FAT DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Juices, sodas, coffee, tea, non fat yogurts, non fat milk	Whole or low fat milk, chocolate drinks, cocoa
MEAT AND MEAT SUBSTITUTES	Lean meat, fish, poultry, water-packed tuna or canned fish; limit meat to 5 ounces per day, limit 1 egg per day, low fat cheeses or cottage cheese (use as part of meat allowance)	Cold cuts, franks, glandular meats, bacon, sausage, poultry with skin on, fish packed in oil, nuts and nut butters, fried meats and eggs, whole milk cheese or cottage cheese
POTATO AND STARCH	Fresh or frozen potatoes, sweet potatoes, yams, rice, plain pasta	Potato chips, fried potatoes, french fries, hash brown, fried rice, pastas in cream sauces
BREADS AND CEREALS	Hot or cold cereals, breads, rolls, buns, tortillas, pretzels, pancakes, plain popcorn	Doughnuts, pastries, biscuits, sweet rolls, croissants, muffins, crackers, buttered popcorn
VEGETABLES	Fresh, frozen and canned vegetables prepared without margarine or butter	Creamed corn, creamed spinach, vegetables in sauces or vegetable salads in mayonnaise
FRUITS AND JUICES	Fresh, canned, or frozen fruits or juices	Avocado
SOUPS	All soups, cream soups made with non fat milk	Cream soups made with whole milk, low fat milk or cream
FATS/CONDIMENTS	Limit to 3 teaspoons total per day of margarine, oil, mayonnaise or salad dressings	Heavy cream, sour cream, peanut butter, gravy, cream sauces, non-dairy creamers, coconut, olives, chocolate, nuts
DESSERTS	Angel or sponge cake, sorbet, fresh or frozen or canned fruits, sherbet, ices, gelatin, puddings made with non fat milk	Pastries, pies, cakes, custard, cookies, ice cream, chocolate

LOW FAT MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST	<u>Regular:</u>	<u>Low Fat Diet:</u>	
Fruit or Juice	Orange Juice	Orange Juice	4 oz
Cereal	Oatmeal	Oatmeal	6 oz
Eggs or Meat Entree	Scrambled Eggs	Scrambled Eggs	1/3 cup
Toast or Hot Bread	Wheat Toast	Wheat Toast	1 slice
Margarine	Margarine	Jam	1 tsp
Milk	Milk, 2% Fat	Milk, Non Fat	8 oz
Hot Beverage	Coffee, Tea, Cocoa	Coffee, Tea	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
LUNCH	<u>Regular:</u>	<u>Low Fat Diet:</u>	
Salad or Appetizer	French Orange Romaine Salad	Romaine Salad with Fat-free Dressing	1/3 cup
Meat/Entrée	Swiss Cube Steak w/ Gravy	Lean Plain Veal Patty	2 oz meat None
Potato or Starch	Mashed Potatoes	Mashed Potatoes	1/3 cup
Hot Vegetable	Green Beans and Red Peppers	Green Beans and Red Peppers	1/3 cup
Bread	Whole Wheat Bread	Whole Wheat Bread	1/2 slice
Margarine	Margarine	Jam	1 tsp.
Fruit or Dessert	Baked Pear Delight	Pears	1/2 cup
Milk	Milk, 2% Fat	Milk, Non Fat	4 oz
Hot Beverage	As desired	Coffee, Tea	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
DINNER	<u>Regular:</u>	<u>Low Fat Diet:</u>	
Soup or Salad	Beef Barley Soup	Beef Barley Soup	4 oz
Main Entrée**	Ham Salad Sandwich on Bread**	Sliced Turkey Ham Sandwich on Whole Wheat Bread with Mayonnaise & Mustard	2 oz protein
Potato or Starch**			
Margarine**			1 tsp each
Vegetable	Shoestring Beet Salad	Shoestring Beet Salad	1/3 cup
Dessert or Fruit	Oatmeal Macaroons	Gelatin	1/2 cup
Milk	Milk, 2% Fat	Milk, Non Fat	4 oz
Hot Beverage	As desired	Coffee, Tea	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	

****May be combined for sandwich or casserole with 2 oz protein equivalent**

SODIUM RESTRICTED DIET

SODIUM

RESTRICTED DIET:

Foods that contain liberal amounts of natural sodium, as well as table salt (sodium chloride or NaCl) are limited in the amount served. As sodium is further restricted, many foods must be limited or eliminated since sodium is found in almost all foods. Nonprescription drugs contain variable amounts of sodium and must be considered by the Physician in the total sodium intake. In addition, solutions used for intravenous therapy may contain large amounts of sodium.

DIET ORDER

TERMINOLOGY:

Sodium restricted diets are ordered in terms of grams or milligrams of sodium, rather than salt or sodium chloride.

The degree of sodium restriction ranges from:

- Mild sodium restriction (3-4 grams sodium, No Added Salt or No Salt Packet)
- Moderate sodium restriction (2.5 to 3.5 grams sodium called Low Salt)
- Strict sodium restriction (2 gram sodium)

Non-specific or vague diet orders will be served as a No Added Salt (3-4 gram sodium) mild sodium restriction. This includes vague orders such as Low NaCl, Salt Free Diet, Low Sodium Diet, Restricted Salt or Salt Poor Diets.

Sodium restricted diets occasionally are ordered in mEq (milliequivalents). To convert mEq sodium to milligrams and then to grams:

$$\underline{\text{(number)}} \text{ mEq sodium} \times 23 = \text{milligrams of sodium}$$

$$\text{Milligrams sodium} / 1000 = \text{grams}$$

INDICATIONS:

A sodium restricted diet is used for control of hypertension and for prevention, control and elimination of edema. It is indicated in congestive heart failure, cardio vascular disease, hypertension, kidney disease, or other fluid or sodium retaining conditions. The availability of medications for many diseases now allows more liberal dietary treatment. However, certain disease conditions still require some sodium restriction.

DESCRIPTION:

Institutional menus are monitored closely for sodium content. Thus, an institutional menu for a moderately sodium restricted diet may occasionally include some salty foods. The menu pattern may permit the periodic use of bacon, ham or sausage to provide more menu variety.

Salt and other sodium compounds enhance the flavor of foods and are therefore valuable in nutritional care.

Since lack of appetite is common among the elderly, it is necessary to enhance the flavors of foods with appropriate seasonings. Depending on the level of sodium restriction in a diet, anywhere from zero to moderate amounts of salt may be added during cooking. For the severely restricted diets, recipes should indicate appropriate amounts of seasonings other than salt, and the food flavor should be monitored. Restrictions of 2000 mg or less are unpalatable, very difficult and expensive to prepare and are not usually offered in institutional facilities.

APPROXIMATE COMPOSITION:

- Calories – 2000-2250
- Protein – 80-90 grams
- Fat – 80-90 grams
- Carbohydrate – 250-280 - grams

NUTRITIONAL ADEQUACY:

This diet provides the DRIs for all nutrients. However, an iodine supplement may be necessary since iodized salt is the major source of iodine.

VARIATIONS:

CONTINUUM OF SODIUM RESTRICTED DIETS:

REGULAR DIET NO ADDED SALT PACKET:

The Regular Diet is served as it is written on the menu. Only the salt packet is omitted.

The Regular Diet, No Added Salt Packet, is recommended for use in long term care settings for elderly residents who need only moderate sodium restriction.

REGULAR NAS DIET:

Same as No Added Salt Packet Diet.

LOW SALT DIET: Daily sodium content of the Low Salt Diet is within the range of 2.5 grams to 3.5 grams. HM Composite menus average 3000 milligrams of sodium per day. Foods from the Regular Diet are used with a few exceptions. Highly salted foods such as ham, pastrami, corned beef are omitted. No salt packet is served on the tray. Salt substitute is served only when ordered by the attending Physician.

Food may be lightly salted during cooking, but salt is not served as a condiment. All baked goods can be included in the diet except those with salt toppings.

Check labels on all commercially prepared foods. Do not use those containing salt as a preservative, topping or major ingredient.

**2 GRAM
SODIUM DIET:**

The 2 Gram Sodium Diet is a more restrictive variation of the Low Salt Diet. Salt-free bread, margarine and soups are specified on the menu. Other food adjustments may also be specified. No salt packet is served on the tray. A salt substitute must be ordered by the attending Physician. The Registered Dietitian may want to review the 2 Gram Sodium diet order and recommend a more liberal sodium controlled diet if appropriate.

