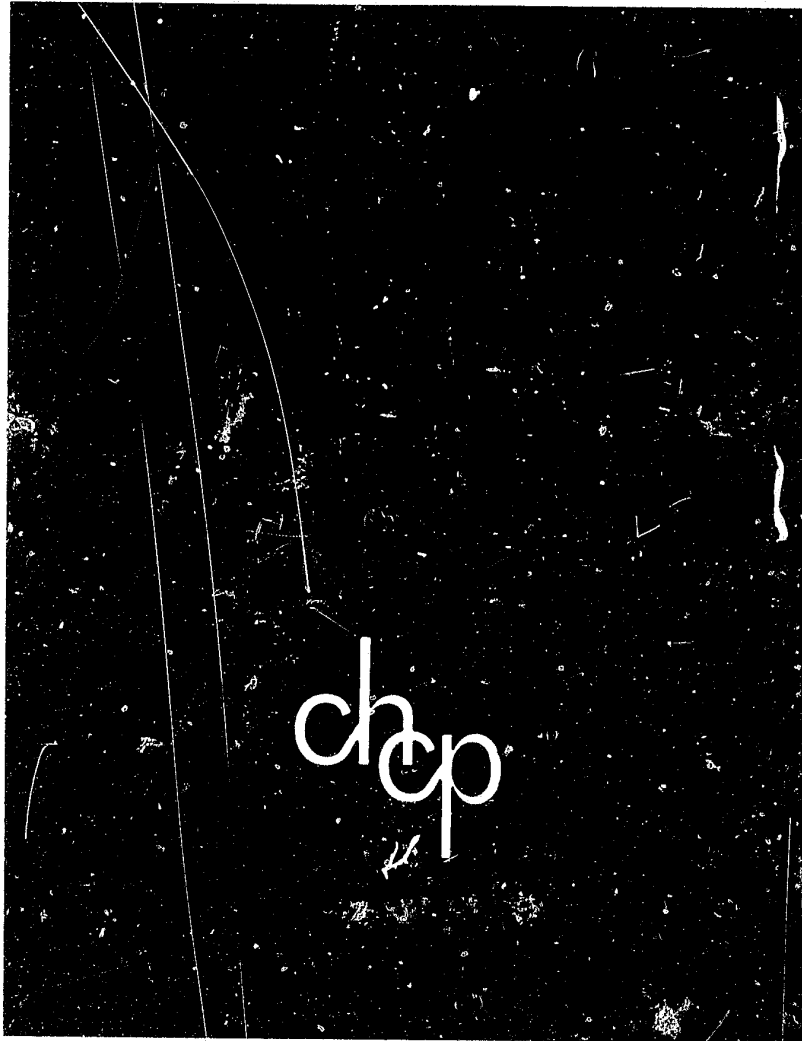


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CORRECTIONAL HEALTH CARE PROGRAM

Correctional Health Care Program

RESOURCE MANUAL

DIET MANUAL

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ACQUISITIONS

MICHIGAN DEPARTMENT OF CORRECTIONS
OFFICE OF HEALTH CARE

LAW ENFORCEMENT ASSISTANCE ADMINISTRATION
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DIET MANUAL

MICHIGAN DEPARTMENT OF CORRECTIONS

OFFICE OF HEALTH CARE

1979

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Manuals Available in This Series

Correctional Health Care: An Annotated Bibliography

Correctional Health Care Facilities: Planning, Design, and Construction

Dental Health Programs for Correctional Institutions

The Development of Policy and Procedure Manuals for Correctional Health Programs

Diet Manual for Correctional Health Care

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Problem Oriented Medical Records in Correctional Health Care

Quality Assurance: A Brief Overview for the Correctional Health Care Administrator

Resident Guide to Self-Care

Sample Policy Manual for Correctional Health Care

FOREWORD

The issues of adequacy, accessibility, and quality of health care service delivery in correctional institutions are increasingly receiving well-merited attention. Long plagued by neglect and paucity of resources, most correctional agencies throughout the country have recognized the need for clear direction in addressing these issues. The unique characteristics of prison populations and facilities pose a problem in applying directly the standards and policies which prevail in community health care settings. Once the basic ingredients common to good health care practice have been identified, the challenge remains of their adaptation without essential compromise to the correctional environment. Implementation of a system which meets statutory and professional standards is the responsibility of correctional health care administrators in the 1980's.

Through a grant from the Law Enforcement Assistance Administration, the Michigan Department of Corrections has provided technical assistance to ten states with a view to improving their health care system for residents of correctional institutions. This manual is one of a series published under auspices of the grant. Together, the manuals will support and extend the training sessions and technical assistance efforts of the past two years. Their purpose is to define concisely the major elements which must constitute a comprehensive health care program for a correctional agency.

There is no substitute for proper planning, adequate resources and good management. These manuals can assist in the planning effort to identify the kind of resources which will comprise an adequate program. In addition, they address the alternatives which must be considered, the integration of various components, and establish a foundation for the decisions which must be made by each agency.

The manuals have been compiled by persons who are experts in their professional field and by persons active in the delivery of health services to correctional residents. There are too many divergencies among correctional agencies to permit a single approach to be universally applicable. For this reason, the manuals are intentionally broad in scope and will require careful analysis and specification by each user.

A health care system does not stand alone and isolated from its environment. It can succeed only through a cooperative and carefully planned effort which involves health care personnel, staff of the correctional system, community health resources, and residents as interested consumers of the services. Where multiple institutions exist within a state correctional agency, appropriate central direction and coordination are essential for coherent and consistent form and quality of the services provided. It is at this level, in particular, that the overall planning, resource development, and management of policy should occur.

These manuals are written in a simple "how-to" format and are intended to be self-explanatory. Local regulatory agencies and other community and professional health resources can be helpful in their interpretation and application.

The goal which has prompted development and issuance of this manual and of others in the series has been attainment of professional quality health care for residents of correctional institutions comparable to that available in the community. The sponsors will consider their efforts well rewarded if, as a result, changes are implemented which improve access and cost-efficient delivery of needed health services.

Jay K. Harness, M.D.
Director
Correctional Health Care Program

P R E F A C E

This resource manual has been designed by the Michigan Department of Corrections, Office of Health Care, as a guide for the planning and interpretation of therapeutic diets in their correctional institutions. It has been prepared as a part of their continuing efforts to provide adequate nutrition and proper therapeutic diets to residents as a part of a total health care program.

The general nature of this manual allows it to be widely applicable to the unique limitations of each facility. It is hoped that you will be able to adapt and use the information provided in this manual at your institution.

Barbara Hladki, R.D.
Nutrition Consultant
Office of Health Care

TABLE OF CONTENTS

	<u>Page</u>
Introduction	1
Guide to Diet Orders and Counseling Reports	2
Basic Four Food Groups	3
<u>Nutrition for the Life Cycle</u>	
General Diet	4
Prenatal Diet	5
Geriatric Diet	7
Vegetarian Diet	8
<u>Modifications in Consistency</u>	
Clear Liquid Diet	10
Full Liquid Diet	11
Pureed Diet	13
Mechanical Soft Diet	16
<u>Modifications for Gastrointestinal Disease</u>	
Bland Diets	19
Liberal Bland Diet	20
Strict Bland Diet	21
Post Gastrectomy Diet	24
Low Residue Bland Diet	28
High Fiber, High Residue Diet	31
<u>Modifications of Carbohydrate and Calories</u>	
Diabetic Diets	33
Insulin and Drug Performance Chart	34
Standard Meal Patterns	35

	<u>Page</u>
Diabetic Exchange List	40
Diabetic Liquid Diets	45
Low Calorie or Weight Reduction Diets	46
Diet for Hypoglycemia	49
<u>Modifications in Fat</u>	
Low Fat Diet	52
Cholesterol Controlled Diet	55
Low Triglyceride Diet	60
High Protein, High Calorie, Low Fat Diet	61
<u>Modifications in Protein</u>	
High Protein, High Calorie, Low Fat Diet	64
Low Protein Diet	66
Renal Diet - Protein, Potassium, and Sodium Restricted Diet	70
Renal Exchange Lists	73
Moisture Content of Foods	81
<u>Modifications in Sodium</u>	
Sodium Controlled Diets	82
No Added Salt Diet	84
2000 Milligram (Low Salt) Diet	85
1000 Milligram Sodium Diet	87
<u>Modifications for Food Intolerances</u>	
Diets for Food Sensitivities - General	90
Milk Free Diet	91
<u>Parenteral Nutrition</u>	
Tube Feedings	94
Meritene Nutritional Analysis	95

Test Diets

	<u>Page</u>
Low Residue Preparatory Diet (X-Ray Prep)	96
V.M.A. Diet	97

Appendices

Recommended Dietary Allowances	99
Height and Weight Tables	100
Chief Sources of Vitamins and Minerals	101
Foods High in Potassium	102
Sodium Content on Common Foods	103
Common Gas Producing Foods	105
Metric References Conversion Table	106
References	107

INTRODUCTION

The role of proper nutrition and diet therapy is today recognized as a major part of the prevention and treatment of many disease states. This diet manual has been prepared for use by medical, dental, nursing and food services staffs as a guide for ordering and interpreting the therapeutic diets needed as part of a total health care plan.

This manual has been prepared with the fullest consideration of the nutritional needs of all residents. It reflects current nutritional knowledge, as well as the unique limitations of each facility. The diets and sample meals have been planned to meet, as closely as therapeutic restrictions permit, the known nutritional requirements based on the recommended Daily Dietary Allowances of the National Research Counsel - National Academy of Sciences.

To provide continuity of medical and nutritional care, this manual will be used in all facilities with the intent of the diets varying only as menu items vary among institutions.

Each section of the manual pertaining to a therapeutic diet contains the following information:

- Statement of purpose
- Suggested indicated uses
- Description of the diet
- Statement of nutritional adequacy
- Physicians ordering procedure
- List of foods allowed and foods to avoid
- Sample meal plan

In addition, the manual includes the general diet, test meals and various lists and tables most frequently needed by health care and food service personnel.

It is hoped that this diet manual will be of assistance in the continued efforts of many individuals to provide adequate nutrition and proper therapeutic diets as part of a total health care program for each resident of the Michigan Department of Corrections.

Barbara Hladki, M.S., R.D.
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GUIDE TO DIET ORDERS AND COUNSELING REQUESTS

DIET ORDERS

Orders for therapeutic diets should be complete and specific. To facilitate understanding on the part of all concerned, please use the terminology designated in this manual under physicians ordering procedure whenever a diet is ordered. When applicable, levels of nutrients desired should be clearly indicated in terms of grams, milligrams, milliequivalents and/or calories. The duration of the diet should be included in all orders. A complete diet order should be rewritten when a new modification is added to the prescription, when the prescription is changed in any other way, or when service of the diet has been interrupted for any purpose.

Orders for therapeutic diets should be written in the patient's medical record and on the form provided in each facility for transmitting the medical order to the food preparation area.

All diet orders must be signed by a physician, dentist, or physician's assistant. Verbal diet orders will only be honored for one meal following the initiation of the verbal order.

All therapeutic diets will be initiated at the next meal following the receipt of the order in the food preparation area. If this is not possible, the medical staff member who initiated the order will be informed of the delay.

Diets not listed in this manual may be ordered after consultation with a dietitian. It is requested that the physician, dentist or physician's assistant, explain to the resident that a modified diet has been prescribed and the reason for the prescription.

NUTRITION COUNSELING

Alterations of food habits is a difficult process involving many behavioral changes. In order to obtain compliance with any modified diet, it is necessary that the patient be taught the rationale for his diet, how to select foods he is allowed to eat, and the foods he should avoid. Parts of this manual listing foods allowed and avoided have been designed to be supplied to patients to aid in this understanding. It is suggested that residents who are in need of long-term therapeutic diets be given dietary instructions pertinent to their diet modifications.

Requests for diet instructions and/or diet teaching should be ordered in the patient's medical record. Teaching will be done by the dietitian and/or nursing and food service staff as soon after the order as possible. Progress and completion of teaching will be indicated in the patient's medical record.

CONSULTATION

A registered dietitian is available, either on-site or by telephone to make recommendations for diet orders, adjustments in meals or supplements, and discharge planning. Arrangements can also be made to have diet histories and nutritional assessments completed and evaluated.

GOOD NUTRITION WITH THE FOUR BASIC FOOD GROUPS FOR
BETTER HEALTH**

<p><u>Milk & Cheese</u> 2 servings daily</p> <p>2 - 8 oz. Serving Milk and/or</p> <p>1 - 2 oz. Serving Cheese</p>	<p><u>Vegetables & Fruits (1/2 C Serving)</u> 4 servings daily</p> <p>1 serving - citrus fruit</p> <p>1 serving - dark green or yellow vegetable</p> <p>2 or more servings of other vegetables and fruits (one raw, if possible)</p>
<p><u>Bread and Cereals</u> (1/2 C Serving) 4 servings daily</p> <p>Four (4) or more serv- ings of bread; cooked or dry breakfast cereals; rice or corn cereal; products such as macaroni, noodles, etc; cookies, cakes, pud- ding, pies, etc.</p>	<p><u>Meat or Substitute (2 oz. Serving)</u> 2 servings daily</p> <p>2 or more servings of lean meat (2 oz.)</p> <p>Eggs (2)</p> <p>Dried peas & beans (1 cup)</p> <p>Peanut butter (4 tb.)</p> <p>Cheese (2 oz.)</p>

Fats & Sweets: The amount used in the preparation of daily meals will give variety in preparation, flavor, and appearance, as well as fulfill calorie requirements.

** Adapted from Leaflet No. 424
Institute of Home Economics
U. S. Department of Agriculture
Washington, D.C.

GENERAL DIET

PURPOSE: Good nutrition and a well balanced diet are now recognized as being vital to the maintenance of overall good health and the prevention of many disease states. The general diet serves these needs for the majority of residents. This diet is designed to provide for the nutritional requirements of normal healthy young adults who are moderately active.

INDICATED USES: The general diet is designed for persons who require no dietary restrictions or modifications.

DESCRIPTION: The General Diet is designed using the Basic Four Food Groups as a model for menu planning. The diet consists of foods prepared in any style or manner, according to accepted local patterns and budgetary allowances. The diet is served in three meals daily, unless otherwise ordered. Depending upon individual food consumption, the diet provides at least 3000 Calories and 54 grams of protein for male residents and 2100 Calories and 46 grams of protein for female residents.

ADEQUACY: The diet is nutritionally adequate based on the RDA for the reference male and female.

PHYSICIAN'S ORDERING PROCEDURE: Order this diet by the terms General or Regular Diet. If a feeding frequency other than three meals daily is needed, order the number of feedings desired.

SAMPLE MEAL - GENERAL DIET

Breakfast

4 oz. orange juice
2 bx. Rice Krispies
1 scrambled egg
3 slices bread or
toast
butter, jelly
8 oz. milk
coffee
sugar, salt, pepper

Noon

8 oz. spaghetti with meat
sauce
4 oz. toss salad with French
dressing
4 oz. buttered green beans
1 piece yello cake
3 slices bread
beverage
salt, pepper

Evening

3 oz. sliced turkey
8 oz. mashed potato
1 oz. gravy
4 oz. buttered carrots
4 oz. canned peaches
3 slices bread
1 oz. milk
salt, pepper

DIET FOR PREGNANCY

PURPOSE: The diet is designed to provide the additional protein and nutrients needed to sustain pregnancy in the average healthy woman. Calories are adequate to allow for a weight gain in the recommended 22 to 27 pound range.

INDICATION: Pregnancy.

DESCRIPTION: The diet is based on the regular diet with emphasis placed on providing additional sources of protein, calcium and other nutrients. The diet will contain at least 80 grams of protein. The diet for pregnancy in itself makes no limitations upon the patients sodium intake. Unless otherwise indicated, the diet will be served in three meals with an evening snack.

ADEQUACY: The diet is adequate, based on the RDA, in all nutrients except iron and folic acid. It is recommended that iron and folate supplements be provided to all pregnant women. Depending upon individual food consumption, a prenatal multi-vitamin supplement with iron, allows for a margin of safety in regards to nutrient intake.

PHYSICIAN'S ORDERING PROCEDURE: This diet should be ordered by the term Pregnancy Diet only. If a diet which restricts Calories and/or sodium is needed in addition to the extra nutrient allotment, these restrictions must be ordered in conjunction with the pregnancy diet. It is not recommended that a Calorie restriction of less than 1800 Calories or a sodium restriction of less than 2 gram sodium be routinely used in combination with the pregnancy diet. The diet can be ordered in combination with most other therapeutic regimes.

DIET FOR PREGNANCY

This diet will be served as a regular diet with the following foods emphasized.

<u>TYPE OF FOOD</u>	<u>EMPHASIZE</u>
Beverages	Milk and dairy products with a minimum of 4 cups to be included daily. Note: due to the high Calorie content of whole milk, skim or low fat milks are recommended. Cheese, cottage cheese, ice cream, pudding, cream soups or yogurt may replace part of the milk allowance.
Meat & Meat Substitutes	Minimum of 6 ounces meat, fish, cheese, eggs or peanut butter to be included daily.
Fruits & Vegetables	At least 4 servings daily. Include 1 serving of a dark green, yellow or orange vegetable and 1 to 2 serving of a good source of Vitamin C, such as orange, grapefruit, tomato, tangerine, cabbage, cantaloupe or broccoli.
Miscellaneous	Nuts, legumes, dried beans and beans are additional sources of protein. Spinach and dry fruit such as raisins are additional sources of iron. <u>If food intake must be limited to control weight, fats, oils, sugars and desserts should be the foods eliminated from the regular diet.</u>
Fluids	Include 6 to 8 glasses of fluid daily.

SAMPLE MEAL - DIET FOR PREGNANCY

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
4 oz. orange juice	8 oz. spaghetti with meat sauce	4 oz. sliced turkey	8 oz. skim milk
1 bx. Rice Krispies	1/4 cup cottage cheese salad	4 oz. mashed potato	1 cheese sandwich
1 scrambled egg	4 oz. green beans	1 oz. gravy	1 orange
2 slices toast butter	4 oz. pineapple	4 oz. carrots	
8 oz. skim milk	2 slices bread butter	4 oz. peaches	
coffee	8 oz. skim milk	2 slices bread butter	
sugar, salt, pepper	salt, pepper	8 oz. skim milk	
		salt, pepper	

GERIATRIC DIET

The nutrient requirements for the older person do not differ materially from those needed in other life stages except for Calories, which should be lower. Fiber and fluid intake should be maintained at a normal or increased level whenever possible. For these reasons, geriatric patients should be maintained on regular diets whenever possible.

If the patient is unable to tolerate the regular diet the following standard therapeutic modifications may be beneficial:

Chewing or Swallowing Impairment:

Depending upon ability, order either a mechanical soft or pureed diet.

Chronic Constipation:

A high fiber, high residue diet should be ordered.

Poor Appetite:

A regular diet ordered in six small feedings often aids the patient's ability to consume a larger quantity of food. Fat is known to retard digestion and inhibit appetite so that in some cases of reduced appetite a low fat diet may be indicated.

In all cases, every effort possible will be made to encourage food consumption on the part of the geriatric resident.

All of the therapeutic modifications recommended are nutritionally adequate based on the R.D.A.

VEGETARIAN NUTRITION

Although the nutritional needs of a person on a vegetarian diet are no different from those of the general population, the individual needs to plan his dietary intake carefully to insure adequate nutrient intake.

Unless careful planning is involved the vegetarian diet may be lacking in iron, and Vitamin B₁₂. To assure total nutrient needs, it is recommended that multiple vitamin and mineral supplement be taken daily.

Protein, which cannot be provided by a supplement is the nutrient of major concern. Because the quality of plant protein is lower than that of animal origin, combining two plant proteins can produce a protein source containing all the necessary amino acids. A suggested guide is to combine legumes with cereals. For example, the combinations of rice and beans, whole wheat bread or cereal with peanuts, peanuts and sunflower seeds, oats and soy beans all produce a complete protein. The use of dairy products or eggs, which are complete proteins, in combination with plant proteins increases the protein quality.

