



STANDARDS OF PROFESSIONAL PRACTICE | DIET GUIDE

Created for use with US Foods® | Menu Solutions

Last Updated: 03/19/2021

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Created for use with US Foods | BluePrint Menus

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Preface

This Diet Guide is intended for use along with US Foods – BluePrint Menu Management menus to assist physicians, dietitians, medical staff and foods service staff in providing optimal nutrition for patients and residents. This guide has been created by a staff of US Foods registered dietitians based on the most current interpretation of available nutrition guidelines.

A description and purpose for each diet is provided, as well as menu guidelines used in creating therapeutic diets. Menu guidelines should be reviewed and approved at the facility level by a qualified member of the medical staff in order to best determine the appropriate use of the therapeutic diets included in this document. Facilities should reference their internal policy & procedure manual when reviewing and approving this guide.

The Week at a Glance report for each BluePrint ‘Master’ menu references the Recommended Dietary Allowances as outlined in the DRI Reports from the Institute of Medicine’s Food and Nutrition Board¹. BluePrint menus are nutritionally analyzed using software powered by CBORD. Nutritional information is obtained from the USDA National Nutrient Database for Standard Reference, Release 28² (SR 28), as well as manufacturer provided nutritional data.

For additional information on the USDA National Nutrient Database for Standard Reference contact:

U.S. Department of Agriculture
1400 Independence Ave., S.W.
Washington, DC 20250
Information Hotline: (202) 720-2791
Website: <http://ndb.nal.usda.gov>

US Foods dietitians are unable to provide individual license numbers or approval for menus created by BluePrint. Menus and therapeutic diets are to be reviewed and approved internally based on state and facility specific nutritional guidelines.

References

1. National Academy of Sciences. Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes: Recommended Intakes for Individuals. <http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes/dri-tables>
2. U.S. Department of Agriculture, Agricultural Research Service. 2017. USDA National Nutrient Database for Standard Reference, Release 28. <http://www.ars.usda.gov/ba/bhnrc/ndl>

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Diet Guide Approval Form

The US Foods | BluePrint Menu Management Standards of Professional Practice: Diet Guide has been reviewed and approved for use along with US Foods | BluePrint Menu Management System menus.

Facility: _____

Address: _____

Approved by:

Title	Signature	Date
Medical Director		
Administrator		
Registered Dietitian		
Director of Nursing		
Food Service Director		

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Diets Offered by Facility

Review the list of available diets and indicate preferred diet name (if differs from the diet name as it appears on the menu reports).

Facility _____

US Foods Diet Name	Diet Offered by Facility
Regular/No Added Salt (NAS)	
Finger Foods	
Small Portion	
High Calorie/High Protein	
No Concentrated Sweets (NCS)	
Low Concentrated Sweets (LCS)	
Consistent Carbohydrate (3)	
Consistent Carbohydrate (4)	
Consistent Carbohydrate (5)	
IDDSI Level 3: Liquidized Food	
IDDSI Level 4: Pureed Food	
IDDSI Level 5: Minced & Moist Food	
IDDSI Level 6: Soft, Bite-Sized Food	
NDD 1: Pureed	
NDD 2: Mechanically Altered	
NDD 3: Advanced	
Soft	
Low-Sodium	
Cardiac	
Liberal Renal	

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Renal	
Clear Liquid	
Full Liquid	
Fiber Restricted	
Gluten Restricted	
Fat Restricted	
Lacto-Ovo Vegetarian	
Pesco Vegetarian	

Approved by _____ Date _____

Title _____

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**SECTION ONE:
GENERAL NUTRITION RECOMMENDATIONS**

**Dietary Guidelines for Americans 2015
Dietary Reference Intakes (DRIs)
Vitamin A Guideline**

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Dietary Guidelines for Americans 2015-2020

The 2015-2020 Dietary Guidelines for Americans is the federal government's evidence-based nutritional guidance. These guidelines are intended to help promote health, reduce the risk of chronic diseases, and reduce the prevalence of obesity through improved nutrition and physical activity. The recommendations are to be used as guidance and advice in order to achieve an overall healthy eating pattern.

