

THERAPEUTIC DIET GUIDELINES

SECTION 1 PRESCRIBED DIETS

Clear Liquid Diet

Diet is nutritionally inadequate for long-term use and includes fluids with minimum residue that are transparent. Nutrition support (i.e., liquid nutrition supplement) should be considered if on a clear liquid diet for more than 3 days. Dairy products, soups, hot cereals, and solid foods are not allowed.

Prescribed use:

- In acute conditions for pre-surgical and/or post-surgical individuals
- As the first step in restarting oral feeding
- For fluid and electrolyte replacement in diarrheal diseases
- As a test diet

Three meals will be provided per day, each comprised of:

- 16 oz. fortified fruit drink packets
- 16 oz. low sodium chicken or beef broth
- 6 oz. flavored gelatin
- 8 oz. juice, no pulp

Full Liquid Diet

Diet is nutritionally inadequate for long-term use and includes fluids that are creamy, in addition to foods allowed on a clear liquid diet. Nutrition support (i.e., liquid nutrition supplement) should be considered if on a full liquid diet for more than 5 days. Solid foods (e.g., oatmeal) are not allowed.

Prescribed use:

- Second step in restarting oral feeding after clear liquid diet
- Inability to chew a mechanical soft diet

Sample daily meal plan:

Breakfast

- 2 cups thinned hot cereal (e.g., farina, cream of wheat/rice)
- 16 oz. fortified fruit drink packets
- 16 oz. milk
- 8 oz. juice with/without pulp

Lunch and dinner

- 16 oz. fortified fruit drink packets
- 16 oz. strained cream soup
- 1 cup pudding or yogurt
- 8 oz. juice with/without pulp

Puree Diet

Diet is nutritionally adequate in which foods have been pureed to a smooth, liquid consistency and thinned down so they may pass through a straw. Whenever possible:

- Foods should be pureed separately
- Nuts, seeds, skins, raw vegetables, and raw fruits should be avoided

- Liquids of high nutritional value (e.g., milk, juice, cheese sauce, tomato sauce) should be used in the puree process

Prescribed use:

- Fractured jaw
- Extremely poor dentition and chewing is inadequate

Sample daily meal plan:

Breakfast

- 8 oz. juice
- 1 cup pureed fruit
- 2 cups pureed scrambled eggs
- 1 cup pureed pancake or muffin
- 2 cups cooked cereal blended with milk
- 16 oz. milk
- 2 margarine pats, 1 sugar packet

Lunch and dinner

- 8 oz. juice
- 1 cup blended soup
- 1 cup pureed meat or entree with gravy/broth
- 1 cup mashed potato
- 1 cup pureed vegetable
- 1 cup pureed fruit
- 1/2 cup thinned pudding or yogurt
- 2 margarine pats, 1 sugar packet

Wired Jaw Diet

Diet is nutritionally adequate and may last 4-6 weeks, or until patient is no longer in oral fixation.

- No seeds
- No hard particles from ground meats
- All foods must be liquefied to pass easily (no chunks) through a straw
- A liquid nutritional supplement (e.g., Ensure, Boost) will be provided with each meal
- Health Services to provide HSR for liquid nutrition supplement

Prescribed use:

- Fractured jaw

Sample daily meal plan:

Breakfast

- 8 oz. juice
- 16 oz. milk
- 2 cups Cream of Wheat, Farina, or Cream of Rice cereal blended with milk
- ½ cup pureed fruit - thinned
- 1 nutrition supplement (e.g., Ensure Plus)

Lunch and dinner

- 8 oz. juice
- 8 oz. milk

- 2 cups blended soup but not watery. Soups should provide meats and vegetables and mainline foods can be used when applicable
- ½ cup pureed fruit - thinned
- ½ cup pureed vegetables - thinned
- 1 nutrition supplement (e.g., Ensure Plus)

Mechanical Soft Diet

Mainline diet is followed and modified as follows:

- Easy to chew foods will be substituted when necessary
- Meat is ground with gravy/broth
- Fruit is soft (e.g., bananas, ripe melon, canned)
- Vegetables are cooked thoroughly
- Potato skins are avoided

Prescribed use:

- Edentulous
- Upon practitioner order - dysphagia, poor dentition, and after dental surgery

Low Fiber Diet

Diet reduces foods that contain fiber and is nutritionally inadequate for long-term use.

- No raw fruits and vegetables; serve soft fruits and thoroughly cooked vegetables without peels or skins.
- No whole grains breads or cereals

Prescribed use:

- Bowel preparation
- Diverticulitis, Crohn's disease, and ulcerative colitis
- Gastrointestinal surgery

Lighter Fare Diet

Diet reduced in sodium, fat, cholesterol, and calories.

Prescribed use:

- Diabetes
- Cardiac conditions (e.g., hypertension, hyperlipidemia)
- Metabolic syndrome
- Obesity

Renal Diet

Diet higher in protein and reduced in phosphorus, potassium, and sodium.

Prescribed use:

- Chronic kidney disease
- Dialysis patients

Hepatic Disorders

Individuals with hepatic disorders will be assessed by the Registered Dietitian on an individual basis when medically necessary.

Main Food Allergy Diet

Mainline diet is followed while replacing the main food allergies (i.e., fish, peanut, and tomato) with an appropriate substitution.

Gluten Free Diet

Elimination of wheat, rye, and barley. Replaced with gluten free grains, potato, corn, and rice products.

Prescribed use:

- Celiac disease

Pregnancy Diet

Pregnant individuals will receive the mainline diet and:

- Daily prenatal vitamin/mineral supplement
- Extra 24 oz. of milk
- One snack

Mainline Alternative Diet (i.e., vegan)

Individuals who have allergies other than the main food allergies (e.g., dairy, eggs) may choose the mainline alternative diet or self-select from the mainline diet.

Consistent Carbohydrate Diet

Diet providing a consistent number of carbohydrates per meal.

Prescribed use:

- Insulin dependent diabetics
- Can be used for non-insulin dependent diabetics with Registered Dietitian or Facility Medical Director approval

SECTION 2 SELF-SELECTED DIETS

Individuals will self-select foods from the mainline diet for the following:

Lactose Intolerance/Lactase Deficiency Diet

Lactose intolerance/lactase deficiency will be treated through lactase tablets.

Food Allergy Diet Other Than Main Food Allergies

Avoid foods not identified in policy as main food allergies.

Weight Reduction Diet

Avoid margarine, gravies, mayonnaise, desserts, and sweets. Should be accompanied by appropriate food purchases at commissary and daily physical activity.

Condition: Obesity

Gastroesophageal Reflux Disease, Peptic Ulcer Disease, Dyspepsia Diet

Avoid spices, pepper, chocolate, caffeine, and excess fat and calories.

Condition:

- Peptic Ulcer Disease (PUD) or Gastroesophageal Reflux Disease (GERD)