Following is a chart containing a Basic 4 Food Group for Vegetarians which can be used by the resident to plan and evaluate his protein intake.*

BASIC FOUR FOOD GROUPS FOR VEGETARIANS

FOOD GROUP	RECOMMENDED NUMBER OF SERVINGS	TOTAL GRAMS OF PROTEIN FOR GROUP
I. Breads and Cereals	4 or more	8
1 slice whole grain or enriched bread		
3/4 cup cooked cereal		
1 cup dry cereal		
3/4 cup cooked macaroni, noodles, rice, etc.		
1 Tbsp. wheat germ		
II. Vegetable Protein Foods	3 or more	24
1/2 cup cooked soybeans, chickpeas, lentils, pinto, kidney or navy beans		
2 Tbsp. peanuts or peanut butter		
3 oz. soybean curd		

FOOD GROUP	RECOMMENDED NUMBER OF SERVINGS	TOTAL GRAMS OF PROTEIN FOR GROUP
II. Vegetable Protein Foods (Con't.)		
B. Nuts and seeds		
1 1/2 oz. or 3 Tbsp. of cashews, pistachio, walnuts, brazil or pecan nuts; sunflower, sesame, pumpkin or squash seeds		
III. Milk and Eggs	2 cups milk 1 egg	23
1 cup milk		
1 1/4 ounces cheese		
1/4 cup cottage cheese		
1 cup yogurt		
1 egg		
IV. Fruits and Vegetables	4 or more	7
1/2 cup juice		
2 Tbsp. dried fruit		
1 orange		
1 banana		
1/2 cup cooked vegetable		
1 cup leafy raw vegetable		

58 grams total daily intake

*Adapted from - Capitol Area Diet Manual, Ingham Medical Center,
St. Lawrence Hospital, Edward W. Sparrow Hospital,
Lansing, Michigan, 1978

CLEAR LIQUID DIET

PURPOSE: The clear liquid diet provides fluids to patients who cannot tolerate any but the mildest forms of liquid foods.

INDICATED USES: The clear liquid diet may be used to prevent dehydration in preoperative or postoperative conditions. It is also applicable in conditions when it is necessary to minimize the fecal residue, and in acute stages of many illnesses, especially those accompanied by a high temperature.

DESCRIPTION: The clear liquid diet provides fluids which contain minimal, if any residue, and require a minimum of digestive action. Three meals will be served and allowed juice should be given between feedings.

ADEQUACY: The diet is inadequate in protein and all nutrients and should be ordered for short durations only. If a longer period of clear liquid intake is necessary, a low residue, high Calorie supplement is recommended.

PHYSICIAN'S ORDERING PROCEDURE: This diet should be ordered by the term "clear liquid" only. A diet order of liquid diet is not specific and does not differentiate between the clear for full liquid diet.

The clear liquid diet cannot be combined with any other therapeutic regime outlined in this manual.

Only the following foods are allowed in a clear liquid diet. All other foods should be avoided.

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>
Beverages	Tea, 7-Up, gingerale, any non-cola carbonated beverage, fruit flavored clear beverages such as Koolaide or punch.
Desserts	Plain flavored Jello, popsicles.
Fruit Juices	Apple, grape and cranberry juice.
Soup	Clear broth, bouillon or consommé.
Sweets	Sugar, clear hard candy.
Miscellaneous	Salt and flavorings.

SAMPLE MEAL - CLEAR LIQUID DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
8 oz. apple juice	8 oz. grape juice	8 oz. cranberry juice
8 oz. broth	8 oz. broth	8 oz. broth
4 oz. jello	4 oz. jello	1 popsicle
8 oz. tea	8 oz. 7-Up	8 oz. gingerale
Sugar		

FULL LIQUID DIET

PURPOSE: The full liquid diet provides fluid and nutrients to patients who cannot tolerate any solid foods.

INDICATED USES: The full liquid diet is indicated in post surgical conditions, acute illness, in conditions which prevent chewing or swallowing, tightly wired jaws, and as a progression from clear liquid to solid foods.

DESCRIPTION: The full liquid diet contains any food which is liquid or may become liquid at room temperature and is free from any solid foods. The diet is served in three meals unless otherwise indicated, but allowed juices or milk should be served between meals.

ADEQUACY: The full liquid diet will not contain the 3000 calories served in the general diet. It may also be inadequate in iron, folic acid, and Vitamin A. If served for long periods of time, a nutrient supplement should be provided.

PHYSICIAN'S ORDERING PROCEDURE: Order this diet by the term "full liquid" only. The term liquid diet is not specific and does not differentiate between the full or clear liquid. The full liquid diet is incompatible with most other therapeutic diet regimes.

For diabetic full liquid diets, refer to the section of this manual on Diabetic diets.

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Coffee, tea, decaffeinated coffee, milk and milk beverages; carbonated beverages; fruit juice, punch or fruit flavored drinks; vegetable juices; eggnog	All others
Breads	None	All
Cereals	Thinned cooked cereal	All others
Desserts	Custard, pudding, Jello; plain ice cream, ice milk, sherbett, popsicles	All others
Fats	Butter, margarine, cream, vegetable oil or shortening	
Fruits	All fruit juices or fruit drinks	All others

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Meat and Substitutes	Any pureed meat added to broth or cream soup	All others
Potato and Substitutes	None	All
Soups	Clear broth, bouillon, consomme; any strained broth based or cream soup; tomato soup	All others
Sweets	Sugar, honey, brown sugar, clear hard candy	All others
Vegetable	Any vegetable juice	All others
Miscellaneous	Salt, flavorings; chocolate syrup	All others

MEAL PLAN - FULL LIQUID DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
8 oz. orange juice	8 oz. tomato juice	8 oz. cranberry juice
8 oz. thinned oatmeal	8 oz. broth with pureed beef	8 oz. strained mushroom soup
8 oz. eggnog	4 oz. jello	4 oz. ice cream
8 oz. milk	8 oz. 7-Up	8 oz. milk
8 oz. coffee	Salt, Sugar	Salt, Sugar
Sugar, Salt		

PUREED DIET

PURPOSE: This diet is designed to provide very soft to liquid foods for patients with no chewing ability and those with poor tongue and lip coordination.

INDICATED USES: The diet may be indicated in dental and oral surgery, throat surgery, loosely wired jaw, or in any severe swallowing or chewing difficulties.

DESCRIPTION: This diet requires no chewing of any food. All foods on the diet will be blenderized with added liquid, or naturally very soft such as mashed potato and ice cream. Bread will be served to those patients who can tolerate it. The diet does not restrict spices or seasonings of any kind.

ADEQUACY: The diet is nutritionally adequate based on the RDA. For those individuals who do not tolerate bread, the diet will be lacking in thiamine and iron. The pureed diet will contain less than the 3000 Calories served in the regular diet.

PHYSICIAN'S ORDERING PROCEDURE: Only the term pureed diet should be used when ordering the above diet. Do not order this diet as baby food diet or blenderized diet. The pureed diet can be ordered in combination with most of the therapeutic regimes.

PUREED DIET

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Any	None
Breads	If tolerated-white bread, plain pancakes, waffles buns, soft donuts	Toast; whole wheat or any whole grain bread, all crackers; sweet rolls; any bread or roll with nuts or seeds
Cereal	Any cooked cereal	All dry cereals
Desserts	Ice cream, sherbett, ice milk, custard, Jello; pureed fruit	All other desserts
Fats	Butter, margarine, mayonnaise, salad dressing; gravy; sour cream, cream cheese; cream sauces	Fried food; olives, nuts
Fruits	Any fruit juice; any pureed fruit except berries; regular applesauce	All other fruits
Meat & Meat Substitutes	Any pureed meat; cottage cheese; smooth peanut butter; plain yogurt, if tolerated; soft poached or scrambled eggs	Any whole or ground meat; all cheese except cottage cheese; crunchy peanut butter; yogurt with fruit; fried, hard, boiled or any hard cooked egg
Potato & Substitutes	Mashed, white or sweet potato; grits; if tolerated, rice or pasta; soft cooked dried peas and beans	All potatoes except mashed; whole grain or brown rice
Soup	Tomato soup; clear broth or bouillon; any strained cream or broth based soup	All soup containing any whole meat or vegetables
Sweets	Sugar, honey, clear jelly, syrup	All candy, preserves or jam
Vegetables	Any pureed vegetable; tomato or vegetable juice	All other vegetables
Micellaneous	Salt and all other seasoning; catsup, mustard, vinegar lemon juice	Coconut, olives, pickles, relish, popcorn, whole cloves

SAMPLE MEAL - PUREED DIET

Breakfast

4 oz. orange juice
4 oz. pureed banana
8 oz. hot cereal
3 slices bread
butter & jelly
8 oz. milk
coffee
2 sugar, salt, pepper

Noon

3 oz. pureed beef
4 oz. soft noodles
4 oz. pureed green beans
8 oz. plain jello
3 slices bread
butter
8 oz. milk
salt, pepper

Evening

3 oz. pureed turkey
4 oz. mashed potato
1 oz. gravy
4 oz. pureed carrots
8 oz. pureed peaches
3 slices bread
butter
8 oz. milk
salt, pepper

Note: If bread is not tolerated, increase portion of other foods except meat to 8 ounces.

MECHANICAL SOFT DIET

PURPOSE: This diet is designed for patients who cannot tolerate the consistency of a regular diet, but do not need pureed or baby foods and are in need of no therapeutic restrictions such as bland or fiber control.

INDICATED USES: The diet may be used for mild chewing or swallowing problems, healing or healed oral surgery, progressive post T&A, and some types of facial surgery. The diet should not be used for gastrointestinal distress.

DESCRIPTION: The diet requires some mastication ability. Foods served are whole very soft foods, such as cooked vegetables and fruits, breads and grain products and soft desserts. All meat served will be ground. The diet does not contain pureed foods or baby food of any kind. There is no limitation of spices or gastric irritants as such.

ADEQUACY: The diet is nutritionally adequate based on the RDA, but may contain less than the 3000 calories served in the regular diet.

PHYSICIAN ORDERING PROCEDURE: This diet should be ordered by the term mechanical soft. The words chopped diet, ground diet, and dental soft, will indicate the above diet.

The mechanical soft diet can be ordered in combination with all other therapeutic regimes.

MECHANICAL SOFT DIET

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Any	None
Breads	Any soft bread, toast, bun, or dinner roll; pancakes, waffles, sweet-rolls without nuts or seeds; donuts, plain or graham crackers	Bread, roll, crackers with seeds, nuts
Cereal	Any cooked cereal	All dry cereals
Desserts	Ice cream, ice milk, sherbett; custard; Jello; cooked fruit, plain cakes, soft cookies, pies of allowed fruits	Any dessert with nuts or seeds, berry pie
Fats	Any fat such as cream, butter, margarine, mayonnaise, gravy, oil or shortening, cream cheese, sour cream	Olives, nuts
Fruits	All fruit juice, soft cooked or canned fruit except those to be avoided. Fresh bananas	Any fresh fruit except banana; the following are to be avoided in all forms; pineapple, cherries, prunes, figs grapes, all berries, dried fruits
Meat & Meat Substitutes	Any ground meat; whole soft fish without skin or bones; tuna fish, salmon, casseroles made with ground meat; eggs, prepared in any form, cottage and soft cheese such as American, cream style peanut butter; yogurt without seeds	Any whole meat except soft fish; bacon, hard cheese, crunchy peanut butter
Potatoes and Substitutes	Soft cooked white or sweet potato without skin; rice, noodles, spaghetti, macaroni or other pasta; soft cooked dried peas and beans	Potato skins, potato chips or sticks; crisp fried or french fried potatoes
Soup	Any strained soup, cream or broth based soup made with soft allowed foods	Any soup containing whole pieces of meat or larges pieces of vegetables

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Sweets	Sugar, honey, jelly, jam, syrup, molasses; chocolate, plain candy	Candy with nuts, marmalade or preserves with large pieces of fruit or seeds
Vegetables	Any sort cooked vegetable which can be easily chewed. V-8 or tomato juice, tomato sauce or puree; soft cooked baked beans	All raw vegetables; corn in all forms
Miscellaneous	Salt, any seasoning; catsup mustard; gravy, cream sauce; vinegar	Nuts, coconut, pickles popcorn, whole spices such as cloves

SAMPLE MEAL - MECHANICAL SOFT DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
4 oz. orange juice 8 oz. hot cereal 1 scrambled egg 3 slices toast or bread butter and jelly 8 oz. milk coffee sugar, salt, pepper	8 oz. spaghetti with meat sauce 4 oz. buttered green beans 1 piece yellow cake 3 slices bread butter beverage salt, pepper	3 oz. ground turkey 4 oz. buttered mashed potato 1 oz. gravy 4 oz. buttered carrots 4 oz. canned peaches butter 8 oz. milk salt, pepper

BLAND DIETS (LIBERAL AND STRICT)

PURPOSE: Current literature indicates that much of the rationale for the bland diet as served in the past is no longer medically sound nor necessary. For this reason, the bland diet outlined in this manual is based upon the "Position Paper on Bland Diets" published by the American Dietetic Association in 1971. The liberal bland diet restricts only those foods found to be chemically irritative to the intestinal mucosa.

INDICATED USES: The liberal bland diet is indicated in cases of gastrointestinal ulcer diseases in the healing or remission stages, acute gastritis or other gastrointestinal diseases which require limitation of gastric stimulents. The liberal bland diet does not restrict roughage or fiber and should not be used when residue control is desired. The strict bland diet is indicated in acute or bleeding stages of ulcer diseases.

DESCRIPTION: The liberal bland diet will be served as a regular diet eliminating only those foods which have been demonstrated to be gastric irritants. This diet makes no provision for milk other than that served on the regular diet.

Foods not allowed on a liberal bland diet:

- Black, white or cayenne pepper
- Chili powder
- Regular coffee, tea, cola, cocoa
- Any food or beverage containing caffeine or xanthines
- Alcohol

This diet will be served in three meals unless ordered otherwise.

STRICT BLAND DIET

The strict bland diet contains foods which are both chemically and mechanically nonirritating. This diet will contain six small feedings unless otherwise indicated. If hourly milk or other feedings are desired, it will be necessary to order these. If more than six feedings are necessary, the strict bland is best served under a controlled situation, such as infirmary or hospital confinement.

The strict bland contains soft whole cooked foods with the exception of some meats, which may be ground to aid in digestion. No fried or greasy foods will be served on a strict bland diet.

Due to the limited variety available in the strict bland diet, it should be utilized on acute stages only and as soon as possible the patient should be progressed to a liberal or regular diet.

ADEQUACY: Both the liberal and strict bland diets are nutritionally adequate, but the physician should be cautioned that if milk is ordered on a between meal basis, the diet will be relatively high in cholesterol and saturated fat.

PHYSICIAN'S ORDERING PROCEDURE: All bland diet orders should be stated as being "liberal bland" or "strict bland," with the number of feedings indicated. If the above is not specified the diet will be served as a liberal bland diet in three feedings. It is possible to order either bland diet in connection with other therapeutic regimes.

LIBERAL BLAND DIET

This diet will be served as a Regular Diet prepared without pepper and with the following foods omitted:

TYPE OF FOOD

FOODS TO AVOID

Beverages

Regular coffee, tea, cocoa, any cola beverage should be avoided.

Miscellaneous

Foods prepared with black, cayenne, white pepper or chili powder will not be served without available substitutions.

SAMPLE MENU - LIBERAL BLAND DIET

Breakfast

4 oz. orange juice
2 bx Rice Krispies
1 scrambled egg
3 slices toast or
bread
butter-jelly
8 oz. milk
sugar, salt

Noon

8 oz. spaghetti with meat
sauce
4 oz. tossed salad with
French dressing
4 oz. buttered green beans
1 piece yellow cake
3 slices bread
butter
7-Up
salt

Evening

3 oz. sliced turkey
4 oz. buttered mashed
potatoes
4 oz. buttered carrots
4 oz. peaches
3 slices bread
butter
8 oz. milk
salt

STRICT BLAND DIET

Note: All foods are to be prepared without pepper.

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverage	Decaffinated coffee, Postem; fruit juice or drinks, milk and milk beverages, carbonated beverages other than cola	Coffee, tea, cocoa; any cola beverage; any beverage containing chocolate, alcohol
Breads	White bread or toast; plain white or graham crackers; buns, melba toast; pancakes, waffles, baked sweet rolls if tolerated	Whole wheat or rye bread and crackers; any bread or cracker with nuts, seeds, coconuts or raisins; fried donuts
Cereals	Cooked refined cereal such as cream of wheat, oatmeal, cream of rice; dry cereals made from rice, corn or refined wheat such as cornflakes, cherrios, rice krispies, puffed rice, Special K	Cooked and dried cereal made from bran or whole wheat such as shredded wheat, bran flakes, Total, raisin bran, Product 19, Ralston and Wheatena
Desserts	Plain cookies, thinly iced cakes; ice cream, sherbett, custard, pudding, Jello, vanilla wafers, allowed fruits	Any dessert containing chocolate, coconut, nuts, raisins, mincemeat or any dried fruit; pie and other rich pastry
Fats	Butter, margarine, cream, mayonnaise, oil, cream cheese, sour cream	Gravy, all other salad dressings, all fried foods, nuts and olives
Fruit	Any fruit juice or fruit drink; the following cooked or canned fruit: Apple-sauce, peeled apricots, cherries, peaches, pears, plums, citrus sections, fruit cocktail, fresh banana	All fresh fruits except bananas; all prunes, pineapple, grapes; all dried fruits, all fruit with skins or seeds; berries
Meat & Meat Substitutes	Well cooked, <u>tender</u> or ground meat-beef, liver, veal, fresh pork, poultry, fish without skin, tuna or salmon; cottage cheese,	Fatty tough meats; salted, smoked, pickled, or cured meat or fish; bologna, frankfurters, dried, chip-

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Meat & Meat Substitutes-contd.	mild cheese such as American; eggs, any style, except fried, smooth peanut butter; yogurt containing allowed fruits	ped or corned beef, lunch meat, sausage, strong cheese, crunchy peanut butter; all fried meat, fish or eggs
Potato & Substitutes	White and sweet potato without skins; white rice, pastas; hominy, yams, grits	Potato skins; potato chips or sticks; french fries, fried potatoes, dried beans and brown or wild rice
Soups	Cream soup made from allowed foods only	Any soup made from meat stock, broth bouillon or meat base
Sweets	Sugar, plain jelly, honey, syrup, hard candy, marshmallows	Any candy containing chocolate, nuts or fruit; marmalade or jam with seeds
Vegetables	Any vegetable juice or puree; soft cooked vegetables as follows: Asparagus, carrots, beets, green or wax beans, squash, peas, spinach, pumpkin, mushrooms, tomatoes or V-8 juice; tomato sauce and puree	All raw vegetables, the following vegetables in all forms; celery, corn, broccoli, brussels sprouts, cabbage, cauliflower, onions, dried peas and beans, green pepper, radish, cucumbers, rutabaga, turnips, sauerkraut; all greens all tomatoes with seeds.
Miscellaneous	Salt, vanilla and lemon flavoring	All fried foods, catsup, mustard, chili powder, pepper, all strong seasoning, meat sauce, gravy, vinegar; olives, pickles, nuts, snack chips, popcorn, coconut, hot peppers

SAMPLE MEAL - STRICT BLAND DIET

Note: The strict bland diet should always be served in three meals and a minimum of three between meal feedings.

Breakfast

4 oz. orange juice
1 scrambled egg
3 slices toast or bread
1 tsp. butter
jelly
4 oz. milk

Noon

2 oz. ground beef
4 oz. noodles
4 oz. green beans
4 oz. jello
1 tsp. butter
4 oz. milk

Evening

2 oz. sliced turkey
4 oz. mashed potato
4 oz. carrots
4 oz. canned peaches
1 tsp. butter
4 oz. milk

Mid Morning

4 oz. milk
1 bx. Rice Krispies
sugar

Mid Afternoon

1/4 c. cottage cheese
2 canned pear halves
4 Saltines

Evening

1/2 cheese sandwich
4 oz. milk

POST GASTRECTOMY DIET

PURPOSE: The post gastrectomy diet is designed to prevent or alleviate distress associated with the dumping syndrome. The diet restricts foods which are gastric irritants as well as those foods which cause increased osmolarity in the gastrointestinal tract.

INDICATED USES: The diet is indicated in surgery of the gastrointestinal tract which causes interference with normal gastric emptying. It may also be indicated for nausea and diarrhea associated with gastric upset.

DESCRIPTION: The diet will be served in six small feedings. Food which are chemically or mechanically irritating to the gastrointestinal tract will not be served. In addition, carbohydrates in the form of simple sugars will be eliminated due to their osmotic activity. No free fluids will be served in combination with solid foods. All liquids must be consumed either 1/2 hour before or 1 hour after eating meals containing solid foods.

ADEQUACY: Due to the possibility of reduced absorption, the diet is likely to be deficient in a variety of vitamins and minerals, most especially Calories, iron, and ascorbic acid.

