

OREGON DEPARTMENT OF CORRECTIONS

DIET REFERENCE MANUAL

Betty Hansen, RDN



2015

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THERAPEUTIC DIETS SELECTED OFF MAINLINE

The general population menu is designed for self-management of most diets. Low fat/cholesterol, reduced sodium, bland and diabetic diets may be self-selected off mainline, using the main entrée (boiled beans) of the meat alternative tray or choosing the entire meal. Diet condiments such as diet dressing, jelly and syrup; sugar substitute and fresh fruit are available to those inmates who are diabetic. The exception would be those offenders who are housed in special units, where trays are dished up ahead of time. In this case some offenders may require a special tray.

If a female offender is pregnant, she may receive an extra 8 oz. carton of milk and a snack as ordered by the attending physician.

Allergy diets are not recognized by the ODOC unless they are serious in nature and are documented as such in the Health Status Report

- The offender will be instructed to avoid the food to which he/she is allergic
- The offender may select the meat alternative tray if needed
- In rare instances the offender will be provided a substitute

THERAPEUTIC DIETS

The Department of Corrections recognizes a variety of therapeutic diets which include the following:

Clear liquid
Full liquid
Pureed
Mechanical/Dental Soft
Meat Alternative Tray
Low Residue
Gluten Free
Renal/Protein Controlled

Diets that can be selected off mainline include:

Low Cholesterol/low fat (selected off mainline or meat/alternative tray)

Low Sodium (selected off mainline or meat/alternative tray)

Calorie/Carbohydrate Controlled/Diabetic (selected off mainline)

Bland (selected off mainline or meat/alternative tray)

Allergy (selected off mainline or meat/alternative tray unless life threatening – evaluated on a individual basis)

Vegetarian (may select meat/alternative Vegetable tray)

***Very specialized, medically necessary diets not listed above may be available upon approval of the department's medical director and dietitian.**

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Steven Shelton M.D.

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OREGON DEPARTMENT OF CORRECTIONS – DIET ORDER FORM

(Last Name, First Name) (DOB) (Start Date)

(SID#) Unit/Bunk – if delivered (Expiration Date)

New Diet Order Yes No Changes to Existing Order Yes No
If yes, previous start date and diet code: _____

Check Desired Diet and Email/Fax form to Food Services. Please enter diet code in

Are there previous diet orders that need to remain in effect? Yes No
If yes, diet code and start date: _____

DOC400 Health Status. Retain diet order form under special needs tab until diet is expired or discontinued.

- Clear Liquid Gelatin, broth, juice, coffee, water. (cl liq)
- Full Liquid All items in clear liquid + pudding, milk, ice cream, cream soup, hot cereal thinned. (liq)
- Pureed All foods are smooth, moist. Example: blenderized, strained can be swallowed with minimal or no chewing. (puree)
- Mechanical/ Dental Soft Foods that are soft, cut, chopped, and/or ground to minimize chewing. (sft)
- Low Residue Restricts fiber and indigestible content of foods. (resid)
- Gluten Free Eliminates all food prepared with wheat, rye, barley and oats. (gluten)
- Renal Protein, Sodium and Potassium controlled. (renal)
- Diabetic/Calorie Controlled Where special tray is needed (i.e. Special Housing, tray system)
 - Regular tray with diabetic condiments (cond)
 - 1200ADA (cond12)
 - 1500ADA (cond15)
 - 1800ADA (cond18)
 - 2000ADA (cond20)
 - 2200ADA (cond22)
 - 2400ADA (cond24)
 - 2800ADA (cond28)
- Other _____
(approved diet by medical director/or dietitian)

Snacks

Sandwich and fruit unless otherwise indicated below

- HS Served at Dinner (SND) _____
- PM Served at Lunch (SNKL) _____
- AM Served at Breakfast (SNKB) _____
- AM/PM/HS Served at all meals (SNKBLD) _____

(Medical Staff Signature)

(Print Name)

(Title)

(Date)

CLEAR LIQUID DIET

PURPOSE:

The clear liquid diet is intended to supply fluid and energy in a form that requires minimal digestion. This diet is prepared by the guidelines below and sample menu.

INDICATIONS:

- Preoperatively
- Postoperatively
- Gastrointestinal Inflammation
- Acute illness
- Test Procedures

DIET PRINCIPLES:

This diet is composed of clear liquids. It is designed to provide fluids without stimulating extensive digestive processes, to relieve thirst, and to provide oral feedings that will promote a gradual return to a normal intake of food. This diet is prepared from the guidelines below and sample menu and should be used for no longer than 3 days.