The guidelines focus on the following recommendations intended for Americans ages 2 and older:

- ✓ Follow a healthy eating pattern across the lifespan.
- ✓ Focus on variety, nutrient density, and amount.
- ✓ Limit calories from added sugars and saturated fats and reduce sodium intake.
- ✓ Shift to healthier food and beverage choices.
- ✓ Support healthy eating patterns for all.

Recommendations for individuals 50 years and older include:

- ✓ Consume foods fortified with Vitamin B12 – such as fortified cereals or dietary supplements

Additional resources and detailed information on the 2015-2020 Dietary Guidelines for Americans is available at www.dietaryguidelines.gov

References

1. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019.
2. Dietary Guidelines for Americans, 2015-2020, www.dietaryguidelines.gov

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Dietary Reference Intakes (DRIs)

Dietary Reference Intakes (DRIs) provide reference values for nutrients that may be used when planning and evaluating diets for a healthy population. The DRIs are developed by the *National Academy of Sciences, Institute of Medicine, Food and Nutrition Board*. The DRIs are divided into the following nutrient guidelines:

- ✓ **Estimated Average Requirements (EAR):** average daily nutrient intake level estimated to meet the requirements of half of the healthy individuals in a group
- ✓ **Recommended Dietary Allowances (RDA):** average daily dietary intake level sufficient to meet the nutrient requirements of nearly all healthy individuals in a group - RDAs are calculated using the Estimated Average Requirements (EARs)
- ✓ **Adequate Intakes (AI):** if no RDA is available, an AI is developed. An AI is believed to cover the needs of all healthy individuals in a group, but data is not clear enough to specify a RDA
- ✓ **Acceptable Macronutrient Distribution Ranges (AMDR):** the range of intake for a particular energy source that is associated with reduced risk of chronic disease while providing intakes of essential nutrients

A complete list of Dietary Reference Intake Tables developed by the Institute of Medicine's Food and Nutrition Board can be accessed at:

<http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes/dri-tables>

Food and Nutrition Information Center

National Agricultural Library
10301 Baltimore Avenue, Room 108
Beltsville, MD 20705
(301) 504-5414

The Department of Health & Human Service (DHHS) along with the Centers for Medicare & Medicaid Service (CMS) require that menus must “Meet the nutritional needs of residents in accordance with the recommended dietary allowances of the Food and Nutrition Board of the National Research Council, National Academy of Sciences”(F363 §483.35(c))

The intent of this regulation is to assure that the meals served meet the nutritional needs of the resident in accordance with the recommended dietary allowances (RDAs) of the Food and Nutrition Board of the National Research Council, of the National Academy of Sciences. This regulation also assures that there is a prepared menu by which nutritionally adequate meals have been planned for the resident and followed §483.35(c)(1)(2)(3).

References

1. The Institute of Medicine, National Academy of Sciences. <https://www.nal.usda.gov/fnic/dri-tables-and-application-reports> Retrieved November 2019.
2. Department of Health & Human Services, Center for Medicare & Medicaid Services. CMS Manual System. Dietary Services. https://www.nal.usda.gov/sites/default/files/fnic_uploads/SummaryTables.pdf.

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Vitamin A Guidelines

Current dietary guidelines indicate a “good source” of Vitamin A is equivalent to at least 20% of the Recommended Dietary Allowance (RDA) for adult men (3,000 IU/day), or 600 IU per serving.

Purpose

The purpose of this rationale is to provide a reference for evaluating the Vitamin A content of menus. The BluePrint menu standard is to offer a minimum of three servings of a good source of Vitamin A from fruits and vegetables per week.

Menu Guidelines

- ✓ A fruit or vegetable is considered a good source of Vitamin A if it provides a minimum of 1,000 IU per serving. A usual serving is ½ cup cooked vegetables, 1 cup raw vegetables or ½ - 1 cup of fresh fruit.
- ✓ Three servings of a good Vitamin A source from fruits and vegetables per week are offered.