PHYSICIAN'S ORDERING PROCEDURE: To order this diet as outlined, the term Post Gastrectomy Diet should be used. The diet will be served in six small feedings, unless ordered otherwise. The term dumping diet will also serve to initiate this diet, but post gastrectomy diet is the preferred wording.

The post gastrectomy diet may be ordered in combination with other therapeutic regimes outlined in this manual, but is incompatible with the High Fiber Diet and the High Protein, High Carbohydrate, Low Fat Diet.

POST GASTRECTOMY DIET

Note: All foods are to be prepared without pepper.

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	All beverages are to be served <u>1/2 hour before or 1 hour after meals.</u> Decaffinated coffee, Postum; milk and milk beverages; unsweetened fruit juices; artificially sweetened carbonated beverages other than cola.	Coffee, tea, cocoa, any fruit juice or drink containing sugar; any beverage containing chocolate; cola beverages and any beverage sweetened with sugar, alcohol.
Breads	White bread or toast; plain white or graham crackers; buns; melba toast.	Whole wheat or rye bread and crackers; any bread or crackers with nuts, seeds, coconut or raisins; sweet rolls, donuts, pancakes, waffles, coffee cake.
Cereals	Cooked refined cereals such as cream of wheat, oatmeal, cream of rice; dry cereals made from rice, corn, or refined wheat such as cornflakes, cherrios, rice kirs pies, puffed rice, special k.	Cooked or dry cereal made from bran or whole wheat such as shredded wheat, bran flakes, raisin bran, Total, Product 19, Ralston and Wheatena.
Desserts	Unsweetened Jello; unsweetened fruit; ice cream or ice milk without nuts or chocolate; vanilla wafers.	All other desserts.
Fats	Butter, margarine, cream, mayonnaise, oil, cream cheese, sour cream.	Gravy; all other salad dressings; all fried foods, nuts and olives.
Fruits	Any <u>unsweetened</u> juice; the following <u>unsweetened</u> cooked or canned fruits: applesauce, peeled apricots, cherries, peaches, pears, plums, citrus sections, fruit cocktail; fresh bananas.	Any <u>sweetened</u> fruit or juice; any fresh fruit except banana; all berries, prunes, pineapple, grapes; all dried fruit; all fruit with skins or seeds.

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Meat and Meat Substitutes	Well cooked, <u>tender</u> , or ground meat, beef, liver, lamb, veal, fresh pork, poultry, fish with- out skin; tuna or salmon; cottage cheese, mild cheese such as American, egg, any style except fried, smooth peanut butter, plain yogart.	Fatty tough meats; all salted, smoked, pickled or cured meat or fish; ham, bologna, frankfurters; dried chipped or corned beef, lunch meat, sausage; strong cheese; crunchy peanut butter; all fried meat, fish or eggs.
Potato and Substitutes	White and sweet potatoe with skins; pasta, white rice, homminy, yams, grits, well cooked dried peas and beans.	Fried and French fried potatoes; potatoe skins; potatoe chips or sticks; brown or wild rice.
Soups	If serviced, all soup must be eaten 1/2 hour before or 1 hour after meals; cream soup made from allowed foods only.	Any soup made from meat stock, broth, bouillon, or meat base.
Sweets	Artificial sweetner only.	All sweets including candy, sugar, syrup, jelly, jam, honey, chocolate, nuts or coconut.
Vegetables	Any vegetable juice or puree; soft cooked vegetables as follows: asparagus, carrots, beets, green or wax beans, squash, peas, spinach, pumpkin, mushrooms, tomatoes or V-8 juice; tomatoe sauce or puree.	All raw vegetables, the following vegetables in all forms; celery, corn, broccolli, brussel sprouts, cabbage, cauliflour, onions, green pepper, radish, cucumber, rutabega, turnips, sauerkraut; all greens; all tomatoes with seeds.
Miscellaneous	Salt, vinegar; vanilla and lemon flavoring.	Catsup, mustard, condiments, chili powder, pepper, hot peppers; all strong seasonings; meat gravy; olives, pickles, nuts; snack chips, popcorn, coconut.

SAMPLE MEAL - POST GASTRECTOMY DIET

Note: All fluids must be consumed 1/2 hour before or 1 hour after meals.

Breakfast

1/2 hour before:

4 oz. orange juice
8 oz. milk

1 scrambled egg
2 slices toast
or bread
1 tsp. butter
salt

Mid-Morning

1 slice toast
1 oz. peanut butter

Noon

1/2 hour before:

8 oz. milk

3 oz. ground beef
4 oz. noodles
4 oz. green beans
4 oz. diet Jello
2 slices bread
1 tsp. butter
salt

Mid-Afternoon

1/4 cup cottage cheese
2 diet pear halves
4 saltines

Evening

1/2 hour before:

8 oz. milk

3 oz. sliced turkey
4 oz. mashed potatoe
4 oz. carrots
4 oz. diet peaches
2 slices bread
1 tsp. butter
salt

Evening

1 cheese sandwich

LOW RESIDUE DIET (LOW FIBER)

PURPOSE: This diet reduces (not eliminates) foods which produce residue in the colon. The diet controls both dietary fibers and foods which have a laxative effect (prune juice and milk). The foods served are mechanically nonirritating to the bowel area.

INDICATED USES: The diet may be used for severe diarrhea, acute diverticulitis, colitis, Crohn's disease, partial intestinal obstruction, and pre or post colonic surgery.

DESCRIPTION: The low residue diet eliminates foods which are hard to digest such as raw fruits and vegetables, whole grains, bran, nuts and seeds. Milk and dairy products are limited. However, coffee, tea and pepper which can be irritating are allowed unless otherwise ordered. The diet is served in 3 meals unless specified otherwise.

ADEQUACY: The diet is adequate based on the RDA, except for pregnant women. It is low in calcium and iron for this group.

PHYSICIAN'S ORDERING PROCEDURE: A diet ordered low residue or low fiber will initiate the previous diet. DO NOT ORDER the diet as NON or NO RESIDUE.

The low residue diet may be prescribed in combination with all other therapeutic diets described in this manual except the high fiber and hi protein diets.

LOW RESIDUE DIET (LOW FIBER)

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Coffee, tea, decaffeinated beverages; all fruit juices and drinks, except prune. Note: Milk and milk beverages limited to 2 cups per day	Prune juice, milk or milk beverages in excess of 2 cups per day
Breads	All breads or crackers, rolls or buns, made from finely milled grains other than bran; pancakes, waffles, donuts, sweet rolls without nuts or seeds, graham crackers	Whole wheat, or rye breads; any bread, cracker, or roll containing nuts, coconut or seeds
Cereals	Cooked or dry cereal made from corn, rice, oats and finely milled wheat	All bran cereals; shredded or puffed wheat; Ralston, Wheatena; any cereal with raisins or nuts
Desserts	Any except those to avoid. Any dessert made from milk must be deducted from the daily milk allowance	Any dessert containing nuts, skins, seeds, coconut, dried fruit or berries
Fats	All except those to avoid.	Nuts and olives
Fruits	All fruit except prune, cooked or canned fruits without skins or seeds except those to avoid. Fresh fresh bananas and melon only	All other fresh fruit. These fruits in all forms; berries, raisins, figs, dates, grapes, all dried fruit and fruit skins
Meat & Meat Substitutes	Tender or ground meat-beef, lamb, veal, liver, pork, poultry, fish, tuna or salmon, ham, frankfurters, lunch meats, bologna, sausage, bacon; all cheese, eggs, smooth peanut butter, yogurt	Tough meat or gristle, crunchy peanut butter, yogurt with berries
Potatoes & Substitutes	White or sweet potato without skins; noodles, rice, macaroni, spaghetti or other pasta; yams, hominy	Potato skins, brown or wild rice; dried peas or beans
Soups	Any soup made with allowed foods. Deduct cream soups from milk allowance	Any soup made with nonallowed vegetables

FOOD GROUPS

FOODS ALLOWED

FOODS TO AVOID

Sweets

Sugar, jelly, jam, honey, syrup, candy without nuts

Candy with coconut, dried fruits or nuts; jam with seeds, marmalade

Vegetables

All vegetable juices and puree, soft cooked vegetables, except those to be avoided. V-8 or tomato juice; tomato puree or paste

All raw vegetables. The following vegetables in any form: Celery, onions, green peppers, cauliflower, brussel sprouts, broccoli, corn, cucumbers, radish, tomatoes with seeds, dried peas or beans

Miscellaneous

Salt, pepper, mild seasonings; chocolate, gravy, sauces; catsup, mustard

Olives, pickles, relish, horseradish, nuts coconut; popcorn, whole grain snack foods; seeds of any kind; chili sauce, whole spices; hot peppers

SAMPLE MEAL - LOW RESIDE DIET

Breakfast

Noon

Evening

4 oz. orange juice
2 bx. Rice Krispies
1 scrambled egg
3 slices bread or toast
1 tsp. butter
8 oz. milk
coffee
sugar, salt, pepper

3 oz. ground beef
4 oz. buttered noodles
4 oz. buttered green beans
1 piece yellow cake
3 slices bread
1 tsp. butter
8 oz. beverage
salt, pepper

3 oz. sliced turkey
4 oz. buttered mashed potatoes
1 oz. gravy
4 oz. buttered carrots
4 oz. canned peaches
3 slices bread
1 tsp. butter
8 oz. milk
salt, pepper, sugar

HIGH FIBER - HIGH RESIDUE DIET

PURPOSE: There has recently been a renewed interest in the use of fiber in the treatment of various gastrointestinal disorders. Dietary fiber functions by increasing water absorption into the lumen thus causing a reduction in both intestinal transit time and in intracolonic pressure.

INDICATED USES: The high fiber diet may be indicated in the treatment of diverticulosis, atonic constipation, cancer of the colon and in irritable bowel syndrome.

DESCRIPTION: The regular diet is utilized with the addition of three to four servings daily of foods resistant to chemical digestion. These foods are as follows: Raw or dried fruits and vegetables, whole grain breads and cereals, bran legumes and nuts.

ADEQUACY: The high residue diet is nutritionally adequate based on the R.D.A.

PHYSICIAN'S ORDERING PROCEDURE: The physician may initiate this diet by ordering a high fiber or high residue diet. The diet may be ordered in combination with most other therapeutic modalities, but it is incompatible with the strict bland, low residue, mechanical soft, pureed and all liquid diets.

HIGH FIBER - HIGH RESIDUE DIET

This diet will be served as a regular diet with the following foods emphasized. Three to four servings of the following foods should be included daily:

<u>TYPE OF FOOD</u>	<u>EMPHASIZE</u>
Breads & Cereals	Whole wheat and whole grain breads and cereals such as shredded and puffed wheat, wheat chex, wheaties, Ralston, Pettijohns. All bran cereals, rye bread or crackers. Triscuits and Wheat Thins.
Fruits	Fresh fruits, especially those with skins and peels. Dried fruits such as raisins, prunes, dates, figs; pineapple, coconut. All berries with seeds.
Nuts & Seeds	All nuts and seeds, crunchy peanut butter.
Vegetables	All raw vegetables. Soy, lima, kidney, butter, beans; all dried beans and peas; onions, cucumber, cauliflower, brussell sprouts, broccoli, celery, cabbage, radishes, tomatoes in all forms, spinach and all greens, potato skins or peels.
Miscellaneous	Popcorn; brown or wild rice, whole grain snack chips; peanuts, sunflower, sesame seeds; marmalade, jam made from whole berries.

SAMPLE MEAL - HIGH FIBER - HIGH RESIDUE DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
4 oz. orange juice	8 oz. spaghetti with meat sauce	3 oz. sliced turkey
2 boxes Brand Flakes	8 oz. tossed salad w/french dressing	4 oz. buttered mashed potatoes
1 scrambled egg	4 oz. buttered green beans	1 oz. gravy
3 slices whole wheat bread or toast	1 piece yellow cake	4 oz. raw carrot sticks
butter and jelly	3 slices whole wheat bread	4 oz. peaches
8 oz. milk	butter	3 slices whole wheat bread
coffee	beverage	butter
sugar, salt, pepper	salt, pepper	8 oz. milk
		salt, pepper

DIABETIC DIET

PURPOSE: The goals of the diet in treating diabetes mellitus are to maintain or achieve ideal body weight, provide a controlled, consistent food intake, as well as meet the nutritional needs of individuals. The diet is calculated for Calories, carbohydrate, protein and fat according to individual needs based on age, activity and body weight.

INDICATED USES: The diet should be ordered for all individuals with documented diabetes mellitus.

DESCRIPTION: All standard diabetic diets will be calculated to provide 50% of the total Calories from carbohydrates, 20% from protein and 30% from fat. This distribution corresponds to the 1976 revision of the Exchange Lists for Meal Planning by the American Diabetes and the American Dietetic Association.

The standard diabetic diets will be distributed as follows - 10% of the carbohydrate in the HS snack, the remaining 90% will be divided 1/3, 1/3, 1/3 between the three meals. All diabetic diets unless otherwise ordered will receive an evening snack.

The following Caloric levels are readily available and are considered "standard" diabetic diets:

1200 Calorie ADA	2400 Calorie ADA
1500 Calorie ADA	2600 Calorie ADA
1800 Calorie ADA	3000 Calorie ADA
2200 Calorie ADA	3500 Calorie ADA

The initials ADA are used to indicate the diet is diabetic versus weight reduction. Other Calorie levels may be ordered as desired but will need to be individually calculated by the dietitian or her designate.

ADEQUACY: Diabetic diets less than 1000 calories are likely to be deficient in B vitamins and iron and in pregnancy a diabetic diet less than 1800 Calories may be deficient in calcium and protein. All other diets will be nutritionally adequate based on the RDA.

PHYSICIAN'S ORDERING PROCEDURE: If the standard diabetic diets are applicable for the individual resident only the Calorie level and an ADA or diabetic indication need be given. Each diabetic diet order must include a specific calorie level.

If grams of carbohydrates, protein or fat, or a carbohydrate distribution other than the standard is desired, it is necessary to order the total Calories desired, the grams of carbohydrates, protein and fat needed and/or the carbohydrate distribution desired; i.e., Calorie ADA divided 1/5, 2/5, 2/5 or 1800 calorie ADA diet with 180 gm CHO, 90 gm pro, 80 gm fat.

If snacks other than HS are needed or no snack is desired, it is necessary to order accordingly.

Diabetic diets may be ordered in combination with most other therapeutic regimes.

The following are the standard patterns as served in the correctional facilities and the 1976 Exchange Lists for Meal Planning used in the calculation and serving of all diabetic diets.

Short-acting insulin:

Regular	1	2-4	6-8	
Semi-lente	1-1/2-2	5-7	12-18	yes

Intermediate:

NPH	1-2	10-20	20-32	yes
Lente	1-2	14-18	26-30	yes

Long-acting insulin:

Protamine Zinc	6-8	16-24	24-36	yes
Ultra-lente	5-8	22-26	34-36	yes

Sulfonylureas:

Tolbutamide (Orinase)	3-5	6-12
Acetohexamide (Dymelor)	3	12-24
Tolazamide (Tolinase)	4-8	10-14
Chlorpropamide (Diabinese)	2-4	up to 60

MEAL PATTERNS FOR DIABETIC DIETS
(by numbers of exchanges allowed)

NOTE: All patterns have been calculated using medium-fat meat exchange.

1200 CALORIE ADA DIET (Cho 144 gm - Pro 67 gm - Fat 40 gm)

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
1 fruit	2 meat	2 meat	1 bread
1 bread	2 breads	1 bread	
1 meat	1 vegetable	2 vegetables	
1 fat	1 fruit	1 fruit	
1 milk - skim	1 fat	1 fat	
		1 milk - skim	

1500 CALORIE ADA DIET (Cho 189 gm - Pro 73 gm - Fat 50 mg)

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
1 fruit	2 meats	2 meats	1 bread
2 breads	3 breads	2 breads	
1 meat	1 vegetable	2 vegetables	
1 fat	1 fruit	1 fruit	
1 milk - skim	2 fats	2 fats	
		1 milk - skim	

1800 CALORIE DIABETIC DIET (Cho 229 gm - Pro 91 gm - Fat 60 gm)

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
1 fruit	2 meats	3 meats	1 meat
3 breads	4 breads	2 breads	1 bread
1 meat	1 vegetable	2 vegetables	1 fruit
1 fat	1 fruit	1 fruit	
1 milk - skim	2 fats	2 fats	
		1 milk - skim	

2200 CALORIE DIABETIC DIET (Cho 275 gm - Pro 111 gm - Fat 75 gm)

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
1 fruit	3 meats	4 meats	1 meat
4 breads	4 breads	3 breads	2 breads
1 meat	1 vegetable	2 vegetables	
2 fats	2 fruits	1 fruit	
1 milk - skim	2 fats	2 fats	
		1 milk - skim	

2400 CALORIE DIABETIC DIET (Cho 304 gm - Pro 118 gm - Fat 80 gm)

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
1 fruit	3 meats	4 meats	1 meat
4 breads	4 breads	3 breads	2 breads
2 meats	1 vegetable	2 vegetables	
2 fats	2 fruits	1 fruit	
1 milk - skim	2 fats	2 fats	
		1 milk - skim	

2600 CALORIE DIABETIC DIET (Cho 326 gm - Pro 130 gm - Fat 85 gm)

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
2 fruits	3 meats	4 meats	1 meat
4 breads	4 breads	5 breads	2 breads
2 meats	1 vegetable	2 vegetables	
2 fats	2 fruits	1 fruit	
1 milk - skim	2 fats	3 fats	
	1 milk - skim	1 milk - skim	

3000 CALORIE DIABETIC DIET (Cho 373 gm - Pro 154 gm - Fat 100 gm)

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
2 fruits	4 meats	5 meats	1 meat
5 breads	5 breads	5 breads	1 bread
2 meats	1 vegetable	2 vegetables	1 fruit
2 fats	2 fruits	2 fruits	1 milk - skim
1 milk - skim	3 fats	3 fats	
	1 milk - skim	1 milk - skim	

3500 CALORIE DIABETIC DIET (Cho 418 gm - Pro 176 gm - Fat 120 gm)

<u>Breakfast</u>	<u>Noon</u>	<u>Afternoon Snack :</u>	<u>Evening</u>	<u>Evening Snack</u>
2 fruits	4 meats	1 meat	5 meats	2 meats
5 breads	5 breads	2 breads	5 breads	2 breads
2 meats	1 vegetable	1 fruit	2 vegetables	1 milk - skim
3 fats	2 fruits		2 fruits	
1 milk - skim	3 fats		4 fats	
	1 milk - skim		1 milk - skim	

SAMPLE MEAL - 2200 CALORIE ADA DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Evening Snack</u>
4 oz. orange juice	4 oz. grapefruit juice	4 oz. sliced turkey	cheese sandwich
2 boxes Rice Krispies	3 oz. ground beef	4 oz. mashed potatoes	w/1 oz. cheese
1 scrambled egg	8 oz. noodles	4 oz. carrots	2 slices bread
2 slices toast	4 oz. tossed salad w/vinegar	4 oz. green beans	
2 tsp. margarine	diet jello w/4 oz. pineapple	2 slices bread	
8 oz. skim milk	2 slices bread	2 tsp. margarine	
salt, pepper	2 tsp. margarine	8 oz. skim milk	
sugar substitute	diet beverage	salt, pepper	
	salt, pepper		

DIABETIC EXCHANGE LIST*

Note: All foods are to be prepared without added fats or sugars.

MILK EXCHANGES: 12 grams carbohydrates, 8 grams protein, 80 calories.

Skim Milk.1 cup
Powdered skim milk (before adding liquid).1/3 cup
Canned evaporated skim milk.1/2 cup
Buttermilk1 cup
Yogurt made from skim milk (unflavored).1 cup
1% milk (omit 1/2 fat exchange).1 cup
2% milk (omit 1 fat exchange).1 cup
Yogurt made from 2% milk (unflavored) (omit 1 fat exchange).1 cup
Whole milk (omit 2 fat exchanges).1 cup
Canned evaporated milk (omit 2 fat exchanges).1/2 cup
Buttermilk made from whole milk (omit 2 fat exchanges)1 cup
Yogurt made from whole milk (unflavored) (omit 2 fat exchanges).1 cup

VEGETABLE EXCHANGES: 5 grams carbohydrate, 2 grams protein, 25 calories. 1 exchange is 1/2 cup.