FOOD GROUPS	RECOMMENDED	NOT RECOMMENDED
Meat and Meat Alternatives	None	All
Milk and Milk Products	None	All
Breads and Cereals	None	All
Vegetables	None	All
Fruit and Fruit Juice	Apple Juice, Cranberry Juice, Grape Juice, Cranapple Juice	All others inc. nectars and juices with pulp
Fats and Oils	None	All
Others	Gelatin or gelatin desserts	All others
Beverages and Fluids	Coffee, Coffee substitute, Decaffeinated coffee, Tea, Kool-Aid, Lemonade, Fat free Broth, or Bouillon	No red, blue or purple liquids. All others including milk, cream and ice cream
Miscellaneous	Sugar, Honey	All others

CLEAR LIQUID DIET SAMPLE MEAL

BREAKFAST

16 oz. Fortified Regular Calorie Fruit Drink packets
8 oz. Chicken or Beef Broth
1 c. Fruit Gelatin
8 oz. coffee or Tea
1 Sugar pkt.

LUNCH

16 oz. Fortified Regular Calorie Fruit Drink packets
8 oz. Chicken or Beef Broth
1 c. Fruit Gelatin
8 oz. coffee or Tea
1 Sugar pkt.

DINNER

16 oz. Fortified Regular Calorie Fruit Drink packets
8 oz. Chicken or Beef Broth
1 c. Fruit Gelatin
8 oz. coffee or Tea
1 Sugar pkt.

This meal plan indicates the minimum suggested servings. All allowed liquids may be used as desired.

FULL LIQUID DIET

PURPOSE:

The Full Liquid Diet is prescribed for the postoperative patient, following the clear liquid diet; for the acutely ill patient; and for the patient who cannot chew or swallow solid food.

INDICATIONS:

This diet is indicated whenever a patient is unable to chew or swallow solid foods. It is often used as a transitional diet between a Clear Liquid Diet and a regular diet for the post-surgical patient.

DIET PRINCIPLES:

The Full Liquid Diet includes foods that are liquid at body temperature and tolerated by the patient. If following this diet for more than 5 days, a nutrition supplement such as Ensure should be added. This diet is prepared from the guidelines below and sample menu.

FOOD GROUPS	RECOMMENDED	NOT RECOMMENDED
Soups and sauces	Broth, bouillon, strained cream soup w/pureed vegetables, mild cheese sauce, cream sauce	All others
Meat or Meat substitute	Eggs in custard or pudding only	All others
Milk or Milk Products	All milk and milk drinks, ice Cream, and Yogurt.	None
Breads and Cereals	Thinned cooked cereals.	All others
Potatoes or substitute	Puree thin soups or thinned mashed potatoes.	All others
Vegetables and Fruits	All vegetable and fruit juices.	All others
Fats and Oils	Margarine or Butter.	All others
Sweets and Desserts	Yogurt, custard, ice cream, pudding, sherbet, plain flavored gelatin, honey, sugar, hard candy, chocolate, popsicles	All others and any made with coconut, nuts, seeds, or whole fruits.
Beverages	All beverages.	None
Miscellaneous	Spices in moderation, flavorings, and syrups.	Pepper, Chili Powder, Meat Sauces, and all seasonings and condiments.

FULL LIQUID DIET SAMPLE MEAL

BREAKFAST

16 oz. Fortified Regular Calorie Fruit Drink packets
1 c Farina, thinned
1 tsp. Margarine
1 c Fruit flavored gelatin
16 oz. Skim Milk
8 oz. Coffee or Tea
2 tsp. Sugar

LUNCH

16 oz. Cream soup, strained
16 oz. Fortified Regular Calorie Fruit Drink packets
1 c Fruit flavored gelatin
6 oz. Pudding
8 oz. Skim milk
8 oz. Tea
1 tsp. Sugar

DINNER

16 oz. Cream soup, strained
16 oz. Fortified Regular Calorie Fruit Drink packets
1 c Fruit flavored gelatin
1 Ice Cream Cup
8 oz. Skim milk
8 oz. Tea
1 tsp. Sugar

This meal plan indicates the minimum suggested servings. All allowed liquids may be used as desired.

MECHANICAL/DENTAL SOFT

PURPOSE:

To provide foods that are cut into small pieces or are inherently soft, that minimizes the amount of chewing necessary for the ingestion of food and that is moderately soft and low in roughage. Most foods are ground, chopped or diced.