To revise the institutional Low Salt Diet to a 2 Gram Sodium Diet:

Breads & Cereal: Serve low sodium bread, lightly salted cooked cereals or dry cereals. AVOID regular bread, biscuits, rolls.

Soups: Serve homemade soups prepared without salt and canned soups identified as Low Sodium. AVOID Soups prepared with salt or salty foods.

Fats & Oils: Serve unsalted butter, unsalted margarine.

**1 GRAM
SODIUM DIET:**

Consult with Registered Dietitian if this diet is ordered. This diet is not well accepted and should not be used in long term care institutions. Severely limits sodium by the elimination of all foods processed with sodium or salt or with moderate amounts of natural sodium. Foods specially processed without salt must be purchased (e.g. low sodium cheese, etc.). A salt substitute is served only when ordered by the Physician.

SODIUM LEVELS OF COMMON DIETS

<u>GRAMS OF SODIUM</u>	<u>DIET CATEGORY</u>
15 grams	Asian diet, up to 15 grams of sodium.
10 grams	Typical American diet, 5 to 10 grams of sodium.
5 grams	The HM Composite REGULAR DIET menu (less than 3000 milligrams sodium) plus three salt packets per day equals approximately 4.5 to 5 grams sodium.
3 grams	The HM Composite REGULAR DIET, NO ADDED SALT PACKET averages less than 3000 milligrams sodium.
2.5 grams	The HM Composite LOW SALT DIET, 2.5 to 3.5 grams sodium. Averages 2700 milligrams sodium.
2 grams	2 GRAM SODIUM DIET. Strict sodium control. Not recommended for most residents in long-term care facilities.
1 gram	1 GRAM SODIUM DIET. Very strict sodium control. Acceptance of food is greatly reduced. Rarely used – requires special handling and products not available in long-term care facilities. Consult with Registered Dietitian if this diet is ordered.

SODIUM CONTENT OF COMMON FOODS

<u>CATEGORY</u>	<u>PORTION</u>	<u>SODIUM</u>
Salt (NaCl)	1 tsp	2350 mg. sodium
Salt packet	1/8 teaspoon	293 mg.
Milk	8 ounces	120 mg.
Meat, Fish Poultry	1 ounce	25 mg.
Vegetables (allowed)	½ cup serving	5-9 mg.
Fruits	½ cup serving	2 mg.
Bread/Cereals		
Low Sodium	1 slice	5 mg.
Regular	1 slice	125-130 mg.
Fats		
Low Sodium	1 teaspoon	0 mg.
Regular	1 teaspoon	45 mg.

LOW SALT DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Whole, 2%, 1%, non fat milk and yogurt	Buttermilk, instant breakfast
MEAT AND MEAT SUBSTITUTES	Eggs, naturally aged cheese, low sodium cheese; any meat, fish, poultry except those under AVOID	Processed meats: ham, sausage, lunch meats, corned beef, kosher meats, frankfurters; canned, smoked or processed meat, poultry or fish; processed cheese and cheese spreads
POTATO AND STARCH	All including rice, pastas	Potato chips, corn chips
BREADS AND CEREALS	Any except those under AVOID	Breads or rolls with salt topping, saltine crackers, pretzels, instant hot cereal, commercial bread stuffing
VEGETABLES	Any fresh, frozen or canned except those under AVOID, Low sodium tomato or vegetable juices	Sauerkraut or any other vegetable prepared in brine, tomato juice, V8 juice
FRUITS AND JUICES	Any fresh, frozen, canned or dried	None
SOUPS	Low sodium broth or bouillon, homemade soup may be lightly salted, low sodium commercial soups	Bouillon cubes, regular salted commercial soups or soups made with ham or bacon, dehydrated soups
FATS/CONDIMENTS	Lightly salted meat gravies, vegetable oils, low sodium or lightly salted homemade salad dressings, butter, margarine	Bacon, salt pork, gravy, regular salad dressings, bacon bits, steak sauce, soy sauce, Worcestershire sauce
DESSERTS	All	None
HERBS AND SPICES	All except those under AVOID	Salt, seasoned salt, garlic salt, onion salt, lemon pepper, MSG (monosodium glutamate)
MISCELLANEOUS	Unsalted nuts, candy of all kinds, unsalted popcorn	Olives, pickles, salted nuts, salted snack foods and crackers

2 GM SODIUM DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Whole, 2%, 1%, non fat milk, yogurt	Limit to 2 cups milk per day. Buttermilk, instant breakfast, commercially-prepared chocolate milk and cocoa mixes
MEAT AND MEAT SUBSTITUTES	Eggs, low sodium cheese; any meat, fish, poultry except those under AVOID	Processed meats: ham, sausage, lunch meats, corned beef, kosher meats, frankfurters; canned, smoked or processed meat, poultry or fish; processed cheese, cheese spreads and aged cheese, peanut butter
POTATO AND STARCH	Rice, pastas, potatoes, cooked from scratch	Potato chips, reduced salt potato chips, commercial pasta, rice and potato mixes such as au gratin, scalloped, pilaf
BREADS AND CEREALS	Any except those under AVOID	Breads or rolls with salt topping, saltine crackers, pretzels, corn bread, biscuits, muffins, breads made with self-rising flours, instant hot cereal, commercial bread stuffing
VEGETABLES	Any fresh, frozen or canned except those under AVOID, Low sodium tomato or vegetable juices	Sauerkraut or any other vegetable prepared in brine, tomato juice, V8 juice
FRUITS AND JUICES	Any fresh, frozen, canned or dried	None
SOUPS	Low sodium broth or bouillon, low sodium commercial soups, homemade soup made with low sodium broth base	Bouillon cubes, regular salted commercial soups or soups made with ham or bacon, dehydrated soups
FATS/CONDIMENTS	Low sodium meat gravies, vegetable oils, low sodium homemade salad dressings, butter, margarine, vinegar	Bacon, salt pork, gravy, regular salad dressings, soy sauce, ketchup, BBQ sauce, mustard, steak sauce, Worcestershire sauce
DESSERTS	All except those under AVOID	Packaged baked goods
HERBS AND SPICES	All except those under AVOID	Salt, seasoned salt, garlic salt, onion salt, lemon pepper, MSG
MISCELLANEOUS	Unsalted nuts, candy of all kinds, unsalted popcorn	Olives, pickles, salted nuts, salted snack foods and crackers

LOW SALT AND 2 GRAM SODIUM DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU			PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>Low Salt Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Pepper, Sugar, No Salt	<u>2 Gram Na+ Diet:</u> Orange Juice Oatmeal Scrambled Eggs Low Sodium Toast Salt Free Margarine Milk, 2% Fat Coffee, Tea, Cocoa Pepper, Sugar, No Salt	4 oz 6 oz 1/3 cup 1 slice 1 tsp 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Low Salt Diet:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Pepper, Sugar, No Salt	<u>2 Gram Na+ Diet:</u> Romaine Salad w/Salt Free Dressing Swiss Cube Steak w/Gravy Mashed Potatoes Green Beans and Red Peppers Low Sodium Bread Salt Free Margarine Pears Milk, 2% Fat As desired Pepper, Sugar, No Salt	1/3 cup 2 oz meat 1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq/1/2 c 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, pepper, Sugar, No Salt	<u>Low Salt Diet:</u> Low Sodium Beef Barley Soup Chicken Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Pepper, Sugar, No Salt	<u>2 Gram Na+ Diet:</u> Low Sodium Beef Barley Soup Chicken Salad Sandwich on Low Sodium Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Pepper, Sugar, No Salt	4 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 8 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

RENAL DIET

RENAL DIET: This diet limits protein, sodium, phosphorus, and potassium. Fluids may or may not be restricted. No salt packet is served on the tray. A salt substitute is not generally recommended as most are potassium chloride; however, if one is indicated it must be ordered by the attending Physician.

DIET ORDER The Renal Diet is defined as 80 gram protein, low salt, 3 gram potassium. The diet order may specify other amounts of

TERMINOLOGY: protein, sodium, phosphorus, and/or potassium.

INDICATIONS: A Renal Diet is used for chronic renal insufficiency or end stage renal disease and chronic renal failure; dialysis may or may not be a part of the treatment.