Asparagus	
Bean Sprouts	
Beets	
Broccoli	Mushrooms
Brussels Sprouts	Okra
Cabbage	Onions
Carrots	Rhubarb
Cauliflower	Rutabaga
Celery	Sauerkraut
Cucumbers	String beans:
Eggplant	green or yellow
Green Pepper	Summer squash
Greens:	Tomatoes
Beet	Tomato juice
Chard	Turnips
Collards	Vegetable juice:
Dandelion	cocktail
Kale	Zucchini
Mustard	
Spinach	
Turnip	

The following vegetables may be used as desired:

Chicory	Lettuce
Chinese cabbage	Parsley
Endive	Radishes
Escarole	Watercress

*Adopted from American Diabetes Association and American Dietetic Association. Exchange Lists for Meal Planning, 1976.

DIABETIC EXCHANGE LISTS (Continued)

FRUIT EXCHANGES: 10 grams carbohydrate, 40 calories. Fruits may be fresh, dried, unsweetened canned or frozen without sugar.

Apple	1 small	Mango	1/2 small
Applesauce	1/2 cup	Melon:	
Apple juice	1/3 cup	Cantaloupe	1/4 small
Apricots, fresh	2 medium	Honeydew	1/8
Apricots, dried	4 halves	Watermelon	1 cup
Banana	1/2 small	Nectarine	1 small
Berries:		Orange	1 small
Blackberries	1/2 cup	Orange juice	1/2 cup
Blueberries	1/2 cup	Papaya	3/4 cup
Raspberries	1/2 cup	Peach	1 medium
Strawberries	3/4 cup	Pear	1 small
Cherries	10 large	Persimmon, native	1 medium
Cider	1/3 cup	Pineapple	1/2 cup
Dates	2	Pineapple juice	1/3 cup
Figs, fresh	1	Plums	2 medium
Figs, dried	1	Prunes	2 medium
Grapefruit	1/2	Prune Juice	1/4 cup
Grapefruit juice	1/2 cup	Raisins	2 tablespoons
Grapes	12	Tangerine	1 medium
Grape Juice	1/4 cup		

Cranberries may be used as desired if no sugar is added.

BREAD EXCHANGES: 15 grams carbohydrate, 2 grams protein, 70 calories

Bread:

White (including French and Italian)	1 slice
Whole wheat	1 slice
Rye or pumpernickle	1 slice
Raisin	1 slice
Bagel, small	1/2
English muffin	1/2
Plain roll, small	1
Frankfurter bun	1/2
Hamburger bun	1/2
Dried bread crumbs	3 Tablespoons
Tortilla, 6 "	1

Cereal:

All Bran, Grapeanuts	1/4 cup
Bran Flakes	1/2 cup
Other ready-to-eat unsweetened cereal	3/4 cup
Shredded Wheat	1 large biscuit
Puffed cereal (unfrosted)	1 cup
Cooked cereal	1/2 cup
Rice or barley (cooked)	1/2 cup
Pasta (cooked):	
Spaghetti noodles, macaroni	1/2 cup

DIABETIC EXCHANGE LISTS (Continued)

Popcorn (popped), no added fat:	
Commercial	3 cups
Homemade (unpopped).	1 1/2 cups
Cornmeal (dry)	2 Tablespoons
Flour	2 1/2 Tablespoons
Wheat germ	1/4 cup
Crackers:	
Arrowroot	3
Graham, 2 1/2" sq.	2
Matzoth, 4" x 6"	1/2
Oyster	20
Pretzels, 3" x 1/8" dia.	25
Rye Wafers, 2" x 3 1/2"	3
Saltines	6
Soda, 2 1/2" sq.	4
Dried beans, peas and lentils (dried and cooked)	1/2 cup
Baked beans (no pork)	1/4 cup
Corn	1/3 cup
Corn on the cob	1 small
Lima beans	1/2 cup
Parsnips	2/3 cup
Peas, green (canned or frozen)	1/2 cup
Potato, white	1 small
Potato, mashed	1/2 cup
Pumpkin	3/4 cup
Winter squash (Acorn or Butternut)	1/2 cup
Yam or sweet potato	1/4 cup

For all of the following omit 1 fat exchange:

Biscuit, 2" diameter	1
Cornbread, 2" x 2" x 1"	1
Corn Muffin, 2" diameter	1
Crackers, round	5
Muffin, plain, small	1
Potatoes, french fried 2" to 3 1/2" length	8
Pancake, 5"x1/2"	1
Waffle	1
Vanilla Wafers	6

For the following omit 2 fat exchanges:

Potato Chips	15
Corn Chips	15
French Fries	12
Oven fried potatoes	1/2 cup

DIABETIC EXCHANGE LISTS (Continued)

LEAN MEAT EXCHANGES: 7 grams protein, 3 grams fat and 55 calories.

Exchanges in bold type are low in saturated fat and cholesterol.

Beef (very lean): chipped beef, chuck, flank steak,
tenderloin, plate ribs, plate skirt steak, round, rump,
tripe 1 ounce
Lamb: Leg, rib, sirloin, loin, shank and shoulder 1 ounce
Pork: Leg, ham, smoked (center slices) 1 ounce
Veal: Leg, loin, rib, shank, shoulder and cutlets 1 ounce
Poultry: Meat without skin of chicken, turkey,
cornish hen, guinea hen, pheasant 1 ounce
Fish: Any fresh or frozen 1 ounce
Canned salmon, tuna, mackerel, crab and lobster . . . 1/4 cup
Clams, oysters, scallops, shrimp 5 or 1 ounce
Sardines, drained 3
Cheeses containing less than 5% butterfat 1 ounce
Cottage cheese, dry and 2% butterfat 1/4 cup
Dried beans and peas (omit 1 bread exchange) 1/2 cup

MEDIUM-FAT MEAT EXCHANGES: For each exchange of medium-fat meat, omit 1/2 fat exchange.

Beef: Ground (15% fat), corned beef (canned), rib eye, round
(ground commercial) 1 ounce
Pork: loin (all cuts tenderloin), shoulder arm
(picnic), shoulder blade, Boston butt, Canadian bacon,
boiled ham 1 ounce
Liver, heart, kidney and sweetbreads
(these are high in cholesterol) 1 ounce
Cottage cheese, creamed 1/4 cup
Cheese: mozzarella, ricotta, farmer's cheese,
Neufchatel, Parmesan 3 Tbsp.
Egg (high in cholesterol) 1
Peanut butter (omit 2 additional fat exchanges) 2 Tbsp.

HIGH-FAT MEAT EXCHANGES: For each exchange of high-fat meat, omit 1 fat exchange.

Beef: Brisket, corned beef (brisket), ground beef (more than
20% fat), hamburger (commercial), chuck (ground commercial),
roasts (rib), steaks (club and rib) 1 ounce
Lamb: Breast 1 ounce
Pork: Spare ribs, loin (back ribs), pork (ground),
country style ham, deviled ham 1 ounce
Veal: Breast 1 ounce
Poultry: Capon, duck (domestic), goose 1 ounce
Cheese: Cheddar types and Swiss 1 ounce
Luncheon meats 4 1/2" x 1/8" slice
Frankfurter 1 small

DIABETIC EXCHANGE LISTS (Continued)

FAT EXCHANGES: 5 grams of fat, 45 calories.

Margarine:	
soft, tub or stick*	1 teaspoon
Avocado (4" in diameter)	1 1/8
Oil: corn, cottonseed, safflower, soy, sunflower	1 teaspoon
Oil, olive	1 teaspoon
Oil, peanut	1 teaspoon
Olives	5 small
Almonds	10 whole
Pecans	2 large whole
Peanuts	
Spanish	20 whole
Virginia	10 whole
Walnuts	6 small
Nuts, other	6 small
Margarine, regular stick	1 teaspoon
Butter	1 teaspoon
Bacon fat	1 teaspoon
Bacon, crisp	1 strip
Cream, light	2 Tablespoons
Cream, sour	2 Tablespoons
Cream, heavy	1 Tablespoon
Cream cheese	1 Tablespoon
French dressing	1 Tablespoon
Italian dressing	1 Tablespoon
Lard	1 teaspoon
Mayonnaise	1 teaspoon
Salad dressing,	
mayonnaise type	2 teaspoons
Salt pork	3/4 inch cube

*Made with corn, cottonseed, safflower, soy or sunflower oil only

FREE FOODS FOR DIABETIC AND LOW CALORIE DIETS

These seasonings or foods are allowed as desired on calculated diabetic diets (up to a total of 20 calories per day).

Bouillon, broth or consomme (fat free)	Rennet tablets
Coffee	Rhubarb, unsweetened
Cranberries (unsweetened)	Sauces, meat, such as A-1
Dietetic catsup	Spices
Flavorings such as vanilla	Sugar-free soft drinks
Gelatin, unsweetened or dietetic	Sugar substitutes
Herbs	Tea
Horseradish	Tenderizers
Pickles, dill, unsweetened	Vinegar
Pimiento	Mustard
Lemon or lime (juice or rind)	Decaffeinated coffee

LIQUID DIABETIC DIETS

Full liquid diabetic diets are calculated to include the total carbohydrate in the prescribed diet. When a full liquid diabetic diet continues for more than two days, the diet will attempt to include the carbohydrate, protein and fat at same levels as in diets containing solid food.

The clear liquid diet cannot contain adequate carbohydrate, protein or fat to meet the requirements of any diabetic Calorie level. If a diabetic clear liquid diet is ordered, no concentrated sweets will be provided to the patient. Calories and nutrients will be inadequate in all cases. The clear liquid diet should be utilized for as short an amount of time as is medically possible in diabetic patients.

LOW CALORIE OR WEIGHT REDUCTION DIETS

PURPOSE: Scientific literature indicates that the most successful and medically safe method of losing body weight is to limit Calorie intake to a level below that necessary for maintenance of ideal body weight by following a well balanced general diet limiting excess Calories from fats and sweets. A reduction of 3500 Calories will result in a weight loss of one pound so that a daily limitation of 500 Calories below that needed to maintain ideal body weight will give an average weight loss of one pound per week, and a limitation of 1000 Calories per day leads to two pounds per week average weight loss. It is recommended that for long term weight loss, a goal of no more than two pounds per week be established. Individual Calorie requirements can be established by using the individual's ideal body weight (see chart) and multiplying it by 15 for women and 18 for men (assuming moderate to heavy activity) and subtracting 1000 Calories from this total.

INDICATED USES: The diet is designed to be used for reduction of body weight without other medical complications.

DESCRIPTION: In order to ensure a well balanced nutrient intake, reduction diets are planned using the Diabetic Exchange List for Meal Planning and the same meal patterns will be used. For a detailed description of the weight reduction patterns and the Exchange List refer to the section of this manual on diabetic diets.

The following are considered standard weight reduction diets:

- 1200 Calorie
- 1500 Calorie
- 1800 Calorie
- 2000 Calorie

Other Calorie restrictions may be ordered as needed, but these will need to be calculated by the dietitian or her designate, if not available as standard diabetic diets.

All weight reduction diets will be served in three meals and an evening snack, unless ordered otherwise.

ADEQUACY: Diets under 1200 Calories may be deficient in essential nutrients due to limited amounts of foods served. Diets less than 1000 Calories should not be used for extended periods without careful medical supervision.

PHYSICIAN'S ORDERING PROCEDURE: It is necessary to specify that the diet is for weight loss as opposed to diabetes mellitus. A diet order reading 1500 Calorie weight reduction or simply 1500 Calorie (without an ADA indication) will indicate this. It is preferable to indicate the Calorie level desired, but if no level is ordered an 1800 Calorie diet will be served to male residents and a 1200 Calorie diet to female residents for weight reduction.

Calorie controlled diets can be ordered in combination with other therapeutic regimes, but those less than 1500 Calorie are difficult to serve in combination with the high protein diet.

SAMPLE MEAL - 1200 CALORIE WEIGHT REDUCTION DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
4 oz. orange juice	2 oz. ground beef	2 oz. sliced turkey	6 vanilla wafers
1 scrambled egg	4 oz. noodles	4 oz. mashed potato	
1 slice toast	4 oz. tossed salad	4 oz. carrots	
1 tsp. margarine	w/vinegar	4 oz. green beans	
8 oz. skim milk	Diet jello with 4 oz.	4 oz. diet peaches	
salt-pepper	diet pineapple	1 tsp. margarine	
sugar substitute	1 slice bread	8 oz. skim milk	
	1 tsp. margarine	salt-pepper	
	salt-pepper		

SAMPLE MEAL - 1800 CALORIE WEIGHT REDUCTION DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
4 oz. orange juice	2 oz. ground beef	3 oz. sliced turkey	4 oz. grapefruit
1 bx. Rice Krispies	8 oz. noodles	4 oz. mashed potato	juice
1 scrambled egg	4 oz. tossed salad	4 oz. carrots	1/2 cheese sandwich
2 slices toast	w/vinegar	4 oz. green beans	w/1 oz. cheese
1 tsp. margarine	Diet jello with 4 oz.	4 oz. diet peaches	slice
8 oz. skim milk	diet pineapple	1 slice bread	1 slice bread
coffee	2 slices bread	2 tsp. margarine	
salt-pepper	2 tsp. margarine	8 oz. skim milk	
sugar substitute	diet beverage	salt-pepper	
	salt-pepper		

HYPOGLYCEMIC DIET

PURPOSE: This diet is intended to minimize post prandial rises in blood sugar and prevent stimulative or reactive hypoglycemia by minimizing carbohydrate intake while emphasizing protein for use as a slowly metabolized source of glucose.

INDICATED USES: Non or pre-diabetic hypoglycemia.

DESCRIPTION: The diet contains 6 feedings, each of which contains minimal amounts (15 to 30 grams) of carbohydrates. Each feeding will also contain at least 1 protein source. The diet will contain a maximum carbohydrate content of 125 to 150 grams and the protein content will be at least 100 grams. Fats and Calories are not limited.

ADEQUACY: The diet is nutritionally adequate based on the RDA. Calorie content will vary, depending upon the amount of fat consumed.

PHYSICIAN'S ORDERING PROCEDURE: Order this diet by the term hypoglycemic diet only. If a specific Calorie level is desired and indicated, the diet will be considered a calculated diet and must be designed individually by the dietitian or her designate. If a feeding frequency other than 6 feedings is required, order the number desired. The hypoglycemic diet may be ordered in combination with most other therapeutic regimes described in this manual, but is incompatible with the low fat, low cholesterol, low protein, and most renal diets.

HYPOGLYCEMIC DIET

<u>TYPE OF FOOD</u> (including amounts)	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	2-3 cups per day. Milk, plain yogurt, <u>unlimited</u> coffee, tea, decaffeinated coffee, artificially sweetened carbonated beverages, tomato and V-8 juice.	Any milk in excess of 3 cups daily. Sweetened or chocolate milk, beverages, cocoa, sugar containing drinks such as Koolaide, punch; sweetened soft drinks.
Breads & Cereals	3-4 servings per day as follows: 1 serving equals - 1 slice bread, - 1 bun, 1 dinner roll, biscuit or muffin, 1/2 cup hot cereal, 3/4 cup dry cereal, 1 1/2 cup puffed cereal, 4 crackers, 6 vanilla wafers, 2 squares graham crackers.	All bread and cereals in excess of 3-4 servings daily; sugar coated cereal; pancakes, waffles, sweet rolls, donuts, french toast; frosted or quick breads such as banana or raisin bread.
Desserts	<u>Unlimited.</u> Unsweetened Jello, unsweetened fruit as part of fruit allowance.	All other desserts.
Fats	<u>Unlimited.</u> Butter, margarine, mayonnaise; oil, shortening, salad dressing; olives, nuts; bacon; gravy; cream, cream cheese, sour cream.	None.
Fruits	3 servings daily. Any unsweetened fresh, diabetic canned fruit except those to avoid; 1 serving equals 1 piece or 1/2 cup.	All fruit in excess of 3 servings daily; all sweetened fruit and juice; all dried fruits such as raisins and dates.
Meat and Meat Substitutes	At least 10 ounces (cooked weight) per day; all meat, fish, poultry, cheese, peanut butter.	None.
Potato and Substitutes	2-3 servings per day. As follows: 1 serving equals - 1/2 cup any potato, rice, pasta, sweet potato, grits, yams, dried peas or beans; 10 french fries or potato chips; the following vegetable must be considered potato substitutes - 1/2 cup corn, peas, lima beans, mixed vegetables.	Any potato or substitute in excess of 3 servings daily.

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Soup	Unlimited. Clear broth, bouillon, meat base; soup with dried beans or peas, rice, potato or pasta must be considered as potato substitute, cream soup must be used as part of milk allowance.	None.
Sweets	Artificial sweetener.	All sugar, jam, jelly, honey, syrups, candy, chocolate.
Vegetables	<u>Unlimited.</u> All vegetables except those listed under potato or substitutes.	Corn, peas, lima beans, dried peas, and beans, mixed vegetables unless used as a potato serving.
Miscellaneous	<u>Unlimited.</u> Any seasoning or spice, dill pickles, olives, catsup, mustard, condiments; vinegar; meat sauces, gravy; nuts, sugar free gum.	Popcorn, pretzels, coconut, sweet pickles, snack chips; all sugar, candy, and regular gum.

SAMPLE MEAL - HYPOGLYCEMIC DIET

<u>BREAKFAST</u>	<u>NOON</u>	<u>EVENING</u>
4 oz. orange juice 1 bx. Rice Krispies 2 scrambled eggs 8 oz. milk coffee sugar substitute salt, pepper	8 oz. spaghetti with meat sauce 4 oz. Tossed salad with French dressing 4 oz. buttered green beans diet Jello with 4 oz. diet pineapple No bread butter diet beverage salt, pepper	4 oz. sliced turkey 4 oz. mashed potato 1 oz. gravy 4 oz. buttered carrots 4 oz. diet peaches No bread butter 8 oz. milk salt, pepper
<u>MIDMORNING</u>	<u>MIDAFTERNOON</u>	<u>EVENING</u>
1 oz. peanut butter 1 slice toast	1/4 cup cottage cheese 4 Saltines	1/2 cheese sandwich with 1 oz. cheese 1 slice bread

LOW FAT DIET

PURPOSE: The low fat diet restricts total fat intake to 50 to 55 grams daily. No distinction is made between saturated and unsaturated fats. Because tolerances vary greatly to foods which cause gaseous distention these foods will not be routinely restricted. Restrictions of gas forming foods will be done on an individual basis only.

INDICATED USES: The low fat diet is indicated for conditions of impaired fat digestion or absorption such as: disease of the gall bladder, liver or pancreas, sprue, or ileal resections. The low fat diet should not be used for weight reduction.

DESCRIPTION: This diet will contain 50-55 grams of total fat daily. Foods with a high concentration of fat, such as fried foods, whole milk and whole dairy products, fatty meats, and baked goods with additional shortening will not be allowed. The main source of fat in the diet will come from approximately 7 ounces of meat and three teaspoons of free fat daily. The low fat diet does not restrict the use of lean cuts of pork, and unless individual tolerances dictate gas forming vegetables and fruits will not be restricted.

ADEQUACY: The diet is nutritionally adequate based upon the R.D.A., however total Calorie content may be less than the 3000 Calories contained in the regular diet.

PHYSICIAN'S ORDERING PROCEDURE: The diet order need only read low fat diet and the above diet will be served. The diet may be ordered with a specified amount of fat other than 50 grams and this will then be treated as a calculated diet. The low fat diet may be ordered in combination with other therapeutic diets but if ordered in combination with a diabetic diet, the carbohydrate in the diabetic diet will need to be increased above the standard 50% of total Calories to achieve the Calorie level ordered. Do not order this diet as Fat Free. Refer to the test diet section of this manual for a description of a fat free diet.

LOW FAT DIET

Note: All food should be prepared without added fat.

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Skim milk, low fat milk (1/2%), buttermilk; carbonated beverages; fruit juice, fruit drinks; coffee, tea, decaffeinated coffee.	Whole, 2%, chocolate or condensed milk in any form; hot chocolate or cocoa; cream, half and half, and non-dairy creamers.
Bread	White, whole grain, rye breads; plain or graham crackers; muffins, biscuits, hard rolls, buns.	Pancakes, waffles, french toast, donuts, sweet rolls.
Cereals	All cereal except those avoided.	Granola cereal with nuts and/or coconut
Desserts	Angel food or unfrosted cake; vanilla wafers; fruit; gelatin, sherbet; ice milk; pudding made from skim milk.	All pastry, ice cream; pie; custard; icing; any rich desserts; cookies; any dessert containing nuts, chocolate, whipped cream, non-dairy topping, coconut or cream.
Fats	<u>Limit to 3 tsp. daily.</u> Any fat such as butter, margarine, mayonnaise, vegetable oil, salad dressing, cream, sour cream, cream cheese.	Any fat in excess of 3 tsp. daily. All gravy, cream sauces; fried food; lard, heavy cream.
Fruits	Any except those avoided.	Avacado; any fruit dish with whipped topping, or nuts.
Meat and Meat Substitute	Egg - limit to 1 per day. <u>Limit all meat to 6 to 7 ounces cooked weight, per day.</u> <u>Trim all visible fat.</u> Lean beef, pork, Lamb, veal, liver, ham, fish, poultry; water packed tuna, salmon; cottage cheese, cheddar, mozzarella cheese; low fat yogurt.	All fried meat; all fat on meat, sausage, bacon, frankfurters, bologna, lunch meat; all canned meats; fish canned in oil; duck, geese; ham hocks, corned beef, spare or short ribs; peanut butter; whole milk yogurt, fried egg; creamed meat dishes.