INDICATIONS:

Those who have no teeth, dentures, or have had dental surgery may require this type of diet. Patients who have difficulty swallowing food may require a mechanical/dental soft. This diet may be used as a transitional diet between and liquid or puree and a regular diet.

DIET PRINCIPLES:

Any food on the regular diet is permitted if it can be satisfactorily chopped, mashed, ground or softened. Most fresh fruits and raw vegetables, along with course breads and cereals are eliminated. Soup, broth, sauce, gravy, or milk are important to include in the Dental soft diet. When necessary the patient can mix these liquids with the food to aid in swallowing. Food tolerances will vary with each individual. This diet is prepared from the guidelines below and sample menu.

FOOD GROUPS	RECOMMENDED	NOT RECOMMENDED
Soups	Broth, Bouillon, Cream Soups. Any soups made with allowed ingredients.	Any soup made with ingredients that are not allowed.
Meat or Meat Alternatives	2 or more servings. Ground, chopped or diced moist meats or poultry, flaked fish, eggs, cottage cheese, creamy peanut butter, soft casseroles.	Whole meat, fish or poultry. Nuts.
Milk or Milk Products	2 or more servings. Milk, Yogurt without seeds or nuts, Cocoa, Dry Milk used in cooking, Cheese Products, Cream Soups.	None

Bread and Cereal	4 or more servings. All types of breads and cereals, including whole grain.	Bread or rolls with hard crusts or seeds, croutons, bread sticks, hard crunchy cereals (granola), bread or cereals that contain dried fruits or nuts.
Starches and Potatoes	Potatoes, Rice, Barley, all pastas	Fried Crisp Potatoes, Potato Chips.
Dried Beans, Peas and Nuts	Soft Cooked Beans, Smooth Peanut Butter.	All nuts and Chunky Peanut Butter.
Fruits and Vegetables	4 or more servings. Any without hulls or tough skin that can be appropriately diced, chopped or softened. All fruit and vegetable juices.	Raw or cooked vegetables if difficult to chew (Lettuce, cabbage, Green peppers, Radishes, Celery, Whole Kernel Corn). Whole fresh fruits with skins, pits or large seeds; grapes, dried fruit or fruit roll-ups.
Fats and Oils	2 or more servings. Butter, Margarine, Cream Oil, Gravy, Salad dressing.	Hard fried foods.
Desserts	Cake, Cobbler, crisps, Pies, Gelatin, Sherbet ,Ice Cream without nuts, Custard, soft cookies without nuts, Pudding, Fruit Ice, Popsicle.	Desserts containing Coconut, Nuts, Dried or Candied Fruit; hard cookies.
Beverages and Fluids.	All	None
Miscellaneous	Spices and Condiments as desired.	Sliced or whole pickles or olives; popcorn, rice cakes, pretzels and other hard crunchy snack food.

MECHANICAL/DENTAL SOFT SAMPLE MEAL

BREAKFAST

1/2 Cup Fruit or Fruit Drink
10 oz bowl Cooked or Dry Cereal
2 Egg or 4 Pancakes
2 SL Toast
2 Tsp. Margarine
2 Tsp. Sugar
16 oz. Skim Milk
8 oz Coffee/Tea

LUNCH

10 oz. Soup
3 oz. Meat or Meat Alternatives
(ground, chopped or diced)
3/4 c Potatoes or other starch
3/4 c Vegetables (chopped)
2 SL Bread
2 Tsp. Margarine
1 Serving Canned Fruit or Banana
8 oz. Tea

DINNER

6 oz Pasta, potato or gelatin salad
3 oz. of Meat or Meat Alternatives
3/4 c Potatoes or other starch
Or 12 oz Casserole
3/4 c Vegetables
2 SL Bread
2 Tsp. Margarine
1 Serving Canned Fruit or Soft
Dessert
8 oz. Tea

If necessary to increase calories on the meal plan, include additional servings of any of the following foods: Breads, Cereals, Potatoes, other starches, Dried Beans and Peas, and Vegetables.

PUREED DIET

PURPOSE:

This diet provides foods that are soft, smooth, and moist and can be swallowed with minimal or no chewing.

INDICATIONS:

For individuals who have difficulty in chewing or swallowing; as in cases of stroke, poor dentition, or general debility. It also may be used short term following oral surgery, dental work and throat, mouth and jaw injuries.