DESCRIPTION:

- Follow the 80 gram protein, Low Salt (2.5-3.5 gram sodium), 3 gram potassium diet to comply with diet orders for a “Renal Diet” (until further clarification by the Registered Dietitian).
- High calorie, low protein foods are emphasized such as sugars, jams, honey, hard candies (unless resident is also diabetic), low sodium margarine, low sodium butter, oils and cream.
- Low protein bread can be used for additional snacks. The palatability of the bread is increased when toasted or served with low sodium margarine and jelly, jam and honey. Ask the Registered Dietitian for sources for this product.
- Low sodium bread is a product produced by many facilities using a bread machine, resulting in fast to prepare, low sodium bread (simply omit salt in the recipe). Ask the Registered Dietitian for sources for this product.
- When fresh potatoes are used, they should be cut into small pieces and boiled in a large amount of water which helps to leach out some of the potassium.
- Use only low sodium soups. Check with the Registered Dietitian about the use of all low sodium soups to assure they are not high in potassium.

- Salt substitute cannot be used by the resident because of the potassium content. Ask the Registered Dietitian to give the resident information regarding non-potassium salt substitutes.
- Measure all foods accurately.

**APPROXIMATE
COMPOSITION:**

- Calories – 1800-2000
- Protein – 75-85 grams
- Fat – 80-90 grams
- Carbohydrate – 240-280 grams

**NUTRITIONAL
ADEQUACY:**

This diet is deficient in calcium and vitamin D. Diet may also be low in iron, vitamin B12, zinc, riboflavin, niacin, phosphorus and vitamin A.

A resident's need for vitamin and mineral supplementation should be assessed on an individual basis by the Registered Dietitian.

VARIATIONS:

**RENAL DIET
HEMODIALYSIS:**

Protein should be at least 1.2 to 1.4 gram(s) per kilogram of recommended body weight; sodium, phosphorus, and potassium may be restricted. It is important to be in contact with the Registered Dietitian at the dialysis center(s) treating the residents in your facility. The Dietitian will notify you if there needs to be adjustment in protein and mineral levels. At least 60% of the protein should be of high biological value. For obese residents, greater than 125% IBW, calculate energy needs using adjusted body weight.

- Adjusted body weight = $[(ABW - IBW) \times 0.25] + IBW$
 ABW = actual body weight
 IBW = ideal body weight
 0.25 = 25% of body fat tissue is metabolically active

**RENAL DIET CAPD:
(Continuous
Ambulatory)
Peritoneal Dialysis)**

The Renal Diet Hemodialysis as written except 1.2 to 1.5 grams protein per kilogram recommended body weight with phosphorus sodium and potassium not always restricted.

The Renal Diet may be combined with consistency (texture) modified diets such as Mechanical Soft or Puree Consistency (Texture).

**RENAL DIABETIC
DIET:**

Many residents on a Renal Diet also have been diagnosed with Diabetes Mellitus. The Renal Diet may be combined with the No Concentrated Sweets Diabetic Diet, Consistent Carbohydrate Diabetic Diet or a calorie-specific Diabetic Diet. Refer to Renal NCS Meal Pattern. Consult with Registered Dietitian if this diet order is needed.

RENAL DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Coffee, tea, non-dairy creamer, punch, lemonade, rice milk	Commercially prepared milk shakes, yogurt, buttermilk, malted milk powder, sodas, soy milk, beer, cola
MEAT AND MEAT SUBSTITUTES	All meats, eggs, egg substitute, poultry, peanut butter (limit to 2 TB used occasionally), cheese (limit to 1 ounce used occasionally)	Nuts, organ meats, sardines, fish roe, tofu, processed lunch meats, legumes, canned, smoked or salted meats, fish, poultry such as ham, sausage, corned beef, Kosher meats, frankfurters
POTATO AND STARCH	White rice, pastas, potatoes (limit to 1/4 cup per day)	Corn, potatoes in excess of allowed amount, brown rice, corn tortilla, potato chips, corn chips
BREADS AND CEREALS	White breads, corn or rice cereals, low sodium bread, grits; bran, oats and whole wheat cereals (limit to 3/4 cup per day)	Bran, oats and whole wheat cereals and breads in excess of those allowed, pancakes, biscuits, breads or rolls with salt toppings, saltine crackers, pretzels
VEGETABLES	Bamboo shoots (canned), cabbage, cucumber, green beans, lettuce, onion, sweet pepper, wax beans	Limit others as per list of Medium and Very High Potassium Content Vegetables
FRUITS AND JUICES	Apple, applesauce, blueberries, cranberries, cranberry sauce, grapes, fruit cocktail, peaches (canned), pears (canned), plums (canned), raspberries, strawberries, cranberry juice, grape juice, peach nectar, pear nectar	Limit others as per list of Medium and Very High Potassium Content Fruits and Fruit Juices
SOUPS	Low sodium broth or bouillon, low sodium commercial soups, homemade soup made with low sodium broth base	Soups containing medium and very high potassium vegetables, cream soups, high sodium soups, high sodium commercially prepared soups
FATS/CONDIMENTS	Margarine, pepper, sugar, jellies/jams, syrup, mayonnaise, sour cream, Mrs. Dash, cream cheese	Salt, salt substitute, bacon, olives, salt pork, regular salad dressing
DESSERTS	Canned fruits, most desserts (cakes, cookies, pies, gelatin), chocolate (limit to 2 oz used occasionally), popsicles, hard candies, sherbet	Fruit desserts containing medium or very high potassium fruits, chocolate in excess of allowed amount, pudding, ice cream, baked goods

RENAL NCS DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Coffee, tea, non-dairy creamer, punch, unsweetened lemonade, rice milk	Commercially prepared milk shakes, yogurt, buttermilk, malted milk powder, sodas, soy milk, beer, cola
MEAT AND MEAT SUBSTITUTES	All meats, eggs, egg substitute, poultry, peanut butter (limit to 2 TB used occasionally), cheese (limit to 1 ounce used occasionally)	Nuts, packaged meat with sweetened sauces, organ meats, sardines, fish roe, tofu, processed lunch meats, legumes, canned, smoked or processed meats such as ham, sausage, corned beef, Kosher meats, frankfurters
POTATO AND STARCH	White rice, pastas, potatoes (limit to 1/4 cup per day)	White and sweet potatoes in excess of allowed amount, corn, brown rice, corn tortilla, potato chips, corn chips
BREADS AND CEREALS	White breads, corn or rice cereals, low sodium bread, grits	Bran, oats and whole wheat cereals and breads in excess of those allowed, sweetened breakfast cereals, pancakes, biscuits, breads or rolls with salt toppings, saltine crackers, pretzels
VEGETABLES	Bamboo shoots (canned), cabbage, cucumber, green beans, lettuce, onion, sweet pepper, wax beans	Limit others as per list of Medium and Very High Potassium Content Vegetables
FRUITS AND JUICES	Apple, applesauce, blueberries, cranberries, cranberry sauce, grapes, fruit cocktail, peaches, pears, plums, raspberries, strawberries, cranberry juice, grape juice, peach nectar, pear nectar	Limit others as per list of Medium and Very High Potassium Content Fruits and Fruit Juices, sweetened or canned fruits with heavy syrup, dried fruits
SOUPS	Low sodium broth or bouillon, low sodium commercial soups, homemade soup made with low sodium broth base	Soups containing medium and very high potassium vegetables, cream soups, high sodium soups, high sodium commercially prepared soups
FATS/CONDIMENTS	Margarine, pepper, sugar substitute, diet jellies/jams, diet syrup, unsweetened salad dressing, mayonnaise, sour cream, Mrs. Dash, cream cheese	Salt, salt substitute, bacon, olives, salt pork, regular salad dressing
DESSERTS	Unsweetened canned fruits, unsweetened desserts, diet gelatin, unsweetened sorbet, chocolate (limit to 2 oz used occasionally), sugar-free popsicles, sugar-free hard candies, sherbet	Fruit desserts containing medium or very high potassium fruits, chocolate in excess of allowed amount, pudding, ice cream, baked goods

POTASSIUM CONTENT OF FOODS

Low Potassium: The majority of fruit and vegetable menu selections should come from this group.

Medium Potassium: Items from this group should be used in limited amounts.

Very High Potassium: These foods are very high in potassium and should be limited to one serving (amount listed) each day. If serum potassium is above 6.0, these foods should be avoided until serum potassium is below 6.0.

Portion size is 1/2 cup unless otherwise specified.