FOOD GROUPS

FOODS ALLOWED

FOODS TO AVOID

Potato and
Substitutes

Any potato, rice or
pasta, dried pea
or bean; any others
except those to be
avoided.

Fried or french fried
potatoes, hashbrowns,
potato chips and sticks;
creamed potato dishes,
unless prepared with
skim milk.

Soups

Fat free broth based
soups; bouillon, consommé;
cream soup if made from
skim milk.

All others.

Sweets

Sugar, jam, jelly, honey,
syrup, molasses, hard
candy, marshmallows.

Chocolate, creamy candy;
any candy with nuts,
coconut or chocolate.

Vegetables

Any except those to be
avoided.

Creamed or fried vegetables.

Miscellaneous

Salt, pepper, all spices,
and condiments; vinegar,
flavoring; diet salad
dressings; pretzels,
unbuttered popcorn.

Olives, nuts, coconut;
snack chips, potato chips;
gravy; buttered popcorn.

SAMPLE MEAL - LOW FAT DIET

Breakfast

Noon

Evening

4 oz. orange juice
1 scrambled egg
2 bx. Rice Krispies
2 slices toast
1 tsp. butter
jelly
8 oz. skim milk
coffee
salt, pepper, sugar

8 oz. spaghetti and
meat sauce (from
lean beef)
4 oz. green beans
4 oz. tossed salad
with vinegar or
lemon
4 oz. Jello
3 slices bread
1 tsp. butter
8 oz. beverage
salt, pepper

3 oz. roast turkey
4 oz. mashed potato
4 oz. carrots
4 oz. canned peaches
3 slices bread
1 tsp. butter
8 oz. skim milk
salt, pepper

CHOLESTEROL AND TRIGLYCERIDE CONTROLLED DIETS

LOW CHOLESTEROL DIET

PURPOSE: Although tremendous research efforts have provided much knowledge, the precise etiology of cardiovascular disease remains unclear. Multiple factors have emerged as contributory, two of which are body weight and serum lipid levels. Food and food habits directly influence these two risk factors. For this reason the low cholesterol diet is offered as an attempt to aid in the treatment of cardiovascular diseases and to reduce the risk factors affecting the development of such diseases.

INDICATED USES: The low cholesterol diet is recommended for individuals with established vascular diseases, risk factors which may contribute to premature atherosclerosis and/or elevated serum lipids.

DESCRIPTION: This diet is modified for both the quantity and the type of dietary fat. The following principles are incorporated:

1. Total dietary fat is reduced to 35% of the total Calories.
2. The intake of dietary cholesterol is reduced to approximately 300 milligrams per day, averaged over a period of a week.
3. The intake of saturated fat is reduced and polyunsaturated fat is used to replace a portion of this saturated fat.

This diet restricts certain foods because of their high cholesterol content, (eggs, organ meats) and other foods because of their saturated fat content, such as animal fat in meat, whole milk, whole milk dairy products, and butter.

It should be noted that the low cholesterol diet does not in itself restrict the Calorie intake of the individual but research indicates excess body weight is a prime risk factor in cardiovascular disease. If the patient is overweight a Calorie restriction in combination with the low cholesterol diet is recommended.

LOW TRIGLYCERIDE DIET: For those individuals with elevations of serum triglycerides, with or without elevations of cholesterol, a low triglycerides diet is indicated. This diet follows the low cholesterol limitations with an additional limitation of excess sugars and simple carbohydrates.

ADEQUACY: The diet is nutritional adequate based on the R.D.A., but may contain less than the 3000 Calories served in the regular diet.

PHYSICIAN'S ORDERING PROCEDURE: The physician need only order a low cholesterol diet and the resident will receive the standard low cholesterol diet. Do not order the diet as low fat-low cholesterol unless the specific

restriction of 50 gm total fat is desired. If the serum triglycerides are elevated the order should read low triglyceride diet and the low cholesterol diet with the sugar restriction described above will be served.

The low cholesterol diet may be ordered in combination with most other therapeutic restrictions, however when ordered in conjunction with the high protein high Calorie diet, the daily cholesterol content may be slightly higher than 300 mg.

CHOLESTEROL CONTROLLED DIET

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Skim milk, low fat milk (1/2%) milk, buttermilk; carbonated beverages; fruit juices and fruit drinks; coffee, tea.	Whole, 2%, chocolate or condensed milk in any form; hot chocolate or cocoa; cream, half and half, non-dairy creamers.
Breads	White, whole grain, or rye bread; plain or graham crackers; muffins, hard rolls, buns.	Any bread product made with large amounts of whole milk, egg yolk, lard or butter; pancakes, biscuits, sweetrolls, donuts unless made entirely from skim milk and oil; cheese, bacon or buttered flavored crackers.
Cereals	Any except those to be avoided.	Granola type cereal with coconut.
Desserts	Angelfood cake; fruit; sherbet, ice milk; Jello; any dessert made from allowed ingredients such as cookies made with margarine and skim milk.	All desserts, either homemade or mix, containing shortening, lard, butter, egg yolks, whole milk, cream, chocolate, coconut, whipped cream, or non-dairy topping; all ice cream and custard.
Fats	The following vegetable oils or margarine made primarily from these oils: corn, soybean, sunflower cotton seed, oil, mayonnaise, salad dressing, French, Italian or any oil based salad dressing, all nuts except those avoided.	The following oils: coconut, peanut, olive, or palm oil, and all products made from them; butter, cream cheese, sour cream, imitation sour cream, shortening; cream or cheese based salad dressings; cashew, coconuts, macadonia nuts; cream and cream substitutes; lard, bacon fat, gravy.
Fruits	All except those to be avoided.	Avacado; any with whipped topping.

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Meat & Meat Substitutes	<u>Limit all meat to 6-7</u> <u>ounces cooked weight</u> <u>daily. Trim all visible</u> <u>fat - lean beef, pork,</u> <u>lamb, veal, ham, poultry,</u> <u>fish, water packed tuna,</u> <u>salmon; cottage cheese,</u> <u>mozzarella cheese;</u> <u>peanut butter; low fat</u> <u>yogurt. Limit egg</u> <u>yolks to 3/week. Limit</u> <u>liver or organ meat</u> <u>to 1/week.</u>	Visible fat on meat; any fried meat if not fried in allowed oil; short or spare ribs; sausage, frankfurters, bacon, bologna, lunch meats; hamhocks, corned beef; duck, goose; poultry skin; canned meat; fish canned in oil; all shrimp; any other cheese, whole milk yogurt.
Potato or Substitutes	Any potato, rice, pasta, dried pea or bean; except those to avoid.	Fried or french fried potato unless fried in allowed oils; potato chips or sticks; cheese or au gratin potatoes.
Soups	Fat free broth based soups; boullion, consomme; cream soup made with skim milk.	Creamed soup made with whole milk or animal fat.
Sweets	Sugar, jam, jelly, honey, syrup, molasses; hard candy, marshmallows.	Any with chocolate or coconut.
Vegetables	All except those to be avoided.	Any buttered, creamed or fried vegetable.
Miscellaneous	Salt, pepper, all spices, and condiments; vinegar, flavorings; diet salad dressing; pretzels and nonbuttered popcorn.	Gravy, coconut, olives, buttered popcorn, snack chips.

SAMPLE MEAL - CHOLESTEROL CONTROLLED DIET

Breakfast

4 oz. orange juice
2 bx. Rice Krispies
3 slices toast or
bread
1-2 tsp. vegetable
margarine
8 oz. skim milk
coffee
salt, pepper, sugar

1 egg may be served
three times per
week

Noon

3 oz. spaghetti and meat
sauce made from lean
beef
4 oz. green beans
4 oz. tossed salad with
french dressing
4 oz. Jello
3 slices bread
1-2 tsp. vegetable
margarine
beverage
salt, pepper

Evening

3 oz. sliced turkey
4 oz. mashed potato
4 oz. carrots
4 oz. canned peaches
3 slices bread
1-2 tsp. vegetable margarine
8 oz. skim milk
salt, pepper

DIETS ORDERED LOW TRIGLYCERIDE

This diet will be served following the parameters of the cholesterol controlled diet with the following concentrated sweets avoided:

<u>FOOD TYPE</u>	<u>FOODS TO AVOID</u>
Bread	Any sweetened or frosted bread or roll
Cereal	All pre-sugared or sweetened cereal
Dessert	All desserts except fresh, unsweetened fruit and sugar free gelatin
Fruits	All sweetened canned or frozen fruit
Sweets	All sugar, jam, jelly, honey, syrup, molasses, candy
Miscellaneous	Alcohol

HIGH PROTEIN - HIGH CALORIE - LOW FAT DIET

PURPOSE: This diet is designed to furnish additional food energy and protein to patients in need of an excess of one or both nutrients, while restricting total daily fat intake to 50 to 55 grams.

INDICATED USES: The diet is indicated in cases of hepatitis when no impairment of protein detoxification capacities exist. The diet may also be indicated in other cases of muscle wasting accompanied by liver or gall bladder impairment.

DESCRIPTION: The high protein, high Calorie, low fat diet will be based on the low fat diet, with increases in low fat protein sources and emphasis on increased carbohydrate content to supply additional Calories. The diet will contain 50 to 55 grams of fat daily, a minimum of 100 grams of protein and at least 3000 Calories. The total fat content of the diet will be supplied by 10-11 ounces lean meat. No free fats will be available on this diet. The high protein, high Calorie, low fat diet makes no distinction between saturated and unsaturated fats. Unless ordered otherwise, this diet will be served in three meals and an evening snack.

ADEQUACY: The diet is nutritionally adequate based on the RDA.

PHYSICIAN'S ORDERING PROCEDURE: Order this diet by the terms "High Protein, High Calorie, Low Fat" diet only. Do not order by the term - diet for hepatitis. If a feeding frequency other than three meals and an evening snack is desired, please order frequency desired. The High Protein, High Calorie, Low Fat diet may be ordered in combination with most other therapeutic regimes outlined in this manual, but is incompatible with the low cholesterol diet, and most diabetic and Calorie controlled diets.

HIGH PROTEIN, HIGH CALORIE, LOW FAT DIET

Note: All food should be prepared without added fat. Attempts should be made to include as many unlimited foods as possible to assure adequate Calorie intake.

<u>TYPE OF FOOD</u> (including amounts)	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	<u>Minimum 4 cups daily</u> - skim milk, low fat (1/2%) milk, buttermilk; <u>Unlimited</u> coffee, tea, decaffeinated coffee; carbonated beverages; fruit juice and fruit drinks.	Whole, 2%, chocolate or condensed milk; cocoa; cream, half and half, non-dairy creamers.
Bread	<u>Unlimited</u> white, whole grain, rye bread; plain or graham crackers; muffins, biscuits, hard rolls, buns.	Pancakes, waffles, sweet rolls, donuts, french toast.
Cereals	<u>Unlimited.</u> All cereal except those to avoid	Granola cereal with nuts and coconut.
Desserts	Angel food or unfrosted cake; vanilla wafers; fruit; gelatin, sherbet, ice milk; pudding made from skim milk.	All pastry; ice cream; pie; custard; cookies; any rich dessert; any dessert containing nuts, chocolate, coconut, whipped cream or non-dairy topping.
Fats	<u>None.</u> Except diet salad dressing.	All butter, margarine, mayonnaise; oil, shortening; cream, cream cheese, sour cream; gravy, bacon; nuts, coconut. Regular salad dressing. All fried foods.
Fruits	<u>Unlimited.</u> All fruit and juice except those to be avoided.	Avacado; any fruit dish with whipped topping or nuts.
Meat & Meat Substitutes	<u>10 to 11 ounces (cooked weight) per day.</u> <u>Trim all visible fat.</u> Lean beef, pork, lamb, veal, liver, ham, fish, eggs, poultry; water packed tuna or salmon; cottage cheese, cheddar or mozzarella cheese; low fat yogurt.	Any meat, fish, egg or cheese in excess of 11 ounces daily. All fried meat; all fat on meat; all sausage, bacon, frankfurters, bologna, lunchmeat; all canned meats; fish canned in oil, duck, goose; hamhocks; corned beef,

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Potato & Substitutes	Unlimited. Any potato, rice, pasta, dried pea or bean except those to be avoided.	spare or short ribs; peanut butter; cheese not allowed; whole milk yogurt; creamed meat dishes. Fried or french fried potatoes, hash browns, potato chips or sticks; creamed potato dishes unless prepared with skim milk.
Soups	Unlimited. Fat free broth based soups, bouillon, consomme; cream soup if made from skim milk.	All others.
Sweets	Unlimited. Sugar, jam jelly, honey, syrup; hard candy, marshmallows.	Chocolate, creamy candy, any candy with nuts, coconut or chocolate.
Vegetables	Unlimited. Any except those to avoid.	Creamed or fried vegetables.
Miscellaneous	Salt, pepper, any seasoning or spice; catsup, mustard, condiments, meat sauces; vinegar, diet salad dressing; pretzels, unbuttered popcorn.	Olives, nuts, coconut; potato and snack chips; gravy; buttered popcorn.

SAMPLE MEAL - HIGH PROTEIN, HIGH CALORIE, LOW FAT DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Bedtime</u>
8 oz. orange juice 2 bx. Rice Krispies 1 scrambled egg 2-3 slices bread or toast No butter Jelly coffee sugar, salt, pepper	8 oz. spaghetti w/ sauce (from lean beef) 4 oz. green beans 1/4 cup cottage cheese salad 8 oz. Jello 3 slices bread No butter Jelly 8 oz. skim milk salt, pepper	4 oz. sliced turkey 8 oz. mashed potato 4 oz. carrots 8 oz. canned peaches 3 slices bread Jelly 8 oz. skim milk salt, pepper	8 oz. skim milk 1 cheddar cheese sandwich

HIGH PROTEIN - HIGH CALORIE DIET

PURPOSE: This diet is designed to furnish additional food energy and protein to patients in need of an excess of one or both nutrients, above that provided in the general diet.

INDICATED USES: The high protein, high Calorie diet should be prescribed for nutritional rehabilitation of a patient following a debilitating disease, injury or surgery. The diet is also indicated for documented cases of muscle wasting. It should not be used for elective muscle building or weight gain.

DESCRIPTION: The high Calorie-high protein diet will be based upon the regular diet with increases in milk and meat products so that a minimum of 100 grams of protein and 3500 Calories will be served. Due to the quantity of food contained in this diet, it is generally necessary to serve an H.S. snack on this diet. Any Calorie level above 3500 will be served in six feedings.

There are no foods restricted on the high Calorie, high protein diet.

ADEQUACY: The diet is adequate in all nutrients but due to the increase in meat and milk it will be relatively high in cholesterol and saturated fat content.

PHYSICIAN'S ORDERING PROCEDURE: If either a high Calorie or high protein diet or the combination of high Calorie, high protein diet is ordered the proceduring diet will be served. It is possible to order the diet with a specific protein or Calorie level, but specify that it is minimum Calories desired to avoid confusion with diabetic or weight reduction diets. Do not order this diet as double portions or double meat. The high protein, high Calorie diet may be ordered in combination with most other therapeutic regimes but is difficult to obtain in combination with the low fat diet or a sodium level less than 3000 milligrams.

HIGH PROTEIN - HIGH CALORIE DIET

This diet will be served as a regular diet with the following foods emphasized.

FOR PROTEIN:

TYPE OF FOOD

EMPHASIZE:

Beverage	Milk and dairy products - minimum 3 cups to be included daily.
Meat and Substitutes	All meats, poultry, eggs, and fish; cottage cheese, cheese; peanut butter; yogurt-a minimum of 1 egg and 8 ounces meat or substitute to be served daily.
Nuts	All nuts.

FOR CALORIE:

Desserts	All desserts.
Fats	Extra portions of butter, margarine, cream, etc., to be served for additional Calories.

SAMPLE MENU - HIGH PROTEIN - HIGH CALORIE DIET

Breakfast

4 oz. orange juice
1 scrambled egg
2 bxs. Rice Krispies
3 slices bread or
toast
3 tsp. butter
2 T. jelly
8 oz. milk
coffee
salt, pepper, sugar

Noon

8 oz. spaghetti with meat
sauce
4 oz. buttered green beans
1/4 cup cottage cheese
salad
1 slice yellow cake
3 slices bread
2 tsp. butter
beverage
salt, pepper

Evening

4 oz. sliced turkey
4 oz. buttered mashed
potato
2 oz. gravy
4 oz. buttered carrots
4 oz. canned peaches
3 slices bread
2 tsp. butter
8 oz. milk

Bedtime

8 oz. whole milk
1 cheese sandwich

LOW PROTEIN DIET - 40 GRAM PROTEIN

PURPOSE: This diet is designed to limit the protein intake of patients with elevated serum ammonia levels or blood urea nitrogen levels in the absence of any renal associated elevation of serum potassium.

INDICATED USES: The low protein diet is indicated in severe acute hepatitis, advanced cirrhosis, certain forms of renal disease, and any disease of the liver or kidney in which protein detoxification is impaired.

DESCRIPTION: The diet limits the total protein intake, both from complete and incomplete protein sources, to 40 grams per day. Emphasis is placed on the use of high quality protein such as eggs, milk and meat. To aid in utilization, the protein sources are distributed throughout the day. Every effort should be made to include adequate Calories in the diet, so that the protein is not utilized as an energy source. The low protein diet is calculated from the Renal Exchange List found in this manual on page 73. The low protein diet alone contains no limitation in potassium, sodium or fluid content. If it is necessary to also restrict these elements, refer to the section of this manual under Renal Diet.

ADEQUACY: The diet is adequate only in Calories and vitamins A and C. It will not meet the Recommended Daily Allowances for protein, calcium, iron, all B complex vitamins, folic acid, and vitamin D. It is recommended that a vitamin and mineral supplement be provided with this diet. Calories will be considerable less than the 3000 Calorie provided by the general diet.

PHYSICIAN'S ORDERING PROCEDURE: The diet should be ordered as low protein, or 40 gram protein diet. If a protein intake other than 40 grams is desired, any level may be ordered but a diet other than 40 gram will be considered a calculated diet and must be individually calculated by the Dietitian or her designate. The low protein diet may be ordered in combination with most other therapeutic regimes described in this manual.

LOW PROTEIN DIET

Note: Attempts should be made to include as many foods allowed in unlimited amounts as possible to assure adequate Calorie intake.

<u>TYPE OF FOOD</u> (including amounts)	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverage	Milk - limit to 1/2 cup per day. Any milk beverage must be counted as part of milk allowance. Unlimited - any fruit juice or drink, Koolaid; all carbonated beverages; coffee, tea, decaffeinated coffee; lemonade.	Any milk product in excess of 1/2 cup daily. Cocoa unless deducted from milk allowance.
Breads, Cereals and Desserts	Limit to 4 servings daily - as follows - 1 serving equals 1 slice bread or bun, 1 dinner roll, biscuit or muffin. 1/2 cup hot cereal - any kind, 3/4 cup dry cereal, 1 piece pie, cake; 2 cookies, 4 crackers, 2 squares graham crackers, 1 waffle, pancake, sweet roll, donut, 1/2 cup Jello, sherbet. Unlimited: To be used in liberal amounts; all fruits; popsicles.	All bread, cereal products in excess of 4 servings daily. Any bread, roll or dessert containing nuts. Ice cream unless counted as the milk allowance.
Fats	All unlimited fats should be served in liberal amounts: butter, margarine; mayonnaise, all salad dressings; shortening, oil; cream, cream cheese, sour cream; gravy; bacon; olives.	Nuts.
Fruits	All unlimited fruits and fruit juices should be served in liberal amounts.	None.
Meats & Meat Substitutes	Limit all meat to 3 oz. total (cooked weight) per day. Beef, lamb, veal, pork, liver, ham, poultry, cheese, cottage cheese, fish, peanut butter, Egg - limit to one per day.	Any meat or cheese in excess of 3 oz. daily. Eggs in excess of one per day.