DIET PRINCIPLES:

Foods are blenderized or strained into a smooth consistency unless already in a comparatively smooth form such as Ice Cream, pudding or Mashed Potatoes. This diet may be thinned down further into a liquid consistency and consumed by drinking or sipping through a straw. This diet is prepared from the guidelines below and sample menu.

Practical aspects of feeding include:

1. Small amounts of additional liquids like broth, milk, gravies or sauces may be added to achieve the appropriate consistency to facilitate swallowing.
2. Additional fat, such as butter or margarine, may be added to cooked cereals and vegetables. Sweeteners, such as sugar or honey, may also be added to provide additional calories.
3. Each patient must be evaluated for swallowing ability to ensure the appropriate consistency

FOOD GROUPS	RECOMMENDED	NOT RECOMMENDED
Soups	Broth, Bouillon, Soups made with pureed Vegetables and meat, strained Cream Soups.	All others; soups with chunks of meat and vegetables.
Meat or Meat Alternatives	(2 or more servings) Strained or pureed meats, Fish and Poultry.	All others
Milk or Milk Products	(3 or more servings) Milk, Yogurt, Milk Shakes, pureed cottage cheese. Cheese sauce	Yogurt with pieces of fruit or seeds

Bread and Cereals	(1 or more servings.) Cooked cereals without added fruits or nuts. Pureed cornbread, muffins, soaked graham crackers or vanilla wafers	All Breads. Cooked cereals with fruit or nuts, Dry cereals
Potatoes or substitute	(2 or more servings) Mashed or creamed potato, rice, or pasta if thinned with a sauce.	All others
Dried Beans, Peas and Nuts	Pureed cooked beans and peas. Pureed smooth Peanut Butter may be added to other foods.	All others
Fruits and Vegetables	(4 or more servings.) Fruit and Vegetable juices. Pureed cooked vegetables without seeds. These vegetables may be served with broth or cream sauce. Pureed salads with dressings. Fruit juices nectars; pureed fruits strained for seeds or large chunks.	All others; fruits with skins and seeds that are not pureed and strained.
Fats and Oils	Butter or fortified margarine, cream, cream substitutes, cooking fats and oils, gravies, whipped toppings.	All others
Desserts	Plain custards, or pudding, ice cream, flavored fruit ices, Popsicles, fruit whips, whipped gelatin, purred fruit or pie fillings, frozen yogurt, pureed cake soaked in milk.	All others and anything made with coconut, nuts, or whole fruit.
Beverages and Fluids.	All beverages	Any not tolerated or contraindicated by medical condition, such as alcohol.
Miscellaneous	Ground seasonings, salt and pepper, spices, clear jelly, honey, syrup, sugar, sugar substitutes and chocolate.	Nuts, coconut, olives, pickles, seeds, etc.

PUREED DIET SAMPLE MENU

BREAKFAST

3/4 c Pureed fruit or 8 oz. fruit drink
1 c Pureed scrambled eggs
2 c. Hot cereal, blended w/milk
1 c. Pureed pancake or muffin
2 tsp. Margarine
2 tsp. Sugar
16 oz. Skim Milk
8 oz Coffee

LUNCH

2 c. Pureed soup
1 c. Pureed meat or meat Alternatives
(inc. 1/4 Gravy)
1 c Mashed potatoes
1 c Pureed vegetables
3/4 c pudding or 3/4 c pureed fruit
1 Tsp. Margarine
8 oz. Tea

DINNER

1 c Pureed salad
2 c Pureed Casserole
1 c Pureed Vegetables
3/4 c Pureed fruit crisp or 3/4 c Pudding
1 Tsp. Margarine
8 oz. Tea

LOW RESIDUE DIET

PURPOSE:

This diet provides foods that are low in fiber/residue, easy to digest and reduce stool output, both in size and number.

INDICATIONS:

For individuals who have irritable bowel disease (IBD), Crohn's disease, ulcerative colitis, diverticulitis or recovery from an abdominal or intestinal surgery. This diet is usually followed on a short term basis and not usually recommended for long term.

DIET PRINCIPLES:

High fiber foods such as whole-grain breads and cereal, legumes, nuts, seeds, raw or dried fruits and vegetables with skins or seeds are limited. Milk products are allowed in moderation; meats and eggs are allowed, as long as they are lean, tender and soft. This diet is prepared from a menu developed by the registered dietitian, as well as using the guidelines below for substitutions.