LOW POTASSIUM	MEDIUM POTASSIUM	VERY HIGH POTASSIUM
Fruit	Fruit	Fruit
Apple	Apricots (canned)	Apricot, fresh (2 each)
Applesauce	Blackberries	Avocado (1/6 medium)
Blueberries	Cherries	Banana (1/2 medium)
Cranberries	Figs	Dates
Cranberry Sauce	Grapefruit	Guava (1 medium)
Grapes	Pears (fresh)	Kiwi (1 medium)
Fruit Cocktail	Pineapple (fresh)	Mango
Mandarin Oranges	Plum	Melon, Cantaloupe
Peaches (canned)	Tangerine	Melon, Honeydew
Pears (canned)	Watermelon	Nectarine (1 medium)
Pineapple (canned)	Fruit Juices	Orange (1 medium)
Plums (canned)	Apple Juice	Papaya (1 medium)
Raspberries	Grapefruit Juice	Peach, dried (2 halves)
Strawberries	Lemon Juice	Pear, dried (3 halves)
Fruit Juices	Lime Juice	Prunes
Cranberry Juice	Orange Juice	Tomato, fresh
Grape Juice	Pineapple Juice	Vegetables
Peach Nectar	Apricot Nectar	Parsnips
Pear Nectar	Tangerine Juice	Potato, White (1/4 cup)
Vegetables	Vegetables	Potato, Sweet
Bamboo Shoots (canned)	Artichoke Hearts	Spinach
Cabbage	Asparagus	Squash, Winter
Cucumber	Beets	Swiss Chard
Green Beans	Broccoli	Vegetable Juice
Lettuce	Carrots (canned or frozen)	
Onion	Cauliflower	
Pepper, Sweet	Celery	
Wax Beans	Corn (canned or frozen)	
	Eggplant	
	Mixed Vegetables	
	Mushrooms (canned)	
	Okra	
	Peas	
	Pumpkin	
	Rutabaga	
	Squash, Summer	
	Zucchini	
	Turnip	
	Miscellaneous	
	Peanut Butter, 2 TB	
	Chocolate, 2 oz	
	Bran Cereal	
	Nuts, 1 oz	

PHOSPHORUS CONTENT OF FOODS

MILK/DAIRY	SERVING	MG PHOS.
Milk (whole)	8 oz	370
Cocoa (from mix)	8 oz	480
Malted Milk	8 oz	529
MEAT/MEAT SUBSTITUTE		
Cheese	1 oz	150-200
Organ meats (liver, brain, heart, kidneys)	3.5 oz	220-500
Nuts	1 oz	100-170
Sardine in oil	2 oz	120
Eggs	1.5 oz	87
VEGETABLES		
Dried Navy Beans, cooked	1/2 cup	140
Pinto Beans, cooked	1/2 cup	137
Chick Peas	1/2 cup	108
Hummus	1/2 cup	138
Sweet Potato	1/2 cup	200

When regulation of phosphorus intake is needed, the following foods may need to be avoided.

FOOD CATEGORY	EXAMPLES
Beverages	Cocoa, malt, cereal beverages (Postum), dark colas, greater than 1 cup of milk per day
Meat and Meat Substitutes	Organ meat, nuts of all kinds, all cheese except cottage cheese, sardines, fish roe
Breads and Cereals	Whole grain bread and cereals
Fruits	All dried fruits, (not greater than 4 servings of other fruits per day)
Vegetables	Dried beans and peas, Brussels Sprouts, collard, mushrooms, okra, parsnips, green peas, sweet potato, winter squash, spinach (cooked)
Potato and Substitutes	Potatoes, barley, bran, wheat germ
Desserts and Sweets	Desserts made with milk, chocolate, molasses, peanut butter, baking powder
Miscellaneous	Chocolate, cocoa, nuts, nut products, condiments that have phosphate base

RENAL (80 gm Protein, Low Salt, 3 gm Potassium) MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>80 gm Protein Renal Diet:</u> Cranberry Juice Oatmeal Scrambled Eggs White Toast Margarine Non-Dairy Creamer Coffee, Tea Pepper, Sugar	4 oz 6 oz 1/2 cup 1 slice 1 tsp 4 oz 6 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>80 gm Protein Renal Diet:</u> French Mandarin Orange Romaine Salad Swiss Cube Steak w/Gravy Mashed Potatoes Green Beans and Red Peppers White Bread Margarine Baked Pear Delight Punch or Lemonade Coffee, Tea Pepper, Sugar	1/3 cup 3 oz + 1/4 cup 1/4 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq 4 oz 6 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>80 gm Protein Renal Diet:</u> Low Sodium Soup Chicken Salad Sandwich on White Bread Shoestring Beet Salad Oatmeal Macaroons Punch or Lemonade Coffee, Tea Pepper, Sugar	4 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 6 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

RENAL (80 gm Protein, 2 gm Sodium, 2 gm Potassium) MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST	<u>Regular:</u>	<u>80 gm Protein Renal Diet:</u>	
Fruit or Juice	Orange Juice	Cranberry Juice	4 oz
Cereal	Oatmeal	Oatmeal	6 oz
Eggs or Meat Entree	Scrambled Eggs	Scrambled Eggs	1/2 cup
Toast or Hot Bread	Wheat Toast	Low Sodium Toast	1 slice
Margarine	Margarine	Low Sodium Margarine	1 tsp
Milk	Milk, 2% Fat	Non-Dairy Creamer	4 oz
Hot Beverage	Coffee, Tea, Cocoa	Coffee, Tea	6 oz
Condiments	Salt, Pepper, Sugar	Pepper, Sugar	
LUNCH	<u>Regular:</u>	<u>80 gm Protein Renal Diet:</u>	
Salad or Appetizer	French Orange Romaine Salad	Green Salad with Unsalted Dressing	1/3 cup
Meat/Entrée	Swiss Cube Steak w/ Gravy	Swiss Cube Steak w/Salt Free Gravy	3 oz 1/4 cup
Potato or Starch	Mashed Potatoes	White Rice	1/3 cup
Hot Vegetable	Green Beans and Red Peppers	Green Beans and Red Peppers	1/3 cup
Bread	Whole Wheat Bread	Low Sodium Bread	1 slice
Margarine	Margarine	Low Sodium Margarine	1 tsp.
Fruit or Dessert	Baked Pear Delight	Baked Pear Delight	2x2 sq
Milk	Milk, 2% Fat	Punch or Lemonade	4 oz
Hot Beverage	As desired	Coffee, Tea	6 oz
Condiments	Salt, pepper, Sugar	Pepper, Sugar	
DINNER	<u>Regular:</u>	<u>80 gm Protein Renal Diet:</u>	
Soup or Salad	Beef Barley Soup	Low Sodium Soup	4 oz
Main Entrée**	Ham Salad Sandwich on Whole Wheat	Chicken Salad Sandwich on Low Sodium Bread	1 each/2 oz protein
Bread**	Bread		
Potato or Starch**	None	None	
Margarine**	None	None	
Vegetable	Shoestring Beet Salad	Shoestring Beet Salad	1/3 cup
Dessert or Fruit	Oatmeal Macaroons	Oatmeal Macaroons	1 each
Milk	Milk, 2% Fat	Punch or Lemonade	4 oz
Hot Beverage	As desired	Coffee, Tea	6 oz
Condiments	Salt, Pepper, Sugar	Pepper, Sugar	

****May be combined for sandwich or casserole with 2 oz protein equivalent**

RENAL (60 gm Protein, 2 gm Sodium, 2 gm Potassium) MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>60 gm Protein Renal Diet:</u> Cranberry Juice Oatmeal Scrambled Eggs Low Sodium Toast Low Sodium Margarine Non-Dairy Creamer Coffee, Tea Pepper, Sugar	4 oz 6 oz 1/4 cup 1 slice 1 tsp 4 oz 6 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>60 gm Protein Renal Diet:</u> Green Salad with Low Salt Dressing Swiss Cube Steak w/Salt Free Gravy Buttered Noodles Green Beans and Red Peppers Low Sodium Bread Low Sodium Margarine Baked Pear Delight Punch or Lemonade Coffee, Tea Pepper, Sugar	1/3 cup 2 oz meat 1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq. 4 oz 6 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>60 gm Protein Renal Diet:</u> Low Sodium Soup Chicken Salad Sandwich on Low Sodium Bread Shoestring Beet Salad Oatmeal Macaroons Punch or Lemonade Coffee, Tea Pepper, Sugar	4 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 6 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