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Potato & Substitutes	<u>Limit to 2 serving daily as follows:</u> 1 serving equals - 1/2 cup any potato, rice, pasta, sweet potato, grits, yams, dried beans or peas 10 french fries or potato chips. The following vegetables must be considered potato substitutes: 1/2 cup corn, lima beans, peas, mixed vegetables.	<u>All potato and substitute in excess of 2 servings per day.</u>
Soup	<u>Unlimited.</u> Clear broth, bouillon, meat base without meat, potato, or starchy vegetable; cream soup - (1 cup) must be used for milk serving.	Any soup with pieces of meat, potato or starchy vegetable.
Sweets	<u>Unlimited.</u> Sugar, jam, jelly, syrup, honey, hard candy, gum drops, marshmallows, jelly beans.	Any chocolate candy; candy with nuts or creams.
Vegetables	<u>Unlimited.</u> All vegetables except those listed under potato or substitutes.	Corn, peas, lima beans, dried peas and beans, mixed vegetables unless used as a potato serving.
Miscellaneous	<u>Unlimited.</u> Any seasoning or spice; pickles, olives, pickle relish, catsup, mustard, condiments, meat sauces; gravy; specially prepared low protein bread.	All nuts; coconut; popcorn, pretzels, snack chips.

MEAL PATTERN - LOW PROTEIN DIET (40 GRAMS)
in serving numbers

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
2 Fruits (minimum)	1 Meat	1 Meat	1 Meat
1 Egg	1 Potato or Sub.	1 Potato or Sub.	2 Fruits
2 Breads	2 Vegetables	1 Vegetable	
2-3 Fats	2 Fruits	2 Fruits	
1/2 milk	1 Bread	1 Bread	
	3-4 Fats	3-4 Fats	

SAMPLE MEAL - LOW PROTEIN DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>	<u>Snack</u>
8 oz. orange juice	1 oz. ground beef	1 oz. sliced turkey	1 oz. cottage
1 banana	4 oz. noodles	4 oz. mashed potato	cheese
1 bx. Special K	4 oz. toss salad	2 oz. gravy	8 oz. pears
1 scrambled egg	w/French dressing	4 oz. buttered	gum drops
1 slice bread	4 oz. buttered green	carrots	
or toast	beans	8 oz. peaches	
3 tsp. butter	8 oz. pineapple	1 slice bread	
and jelly	1 piece yellow cake	4 tsp. butter	
1/2 cup milk	3 tsp. butter	8 oz. lemonade	
coffee	8 oz. 7-Up	hard candy	
3 sugar, salt,	salt, pepper	salt, pepper	
pepper			

RENAL DIET
Protein, Sodium and Potassium Restricted Diets

PURPOSE: The diet is designed to provide a controlled intake of protein, potassium, sodium and/or fluid as needed in the treatment of each individual patient with renal insufficiency.

INDICATED USES: Acute or chronic renal failure.

DESCRIPTION: Due to the complexities of medical and treatment aspects of renal failure, each diet must be individualized with the dietary restrictions dependant upon the patients blood and urine chemistries. Dietary goals include:

1. Restrictions of protein, sodium, potassium, and fluid as medically indicated.
2. Provision of adequate Calories to prevent the breakdown of body protein.
3. Provision of the essential amino acids in sufficient amounts and combinations to maintain a positive nitrogen balance.
4. Provide all other essential nutrients in so far as possible.

All renal diets will be calculated on an individual basis by the dietitian using the exchange lists developed by the Association of Michigan Nephrology Dietitians and published by the Kidney Foundation of Michigan.

Since each case of renal failure is medically individual it is not possible to develop a standard renal diet, however, if a renal diet is needed and necessary medical and chemical information is not yet available, a "Standard renal diet" may be ordered as a temporary measure only. This diet will contain:

40 grams of protein
40 mEq of potassium (1560 milligrams)
40 mEq of sodium (920 milligrams)
500 cc fluid (2 cups)

It is imperative that an individual renal diet incorporating all aspects of each patients disease be ordered as soon as the medical data to do so is available.

ADEQUACY: The renal diet, depending upon the levels ordered, is usually inadequate in ascorbic acid, iron and calcium. A diet of 50 gram protein or less is inadequate in protein based on the R.D.A. Most renal diets contain less than the 3000 Calories served in the general diet.

Renal diets are best served in a controlled living situation such as infirmary or hospital confinement.

PHYSICIAN'S ORDERING PROCEDURE: It is necessary to order a renal diet in its entirety exactly as desired in the following manner: protein - in grams desired; potassium (K) and/or sodium (Na) in milligrams or milliequivalents desired (atomic numbers 23 and 39 respectfully); fluid - if restricted - in cc's or cups desired. Indicate both daily total of fluid and that to be supplied by the diet.

Renal diets can be ordered in combination with some other therapeutic diets and if the combination compromises one or more restrictions ordered, the physician will be informed by the dietitian.

It is important to note that when one component of the renal diet is changed, it is necessary to reorder the diet in its entirety.

MEAL PATTERN FOR STANDARD RENAL DIET

40 gm Protein
40 mEq Potassium (1560 milligrams)
40 mEq Sodium (920 milligrams)
500 cc Fluid (2 cups)

BASED ON RENAL EXCHANGE LIST

Breakfast

1 dairy
1 meat
2 salted starches
1 fruit I
2 salted fats

Noon

1 meat
1 unsalted starch
1 salted starch
1 vegetable A or B
2 salted fats
4 oz. free beverage

Evening

1 meat
1 unsalted starch
1 vegetable A or B
1 fruit II
3 salted fats
4 oz. free beverage

SAMPLE MEAL - STANDARD RENAL DIET

Note: SF indicates Salt Free or prepared Without Salt

Breakfast

4 oz. apple juice
1 box Puffed Rice
1 S.F. scrambled egg
1 slice toast
2 tsp. butter
1 T. jelly
4 oz. milk
2 sugar - pepper

Noon

1 oz. SF ground beef
4 oz. SF noodles
4 oz. lettuce w/
vinegar & oil
4 oz. plain Jello
2 tsp. butter
4 oz. lemonade
pepper

Evening

1 oz. SF sliced turkey
4 oz. SF mashed potatoes
4 oz. SF carrots with juice
drained
4 oz. canned peaches
1 slice bread
3 tsp. butter
4 oz. 7-Up
pepper

RENAL EXCHANGE LISTS*

DAIRY PRODUCTS: 4 grams protein; 170 mg. potassium; 60 mg. sodium

<u>ITEM</u>	<u>AMOUNT</u>	<u>FLUID</u>
Milk, whole, 2%, or skim white	1/2 cup	120 cc
Chocolate Milk	1/2 cup	120 cc
Milk, evaporated	1/4 cup	60 cc
Milk, condensed	2 Tbsp.	30 cc
Cream, half and half	1/2 cup	120 cc
Cream, heavy	3/4 cup	180 cc
cream, light	1/2 cup	120 cc
cream, sour	2/3 cup	160 cc
Yogurt, flavored	1/2 cup	120 cc
Ice cream, plain vanilla and strawberry	2/3 cup	90 cc
Ice cream, rich (16% fat)	2/3 cup	90 cc
Ice milk, plain	2/3 cup	90 cc
Milk, nonfat dry solids	4 ⁺ sp.	0

AVOID:

Buttermilk
Low Sodium milk
Chocolate milk

MEATS, FISH, POULTRY, EGGS, CHEESE: 30 mg. sodium, 100 mg. potassium, 7 grams protein

<u>ITEM</u>	<u>AMOUNT</u>	<u>ITEM</u>	<u>AMOUNT</u>
MEAT:		FISH: (fresh, frozen or canned without salt)	
Beef	1 ounce	Perch	1 ounce
Heart	1 ounce	Cod fish	1 ounce
Rabbit	1 ounce	Haddock	1 ounce
Liver (beef or calf)	1 ounce	Salmon, low sodium	1/4 cup
Lamb	1 ounce	Tuna, low sodium, water packed	1/4 cup
Fresh pork	1 ounce	Bass	1 ounce
Veal	1 ounce	Carp	1 ounce
POULTRY:		Catfish	1 ounce
Chicken	1 ounce	Croaker (Atlantic)	1 ounce
Duck	1 ounce	Porgy or Scup	1 ounce
Turkey	1 ounce	Fresh salmon	1 ounce
Low sodium peanut butter	1 Tbsp.	Squid	1 ounce
Low sodium cheese	1 ounce	Shad (American)	1 ounce
Egg	1	Flounder	1 ounce
Cottage cheese	1/4 cup	Halibut	1 ounce
		Clams, oysters, scallops	1/4 cup
		Shrimp	5 small
		Lobster	1 ounce

AVOID:

All canned, salted or smoked meat or fish unless specifically
labeled "low sodium."

Processed luncheon meats and sausages.

Commercially frozen fish or shellfish (except fresh frozen).

Meat extracts.

All cheeses not listed.

*Adapted from Association of Michigan Nephrology
Dietitians. Instructional Manual.
Kidney Foundation of Michigan, 1975.

RENAL EXCHANGE LISTS (Continued)

UNSALTED STARCHES: 2 grams protein; 10 mg. sodium; 50 mg. potassium

<u>ITEM</u>	<u>AMOUNT</u>
BREADS:	
White, salt-free	1 slice
Low sodium crackers	5
Whole rice wafers	10
Low sodium melba toast	4
Popcorn, unsalted	1 cup
CEREALS:	
Cooked:	
Cream of wheat	1/2 cup cooked
Quaker Oats, Oatmeal	1/3 cup cooked
Farina, Malt-O-Meal	1 cup cooked
Hominy grits, cornmeal	2/3 cup cooked
Pearled barley	1/2 cup cooked
Cream of rice	1/2 cup cooked
Dry, prepared:	
Puffed rice	1 cup
Puffed wheat	1 cup
Shredded wheat	1 biscuit
Puffa Puffa Rice	1/2 cup
Sugar Smacks, Sugar Crisp	1/2 cup
Frosted Mini Wheats	4 biscuits
Grains:	
Macaroni	1/2 cup cooked
Egg noodles	1/2 cup cooked
Spaghetti	1/2 cup cooked
Rice, white, e.g., Minute Rice	1/2 cup cooked
Flour	1/4 cup sifted
Cornmeal	1/4 cup
Masa Harina	1/3 cup uncooked or tortilla
DESSERTS:	
Pie crust, unsalted	1/8 of 9" pie
Sherbet, orange	1/2 cup (120cc.fl.)
Unsweetened gelatin	1/2 cup (120cc.fl.)

AVOID:

Instant cooked cereals, self-rising flour
and commercial mixes.

RENAL EXCHANGE LISTS (Continued)

REGULAR STARCHES: 120 mg. sodium; 50 mg. potassium; 2 grams protein

<u>ITEM</u>	<u>AMOUNT</u>
BREADS:	
White, regular	1 slice
Vienna, French, Italian	1 slice
Rusk	1 piece
Roll-yeast, raised	1
Hamburger or weiner bun	1/2
Yeast raised donut-plain	1
English muffin	1/4 muffin
Sara Lee: finger roll, sesame roll, Parker House and crescent rolls	1
CEREALS:	
Alpha Bits	3/4 cup
Crispy Critters	3/4 cup
Cap'n Crunch's Crunchberries	1/2 cup
Quangaroo's	1/2 cup
Corn Flakes, Post Toasties	1/2 cup
Rice Krispies	1/2 cup
Sugar Frosted Flakes	1/2 cup
Apple Jacks	1 cup
Pep	1/2 cup
Sugar Pops	1 cup
Froot Loops	1 cup
Special K	1/2 cup
Trix	3/4 cup
Honeycombs-corn	1 cup
Aunt Jemima Original Pancake	
Mix-pancake (plain)	1-4" diameter
Aunt Jemima Corn Sticks	1 stick
Aunt Jemima Cinnamon Sticks	1 stick
Morton, blueberry muffin, sugar spice donut, honey buns	1 roll
DESSERTS:	
Cake with salt-free uncooked icing:	
yellow, angelfood,	2" square or
spice, white	cupcake (40 grams)
Jello	1/2 cup (120 cc. fl.)
Graham crackers	2-2 1/2" square
Vanilla wafers	12
Jello lemon pudding	1/2 cup (120 cc. fl.)
(regular)	

AVOID:

Self-rising flour, instant cooked cereal and commercial mixes.

RENAL EXCHANGE LISTS (Continued)

VEGETABLES, LIST A: 10 mg. sodium; 150 mg. potassium; 1 gram protein. All vegetables are drained. If canned, use a low sodium product.

<u>ITEM</u>	<u>AMOUNT</u>	<u>ITEM</u>	<u>AMOUNT</u>
Beans, green snap fresh, cooked, frozen, canned . . .	1/2 cup	Kale, frozen cooked	1/3 cup
Beans, yellow, wax, fresh, cut, cooked, frozen, canned	1/2 cup	Lettuce, head chunks, raw	1/2 cup
Beets, canned low sodium diced, sliced	1/2 cup	Onions, mature raw, chopped, cooked	1/2 cup
Cabbage, common raw, chopped, shredded cooked	1/2 cup	Onions, green raw slices	1/2 cup
Cabbage, red raw, chopped, shredded	1/2 cup	Parsley, raw 1 Tbsp. chopped	10 gm.
Carrots, cooked diced, canned	1/2 cup	Squash, summer (fresh boiled)	1/2 cup
Chard, Swiss	1/4 cup	Water chestnuts4 actual count
Cucumbers, raw pared, diced	1/2 cup	Watercress (10 gms.)	1/4 cup 7 leaves
Eggplant, diced cooked	1/2 cup	Tomato catsup, low sodium	1 Tbsp.
Endive or Escarole, raw 7 small inner leaves	20 gms.		

VEGETABLES, LIST B: 10 mg. sodium;
150 mg. potassium; 2 grams protein

<u>ITEM</u>	<u>AMOUNT</u>
Asparagus, spears, cuts fresh or frozen, cooked	4 spears or 1/3 cup
Cauliflower fresh cooked flowerettes	1/2 cup
Corn, cooked fresh	1/3 cup
white and yellow kernels cut off cob canned cream style, whole kernel	1/3 cup
frozen whole kernel	1/3 cup
on cob	70 gms., 1/2 cob
Mustard greens frozen	1/2 cup
Okra, fresh, frozen sliced, cooked	1/2 cup
Peas, fresh or canned cooked	1/4 cup

VEGETABLES, LIST C: 25 mg. sodium;
250 mg. potassium; 1 gram protein

<u>ITEM</u>	<u>AMOUNT</u>
Carrots, raw, strips, shredded fresh	1/2 cup
Celery, all varieties raw slices or cooked	1/4 cup
Kohlrabi, diced, cooked	1/2 cup
Mushrooms	1/4 cup
Onion, dehydrated flakes, dry	1/4 cup
Parsnips, diced, cooked	1/4 cup
Radishes	1/2 cup
Rutabagas, boiled, drained	1/2 cup
Tomato, raw	2 slices (med.)
Tomato fresh, cooked	1/3 cup
Tomato juice (low sodium) . .	100 cc.
Turnips, diced, boiled, drained	1/2 cup

RENAL EXCHANGE LISTS (Continued)

VEGETABLES, LIST D: 25 mg. sodium; 250 mg. potassium; 2 grams protein

<u>ITEM</u>	<u>AMOUNT</u>	<u>ITEM</u>	<u>AMOUNT</u>
Brussels sprouts		Mustard greens	
fresh, frozen,		fresh, cooked	1/2 cup
cooked	8	Squash	
Broccoli		frozen, boiled	1/2 cup
fresh, frozen, cooked		Winter squash	
spears (1 lg. spear)	2/3 cup	fresh, boiled,	
frozen, chopped, cooked	1/2 cup	mashed	1/2 cup
Collard greens, cooked in		White potato, boiled	1/2 small
large amount of water	1/2 cup	mashed	1/2 cup
Dandelion greens			
fresh, cooked	1/2 cup		

AVOID:

Artichoke, dried peas and beans, frozen peas and lima beans, sauerkraut and regular canned vegetables.

FRUITS I: 0 mg. sodium, 100 mg. potassium; 0.5 grams protein. All fruits drained

<u>ITEM</u>	<u>AMOUNT</u>
Applesauce, canned, sweetened	1/2 cup
Apple juice, canned or bottled	1/2 cup (120 cc.)
Blackberries, fresh, water-packed, or canned	
heavy syrup, frozen unsweetened	1/2 cup
Boysenberries, water-packed or frozen sweetened	1 cup
Cantaloupe, fresh 5" diameter	1/4 cup
Cherries, water-packed (sour), canned heavy	
syrup (sweet or sour)	1/2 cup
Cranberries, raw	1 cup
Grapes, canned, seedless (Thompson) water or syrup packed	1/2 cup
Grape juice, frozen sweetened	1 cup (240 cc.)
Grape juice drink	1 cup (240 cc.)
Grapefruit juice	1/4 cup (60 cc.)
Honeydew melon, 5" diameter	1/4 cup
Limes, raw	1 medium
Lime juice, raw, canned or bottled	1/2 cup (120 cc.)
Orange juice-no dehydrated form	1/4 cup (60 cc.)
Peaches, frozen sliced	
raw	1/2 medium
Peach nectar	1 cup (120 cc.)
Pears, canned water-packed or heavy syrup	1/2 cup (2 halves)
Pear nectar	1 cup (240 cc.)
Pineapple, raw diced, canned water-packed or heavy	
syrup all styles, frozen chunks sweetened	1/2 cup
Pineapple and grapefruit juice drink	1/2 cup (120 cc.)
Pineapple and orange juice drink	1/2 cup (120 cc.)
Plums, green gage, canned water-packed	2 medium
Raisins, uncooked, whole	1 Tablespoon
Raspberries, red, raw, canned	
water-packed or frozen sweetened	1/2 cup
Strawberries, canned water-packed, frozen	
with sugar whole	1/2 cup or 8 medium
Watermelon, fresh diced	3/4 cup or 120 gms.

RENAL EXCHANGE LISTS (Continued)

FRUITS II: 0 mg. sodium; 150 mg. potassium; 0.5 grams protein. All fruits drained.

<u>ITEM</u>	<u>AMOUNT</u>
Apple, fresh	1 medium
Cherries, raw unpitted	1/2 cup or 12
Blackberries, juice packed	1/2 cup
Figs, canned with syrup	1/2 cup
Fruit cocktail, canned with syrup or water-packed	1/2 cup
Grapefruit, raw (all varieties), canned with syrup or water-packed	1/2 cup
Grapefruit juice, frozen concentrate sweetened	1/2 cup (120 cc.)
Grapes, raw American	22 medium
raw Thompson seedless	1/2 cup or 12
Grape juice, canned, or bottled	1/2 cup (120 cc.)
Lemon - raw	1 small
juice, raw, canned sweetened, bottled or frozen.	1/2 cup (120 cc.)
Oranges, raw 3" diameter	1/2 medium
Peaches, canned water-packed or heavy syrup.	1/2 cup or 2 halves
Pears, raw 3 x 2 1/2"	1/2
Pineapple juice, all styles.	1/3 cup (90 cc.)
Plums, raw prune type.	3 medium
purple, canned water-packed or heavy syrup	3 medium
Damson, raw.	1 medium
Prune juice.	1/4 cup (60 cc.)
Prunes cooked with sugar added	2 medium
Raspberries, black raw or canned water-packed.	1/2 cup
Strawberries, raw.	8 medium (approx.)
frozen with sugar, sliced.	1/2 cup
Tangerines, raw.	1 large or 2 medium

AVOID:

Any fruit not listed

SALTED FATS: trace protein; 50 mg. sodium; mg. potassium

<u>ITEM</u>	<u>AMOUNT</u>
Butter, margarine,	
Miracle Whip	1 tsp.
Mayonnaise	2 tsp.
Cream cheese, Good Seasons	
Low Calorie Dressing	1 Tbsp.

AVOID:

All other commercial salad dressings.

RENAL EXCHANGE LISTS (Continued)

BEVERAGES: 100 mg. potassium; 0 grams protein; 0 mg. sodium

ITEM	AMOUNT
Coffee, instant powder	1 tsp.
Tea	1 bag, medium strength

AVOID:

Tomato juice, Postum.

CONDIMENTS:	AMOUNT	Na + (mg)	K + (mg)	PROTEIN
Prepared mustard	1 tsp.	65	10	---
Regular tomato catsup	1 tsp.	60	20	---
Unsalted tomato catsup	1 tsp.	5	60	---

AVOID:

Salt, baking soda, baking powder, low sodium baking soda and powder, catsup, chili sauce, celery salt, garlic salt, meat extracts, meat sauces, salt substitute, meat tenderizers, canned and dried soups, monosodium glutamate, onion salt, pickles, relish, chocolate, nuts, olives, soy sauce and Worcestershire sauce.