FOOD GROUPS	RECOMMENDED	NOT RECOMMENDED
Soups	Broth, Bouillon, Soups made with well cooked vegetables and meat (no corn), Cream Soups.	Soups with raw vegetables, seeds or skins, tough fibrous meat; soups that contain wheat, rye, oats or barley products
Meat or Meat Alternatives	Ground or well-cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry (no skin), and organ meats, Eggs Smooth peanut butter	Tough fibrous meats with gristle Raw clams and oysters, shellfish with tough connective tissue Meats prepared w/whole-grain ingredients, seeds or nuts Beans, legumes, peas & lentils Chunky peanut butter
Milk or Milk Products	Milk, mild cheese, cottage cheese, Yogurt (no berries) Ice Cream (no fruit or nuts) limit milk/milk products to 2 cups per day	Yogurt with fruit skins or seeds
Bread and Cereals	Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes and waffles.	Any bread product made with wholegrain flour or graham

	<p>Enriched white or light rye bread or rolls. Saltines, melba toast Refined ready-to-eat cereals such as puffed rice and puffed wheat Cooked refined wheat, corn, or rice cereal. Strained oatmeal, grits and farina Refined cold cereals made from rice, corn or oats White rice, refined pasta, macaroni, noodles</p>	<p>flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers Any whole-grain, bran, or granola cereal, oatmeal and cereal with seeds, nuts, coconut or dried fruit Bran, barley, brown and wild rice</p>
Vegetables	<p>Most tender cooked and canned vegetables without seeds such as carrots, beets, green or waxed beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, and peas (no skin)</p>	<p>Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas</p>
Fruits	<p>Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, peaches, pears (all w/out skin & seeds) pureed plums and bananas</p>	<p>Raw or dried fruit, all berries Prune juice</p>
Fats/Snacks	<p>Margarine, butter, vegetable oils, mayo, cream substitutes, crisp bacon, plain gravies and salad dressings Chocolate</p>	<p>Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit Nuts, seeds, and popcorn Raisins, seeds, seed spices, pickles, olives, nuts, spicy mustards, and relish Highly spiced salad dressings</p>
Miscellaneous	<p>Salt, soy sauce, ketchup Mild spices in moderation, white sauce Sugar, honey, jelly, syrup Lemon juice, vinegar, vanilla and other flavoring extracts Coffee, tea, carbonated beverages and fruit</p>	

LOW RESIDUE DIET SAMPLE MENU

BREAKFAST

1/2 Cup Fruit or Fruit Drink
10 oz. bowl Farina or Dry Cereal
2 Eggs
2 SL White Toast
2 Tsp. Margarine
2 Tsp. Sugar
16 oz. Skim Milk
8 oz. Decaf/Tea

LUNCH

1 bowl Vegetable Soup
3 oz. Baked Chicken
3/4 c Steamed Rice
3/4 c Carrots or Green beans
2 SL White Bread
2 Tsp. Margarine
1 Serving Canned Fruit or Banana
8 oz. Tea

DINNER

6 oz. Potato (no raw veg.) or Gelatin
salad
3 oz. Beef Pattie
3/4 c Mashed Potatoes
3/4 c Carrots of Green Beans
2 SL White Bread
2 Tsp. Margarine
1 Serving Cookie (plain) or Cake
8 oz. Tea

GLUTEN FREE DIET

PUPOSE:

This diet eliminates the protein gluten. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale.

INDICATIONS:

For individuals who have celiac sprue disease, gluten sensitivity or wheat allergies.

DIET PRINCIPLES:

Some individuals can ingest small amounts of gluten without developing symptoms, while others experience massive diarrhea with only minute amounts.

1. All foods containing wheat, barley and rye are eliminated from the diet.
2. Some highly sensitive individuals may not tolerate oats, as oat preparation can be contaminated with wheat.
3. Pay attention to processed foods that may contain gluten. Many additives and preservatives, such as malt flavoring, wheat starch and modified food starch need to be avoided. **READ LABELS.** This diet is prepared from a menu developed by the registered dietitian, as well as using the guidelines below for substitutions.