Good Sources of Vitamin A

Cooked Vegetables (1/2 cup serving):

Carrots	Squash (Butternut, Winter)
Spinach	Greens (Collard, Mustard, Turnip, Seasoned)
Pumpkin	Sweet Potatoes
Yams	Broccoli
Brussels Sprouts	Green Peas

Vegetable Blends (1/2 cup serving):

Vegetable Medley	Vegetable Sticks (Steamed or Fresh)
Tuscany Blend	Summer Blend
Summer Blend	Stir Fry Vegetables
Vegetable Blend	California Blend
Capri Blend	Italian Blend w/ Broccoli
Mixed Vegetables	Italian Blend w/Cauliflower
Oriental Blend	Prince Edward Blend
Scandinavian Blend	Ratatouille

Raw Vegetables and Salads (3/4 - 1 cup serving):

Pico de Gallo	Caesar Salad
Spinach Salad	Marinated Vegetable Salad
Green Pea Salad	Marinated Garden Salad
Layered Pea Salad	Creamy Broccoli Cauliflower
Salad Carrot Raisin Salad	Creamy Vegetable Salad

Fresh Fruit (1/2 - 1 cup serving):

Apricots	Fruit Cup (Fresh)
Melon Cubes	Mandarin Oranges
Cantaloupe	Grapefruit Half

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**SECTION TWO:
GENERAL GUIDELINES FOR MEAL PLANNING**

Tufts University MyPlate for Older Adults

MyPlate.gov

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Tufts University MyPlate for Older Adults

Nutrition scientists at Tufts University introduced the updated MyPlate for Older Adults nutrition guidelines in reference to the 2015-2020 Dietary Guidelines for Americans. These nutrition guidelines take into consideration the unique nutritional & physical needs of older adults¹. MyPlate for older adults places focus on the following nutrition recommendations – customized for the needs of older adults:

- ✓ Bright colored vegetables and deep colored fruits high in nutrients
- ✓ Whole, enriched and fortified grains
- ✓ Low and non-fat dairy products
- ✓ Dry beans and nuts, fish, poultry, lean meat and eggs
- ✓ Use of spices to help lower sodium intake
- ✓ Oils and spreads low in saturated and trans fats
- ✓ Increased fluid intake
- ✓ Physical activity such as walking, resistance training and light cleaning

Tufts University nutrition scientists advises older adults who are considering transitioning to a healthier lifestyle to talk with their primary healthcare provider before making major changes to diet and physical activity routines¹.

References

1. Tufts University, MyPlate for Older Adults. <http://www.nutrition.tufts.edu/research/myplate-older-adults>. Retrieved November 2019.

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MyPlate.gov

MyPlate is a tool designed to help remind Americans to eat healthy and incorporate the 2015-2020 Dietary Guidelines for Americans when making food choices. This tool includes an illustration outlining 5 food groups in an easy to understand visual icon.

At ChooseMyPlate.gov the consumer can access a variety of useful tools to help build a healthier diet and lifestyle.

Also available at MyPlate.gov:

- ✓ Sample Menus for a Week
- ✓ Food Group Based Recipes
- ✓ Historical Development of Food Guidance
- ✓ Nutrition Communicators Network for Partners Application Forms
- ✓ All print-ready content

References

1. United States Department of Agriculture. *Getting Started with MyPlate*. <http://www.choosemyplate.gov/>. Retrieved November 2019

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**SECTION THREE:
DIETS**

- General Diets**
- Texture Modified Diets**
- Heart Healthy Diets**
- Renal Diets**
- Gastrointestinal Diets**
- Vegetarian Diets**

GENERAL DIETS

Regular/No Added Salt (NAS) Diet

Finger Foods Diet

Small Portion Diet

High Calorie/High Protein Diet

No Concentrated Sweets (NCS) Diet

Low Concentrated Sweets (LCS) Diet

Consistent Carbohydrate Diet

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Regular/No Added Salt (NAS) Diet

Description

The Regular/NAS diet is for healthy adults and is planned in accordance with the Recommended Dietary Allowances (RDAs) for adults 70 years old. The RDAs are part of the Dietary Reference Intakes (DRIs) developed by the *National Academy of Sciences, Institute of Medicine, Food and Nutrition Board*¹. The RDAs are intended to provide reference values for nutrients that may be used when planning or analyzing diets for a healthy population. The Regular/NAS diet is suitable for use in a wide variety of facilities. Although not intended to meet the nutritional needs of all residents in a facility, it is appropriate when adjusted to meet each individual’s needs.