RENAL NO CONCENTRATED SWEETS (80 gm Protein, Low Salt, 3 gm Potassium) MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>Renal NCS Diet:</u> Cranberry Juice Oatmeal Scrambled Eggs White Toast Margarine Non-Dairy Creamer Coffee, Tea Pepper, Sugar Substitute	4 oz 6 oz 1/2 cup 1 slice 1 tsp 4 oz 6 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Renal NCS Diet:</u> Green Salad w/Unsweetened Dressing Swiss Cube Steak w/Gravy Mashed Potatoes Green Beans and Red Peppers White Bread Margarine Unsweetened Canned Pears Unsweetened Lemonade Coffee, Tea Pepper, Sugar Substitute	1/3 cup 2 tsp 3 oz + 1/4 cup 1/4 cup 1/3 cup 1/2 slice 1 tsp. 1/2 cup 4 oz 6 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Renal NCS Diet:</u> Low Sodium Soup Chicken Salad Sandwich on White Bread Shoestring Beet Salad Diet Cookies Unsweetened Punch Coffee, Tea Pepper, Sugar Substitute	4 oz 1 each/2 oz protein 1/3 cup 2 each 4 oz 6 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

FOOD ALLERGIES AND INTOLERANCES

It is extremely important to understand the need for eliminating the allergen from the diet of a resident with a true allergy. An allergen is the food or other substance that causes an allergic reaction. Some individuals may experience a life threatening allergic reaction called anaphylactic shock which is a severe whole body reaction with symptoms that may include low blood pressure, swelling, chest pain, hives, bronchospasm and difficulty breathing. Less severe allergic reactions may cause symptoms of nausea, vomiting, GI distress, rash or diarrhea.

Common food allergies include fish, shellfish, nuts, eggs, milk, strawberries and citrus fruits. Common food intolerances include lactose intolerance and gluten intolerance. Food allergies and intolerances in the long term care population can usually be handled via the individual food preference approach rather than an “allergy diet”. All residents with food allergies or intolerances should be referred to the Registered Dietitian.

LACTOSE RESTRICTED DIET

LACTOSE RESTRICTED DIET:

The Regular Diet is followed with reduced amounts of milk and dairy products depending upon individual resident tolerance.

DIET ORDER TERMINOLOGY:

Low Lactose Diet or Lactose Restricted Diet.

INDICATIONS:

This diet is indicated for residents with intolerance to the lactose sugar in milk. Lactose intolerance produces gastrointestinal symptoms such as cramping, diarrhea, nausea and vomiting. Symptoms are caused by a deficiency of adequate lactase, the enzyme which helps to digest the milk sugar. Residents with Lactose Restricted Diet orders should be referred to the Registered Dietitian.

DESCRIPTION:

Gathering detailed information from the resident or family in regard to the foods involved in the intolerance is essential to providing sound nutritional care. Ask the resident or family what happens when milk is consumed, and whether all milk products including cheese, pudding, ice cream, yogurt, etc. are tolerated or not.

Residents may be offered lactose-reduced milk or be prescribed by their Physician, oral enzymes such as Lactaid and then be able to consume milk.

The calories and protein contained in the menu portion of one pint of milk per day must be added back into the diet with appropriate foods. Sixteen ounces of low fat milk provides approximately 280 calories, 16 grams of protein and 600 mg of calcium. The Registered Dietitian should make the determination regarding the need for a calcium and vitamin D supplement.

Milk alternatives may include lactose-reduced milk, nondairy creamer, soy milk and yogurt with active cultures. Foods to avoid include milk, milk solids, non fat dry milk powder, buttermilk, sweet or sour cream, cottage cheese and cheeses, and foods such as puddings and custards made with fluid milk.

**APPROXIMATE
COMPOSITION:**

- Calories – 2000-2250
- Protein – 80-90 grams
- Fat – 80-90 grams
- Carbohydrate –260-280 grams

**NUTRITIONAL
ADEQUACY:**

May be low in calcium, vitamin D and phosphorus without a supplement.

VARIATIONS:

The Lactose Restricted Diet may be combined with other protein, mineral, carbohydrate or fat modified diets and consistency (texture) modifications.

LACTOSE RESTRICTED DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Soy milk, nondairy creamers, sodas, coffee, tea, juices, commercial lactose-free supplements, (yogurt may be tolerated-check with resident)	Milk, cream, milkshakes, instant breakfast beverages, supplements made with milk, buttermilk
MEAT AND MEAT SUBSTITUTES	All meat, fish, poultry, eggs, legumes, nuts and seeds prepared without milk	Meats served in a white sauce or cream gravy, cheese, cottage cheese, cream cheese
POTATO AND STARCH	Fresh potatoes, sweet potatoes, yams, rice, pasta, mashed potatoes, hash brown potatoes, French fried potatoes, prepared dishes without milk or cheese or sour cream	Au gratin or scalloped potatoes, pasta or rice dishes prepared with white sauce or cream sauces
BREADS AND CEREALS	Hot and cold cereals served with soy milk or non-dairy creamers. All breads, rolls, tortillas, crackers, (made without cheese) muffins, buns, pancakes, waffles, doughnuts	Cereals with milk, cheese breads or crackers
VEGETABLES	All fresh, frozen or canned vegetables and salads	Prepared vegetables in a white sauce or cream sauce or cheese sauce.
FRUITS AND JUICES	Fresh, frozen, canned fruits or juices	Fruit smoothies made with milk or yogurt may not be tolerated
SOUPS	Meat and vegetable soups and stews, noodle soups, bean soups without milk or cheese	Cream soups
FATS/CONDIMENTS	Margarine, oil, salad dressings made without milk, mayonnaise, mustard, catsup, relish, jams, syrup, jellies, honey, BBQ sauce, soy sauce	Cream, sour cream, cream cheese
DESSERTS	Cakes, cookies, pies, sherbet, sorbet, ices, gelatin	Cream pies, custards, puddings; ice cream may not be tolerated

LACTOSE RESTRICTED MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, cocoa Salt, Pepper, Sugar	<u>Lactose Restricted Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Soy Milk Coffee, Tea, No Hot Cocoa Salt, Pepper, Sugar	4 oz 6 oz 1/3 cup 1 slice 1 tsp 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Lactose Restricted Diet:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Boiled Potatoes (No Milk) Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Soy Milk As desired, No Hot Cocoa Salt, Pepper, Sugar	1/3 cup 2 oz meat 1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Lactose Restricted Diet:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Soy Milk As desired, No Hot Cocoa Salt, Pepper, Sugar	4 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 8 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

GLUTEN RESTRICTED DIET

GLUTEN

RESTRICTED DIET: The Regular Diet is followed with careful substitutions of foods made with wheat, some oat products, barley and rye.

DIET ORDER

TERMINOLOGY: Gluten Restricted Diet.

INDICATIONS:

The Gluten Restricted Diet is ordered for residents with gluten sensitivity such as with diagnoses of Celiac disease, Celiac Sprue, Non-tropical Sprue and gluten-sensitive enteropathy. The sensitivity is to the gluten proteins which are glutenin and gliadin found in wheat, rye, barley and oats. Eating these foods may cause symptoms of severe gastrointestinal disturbances as well as fatigue, pain and anemia.

DESCRIPTION:

The Gluten Restricted Diet menu contains:

- Regular food is served per menu with substitutes for all wheat, barley, rye and some oat products. Read labels carefully.
- Facility Dietary staff must check labels closely before serving bread and grain products, cereal, gravies, puddings and desserts. Some foods may have additives (stabilizers, preservatives) containing gluten and thickening agents.
- Foods containing gluten that need to be avoided include: wheat, buckwheat, rye, barley, malt, and malt flavoring containing products. These include breads, cereals, pastas and other products containing wheat or wheat flour, wheat germ, gluten flour, durum flour, graham flour, or wheat starch (cakes, cookies, muffins, pies, pastries, cereals, pastas, tacos, pizza, waffles, pancakes, ice cream cones, any food containing wheat, farina, and wheat based semolina).
- Soy sauce or soy sauce solids unless they do not contain wheat.

APPROXIMATE COMPOSITION:

- Calories - 2000-2200
- Protein - 80-90 grams
- Fat - 80-90 grams
- Carbohydrate - 260-280 grams

NUTRITIONAL ADEQUACY: Meets the DRI's for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

VARIATIONS: May combine with other consistency (texture) modifications.

OTHER RESTRICTIONS: Other nutrient modifications/combinations are not recommended due to potential for calorie limitations.