FOOD GROUPS	RECOMMENDED	NOT RECOMMENDED
Soups	Homemade broth, vegetable or cream soups made with allowed ingredients. Some canned or frozen soups	Commercially prepared soups made with wheat, rye, oats or barley products; soup mixes, broth, bouillon
Meat or Meat Alternatives	All meats, poultry, fish and shell fish; eggs; dried peas and beans; nuts; peanut butter; natural cheese; soybean and other meat substitutes; yogurt; tofu; cold cuts, frankfurters or sausage without fillers	Any prepared with wheat, rye, barley or gluten stabilizers or fillers, such as frankfurters, cold cuts, sandwich spreads, sausages and canned meats; processed cheese; cheese foods and spreads containing gluten; canned pork and beans, turkey basted with hydrolyzed or textured

		vegetable protein (HVP, TVP); breaded fish or meats such as meatloaf, meat patties
Beverages	Milk, coffee, decaf coffee, tea, carbonated drinks, fruit drinks, fruit juice	Chocolate milk with cereal additives; malted milk, instant milk drinks, hot cocoa mixes, nondairy cream subst.; cereal beverages, instant coffee containing wheat
Bread and Cereals	Breads and rolls made from arrowroot, corn, potato or rice starch or flour; gluten free bread mix; pure corn tortillas; rice cakes Corn or rice cereals containing malt flavoring derived from corn; puffed rice, Rice Krispies, Cream of Rice; cornmeal; hominy; grits; popcorn	Any made with wheat, rye, oats, barley, buckwheat, durum or graham, commercial mixes for biscuits, cornbread muffins, pancakes, waffles' wheat germ, bran, bulgur, millet, triticale, gluten bread; crackers' pretzels Cereals containing malt flavoring or malt derived from barley; cereals containing wheat, rye, oats, barley, bran, buckwheat or bulgur; millet, crackers, chips and other snack foods
	All vegetables except those listed as excluded	Any creamed or breaded vegetables; canned baked beans, commercially prepared vegetables with cream sauce or cheese sauce
Fruits	All fruits and fruit juices	Any thickened or prepared fruits, some pie fillings
Fats/Desserts	Butter or margarine; homemade Only those items made with allowed foods, flours or baking mixes	Commercial salad dressings Commercially prepared mixes, candies and baked products (unless gluten-free); ice cream cones, ice cream with gluten stabilizers;

		commercial pie fillings; bread pudding, pudding thickened with flour, commercial cakes, cookies, doughnuts, pastries prepared with wheat, rye, oats or barley flour
Potato/Starch	Plain potatoes; potato chips, enriched rice, rice noodles, gluten-free pasta only	Barley, noodles, spaghetti, macaroni and other pastas prepared with rye, wheat, oats or barley flour; creamed or scalloped potatoes; commercial rice or pasta mixes
Miscellaneous	Iodized salt; herbs and spices, seasonings and flavorings; gravies and sauces made with allowed flours and starches; cider and wine vinegar; olives; nuts; coconut; chocolate; pure cocoa; food coloring; food flavoring extracts, monosodium glutamate	Any food prepared with wheat, rye, oats, or barley, such as some catsup, chili sauce, soy sauce, mustard, steak sauce, horseradish, some dry seasoning mixes, pickles, distilled white vinegar, seasonings containing fillers, stabilizers or hydrogenated vegetable protein; sauces and gravies with gluten sources, some chewing gum, chip dips, malt flavoring, unless derived from corn or baking powder

GLUTEN FREE DIET SAMPLE MENU

BREAKFAST

1/2 Cup Fruit or Fruit Drink
10 oz. bowl Cornmeal or Corn flakes
2 Eggs
2 SL Gluten Free Bread
2 Tsp. Margarine
2 Tsp. Sugar
16 oz. Skim Milk
8 oz. Coffee/Tea

LUNCH

1 Svg. Tossed Salad w/1 oz. Salad Dressing
3 oz. Meat or Meat Alternatives (check label for modified food or wheat starch)
3/4 c Potatoes or Rice
3/4 c Vegetables
2 SL Gluten Free Bread
2 Tsp. Margarine
1 Serving Canned Fruit or Banana
8 oz. Tea

DINNER

6 oz. Potato or Gelatin salad
3 oz. of Meat or Meat Alternatives
3/4 c Potatoes or Rice
3/4 c Vegetables
2 SL Gluten Free Bread
2 Tsp. Margarine
1 Serving Gluten Free Rice Pudding, Ice Cream or Canned Fruit
8 oz. Tea

CHECK LABELS FOR MODIFIED WHEAT OR FOOD STARCH, DO NOT SERVE THEM! Modified corn starch is okay.