Purpose

The Regular/NAS diet macronutrient distribution is approximately 15% protein, 50% carbohydrate and 35% fat.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

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Menu Guidelines

- A. Number of meals: Three meals daily with an evening snack.
- B. The daily meal pattern is as follows²:
 - 3 – Fruit servings
 - 3 – Vegetable servings
 - 3 – Cups low- or nonfat milk
 - 6 – Ounces of good quality protein
 - 6 – Grain servings
 Beverages: At least eight cups of fluid is recommended daily.
- C. No Added Salt: In order to reduce sodium intake, table salt is not provided on the Regular/NAS diet and salt is not included in the preparation of vegetables. The Regular/NAS diet on average provides less than 4,000mg of sodium a day over each week of the menu cycle.
- D. Each week the menu provides three sources of Vitamin A-rich fruits or vegetables. A food is considered a good source of Vitamin A if it provides 1000 IU or more per serving². For further information refer to guidelines for Vitamin A in Section 1: General Nutrition Recommendations.
- E. Each day the menu provides one good fruit or vegetable source of vitamin C or two fruit or vegetable servings of a fair source of vitamin C. A good source of vitamin C contains at least 60 mg of vitamin C. Two or more servings of a fair fruit or vegetable source must contain a total of at least 65mg of vitamin C².
- F. Since older adults have special nutrient needs¹, each day the menu provides at least 1,200 mg calcium and 2.4 mcg of Vitamin B₁₂. Food manufacturers do not currently provide adequate information on the following nutrients: Vitamin D, Vitamin E, Molybdenum and Iodine³. Consequently, these nutrients are not consistently reported as part of our menu guidelines.
- G. Protein distribution per meal:
 - Breakfast -1 ounce (7 grams good quality protein)
 - Noon meal - 3 ounces (21 grams good quality protein)*
 - Evening meal – 3 ounces (21 grams good quality protein)*
 *Protein amount may be swapped between meals, but will total at least six ounces daily.
- H. One cup of low- or nonfat milk is included at breakfast, lunch, and dinner.
- I. Blueprint Nutrition Goals are an average of 16 nutrients from the highest male and female DRI Values.

KCAL	CHO	PRO	FAT	SFA	CHOL	FIBTG	NA	CA	K	P	VITA_R	VITC	VITK1	FE	ZN	FOL
KCAL	Gram	Gram	Gram	Gram	MG	Gram	MG	MG	MG	MG	MCG	MG	MCG	MG	MG	MCG
2,000.00	130.00	51.00	78.00	13.00	300.00	25.50	4,000.00	1,200.00	4,700.00	700.00	800.00	83.00	105.00	13.00	10.00	400.00

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References

1. The Institute of Medicine, National Academy of Sciences. <https://www.nal.usda.gov/fnic/dietary-reference-intakes>
2. Administrative Code. Joint Committee on Administrative Rules, Illinois Department of Public Health. Available at <http://www.ilga.gov/commission/jcar/admincode/077/077003000J20500R.html>. Accessed on November 2017.
3. *Dietary Supplement Health Professional Fact Sheets*. Office of Dietary Supplements. National Institutes of Health. Available at <http://ods.od.nih.gov/factsheets/list-all/>. Accessed on November 2017.

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Finger Foods Diet

Description

The Finger Foods Diet aims to offer food in a form that maintains independence, dignity, and quality of life. This enables individuals who have difficulty using utensils to eat independently and increase food intake. All foods can be eaten without the aid or use of utensils¹. In most cases, foods are served in bite size pieces. If the regular item cannot be served as a finger food then similar foods that can be picked up by hand are substituted (i.e., meatballs and drained macaroni are served in place of spaghetti with meat sauce).

Purpose

The Finger Foods Diet is intended for adults who have difficulty using utensils. This diet provides foods as close to the Regular/NAS diet as possible but modifies the menu to provide foods in a form that can be easily manipulated by hand².

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <https://www.nutritioncaremanual.org/> Content Release Date November 2019.
2. Dorner, B. Diet Manual; Extended Version. Becky Dorner & Associates, Akron Ohio 2016.