GLUTEN RESTRICTED DIET RECOMMENDED FOODS

This food list may be used as a diet instruction for home use by residents.

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Milk, juices, sodas, coffee, tea, fresh fruit smoothies, cocoa	Malted milks, milkshakes, milk drinks made from mixes ("Instant Breakfast", weight loss shakes, etc), smoothies made with powdered mixes, beer, ale, malted beverages
MEAT AND MEAT SUBSTITUTES	Non-breaded fresh meats, fish, poultry, shellfish, tofu, nuts, seeds, peanut butter without added ingredients, legumes, canned, salted or smoked meats, eggs	Breaded meats, meats prepared with bread crumbs or hydrolyzed plant protein
POTATO AND STARCH	Fresh potatoes, sweet potatoes, yams, white or brown rice	Prepared and frozen potato products such as hash brown, scalloped and au gratin potatoes, rice and seasoning mixes such as "Rice-A-Roni"
BREADS AND CEREALS	Corn cereals, rice cereals, corn tortillas, cream of rice, rice cakes, corn cakes, popcorn cakes	Cereals such as cream of wheat, Farina, Ralston, cold cereals made from wheat or oats, oatmeal, bread—wheat or white, rolls, buns, muffins, breadsticks, French bread, pastas made from wheat flour, semolina, durum flour, crackers made from wheat, rye, oats, barley or graham flour
VEGETABLES	Fresh, frozen and canned vegetables without added seasoning mixes or breadings	Prepared vegetable dishes with sauces, seasoning mixes or breadings
FRUITS AND JUICES	Fresh, canned, frozen fruits and juices (100% fruit or juice without additives or starches)	Mixed fruit products or juice drinks with sauces, thickeners, or starches added
SOUPS	Homemade soups, broth, stock, gluten-free bouillons, soups without noodles or thickeners or starches	Canned soups with noodles, sauces, gravies, thickeners and starches, bouillon cubes
FATS/CONDIMENTS	Margarine, butter, oils, cream, mayonnaise, salad dressings without added starches or thickeners. Syrup, catsup, mustard, relishes, jams, jellies, honey, BBQ sauce, soy sauce	Gravies and sauces made with flour, starches. Salad dressings made from powder mixes.
DESSERTS	Homemade custards, ice cream, sherbet, sorbet, ices, gelatin	Pastries, pies, cakes, cookies, puddings from mixes
SEASONINGS		Synthetic Pepper

GLUTEN RESTRICTED MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST	<u>Regular:</u>	<u>Gluten Restricted Diet:</u>	
Fruit or Juice	Orange Juice	Orange Juice	4 oz
Cereal	Oatmeal	Cream of Rice	6 oz
Eggs or Meat Entree	Scrambled Eggs	Scrambled Eggs	1/3 cup
Toast or Hot Bread	Wheat Toast	Rice Cakes or Corn Tortilla	2 cakes or 1 tortilla
Margarine	Margarine	Margarine	1 tsp
Milk	Milk, 2% Fat	Milk, 2% Fat	8 oz
Hot Beverage	Coffee, Tea, Cocoa	Coffee, Tea, Cocoa	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
LUNCH	<u>Regular:</u>	<u>Gluten Restricted Diet:</u>	
Salad or Appetizer	French Orange Romaine Salad	French Orange Romaine Salad	1/3 cup
Meat/Entrée	Swiss Cube Steak w/ Gravy	Non Breaded Swiss Steak, no Gravy	2 oz meat 1/4 cup
Potato or Starch	Mashed Potatoes	Mashed Potatoes	1/3 cup
Hot Vegetable	Green Beans and Red Peppers	Green Beans and Red Peppers	1/3 cup
Bread	Whole Wheat Bread	Rice Cakes or Corn Tortilla	2 cakes or 1 tortilla
Margarine	Margarine	Margarine	2 tsp.
Fruit or Dessert	Baked Pear Delight	Pears	1/2 cup
Milk	Milk, 2% Fat	Milk, 2% Fat	4 oz
Hot Beverage	As desired	As desired	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	
DINNER	<u>Regular:</u>	<u>Gluten Restricted Diet:</u>	
Soup or Salad	Beef Barley Soup	Beef Vegetable Soup	4 oz
Main Entrée**	Ham Salad Sandwich on Bread**	Ham Salad on Bed of Lettuce	1 each/2 oz protein
Potato or Starch**	Whole Wheat Bread	Rice cakes	2 each
Margarine**		Mini Potato Salad or Chips	1/4 cup
Vegetable	Shoestring Beet Salad	Shoestring Beet Salad	1/3 cup
Dessert or Fruit	Oatmeal Macaroons	Sherbet or Ice Cream	3 oz cup
Milk	Milk, 2% Fat	Milk, 2% Fat	4 oz
Hot Beverage	As desired	As desired	8 oz
Condiments	Salt, Pepper, Sugar	Salt, Pepper, Sugar	

****May be combined for sandwich or casserole with 2 oz protein equivalent**

TYRAMINE CONTROLLED DIET

TYRAMINE CONTROLLED DIET:

Foods that contain high amounts of the amino acid tyramine are limited due to potential for adverse reaction in combination with MAOI drugs (Monoamine Oxidase Inhibiter). The Regular Diet is served and high tyramine foods are omitted.

DIET ORDER TERMINOLOGY:

Tyramine Controlled Diet

INDICATIONS:

Residents in long term nursing or short term psychiatric hospitals may need tyramine controlled diets when using MAOI drugs prescribed for depression and anxiety. Some brand names of these drugs include: Parnate, Furoxone, Marplan, Nardil and Matulane.

DESCRIPTION:

The menus in long term care facilities do not typically contain many high tyramine foods. In general, protein-rich foods which have been fermented, dried, pickled, smoked, or cured are high in tyramine. The Registered Dietitian should be notified for consultation for residents with Tyramine Controlled Diet orders for menu modification.

Examples of foods to avoid:

- Mature or aged cheeses
- Pepperoni
- Dry salami
- Sauerkraut
- Fava beans
- Alcoholic beverages such as Chianti, burgundy, sherry.

APPROXIMATE COMPOSITION:

- Calories: 2000 – 2250
- Protein: 80 – 90 grams
- Fat: 80 – 90 grams
- Carbohydrate: 260 – 280 grams

NUTRITIONAL ADEQUACY:

Meets the DRI's for all nutrients for identified age groups. Caloric requirements for individual residents and their activity levels are considered.

VARIATIONS:

The Low Tyramine Diet may be combined with other nutrient or consistency (texture) modified diets.

TYRAMINE CONTROLLED DIET RECOMMENDED FOODS

FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
BEVERAGES AND MILK	Milk, juices, sodas, coffee, tea	Red wines, Chianti, sherry, vermouth, limit beer 12-24 oz per day, limit white wine 4-8 oz per day
MEAT AND MEAT SUBSTITUTES	Fresh meats, poultry, tofu, eggs	Caviar, aged cheese, processed cheese, pickled herring, liver, dry sausage, summer sausage, pepperoni, salami, bologna
POTATO AND STARCH	Potatoes, yams, sweet potatoes, rice, and pasta	None
BREADS AND CEREALS	Bread, muffins, rolls, oats, cereals	None
VEGETABLES	All vegetables except pickled	Pickled vegetables, sauerkraut, snow pea pods, Italian green beans, fava beans
FRUITS AND JUICES	All juices, fruits, smoothies	Mixed fruit products or juice drinks with sauces, thickeners, or starches added
SOUPS	All soups except those under AVOID	Soups packaged with yeast products, miso
FATS/CONDIMENTS	All	None
DESSERTS	All	None
MISCELLANEOUS	Salt, spices, salad dressings	Concentrated yeast extract, brewer's yeast, yeast supplements, Marmite, salad dressings containing cheese, soy sauce in large amounts