DIABETES DIET MANAGEMENT

PURPOSE:

The overall goals of nutritional management for all people with diabetes are to:

1. Achieve and maintain blood glucose, lipid levels and blood pressure levels as close to normal as safely possible
2. To prevent, or at least slow, the rate of development of the chronic complications of diabetes by modifying nutrient intake and lifestyle
3. Promote consistent day-to-day intake for people with insulin dependent diabetes; and weight management for people with non-insulin dependent diabetes

INDICATIONS:

A diabetic meal plan is indicated for any person with diabetes or documented glucose intolerance. This diet is self-selected, but may be prepared from a menu developed by the registered dietitian if the offender is housed in a special unit.

DIET PRINCIPLES:

- Calories:** Calories should be adjusted to achieve and maintain desirable body weight.
- Protein:** Approximately twenty percent (20%) of total calories are calculated as protein.
- Fat:** Approximately twenty five to thirty percent (25% to 30%) of total calories are calculated as fat. Cholesterol <200 mg/day and saturated fat <7% of total calories
- Carbohydrate:** Approximately fifty to fifty five percent (50% to 55%) of the total calories are calculated as carbohydrates. Complex carbohydrates, which are found primarily in whole grain breads and cereals, starchy vegetables, and dried beans, are emphasized while simple carbohydrates, such as fruit and milk, are limited.
- Fiber:** High fiber foods are emphasized through the use of whole grains, legumes, and fresh or lightly cooked fruits and vegetables. Fiber in foods may help lower blood glucose and blood fat levels.
- Sweeteners:** Concentrated sweets should be eliminated. Sugar substitutes are allowed.
- Meal Distribution:** The meal pattern distribution is three meals per day. The dietitian and or physicians determine the need for snacks.

DIABETIC DIET SAMPLE MEAL

BREAKFAST

1/2 Cup Canned Fruit or Fruit Drink
10 oz. bowl Cooked or Dry Cereal
2 Eggs
2 SL Toast
2 Tsp. Margarine
2 Tsp. Diet Jelly
1 Pkt. Sugar Substitute
16 oz. Skim Milk
8 oz. Coffee/Tea

LUNCH

10 oz. Soup
3 oz. Meat or Meat Alternatives
3/4 c Potatoes or other starch
3/4 c Vegetables
2 SL Bread
2 Tsp. Margarine
1 Serving Fresh Fruit
8 oz. Tea

DINNER

6 oz. Pasta, Potato or Tossed salad
w/Diet Salad Dressing
12 oz. Meat Casserole
3/4 c Vegetables
1 Dinner Roll
2 Tsp. Margarine
1 Serving Canned or Fresh Fruit
8 oz. Tea

H.S. Snack – may be ordered by the attending physician, if necessary.

RENAL DIET

PURPOSE:

To provide adequate amounts of essential nutrients and sufficient calories to maintain optimal nutritional status in those patients with impaired renal function. This diet is prepared from a menu developed by the registered dietitian, as well as using the guidelines below for substitutions.

INDICATIONS:

These dietary guidelines are indicated for persons with acute or chronic renal failure, including patients on hemodialysis and peritoneal dialysis.

DIET PRINCIPLES:

1. **Protein:** Intake needs to be controlled to avoid excessive amounts of nitrogenous waste products in the blood and to prevent negative nitrogen balance. The amount of protein allowed in the diet is based on renal function and type of dialysis.
2. **Sodium:** Is controlled to help maintain normal hydration status, to avoid fluid retention, hypertension, and to help prevent congestive heart failure. Pyelonephritis and polycystic kidney disease tend to be salt wasting conditions that require increased sodium.
3. **Potassium:** Is controlled to prevent hyperkalemia as well as hypokalemia.
4. **Phosphorus:** Is controlled and calcium may need to be supplemented to avoid bone disease.
5. **Fluids:** Since urine output is often decreased, fluid allowance is based on twenty—four (24) hour urine output plus 500—1000 ml per day.
6. **Calories:** Calories should be sufficient to achieve and maintain optimal nutritional status and prevent catabolism.