FREE FOODS: negligible amounts of protein, sodium and potassium. May be used in unlimited amounts.

Schweppes Mixers (all)	Hard clear candy
Dad's Root Beer	Unsalted butter (Land-O-Lakes)
Lemonade - frozen diluted	Unsalted margarine (Chiffon, Fleischmann's)
Limeade - frozen diluted	Salt-free salad dressing
Cranberry juice	Shortening, oil
Gingerale	Dream Whip, Cool Whip
Koolaid	Honey
Pepsi Cola	Jams
Nesbitt Orange	Jellies
Root beer	Jelly beans
All Faygo pops (regular)	Lollipops
All Hoffman pops (regular)	Marshmallows
Seven-Up	Suckers
Popsicles (100 cc.)	Sugar, white
Hawaiian Punch	Lifesavers
HyCal	Chewing gum
Cal Power	Coffee Rich
Polycose	Cornstarch
Herbs and spices	Controlyte
Hershey's cocoa	Garlic
Cranberry Sauce	Maple extract
Corn Syrup	Vanilla
Tapioca	Vinegar
Gum drops	

MOISTURE CONTENT OF FOODS

MEAT, FISH, POULTRY	18 cc. per 1 oz. serving
EGG	36 cc.
LOW SODIUM CHEESE	18 cc. per 1 oz. serving
COTTAGE CHEESE78 cc. per 1/2 cup serving
UNSALTED COTTAGE CHEESE78 cc. per 1/2 cup serving
VEGETABLES	
GROUP A	71 cc. per serving
GROUP B	70 cc. per serving
GROUP C	63 cc. per serving
GROUP D	87 cc. per serving
Average serving moisture content for all vegetables	73 cc.
SALTED FATS	negligible
REGULAR BREAD	9 cc. per slice
UNSALTED BREAD	9 cc. per slice
DRY CEREALS	negligible
COOKED CEREALS	87 cc. per serving
FRUIT GROUPS (Does not include Juices)	
LIST I	88 cc. per serving
LIST II	84 cc. per serving
Average serving moisture content for all fruits	87 cc.
MACARONI	63 cc. per 3/4 cup serving
EGG NOODLES	56 cc. per 1/2 cup serving
SPAGHETTI	56 cc. per 1/2 cup serving
RICE (COOKED)	54 cc. per 1/2 cup serving
GRAINS	negligible

All figures taken from: 1) Composition of Foods, Agriculture Handbook No. 8, and 2) Food Values of Portions Commonly Used, Bowes and Church

SOURCE: Association of Michigan Nephrology Dietitians, Instructional Manual. Kidney Foundation of Michigan, 1975.

SODIUM CONTROLLED DIETS

PURPOSE: The sodium restricted diet is designed to reduce the sodium content of the tissue so as to promote loss of body water or to maintain body fluid at a minimum level. Sodium will be restricted both as salt and as naturally occurring sodium depending upon the sodium intake desired.

INDICATED USES: These diets are generally used in the treatment of cardiovascular diseases especially congestive heart failure and hypertension, in diseases of the liver and kidney associated with fluid retention or electrolyte imbalance, toxemia of pregnancy, and in corticosteroid or diuretic therapy.

DESCRIPTION: Many foods, especially meats, eggs, and dairy products contain liberal amounts of naturally occurring sodium, so the sodium content of any diet varies with the Calorie intake. Based on the 3000 Calorie standard used for the general diet, the following sodium levels are routinely available.

No added salt diet (liberal restriction) 3000-4000 milligram sodium diet
2000 milligram sodium diet (moderate restriction)

This is the standard salt restricted diet and will be served if no level is ordered.

1000 milligram sodium diet (strict restriction)

No Added Salt Diet (N.A.S.) - Liberal restriction. This diet will contain foods from the regular menu which may have salt added in preparation. Foods that are highly salted or preserved in salt will be omitted and each patient should be instructed not to add salt at the table.

2000 milligram Sodium Diet (moderate restriction). In this diet no salt will be used in the preparation of the food, highly salted processed foods and foods preserved in salt will not be served. A standard meal plan will be designed in which all foods are calculated for their salt and sodium content and no more than 2000 milligrams of sodium will be served daily.

1000 milligram Sodium Diet (strict restriction). In this diet all foods are prepared without salt, all food items are calculated for their salt and sodium values and some special dietary products such as salt free vegetables and breads will be used. The 1000 milligram sodium diet is best ordered under controlled situations such as hospital or infirmary confinement.

ADEQUACY: All sodium restricted diets of 1000 milligrams or above are nutritionally adequate, except during pregnancy. The 1000 milligram sodium diet will be low in calcium, protein and iron for the pregnant woman.

PHYSICIAN'S ORDERING PROCEDURE: To avoid confusion it is best to order the milligrams of sodium desired, but the following terms are acceptable: No added salt diet (a 3000-4000 milligram sodium diet will be served); low salt, or low sodium diet (a 2000 milligram sodium diet will be served);

the 1000 milligram sodium diet must be ordered by milligrams. Other sodium levels can be ordered but these will need to be individually calculated by the dietitian or her designate.

Since sodium occurs naturally in many foods do not order the diets as salt free or sodium free, and do not order in milligrams of sodium chloride. If at all possible do not order sodium restricted diets except for Renal use in milliequivalents.

Sodium restricted diets may be ordered in combination with all other therapeutic diets described in this manual.

NO ADDED SALT DIET (3000 - 4000 Milligrams Sodium)

This diet may be served as a Regular diet with the following foods omitted:

<u>TYPE OF FOOD</u>	<u>FOODS TO AVOID</u>
Beverages	Buttermilk
Breads & Cereals	All crackers or rolls with salted tops; bacon or cheese flavored crackers
Fats	Bacon fat, salt pork, salted commercial salad dressings
Meat & Meat Substitutes	Bacon, ham, sausage, bologna, frankfurters, lunch meats, salt pork, chipped, dried or corned beef; salted, pickled, smoked or dried meat or fish; all regular canned meat or fish, cheese in excess of 1 ounce daily. All cheese spreads, anchovies
Potatoes & Substitutes	Potato chips and sticks. All snack chips
Soups	All regular canned soup, bouillon, broth base and dried soup mixes
Vegetables	Sauerkraut, regular canned tomato or V-8 juice, pickles
Miscellaneous	Salt, Lite salt, celery, garlic, onion salt, Accent Lawry's and all seasoned salts, Worcestershire, soy, steak barbeque and chili sauces; meat tenderizer, extracts, gravy made with salted meat base; pickles, olives, pickle relish, catsup, prepared mustard, horseradish; salted popcorn, pretzels, snack chips; salted nuts or seeds

SAMPLE MEAL - NO ADDED SALT DIET

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
4 oz. orange juice	8 oz. spaghetti w/meat sauce	3 oz. sliced turkey
2 bx. Rice Krispies	4 oz. tossed salad w/vinegar & oil	4 oz. buttered mashed potato
1 scrambled egg	4 oz. buttered green beans	4 oz. buttered carrots
3 slices bread or toast butter and jelly	1 piece yellow cake	4 oz. canned peaches
8 oz. milk	3 slices bread	3 slices bread
coffee	butter	butter
sugar and pepper	beverage	8 oz. milk
	pepper	pepper

2000 MILLIGRAM SODIUM DIET

Note: All foods are to be prepared without added salt.

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	All milk products and beverages (not to exceed 3 cups per day). Coffee, tea, decaffeinated coffee; carbonated beverages, fruit drinks.	Buttermilk; dutch processed or instant cocoa, Gatorade; any milk beverage in excess of 3 cups daily.
Breads	Regular white, whole wheat rye bread; biscuits, waffles, french toast, muffins, pancakes, corn-bread, rusk, dinner rolls and buns; graham crackers, plain crackers with unsalted tops.	Bread or crackers with salted crusts or tops; any product made with self-rising flour.
Cereals	All long cooking hot cereal prepared without salt; puffed wheat, puffed rice, shredded wheat.	Instant or quick cooking hot cereal. Any dry cereal containing salt.
Desserts	Fruit, cookies, cakes, pies, Jello, sherbet; ice cream, ice milk, custard - if deducted from milk allowance.	Any dessert made with self-rising flour; any containing salted nuts.
Fats	Butter, margarine, mayonnaise, oil, vegetable shortening, unsalted salad dressing, cream, sour cream, cream cheese; unsalted nuts.	Bacon, bacon fat, salt pork, salted salad dressing, olives, salted nuts.
Fruits	All fruits and fruit juices.	None.
Meat & Meat Substitutes	Fresh or fresh frozen unsalted beef, pork, veal, lamb, liver, poultry, fish; unsalted canned tuna or salmon, cottage or low sodium cheese. Eggs - limit to 1 per day; unsalted peanut butter; regular	Bacon, ham, sausage, bologna, lunchmeat, frankfurters, salt pork, chipped, dried, or corned beef; salted, pickled, smoked or dried meat and fish; all regular canned meats or fish; all other cheeses and cheese spreads; anchovies; eggs in

CONTINUED

1 OF 2

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
	peanut butter - limit to 1 T. per day; yogurt - if deducted from milk allowance.	excess of 1 per day; regular peanut butter in excess of 1 T. daily; any meat or fish frozen or processed with salt
Potatoes & Substitutes	Any potato, rice, pasta, or dried pea or bean except those to avoid.	All instant potatoes and commercial potato mixes; potato chips and sticks.
Soup	Low sodium canned soup, unsalted bouillon or broth base; homemade soup prepared from unsalted base or stock.	All regular canned soup, bouillon, broth base and dried soup mixes; homemade soup prepared with salted base, salted stock or salt.
Sweets	Any except those to be avoided.	Chocolates and any candy with salted nuts.
Vegetables	Any vegetable except those to avoid.	Sauerkraut, pickles; regular tomato or V-8 juice, tomato paste, puree and sauce.
Miscellaneous	Any seasoning not avoided; vinegar, lemon juice, low sodium catsup or mustard, unsalted nuts and popcorn.	Salt, Lite salt, celery, onion, garlic salt; Accent, Lawry's and seasoned salts; Worcestershire, soy, steak, barbeque, and chili sauce; meat tenderizer, extracts and sauce; gravy made with salted meat base; pickles, olives, pickle relish, catsup, prepared mustard, horseradish; salted popcorn, pretzels, snack chips; any salted nuts or seeds.

SAMPLE MEAL - 2000 MILLIGRAM SODIUM DIET

Note: S.F. indicates salt free or prepared without salt.

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
4 oz. orange juice	3 oz. S.F. ground beef	3 oz. S.F. sliced turkey
2 bxs. Puffed Rice	4 oz. S.F. noodles	4 oz. S.F. mashed potato
1 S.F. scrambled egg	4 oz. Tossed Salad with	4 oz. carrots
3 slices bread or	vinegar & oil	4 oz. peaches
toast, butter &	4 oz. green beans	3 slices bread
jelly	1 piece yellow cake	butter
8 oz. milk	3 slices bread	8 oz. milk
coffee	butter	pepper
sugar-pepper	beverage	
	pepper	

1000 MILLIGRAM SODIUM DIET

Note: All foods are to be prepared without added salt.

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Any milk products or beverages (not to exceed 2 cups per day), coffee, tea, decaffeinated coffee; carbonated beverages; fruit drinks.	Buttermilk, dutch processed or instant cocoa, Gatorade, any milk beverage in excess of 2 cups daily.
Breads	Salt free or low sodium bread or rolls. Specially prepared pancakes, biscuits, waffles, buns, muffins made from only <u>low</u> sodium baking powder, or yeast; salt free crackers.	Any commercial, homemade or mix prepared roll or bread product containing salt, regular baking powder or baking soda; all salted crackers.
Cereals	All long cooking hot cereals prepared without salt, puffed wheat, puffed rice, shredded wheat.	Instant or quick cooking hot cereal, any dry cereal containing salt.
Desserts	Fruit, sherbet, low sodium Jello ice cream ice milk, and custard if deducted from milk allowance; regular Jello (limit to 1/2 cup daily); any pie, cake, cookie or dessert specially prepared from only low sodium baking powder and other allowed ingredients.	Any homemade, commercial or mix prepared dessert containing salt, regular baking powder or soda; any dessert containing salted nuts. Any dessert made with self-rising flour.
Fats	<u>Limit to 6 tsp. daily.</u> Regular butter or margarine, cream, sour cream, cream cheese, mayonnaise. <u>Unlimited</u> oil, shortening, lard; salt free butter or margarine; salt free salad dressing; unsalted nuts.	Bacon, bacon fat, salt pork; salted salad dressing; olives, salted nuts.
Fruits	All fruits and fruit juices.	None.

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Meat and Substitutes	Fresh or fresh frozen unsalted beef, pork, veal, lamb, liver, poultry, fish; unsalted canned tuna or salmon; eggs - limit to one per day; low sodium cheese; cottage cheese - limit to 1/4 cup daily; salt free peanut butter; yogurt if deducted from milk allowance.	Bacon, ham, frankfurters, sausage, bologna, lunchmeat, salt pork; chipped, dried, or corned beef; salted, pickled, smoked or dried meat and fish; all regular canned meats and fish; all regular cheeses; regular peanut butter; anchovies; eggs in excess of one per day; any meat or fish frozen or processed with salt.
Potatoes and Substitutes	Any potato, rice, pasta or dried pea or bean except those to be avoided.	All instant potatoes and commercial potato mixes, any canned potato with salt added; potato chips and sticks.
Soups	Low sodium canned soup, unsalted bouillon or broth base; homemade soup prepared from unsalted base or stock.	All regular canned soup; bouillon, broth base and dried soup mixes; homemade soup prepared with salted base, salted stock or salt.
Sweets	Any except those to be avoided.	Chocolate and any candy with salted nuts.
Vegetables	All fresh, unsalted frozen and <u>low sodium, canned vegetables</u> except those to avoid. Low sodium tomato juice.	All regular canned vegetables and vegetable juices; frozen peas, lima beans and vegetable combinations containing salt; sauerkraut, pickles; tomato or V-8 juice, tomato paste, puree and sauce.
Miscellaneous	Any seasoning not avoided; vinegar, lemon juice; low sodium catsup and mustard; unsalted nuts and popcorn.	Salt, Lite salt, celery, onion, garlic salt; Accent, Lawry's and seasoned salts; Worcestershire, steak, barbeque and chili sauces; meat tenderizers, extracts and sauces; gravy made with salted meat base; pickles, olives, pickle relish, catsup, prepared mustard, horseradish, salted popcorn, pretzels, snack chips; any salted nuts or seeds.

SAMPLE MEAL - 1000 MILLIGRAM SODIUM DIET

Note: S.F. indicates salt free or prepared without salt.

Breakfast

4 oz. orange juice
2 bx. puffed rice
1 S.F. scrambled egg
3 slices S.F. bread
or toast
2 tsp. butter and jelly
8 oz. milk
coffee
sugar-pepper

Noon

3 oz. S.F. ground beef
4 oz. S.F. noodles
4 oz. tossed salad with
vinegar and oil
4 oz. S.F. green beans
4 oz. Jello
3 slices S.F. bread
2 tsp. butter
beverage
pepper

Evening

3 oz. S.F. sliced turkey
4 oz. S.F. mashed potato
4 oz. S.F. carrots
4 oz. peaches
3 slices S.F. bread
2 tsp. butter
8 oz. milk
pepper

DIETS FOR FOOD SENSITIVITIES - GENERAL

Many individuals exhibit intolerances, either by gastrointestinal or other allergic symptoms to a food product. Generally these sensitivities require no therapeutic modifications of the person's diet. Usually the individual simply avoids the food he knows to cause him distress.

Due to the large variety of foods which one or more residents may be unable to tolerate, providing therapeutically modified diets for all possible offending substances is not feasible. For this reason, this manual contains only a Milk Free Diet, as milk and dairy products are the most common allergy exhibited among the population.

It is recommended that an allergy diet be ordered only in cases of intolerance to a major food group or where avoidance of the allergin compromises the individual's nutritional status.

If diets for food sensitivities other than that contained in this manual are indicated, contact the dietitian or her designate prior to initiation of the diet order, so that individual arrangements can be made.

MILK FREE DIET

PURPOSE: The milk free diet is designed to reduce to minimal amounts, the milk intake for those individuals who cannot tolerate milk or milk products. Generally, the quantity of lactose or casein which can be tolerated varies among individuals, and while the milk free diet is not entirely lactose free, the restriction of lactose, casein and calcium contained in this diet is adequate for all but the most severely sensitive individuals.

INDICATED USES: The diet is indicated for use in management of patients with abnormal calcium balance; calcium induced renal stones; mild lactose intolerance; in cases of Crohn's Disease, short bowel syndrome, and colitis aggravated by milk intake; and in some cases of severe and persistent diarrhea. The milk free diet should not be used for a Low Calcium Test Diet.

DESCRIPTION: The diet is based on the general diet, with the avoidance of milk and milk products in any significant amount. Small amounts of milk such as those found in butter, bread, coldcuts, etc., will be allowed on this diet. Unless otherwise indicated, the milk free diet will be served in three meals daily.

ADEQUACY: The diet will be deficient in calcium, Vitamin D and riboflavin. If the milk free diet is to be used for an extended period of time a supplement containing these nutrients is recommended. The diet will also contain less protein than the regular diet but the protein intake will be adequate, based on the RDA.

PHYSICIAN'S ORDERING PROCEDURE: Order this diet by the term "Milk Free Diet" only. Do not use the terms low calcium, or lactose free if referring to the above described diet. If the patient is to be allowed any quantity of milk or milk products, such as milk for cereal, this must be indicated in the diet order. The milk free diet can be ordered in combination with most therapeutic regimes outlined in this manual, but it is difficult to combine with the high protein, high Calorie, low fat diet, and the diet for pregnancy.

MILK FREE DIET

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Coffee, tea, decaffeinated coffee, carbonated beverages, fruit juice and fruit drinks.	Milk in all forms including fluid milk, powdered milk, condensed, evaporated chocolate and buttermilk, cocoa.
Breads	Any	Any
Cereals	Any	Any
Desserts	All except those to avoid.	Ice cream, ice milk, sherbet, desserts containing real cream or whipped cream.
Fats	Butter, margarine, oil, shortening, bacon, mayonnaise, mayonnaise type or oil based salad dressings, non-dairy creamers, or whipped toppings.	Real cream or whipping cream; milk, cream or cheese based salad dressings; sour cream, cream cheese.
Fruits	Any	None, except fruit dishes with real cream or whipped cream topping.
Meat & Meat Substitutes	Any meat, fish, poultry, eggs, sausage, bacon, lunch meat, except those to avoid; peanut butter.	<u>All cheese</u> , including cottage cheese; creamed meat or egg dishes; yogurt.
Potato and Substitutes	Any potato, rice, pasta, dried bean or pea except those to avoid. Potatoes mashed with small quantities of milk and butter.	Any creamed potato, rice or pasta; any potato, rice or pasta dish containing cheese, such as macaroni and cheese, or au gratin potatoes.
Soups	Any broth or bouillon based soup.	All creamed soup.
Sweets	Any	None
Vegetables	Any vegetable except those to avoid.	Creamed vegetables.

TYPE OF FOOD

Miscellaneous

FOODS ALLOWED

All spices, condiments,
seasonings, flavorings,
potato or snack chips,
pretzels, popcorn,
gravy, nuts, pickles.

FOODS TO AVOID

Any food containing milk,
cream or cheese in
significant amounts.

SAMPLE MEAL - MILK FREE DIET

Breakfast

4 oz. orange juice
1 scrambled egg
3 slices bread or
toast
butter, jelly
coffee
sugar, salt, pepper

Noon

8 oz. spaghetti with
meat sauce
4 oz. toss salad with
French dressing
4 oz. buttered green beans
1 piece yellow cake
3 slices bread
butter
beverage
salt, pepper

Evening

3 oz. sliced turkey
4 oz. mashed potato
1 oz. gravy
4 oz. buttered carrots
4 oz. peaches
3 slices bread
butter
8 oz. lemonade
salt, pepper

TUBE FEEDINGS

Because the variety and types of parenteral feedings available varies among institutions, any order for a complete or supplemental tube feeding should be discussed with the dietitian or pharmacist prior to the initiation of such an order. Specifics, as to Calorie, nutrient or osmotic content can be obtained at this time. Tube feedings are generally handled as a pharmacy order and institutional procedures should be consulted.