TYRAMINE CONTROLLED DIET MEAL PATTERN

SAMPLE MEAL PATTERN	SAMPLE MENU		PORTION SIZE
BREAKFAST Fruit or Juice Cereal Eggs or Meat Entree Toast or Hot Bread Margarine Milk Hot Beverage Condiments	<u>Regular:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	<u>Tyramine Controlled Diet:</u> Orange Juice Oatmeal Scrambled Eggs Wheat Toast Margarine Milk, 2% Fat Coffee, Tea, Cocoa Salt, Pepper, Sugar	4 oz 6 oz 1/3 cup 1 slice 1 tsp 8 oz 8 oz
LUNCH Salad or Appetizer Meat/Entrée Potato or Starch Hot Vegetable Bread Margarine Fruit or Dessert Milk Hot Beverage Condiments	<u>Regular:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Tyramine Controlled Diet:</u> French Orange Romaine Salad Swiss Cube Steak w/ Gravy Mashed Potatoes Green Beans and Red Peppers Whole Wheat Bread Margarine Baked Pear Delight Milk, 2% Fat As desired Salt, Pepper, Sugar	1/3 cup 2 oz meat 1/4 cup 1/3 cup 1/3 cup 1/2 slice 1 tsp. 2x2 sq 4 oz 8 oz
DINNER Soup or Salad Main Entrée** Bread** Potato or Starch** Margarine** Vegetable Dessert or Fruit Milk Hot Beverage Condiments	<u>Regular:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	<u>Tyramine Controlled Diet:</u> Beef Barley Soup Ham Salad Sandwich on Whole Wheat Bread Shoestring Beet Salad Oatmeal Macaroons Milk, 2% Fat As desired Salt, Pepper, Sugar	4 oz 1 each/2 oz protein 1/3 cup 1 each 4 oz 8 oz

****May be combined for sandwich or casserole with 2 oz protein equivalent**

ENTERAL FEEDING (Tube Feeding)

DEFINITION: Enteral means "inside the intestine." Enteral feeding refers to a liquid food introduced into the stomach by means of a tube.

**DIET ORDER
TERMINOLOGY:**

The enteral feeding order must be entered into the medical record in a format that follows the facility enteral feeding protocol.

The enteral order should contain the following information regarding the feeding:

- Name of the formula
- Total ml's and calories to be given in a 24 hour period
- Method of delivery:
 - Enteral pump
 - Gravity drip
- Bolus - a bolus feeding is an amount of formula, usually a range of 240-375ml, that is put into the tube with a syringe and allowed to go through the tube without any flow restriction.
- Type of tube resident has had inserted (NG, GT, PEG, JT – see below under Description)
- Rate of flow per hour – specified as ml's per hour (such as 70 ml/hr)
- Number of hours the feeding is to run:
 - For example, 9 P.M. to 6 A.M., for 9 hours
- Amount of additional water to be given as a separate flush order specified as number of ml's and frequency such as 250 ml QID, or 200 ml each shift.

The facility must notify the Dietary Department of the admission of a resident requiring enteral feeding. The nutritional assessment process for the resident can then be initiated by the Dietary Department. It is recommended that the Registered Dietitian be contacted within 24 hours of admission to review the appropriateness of the enteral feeding and flush order. This can be done via a phone and fax consult.

INDICATIONS: Enteral feeding is ordered for residents who have a functioning digestive system but who are unable to take food orally because of inability to swallow. The swallowing problem may be caused by or related to: stroke, neuromuscular disease such as multiple sclerosis or Parkinson's disease, a comatose or semicomatose state, injury, cancer of the larynx or esophagus. Enteral feeding

ENTERAL FEEDING (Tube Feeding)

INDICATIONS (continued):

may also be considered for residents who are unable to maintain an adequate oral intake for other reasons. Enteral feeding may be used to provide partial or total nutritional support for the resident whose clinical condition demonstrates that nutrition support via an enteral tube is unavoidable.

DESCRIPTION:

Commercial formulas are to be used. Orders for blenderized facility-made enteral feedings are not acceptable nor are orders for a Pureed Diet through a feeding tube. There is a large selection of commercial enteral feedings available. The Registered Dietitian has the responsibility of evaluating each enteral order to ensure that it meets the resident's nutritional requirements and, if indicated, to make a recommendation for change. The formula is administered through a very small diameter tube placed either 1) into the stomach through the nose (nasogastric tube or NGT) 2) directly into the stomach through the abdominal wall (gastrostomy tube or GT or PEG, which stands for Percutaneous Endoscopic Gastrostomy) or 3) through the abdominal wall into a part of the small intestine called the jejunum (a jejunostomy tube or JT).

NUTRITIONAL ADEQUACY:

The Registered Dietitian must evaluate all enteral feeding orders and when indicated make recommendations to the Physician for modifying enteral orders to meet the nutritional requirements of the resident. Volumes of less than 1200 ml formula may not meet 100% DRI's and resident may need a multivitamin/mineral supplement. Commercial formulas vary in nutritional content and the Registered Dietitian should have current reference guides available.

Enteral formula information can be found on vendor websites:

www.NovartisNutrition.com

www.Nestle-nutrition.com

www.Ross.com

WORKSHEET FOR ENTERAL FEEDING ORDERS

Name _____

Date _____

1. Oral Intake			
<input type="checkbox"/> NPO		<input type="checkbox"/> NPO - May have ice chips	
<input type="checkbox"/> Diet as ordered			
2. Enteral Formula			
<input type="checkbox"/> PUMP	Administer _____ at _____ ml/hr X _____ hrs. via tube using pump to provide _____ ml/24 hrs		
	(formula name)		
	and _____ calories/24 hrs.		
<input type="checkbox"/> BOLUS	Administer _____ at _____ ml bolus q _____ hrs. via _____ tube to provide _____ ml/24 hrs		
	(formula name)		
	and _____ calories/24 hrs.		
<input type="checkbox"/> GRAVITY	Administer _____ at _____ ml q _____ hrs. via tube using gravity drip to provide _____ ml/24 hrs		
	(formula name)		
	and _____ calories/24 hrs.		
3. Verify Tube Placement			
<input type="checkbox"/> Verify tube placement before each feeding and before administration of medication.			
4. Checking Residuals			
<input type="checkbox"/> Check for residual before each feeding <input type="checkbox"/> every shift. If residual > 100ml, hold feeding and recheck in one hour. If residual remains > 100ml, notify physician.			
5. Tube Flushing			
<input type="checkbox"/> Flush with minimum _____ ml water q _____ hrs. Add to I&O.			
<input type="checkbox"/> Flush with minimum _____ ml water before and after each feeding. Add to I&O.			
<input type="checkbox"/> Flush with _____ ml water before and after medications. Add to I&O.			
6. Intake and Output			
<input type="checkbox"/> Record intake and output every shift.			
7. Elevation of Head of Bed			
<input type="checkbox"/> Elevate head of bed 30 degrees during enteral feeding.			
<input type="checkbox"/> Elevate head of bed 30 degrees during enteral feeding and for one hour after feeding.			
8. Administration Sets & Syringes			
<input type="checkbox"/> Change enteral administration set with <input type="checkbox"/> every bottle <input type="checkbox"/> every other bottle of formula			
<input type="checkbox"/> Every 24 hours change syringe used for flushing, medication administration and checking residuals.			
9. Site Care			
<input type="checkbox"/> Change GT dressing <input type="checkbox"/> daily <input type="checkbox"/> every shift. Cleanse with <input type="checkbox"/> soap and water <input type="checkbox"/> normal saline and cover with dry dressing.			
<input type="checkbox"/> Assess GT site <input type="checkbox"/> daily <input type="checkbox"/> every shift for s/s infection, drainage, redness, swelling and skin irritation.			
10. Nursing Assessment			
<input type="checkbox"/> Assess lungs for s/s of aspiration every shift.			
<input type="checkbox"/> Observe for nausea/vomiting/diarrhea <input type="checkbox"/> every shift <input type="checkbox"/> daily <input type="checkbox"/> weekly. Document episodes in licensed nurses notes and notify MD if persistent.			
<input type="checkbox"/> Assess mouth every shift for appropriate oral care and s/s of dehydration.			
<input type="checkbox"/> Assess nose/facial area every shift for s/s irritation related to taping of NGT.			
11. Weights			
<input type="checkbox"/> Weekly weights		<input type="checkbox"/> Daily weights	
12. Lab			
<input type="checkbox"/> Electrolytes every 3 months		<input type="checkbox"/> CBC every 3 months	
<input type="checkbox"/> Albumin every 3 months		<input type="checkbox"/> BUN every 3 months	
<input type="checkbox"/> Blood Glucose every 3 months			
ORDER BY _____	DATE _____	TIME _____	
NOTED BY _____	DATE _____	TIME _____	
PHYSICIAN'S SIGNATURE _____	DATE _____	TIME _____	
LAST NAME	FIRST	PHYSICIAN	RECORD #
			ROOM #