GENERAL RENAL DIET GUIDELINES

<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>
<p><u>Eggs</u> (1) 3x per week</p> <p><u>Cold Cereal</u> – any, except no whole grain or all bran</p> <p><u>Hot Cereal</u> – any</p> <p><u>Milk</u> – limit to 8 oz 1x day</p> <p><u>Bread</u> – pancakes, pastries, wheat (no 100% whole wheat), white, toast, O.K.</p> <p><u>Juices</u> – cranberry, apple, grape OK; <i>No citrus or pineapple juice</i></p> <p><u>Canned Fruit</u> – (1/2 c) applesauce, apricots, cherries, pineapple, plums, pears, peaches, fruit cocktail and berries OK</p> <p><u>Fresh Fruit</u> – Apple, pears, pineapple, grapes, peaches, berries OK. Limit the following to once a day: <i>Banana, apricots, cantaloupe, honeydew, nectarine, orange, grapefruit, prunes, watermelon and dried fruits (raisins).</i></p> <p><u>Coffee and tea</u> – OK</p> <p><u>Butter/Margarine</u> – no limit</p> <p><u>Jelly/Syrup/Sugar</u> – no limit</p>	<p><u>Salads</u> – lettuce, coleslaw, cucumber, pasta and Gelatin OK</p> <p><u>Protein</u> – (3 oz.) beef, poultry or fish; <i>No yogurt, cottage cheese, , liver, nuts, peanut butter or processed lunch meats; shredded cheese in small amounts</i></p> <p><u>Starch</u> – white rice or noodles</p> <p><u>Vegetables</u> – Asparagus, beets, carrots, cauliflower, green beans, sweet peppers, onions and zucchini; <i>corn, green peas in small amounts. No dried beans, peas, lentils, lima beans and mushrooms.</i> Limit the following to ½ c per day: <i>broccoli, Brussels sprouts, potatoes, (baked, mashed or fried) mixed vegetables, pumpkin, sweet potatoes, squash, spinach and tomatoes.</i></p> <p><u>Bread</u> – white or wheat, buns, biscuits, rolls, tortillas, cornbread Margarine OK.</p> <p><u>Beverage</u> – Punch, grape, apple or cranberry juice OK. <i>No cola flavored pop.</i></p> <p><u>Fresh Fruit</u> – Apples, pears, grapes, peaches, berries OK. Limit the following to one serving per day: <i>Banana, apricots, cantaloupe, honeydew, nectarine, orange, grapefruit, watermelon and dried fruits (raisins).</i></p> <p><u>Desserts</u> – Cookies, cake, pie (no cream), cobblers and crisps OK. <i>Ice cream, pudding, chocolate limited</i></p>	<p><u>Salads</u> – lettuce, coleslaw, cucumber and Gelatin OK</p> <p><u>Protein</u> – (3 oz.) beef, poultry or fish; <i>No yogurt, cottage cheese, , liver, nuts, peanut butter or processed lunch meats; shredded cheese in small amounts</i></p> <p><u>Starch</u> – white rice or noodles</p> <p><u>Vegetables</u> – Asparagus, beets, carrots, cauliflower, green beans, sweet peppers, onions and zucchini; <i>corn, green peas in small amounts. No dried beans, peas, lentils, lima beans and mushrooms.</i> Limit the following to ½ c per day: <i>broccoli, Brussels sprouts, potatoes, (baked, mashed or fried) mixed vegetables, pumpkin, sweet potatoes, squash, spinach and tomatoes.</i></p> <p><u>Bread</u> – white or wheat, buns, biscuits, rolls, tortillas, cornbread Margarine OK.</p> <p><u>Beverage</u> – Punch, grape, apple or cranberry juice OK. <i>No cola flavored pop.</i></p> <p><u>Fresh Fruit</u> – Apples, pears, grapes, peaches, berries OK. Limit the following to one serving per day: <i>Banana, apricots, cantaloupe, honeydew, nectarine, orange, grapefruit, watermelon and dried fruits (raisins).</i></p> <p><u>Desserts</u> – Cookies, cake, pie (no cream), cobblers and crisps OK. <i>Ice cream, pudding, chocolate limited</i></p>

RENAL DIET SAMPLE MEAL

BREAKFAST

1/2 c Fruit or fruit drink
10 oz. L.S. Oatmeal
2 Hard boiled egg
2 SL L.S. Toast
2 tsp. Margarine
1 Tbsp. Jelly
2 Tsp. Sugar
8 oz. Nondairy Creamer
6 oz. Coffee

LUNCH

1 bowl Tossed Salad
1 oz. Diet Salad Dressing
3 oz. Beef Patty
1 Hamburger Bun
1 svg lettuce
2 tsp. Mayonnaise
1 tsp. Catsup
1/2 c Canned Fruit or 1 Apple
8 oz. Tea

DINNER

6 oz. Coleslaw
3 oz. Baked Chicken
3/4 c Rice
3/4 c Carrot coins
2 Dinner Roll
1/2 oz. Margarine
1 Cookie
8 oz. Tea