Meretene powder is the most widely available supplement. This is a milk based product suitable for either parenteral or oral uses. The product comes in a variety of flavors, including vanilla, chocolate and eggnog.

The composition of Meretene powder mixed with both water and 8 oz. whole milk is on the following page.

MERITENE POWDER NUTRITIONAL ANALYSIS

MERITENE 100 gram Analysis			1 Serving (1.14 oz Powder Mixed with 8 fl oz Whole Milk)	1 Serving (1.14 oz Powder Mixed with 8 fl oz Skim Milk)
30	protein	g	18	18.3
58	carbohydrate	g	31	31.6
0.6	fat	g	9	0.6
360	Calories		277	203
2800	vitamin A	IU	1250	910
309	vitamin D	IU	100	100
22.8	vitamin E	IU	7.5	7.4
61.7	vitamin C	mg	22.5	22.5
0.31	folic acid	mg	0.10	0.10
1.51	thiamin	mg	0.56	0.6
1.13	riboflavin	mg	0.63	0.63
14.7	niacin	mg	5.0	5.0
2.01	vitamin B ₆	mg	0.75	0.75
2.47	vitamin B ₁₂	mcg	2.0	2.0
0.20	biotin	mg	0.08	0.08
5.25	pantothenic acid	mg	2.5	2.5
0.97	calcium	g	0.6	0.6
0.85	phosphorus	g	0.5	0.5
83	iodine	mcg	37.7	37.7
13.6	iron	mg	4.5	4.5
193	magnesium	mg	100	97
1.45	cooper	mg	0.5	0.5
11.5	zinc	mg	3.7	3.7
72	choline	mg	53.3	53.3
1.29	potassium	g	0.77	0.78
0.39	sodium	g	0.25	0.26
1.13	chloride	g	0.63	0.63
3.09	manganese	mg	1.0	1.0

Milk values from Bowes and Church, 11th Ed.

LOW RESIDUE PREPARATORY DIET
(X-Ray Prep Diet)

PURPOSE: This diet is designed to reduce to a minimum, residue in the bowel to aid in accurate radiological examination.

INDICATIONS: The diet may be used for the IVP (intravenous pyelogram), upper bowel, lower bowel (barium enema) and gall bladder x-rays.

DESCRIPTION: The diet is used for the Noon and Evening meal of the day preceding the x-rays. No food or beverage other than water should be consumed after the evening meal of the day prior to the x-ray. The patient should be maintained in N.P.O. status on the day of the examination, until the procedures are complete and verified.

PHYSICIAN'S ORDERING PROCEDURE: This test diet should be ordered as Low Residue Preparatory Diet or simply as X-Ray Prep Diet. The date the diet is to begin should be indicated on the order as well as the date the NPO should begin. After initiation of an NPO order, the patient will remain NPO until a further diet order is received. It is helpful if the x-ray prep diet order is received 12 to 24 hours before the initiation date.

Diet for the day proceeding the examination is as follows:

NO SUBSTITUTIONS ARE ALLOWED OTHER THAN THOSE INDICATED.

NOON

8 oz. clear broth or bouillon
with crackers
1 slice white meat of chicken or
turkey sandwich - plain
(no butter or mayonnaise)
8 oz. Koolaide, grape or apple juice
4 oz. plain Jello
8 oz. skim milk
salt, pepper

EVENING

8 oz. clear broth or bouillon
8 oz. Koolaide, apple or grape juice
4 oz. plain Jello

The patient is to be considered NPO from the completion of the evening meal until the completion of the examination.

VANILLYLMANDELIC ACID (VMA) DIET

PURPOSE: The diet is designed to aid in the accuracy of the test to diagnose pheochromocytoma, (a tumor of the adrenal medulla).

INDICATION: The diet is indicated in conjunction with the urine collection for a VMA determination.

DESCRIPTION: The test diet is based on the general diet with foods containing vanillylmandelic acid strictly excluded. The diet must be followed for 72 hours prior to the urine collection and should continue until completion of the collection.

ADEQUACY: The diet is adequate in all nutrients, except Vitamin C.

PHYSICIAN'S ORDERING PROCEDURE: Order this diet by the term VMA diet. The dates on which the diet is to begin and end should be included in the diet order.

VMA DIET

Following the General Diet with the following foods strictly excluded.

- | | |
|-----------------|---|
| Beverages: | Coffee, tea, cocoa, chocolate beverages, colas, citrus juices such as orange juice, grapefruit juice or any fruit drink containing orange or grapefruit. Alcoholic beverages. |
| Desserts: | Any dessert containing chocolate, vanilla, or lemon or vanilla flavorings, such as cake or cookies; orange, lemon, lime Jello. |
| Fruits & Juices | In all forms, avoid banana, oranges, grapefruit, tangerines, tangelos, lemons, limes. |
| Miscellaneous | Chocolate in all forms. |

FOOD AND NUTRITION BOARD, NATIONAL ACADEMY OF SCIENCES-NATIONAL RESEARCH COUNCIL
RECOMMENDED DAILY DIETARY ALLOWANCES,* Revised 1974

Designed for the maintenance of good nutrition of practically all healthy people in the U.S.A.

								Fat-Soluble Vitamins				Water-Soluble Vitamins							Minerals					
	Age	Weight		Height		Energy	Protein	Vita- min A Activity		Vita- min D	Vita- min E Activity*	Ascor- bic Acid	Fola- cin†	Nia- cin*	Ribo- flavin	Thia- min	Vita- min B ₆	Vita- min B ₁₂	Cal- cium	Phos- phorus	Iodine	Iron	Mag- nesium	Zinc
		(years)	(kg)	(lbs)	(cm)	(in)	(kcal)*	(g)	(RE)*	(IU)	(IU)	(IU)	(mg)	(μg)	(mg)	(mg)	(mg)	(mg)	(μg)	(mg)	(mg)	(μg)	(mg)	(mg)
Infants	0.0-0.5	6	14	60	24	kg × 117	kg × 2.2	420*	1,400	400	4	35	50	5	0.4	0.3	0.3	0.3	360	240	35	10	60	3
	0.5-1.0	9	20	71	28	kg × 108	kg × 2.0	400	2,000	400	5	35	50	8	0.6	0.5	0.4	0.3	540	400	45	15	70	5
Children	1-3	13	28	86	34	1,300	23	400	2,000	400	7	40	100	9	0.8	0.7	0.6	1.0	800	800	60	15	150	10
	4-6	20	44	110	44	1,800	30	500	2,500	400	9	40	200	12	1.1	0.9	0.9	1.5	800	800	80	10	200	10
	7-10	30	66	135	54	2,400	36	700	3,300	400	10	40	300	16	1.2	1.2	1.2	2.0	800	800	110	10	250	10
Males	11-14	44	97	158	63	2,800	44	1,000	5,000	400	12	45	400	18	1.5	1.4	1.6	3.0	1,200	1,200	130	18	350	15
	15-18	61	134	172	69	3,000	54	1,000	5,000	400	15	45	400	20	1.8	1.5	2.0	3.0	1,200	1,200	150	18	400	15
	19-22	67	147	172	69	3,000	54	1,000	5,000	400	15	45	400	20	1.8	1.5	2.0	3.0	800	800	140	10	350	15
	23-50	70	154	172	69	2,700	56	1,000	5,000		15	45	400	18	1.6	1.4	2.0	3.0	800	800	130	10	350	15
	51+	70	154	172	69	2,400	56	1,000	5,000		15	45	400	16	1.5	1.2	2.0	3.0	800	800	110	10	350	15
Females	11-14	44	97	155	62	2,400	44	800	4,000	400	12	45	400	16	1.3	1.2	1.6	3.0	1,200	1,200	115	18	300	15
	15-18	54	119	162	65	2,100	48	800	4,000	400	12	45	400	14	1.4	1.1	2.0	3.0	1,200	1,200	115	18	300	15
	19-22	58	128	162	65	2,100	46	800	4,000	400	12	45	400	14	1.4	1.1	2.0	3.0	800	800	100	18	300	15
	23-50	58	128	162	65	2,000	46	800	4,000		12	45	400	13	1.2	1.0	2.0	3.0	800	800	100	18	300	15
	51+	58	128	162	65	1,800	46	800	4,000		12	45	400	12	1.1	1.0	2.0	3.0	800	800	80	10	300	15
Pregnant						+300	+30	1,000	5,000	400	15	60	800	+2	+0.3	+0.3	2.5	4.0	1,200	1,200	125	18+ ^h	450	20
Lactating						+500	+20	1,200	6,000	400	15	80	600	+4	+0.5	+0.3	2.5	4.0	1,200	1,200	150	18	450	25

* The allowances are intended to provide for individual variations among most normal persons as they live in the United States under usual environmental stresses. Diets should be based on a variety of common foods in order to provide other nutrients for which human requirements have been less well defined. See text for more detailed discussion of allowances and of nutrients not tabulated. See Table I (p. 6) for weights and heights by individual year of age.

^b Kilojoules (kJ) = 4.2 × kcal.

^c Retinol equivalents.

^d Assumed to be all as retinol in milk during the first six months of life. All subsequent intakes are assumed to be half as retinol and half as β-carotene when calculated from international

units. As retinol equivalents, three fourths are as retinol and one fourth as β-carotene.

^e Total vitamin E activity, estimated to be 80 percent as α-tocopherol and 20 percent other tocopherols. See text for variation in allowances.

^f The folacin allowances refer to dietary sources as determined by *Lactobacillus casei* assay. Pure forms of folacin may be effective in doses less than one fourth of the recommended dietary allowance.

^g Although allowances are expressed as niacin, it is recognized that on the average 1 mg of niacin is derived from each 60 mg of dietary tryptophan.

^h This increased requirement cannot be met by ordinary diets; therefore, the use of supplemental iron is recommended.

DESIRABLE WEIGHTS FOR MEN AND WOMEN

Weight in Pounds According to Frame (In Indoor Clothing)

HEIGHT		SMALL FRAME	MEDIUM FRAME	LARGE FRAME	
(with shoes on) 1-inch heels					
Feet	Inches				
<i>Men of Ages 25 and Over</i>	5	2	112-120	118-129	126-141
	5	3	115-123	121-133	129-144
	5	4	118-126	124-136	132-148
	5	5	121-129	127-139	135-152
	5	6	124-133	130-143	138-156
	5	7	128-137	134-147	142-161
	5	8	132-141	138-152	147-166
	5	9	136-145	142-156	151-170
	5	10	140-150	146-160	155-174
	5	11	144-154	150-165	159-179
	6	0	148-158	154-170	164-184
	6	1	152-162	158-175	168-189
	6	2	156-167	162-180	173-194
	6	3	160-171	167-185	178-199
	6	4	164-175	172-190	182-204

HEIGHT		SMALL FRAME	MEDIUM FRAME	LARGE FRAME
(with shoes on) 2-inch heels Feet	Inches			
4	10	92- 98	96-107	104-119
4	11	94-101	98-110	106-122
5	0	96-104	101-113	109-125
5	1	99-107	104-116	112-128
5	2	102-110	107-119	115-131
5	3	105-113	110-122	118-134
5	4	108-116	113-126	121-138
5	5	111-119	116-130	125-142
5	6	114-123	120-135	129-146
5	7	118-127	124-139	133-150
5	8	122-131	128-143	137-154
5	9	126-135	132-147	141-158
5	10	130-140	136-151	145-163
5	11	134-144	140-155	149-168
6	0	138-148	144-159	153-173

*Women
of Ages 25
and Over***

**For girls between 18 and 25, subtract 1 pound for each year under 25

**For girls between 18 and 25, subtract 1 pound for each year under 25

CHIEF SOURCES OF VITAMINS AND MINERALS

Thiamin (B₁)

Ham or pork
Nuts
Wheat germ
Enriched or whole grain flour
Organ meats
Brewer's yeast
Legumes

Pyridoxine (B₆)

Fortified cereals
Dried beans and peas
Liver
Tuna and salmon
Pork
Wheat germ
Brewer's yeast

Folacin

Liver and other organ meats
Brewer's yeast
Dried beans
Green leafy vegetables
Milk
Eggs

Vitamin D

Fortified milk
Vitamin fortified cereals
Liver
Egg yolk

Vitamin C

Broccoli
Green peppers
Orange and grapefruit juice
Strawberries
Greens
Cantaloupe

Iron

Kidney and liver
Lean meats
Whole grain or enriched breads and cereals
Oysters
Dried beans and peas
Prune juice
Dried fruits
Molasses

Biotin (B₇)

Liver
Brewer's yeast
Soybeans
Fish
Peanuts

Riboflavin (B₂)

Liver and other organ meats
Almonds
Milk
Cheese
Enriched cereal products

Niacin

Chicken and turkey, white meat
Liver
Mackerel, halibut
Dried beans and peas
Enriched cereals products
Peanuts and peanut butter

Vitamin E

Wheat germ
Vegetable oils
Dried beans and peas
Nuts

Calcium

Milk and milk products
Yogurt
Sardines
Cheese
Fish
Cream of wheat

Phosphorus

Wheat germ
Salmon
Sardines and herring
Nuts
Liver
Turkey
Whole grain cereals

Pantothenic Acid (B₃)

Liver
Eggs
Dried peas and beans
Whole grain breads and cereals
Yeast
Beef, veal and pork

Vitamin B₁₂

Fortified cereals
Liver
Milk
Meats
Eggs

Vitamin A

Liver
Carrots
Greens: spinach, turnip and beet
Sweet potatoes
Pumpkin
Cantaloupe
Winter squash

Vitamin K

Cabbage
Cauliflower
Spinach, kale and other green vegetables
Vegetable oils

Magnesium

Wheat bran and bran cereals
Brown and wild rice
Whole grain breads and cereals
Nuts
Wheat germ
Soybeans

Zinc

Oysters
Crab
Beef
Dried beans and peas

FOODS HIGH IN POTASSIUM

Beverages	Milk, brewed coffee, juices (especially citrus juices), Coca-Cola, tomato juice, prune juice, Gatorade
Breads	Whole wheat bread
Cereals	Bran-containing cereals, oatmeal, cereals with dried fruit
Desserts	Fruits, ice cream, gingerbread, gingersnaps, yogurt, chocolate
Fruits	All fruits, especially avocado (raw), banana (raw), dried fruits (raisins, dates, apricots, prunes), melon
Meats and Meat Substitutes	Poultry, peanut butter, all nuts, scallops, salmon, sardines
Vegetables	Most vegetables, especially potatoes (fried, baked, raw and sweet), pumpkin, dried peas and beans, spinach, parsnips, kidney beans, lima beans
Miscellaneous	Catsup (180 mg. potassium per tablespoon), salt substitute (363 mg. potassium per packet or 0.75 gram), dill pickles, molasses, maple syrup

SOURCE: Capitol Area Diet Manual; Ingham Medical Center,
St. Lawrence Hospital, Edward W. Sparrow Hospital
Lansing, Michigan, 1978

APPROXIMATE SODIUM CONTENT OF COMMON FOODS

FOOD ITEMS	AMOUNT	SODIUM (mg.)
Beverages		
milk, whole, skim or 2%	8 oz.	120
hot chocolate	6 oz.	150
buttermilk	4 oz.	180
low sodium milk	8 oz.	10
Vegetables		
vegetable, salted	½ cup	250
vegetable, unsalted	½ cup	10
Exceptions:		
carrots, beets, spinach, low sodium	½ cup	45
sauerkraut	½ cup	500
Fruits		
all		2
Exception: tomato juice	8 oz.	500
Desserts		
pudding, instant, all flavors	½ cup	280
cake with frosting	1 slice	150
pie, fruit or cream	1/8 pie	300
cheesecake		350
cookies, commercial sugar	1	110
cookies, vanilla wafers	3	30
other desserts		170
Breads and Starches		
bread, white, salted	1 slice	120
bread, white, unsalted	1 slice	10
biscuit	1 - 2" diam.	270
muffin	1	240
crackers, unsalted	4	10
crackers, salted	5	250
cereal, cooked, unsalted	½ cup	trace
cereal, cooked, salted	½ cup	150
cereal, dry: puffed wheat, salt-free corn flakes,		
shredded wheat, puffed rice	¾ cup	10
noodles, spaghetti, macaroni, grits, salted	½ cup	120
noodles, spaghetti, macaroni, grits, unsalted	½ cup	10
potatoes, boiled, salted	100 grams	200
potatoes, boiled, unsalted	100 grams	10
mashed potatoes, instant, unsalted	½ cup	30
pork and beans, canned	½ cup	475
potato chips	10	230
sherbet	½ cup	10
Jello	½ cup	50
D'Zerta	½ cup	10
ice cream, vanilla	½ cup	35

SODIUM CONTENT OF COMMON FOODS (Continued)

FOOD ITEMS	AMOUNT	SODIUM (mg.)
Meats		
fresh or fresh frozen meat, cooked, unsalted	1 oz.	30
fresh or fresh frozen meat, cooked, salted	1 oz.	130
canned fish, including tuna	¼ cup	250
shrimp	3 oz.	200
cold cut	1 slice	400
hot dog	1	400
egg, unsalted	1	60
ham	1 oz.	300
bacon	1 strip	75
cheese:		
processed	1 oz.	320
swiss, domestic	1 oz.	200
swiss, Kraft	1 oz.	85
cheddar	1 oz.	200
cottage, creamed	¼ cup	200
cottage, washed	¼ cup	30
peanut butter, unsalted	2 Tbsp.	trace
peanut butter, salted	2 Tbsp.	195
Eggbeaters	¼ cup	130
Fats		
butter or margarine, salted	1 tsp.	50
olives	3 large	360
cream	2 Tbsp.	10
coffeerich		trace
dressings:		
Italian	1 Tbsp.	300
French	1 Tbsp.	200
Blue Cheese	1 Tbsp.	150
Thousand Island	1 Tbsp.	100
oil	any amount	trace
Condiments		
catsup	1 Tbsp.	200
mustard	1 Tbsp.	200
broth, salted	90 ml	900
dill pickle	1 large	1500
salt	1 tsp.	2300
soy sauce	1 Tbsp.	100
Worcestershire sauce	1 Tbsp.	300
baking powder	1 tsp.	410
baking soda	1 tsp.	1230
mayonnaise, 1 packet	1 Tbsp.	150
salt, 1 packet	¼ tsp.	400

SOURCE: Capitol Area Diet Manual; Ingham Medical Center,
St. Lawrence Hospital, Edward W. Sparrow Hospital
Lansing, Michigan, 1978

COMMON GAS PRODUCING FOODS

Excessive gas production (flatulence) is upsetting to many patients following surgery. Avoidance of foods known to be gas producers is often helpful. Below is a list of foods which are known to produce gas in most people. Due to individual differences, some patients may tolerate small amounts of some foods listed.

Onions and onion powder
Sauerkraut
Cabbage
Broccoli
Brussels sprouts
Cauliflower
Radishes
Turnips
Cucumbers
Legumes (dried beans and peas)

Green peppers
Rutabagas
Raw apples
Melons
Garlic
Carbonated beverages
Beer

SOURCE: Capitol Area Diet Manual; Ingham Medical Center,
St. Lawrence Hospital, Edward W. Sparrow Hospital,
Lansing, Michigan, 1978

METRIC CONVERSION TABLE

Customary system
(U.S.)

Metric system equivalent
(Values are rounded)

VOLUME

1 teaspoon	5 milliliters or cubic centimeters
1 Tablespoon	15 milliliters or cubic centimeters
1/4 cup	60 milliliters or cubic centimeters
1 fluid ounce	30 milliliters or cubic centimeters
1/2 cup	120 milliliters or cubic centimeters
1 cup	240 milliliters or cubic centimeters
1 pint	500 milliliters or 1/2 liter
1 quart	1000 milliliters or 1 liter
1 gallon	3.8 liters

WEIGHT

.04 oz.	1 gram
1 ounce	30 grams
1 pound	454 grams
2.2 pounds	1 kilogram

LENGTH

1 inch	2.5 centimeters or 25.4 millimeters
.04 inch	1 millimeter

ENERGY

1 kilocalorie	4.2 kiloJoules
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TEMPERATURE

1 ° Fahrenheit (F.)	5/9 ° Celsius (Centigrade, C.)
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To convert ° F to ° C. use formula (° F - 32 °) x 5/9

To convert ° C. to ° F. use formula (9/5 x ° C) + 32

To change pounds to kilograms multiply by 0.45

To change inches to centimeters multiply by 2.54

SOURCE: Capitol Area Diet Manual; Ingham Medical Center,
St. Lawrence Hospital, Edward W. Sparrow Hospital,
Lansing, Michigan, 1978

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