PARENTERAL FEEDING

DEFINITION:	Parenteral means "outside the intestine." Infusions of intravenous feeding may either be central total parenteral nutrition (TPN) or peripheral parenteral nutrition (PPN). The formula usually is clear and the carbohydrate, protein and fat are in a form that can be immediately utilized by the body. In effect, the nutrients in a parenteral solution are "predigested" and administered directly into the blood stream.
DIET ORDER TERMINOLOGY:	Not applicable - the parenteral formulas are prepared by a pharmacy.
INDICATIONS:	Parenteral feeding is generally used only in cases where the digestive system does not function, for example: severe ulcerative colitis, major intestinal surgery, severe intestinal trauma, bowel obstruction. Other instances may include high-dose chemotherapy, radiation and bone marrow transplantation, pancreatitis, severe malnutrition with a nonfunctional GI tract.
DESCRIPTION:	The parenteral solution is usually a clear, water-based solution containing carbohydrate in the form of dextrose, protein as amino acids and fats in the form of triglycerides. The solution also contains electrolytes, vitamins, and minerals. If the fats are added to the solution, it appears creamy.
NUTRITIONAL ADEQUACY:	The Registered Dietitian must evaluate all parenteral feeding and, when indicated, make recommendations to the Physician for modification to meet the nutritional requirements of the resident. It is recommended the Pharmacist be contacted prior to suggesting recommendations to the Physician. Parenteral nutrition support needs to be done in an interdisciplinary team.
FACILITY PROCEDURE:	The Dietary Department must be notified when a resident is to be fed by parenteral method so a nutritional assessment can be completed. Consult the Registered Dietitian and Pharmacist for formula, calorie and nutrient calculations.
VARIATIONS:	Parenteral feeding may be combined with oral diets of any nutrient or consistency if the digestive system is functioning and ordered by the Physician. Resident may also be ordered as NPO (nothing by mouth) or may be allowed water or ice chips as per Physician order.

TOPIC OUTLINE AND ATTENDANCE RECORD

Facility _____ Date _____ Time: From _____ To _____

Topic: Overview of **Dietetic Services** Diet Manual

Outline (lesson plan) or summary of material presented:

1. Explanation of the need and use of a diet manual.
2. Summary of regular and special diet categories:
 - A. Normal Nutrition and Regular Diet
 - B. Consistency (Texture) Modified Diets
 - C. Carbohydrate Modified Diets
 - D. Fat Modified Diets
 - E. Protein and Mineral Modified Diets
 - F. Food Sensitivities, and Intolerances
 - G. Enteral and Parenteral Nutrition
3. Nutritional requirements and menu adequacy
4. Facility House Diets

Presentation Method: Lecture, Handout, Discussion

Resources: **Dietetic Services** Diet Manual, refer to the Table of Contents for topics listed.

Comments and/or Evaluation:

		_____ Signature and Title of Instructor	
Name	Position	Name	Position
1. _____		6. _____	
2. _____		7. _____	
3. _____		8. _____	
4. _____		9. _____	
5. _____		10. _____	

MEDICAL SYMBOLS

I	One	~	Approximately
II	Two	≈	Approximately equal to
III	Three	=	Equals
√	Check	— s	Without
°	Degree	— c	With
♂	Male	q	Every
♀	Female	"	Inch (example: 5'1")
↓	Decreased or low	'	Foot (example: 5'1")
↑	Increased or high	#	Number (also used for pound)
△	Change(d)	@	At
<	Less than	÷	Divided by
≤	Less than or equal to	X	Times (a day or week, etc.)
>	Greater than		
≥	Greater than or equal to		

MEDICAL ABBREVIATIONS

A

abd	abdomen
ac	before meals (ante cibum)
ad lib	as desired
adm.	admission
AKA	above knee amputation
ARF	acute respiratory failure
ASCVD	Atherosclerotic Cardiovascular Disease
ASHD	Arteriosclerotic Heart Disease

B

bid	twice a day
bin	twice a night
BKA	below the knee amputation
BM	bowel movement
BMR	Basal Metabolic Rate
BP	blood pressure
BPH	benign prostatic hypertrophy
BUN	Blood urea nitrogen

C

C.	centigrade
cc	cubic centimeter
c/o	complains of
CA	Cancer
Ca	calcium
CAD	coronary artery disease
Cal or Kcal	calories (kilocalories)
Cap	capsule
CBC	complete blood count
CBS	Chronic Brain Syndrome
CHD	Coronary Heart Disease
CHF	Congestive Heart Failure
CHO	carbohydrate
chr	chronic
Cl	chloride
cm.	centimeter
CNS	central nervous system
CO ₂	carbon dioxide
Comp.	compound
COPD	Chronic Obstructive Pulmonary Disease
CRF	chronic renal failure
CRI	chronic renal insufficiency
CVA	cerebral vascular accident
CVD	cardiovascular disease

D

d/c	discontinue
dil.	dilute
disch.	discharge
DM	Diabetes Mellitus
DOA	day of admission
Dx	diagnosis

E

EEG	electroencephalogram
EKG	electrocardiogram
ext.	extremity

F

F	Fahrenheit
FBS	fasting blood sugar
Fe	iron
Fl	fluids
Fl oz	fluid oz.
FTT	failure to thrive
Fx	fracture

G

gen	general
GI	gastrointestinal
gm	gram
GTT	Glucose Tolerance Test
gtts	drops
GYN	Gynecology

H

h	hour
H&P or Hx/Px	history and physical
H ₂ O	water
H/A	headache
Hct.	hematocrit
Hgb, Hb	Hemoglobin
hold	do not serve tray until notified
Hr	hour
HS	at bedtime (hours of sleep)
Ht	height
HTN	hypertension
Hx	history

I

IDDM	insulin dependent diabetes mellitus
I & O	intake and output
ICU	intensive care unit
in	inch
IV	intravenous

K

K+	potassium
Kg	kilogram

L

L	liter
Lt.	left
lb	pound
LLQ	left lower quadrant (of abdomen)
LUQ	left upper quadrant (of abdomen)

M

M	male
mcg	microgram
MEq	milliequivalent
mg	milligram
Mg	magnesium
min	minute
ml	milliliter (same as cc)

MEDICAL ABBREVIATIONS

N

N/V	nausea & vomiting
Na+	sodium
NaCl	sodium chloride; salt
NG	nasogastric
NIDDM	noninsulin dependent diabetes mellitus
NKA	no known allergies
no or #	number
noc	night
NPH	non-protein hagedorn insulin
NPO	nothing by mouth

O

O2	oxygen
OA	osteoarthritis
OB	Obstetrics
OD	right eye
os	mouth
OS	left eye

P

p	pulse
PC	after eating (post cibum)
PE, PX	physical examination
PH	past history
PO	post operative or by mouth
pp	after meals (post prandial)
PRN	if occasion require, if necessary
pro	protein
Pt	patient
PT	physical therapy
pt	pint

Q

q	every
qn	every night
q2H	every two hours
q3H	every three hours
q4H	every four hours
qd	everyday
qh	every hour
qid	four times a day
qod	every other day
qon	every other night
qt	quart

R

R	rectal
resp.	respiration
R/O, RO	rule out
RBC	red blood cells
rbc	red blood cells
RDA	recommended daily allowances
RUQ	right upper quadrant
Rx	take, treatment, prescription

S

s	without
S/P	status post
s/s	signs/symptoms
sm	small
SNF	skilled nursing facility
SOB	shortness of breath
Sol.	solution
sp. gr	specific gravity
stat	immediately, at once
svg	serving
Sx	symptom

T

T&A	tonsillectomy & adenoidectomy
T, tbsp	tablespoon
t, tsp	teaspoon
tab	tablet
TB, TBC	Tuberculosis
THR	total hip replacement
TIA	transient ischemic attack
tid	three times a day
TKR	total knee replacement
TO	telephone order
TPR	temperature, pulse, respiration
Tx	treatment

U

UGI	upper gastrointestinal
URI	upper respiratory infection
UTI	urinary tract infection

V

VD	venereal disease
Vit	vitamin
VO	verbal order
VP	venous pressure

W

W/C	wheel chair
WBC	white blood cell count
WD	well developed
WDWN	well developed, well nourished
wk	week
WN	well nourished
WNL	within normal limits
wt	weight

Y

YOF	year old female
YOM	year old male

NOTE: Please consult facility policies and procedures for use of any medical abbreviations.