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Milk	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Meat & Other Protein	<ul style="list-style-type: none"> Bite size pieces of meat or poultry without gravy or sauces Gravy & sauces served in separate dish for dipping Fish sticks or nuggets Battered or breaded fish bites Cheese slices or cubes Hard cooked eggs Omelets or scrambled eggs in large chunks or served on toast 	<ul style="list-style-type: none"> Meat or poultry covered in sauce or gravy Large pieces of meat or poultry Casseroles Potpies Cottage cheese
Sandwiches	<ul style="list-style-type: none"> All (cut as appropriate based on individual need) 	<ul style="list-style-type: none"> None
Vegetables	<ul style="list-style-type: none"> Vegetables that have been drained and are easily eaten by hand Julienne (strips)vegetables Vegetable sticks (raw &steamed) Beans & Peas Potato wedges & diced potatoes French fries Tator tots Bread dressing balls 	<ul style="list-style-type: none"> Vegetables served in sauce Beans in sauce (baked beans) Cooked tomatoes Cooked spinach Cooked greens Beets Mashed potatoes
Fruits	<ul style="list-style-type: none"> Fresh fruit Drained canned fruit Avocado slices 	<ul style="list-style-type: none"> Apple sauce Cranberry sauce Frozen fruit
Breads	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Grains	<ul style="list-style-type: none"> Plain rotini pasta, spiral pasta or macaroni noodles Serve appropriate sauce in separate dish for dipping 	<ul style="list-style-type: none"> Noodles in sauce Rice
Cereals	<ul style="list-style-type: none"> All cereal to be served in a mug or cup 	<ul style="list-style-type: none"> Cereal served in bowl with spoon
Desserts	<ul style="list-style-type: none"> Cookies Graham crackers Bite size pieces of cake Gelatin cubes Ice cream sandwiches Fruit turnovers 	<ul style="list-style-type: none"> Pudding Ice cream Sherbet Pie Tarts Yogurt
Soup	<ul style="list-style-type: none"> All soup to be served in a mug or cup 	<ul style="list-style-type: none"> Soup served in bowl with spoon

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Sample Menu

Meal	Regular/NAS Diet	Finger Foods Diet
Breakfast	Juice of Choice Cereal of Choice Sausage Links Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal in a Mug Sausage Links Pancake Bites Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Bean Casserole Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	Marinated Pork Loin Bites Parslied Potatoes Green Beans Wheat Roll/Bread Margarine Ice Cream Sandwich Milk Beverage of Choice
Dinner	Fried Chicken Cheesy Rice Spinach Cornbread Margarine Ambrosia Milk Beverage of Choice	Fried Chicken Bites Noodles Green Peas Cornbread Margarine Pineapple & Mandarin Oranges Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

Hints

- ✓ Drain liquids from fruits and vegetables
- ✓ Recommend serving eggs on buttered toast
- ✓ Recommend serving soups and cereals in a cup or mug
- ✓ Gravies and sauces should be served in a separate dish for dipping

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Small Portion Diet

Description

The Small Portion diet was developed to provide the Regular/NAS Diet with altered portion sizes. Breakfast, lunch and dinner meals provide a smaller portion of the entree, starch, starchy vegetables and dessert.

Purpose

To provide a smaller portion with less calories.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Beverages & Condiments	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Milk	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Meat & Other Protein	<ul style="list-style-type: none"> All 2 oz protein portion served at lunch and dinner ½ serving of sandwich 	<ul style="list-style-type: none"> None
Vegetables	<ul style="list-style-type: none"> All ¼ cup serving of starchy vegetables such as potatoes, peas, corn and beans 	<ul style="list-style-type: none"> None
Fruits	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Breads/Grains	<ul style="list-style-type: none"> All ¼ cup serving of noodles, rice and other grains ½ serving of pancakes, English muffins and bagels at breakfast 	<ul style="list-style-type: none"> None
Desserts	<ul style="list-style-type: none"> All ½ serving of baked desserts including cakes, cookies, pies, crisps, cobblers, and bars 	<ul style="list-style-type: none"> None

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Sample Menu

Meal	Regular/NAS Diet	Small Portion Diet
Breakfast	Juice of Choice Cereal of Choice Egg Sausage Patty Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Sausage Patty Pancakes 1 each Margarine & Syrup Milk Coffee or Hot Tea
Lunch	3 oz Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	2 oz Marinated Pork Loin ¼ cup Potatoes Anna Green Beans Wheat Roll/Bread Margarine ½ slice Lemon Pound Cake Milk Beverage of Choice
Dinner	Cheeseburger Relish Plate Cool Corn Salad Pineapple & Bananas Milk Beverage of Choice	Cheeseburger ½ sandwich Relish Plate ¼ cup Cool Corn Salad Pineapple & Bananas Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

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High Calorie/High Protein Diet

Description

The High Calorie/High Protein diet was developed to provide the Regular/NAS diet, but with altered portion sizes. Breakfast, lunch and dinner meals provide a larger portion of the entrée and bread.

Purpose

To provide a larger portion with more calories and protein.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Beverages & Condiments	<ul style="list-style-type: none"> All 2 portions of margarine, jelly & syrup 	<ul style="list-style-type: none"> None
Milk	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Meat & Other Protein	<ul style="list-style-type: none"> All 2 oz protein portion served at breakfast 3 oz protein portion served at lunch and dinner 1- ½ serving of sandwiches 	<ul style="list-style-type: none"> None
Vegetables	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Fruits	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Breads/Grains	<ul style="list-style-type: none"> All 2 servings of all breads, rolls, and breakfast breads 	<ul style="list-style-type: none"> None
Desserts	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None

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Sample Menu

Meal	Regular/NAS Diet	High Calorie/High Protein Diet
Breakfast	Juice of Choice Cereal of Choice Egg Sausage Patty Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg 2 - each Sausage Patty – 2 each Pancakes - 4 each Margarine & Syrup - 2 each Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread 2 each Margarine - 2 each Lemon Pound Cake Milk Beverage of Choice
Dinner	Cheeseburger Relish Plate Cool Corn Salad Pineapple & Bananas Milk Beverage of Choice	Cheeseburger 1-½ sandwich Relish Plate Cool Corn Salad Pineapple & Bananas Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

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No Concentrated Sweets (NCS) Diet

Description

The No Concentrated Sweets diet is for adults with abnormal blood glucose metabolism. This diet is similar to the Regular/No Added Salt diet but modified to reduce total sugar intake. The NCS diet is not a calorie controlled or consistent carbohydrate meal plan and is not recognized as a valid diet for treatment of diabetes by the American Diabetes Association¹.

Purpose

To provide a sugar restricted diet for the control of blood sugar.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. American Diabetes Association: Nutrition Recommendations and Interventions for Diabetes (Position Statement) *Diabetes Care*, 27 (Supp 1):S61-S78.

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Beverages & Condiments	<ul style="list-style-type: none"> • Diet jelly & syrup • Sugar substitutes • Diet beverages (diet soda, sugar-free juices, etc.) 	<ul style="list-style-type: none"> • Sugar • Honey • Regular jelly & syrup • Sugar sweetened beverages • Sugar sweetened cereals
Milk	<ul style="list-style-type: none"> • Skim milk 	<ul style="list-style-type: none"> • 1%, 2% and Whole milk
Meat & Other Protein	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
Vegetables	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
Fruits	<ul style="list-style-type: none"> • Fresh fruits & juices • Unsweetened fruits 	<ul style="list-style-type: none"> • Sugar sweetened fruits & juices
Grains	<ul style="list-style-type: none"> • All except those listed to avoid 	<ul style="list-style-type: none"> • Sugar sweetened donuts, breakfast breads & pastries
Desserts	<ul style="list-style-type: none"> • “No sugar added” or “Diet” products prepared using sugar substitutes and non-caloric sweeteners <p><i>Example: Diet Gelatin, Diet Chocolate Cake, Sugar-free Cookies, etc.</i></p>	<ul style="list-style-type: none"> • Sugar sweetened desserts, cakes, gelatins, cookies, etc.

Hints

- ✓ Follow regular menu plan with diabetic desserts
- ✓ Avoid sugar sweetened foods and sugar packets for sweetening beverages

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Sample Menu

Meal	Regular/NAS Diet	NCS Diet
Breakfast	Juice of Choice Cereal of Choice Egg Sausage Patty Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Sausage Patty Pancakes Margarine & Diet Syrup Skim Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Diet Yellow Cake Skim Milk Diet Beverage of Choice
Dinner	Cheeseburger Relish Plate Cool Corn Salad Pineapple & Bananas Milk Beverage of Choice	Cheeseburger Relish Plate Cool Corn Salad Pineapple & Bananas Skim Milk Diet Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

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Low Concentrated Sweets (LCS) Diet

Description

The Low Concentrated Sweets (LCS) diet is a liberalized diet for adults with abnormal blood glucose metabolism. This diet is similar to the regular diet modified to reduce total sugar intake. The LCS diet is not a calorie controlled or consistent carbohydrate meal plan and is not recognized as a valid diet for treatment of diabetes by the American Diabetes Association¹.

Purpose

To provide a liberalized sugar restricted diet for the control of blood sugar.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. American Diabetes Association: Nutrition Recommendations and Interventions for Diabetes (Position Statement) *Diabetes Care*, 27 (Supp 1):S61-S78.

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Beverages & Condiments	<ul style="list-style-type: none"> • Diet jelly & syrup • Sugar substitutes • Diet beverages (diet soda, sugar- free juices, etc.) 	<ul style="list-style-type: none"> • Sugar • Honey • Regular jelly & syrup • Sugar sweetened beverages • Sugar sweetened cereals
Milk	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
Meat & Other Protein	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
Vegetables	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
Fruits	<ul style="list-style-type: none"> • Fresh or canned fruits • Unsweetened fruit juices 	<ul style="list-style-type: none"> • Sugar sweetened juices
Grains	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
Desserts	<ul style="list-style-type: none"> • ½ portion of regular dessert once daily 	<ul style="list-style-type: none"> • None

Hints

- ✓ Follow regular menu plan with ½ portion of dessert once daily
- ✓ Avoid sugar sweetened foods and sugar packets for sweetening beverages

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Sample Menu

Meal	Regular/NAS Diet	LCS Diet
Breakfast	Juice of Choice Cereal of Choice Egg Sausage Patty Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Sausage Patty Pancakes Margarine & Diet Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine ½ Lemon Pound Cake Milk Diet Beverage of Choice
Dinner	Cheeseburger Relish Plate Cool Corn Salad Pineapple & Bananas Milk Beverage of Choice	Cheeseburger Relish Plate Cool Corn Salad Pineapple & Bananas Milk Diet Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

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Consistent Carbohydrate Diet (CCD 3, CCD 4, CCD 5)

Description

To provide a carbohydrate-controlled food pattern for managing blood sugar in individuals with diabetes. Quantity of carbohydrate should be determined by the registered dietitian.

Acute Care: According to the American Diabetes Association (ADA), there is no single meal planning system that is ideal for hospitalized patients. However, it is suggested that hospitals consider implementing a consistent carbohydrate diabetes meal planning system. It is also recommended that the term “ADA” diet no longer be used, since the ADA no longer endorses a single nutrition prescription or percentages of macronutrients.

Long Term Care: The ADA suggests that the imposition of dietary restrictions on elderly residents with diabetes is not warranted. The recommendation is that residents with diabetes should be served a regular menu, with consistency in the amount and timing of carbohydrate¹.

Purpose

The consistent carbohydrate diet is intended for adults with diabetes, prediabetes, or some level of insulin or blood sugar imbalance.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

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Menu Guidelines for Consistent Carbohydrate Diet

	CCD 3	CCD 4	CCD 5
	APPROXIMATE CALORIES 1200-1500*	APPROXIMATE CALORIES 1600-2000	APPROXIMATE CALORIES 2100-2400
	10 carbohydrate servings	13 carbohydrate servings	16 carbohydrate servings
Breakfast	3	4	5
Lunch	3	4	5
Dinner	3	4	5
HS Snack	1	1	1

A variance of (+/-) 1 carbohydrate serving per meal may occur to allow for variety and adequacy in the diet. Calorie levels may vary.

Facilities utilizing the **BluePrint Menu Management System**[®] must review these diets and count carbohydrate servings for each meal. Carbohydrate distribution is not automated. Meals should be adjusted according to facility’s internal protocols and guidelines. For additional information on carbohydrate counting reference [Choose Your Foods: Exchange Lists for Diabetes](#), by the Academy of Nutrition & Dietetics and the American Diabetes Association.

*Note: the CCD3 diet further restricts protein to 2 oz servings at lunch and dinner to meet daily caloric restrictions.

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Carbohydrate Counting Food List

One carbohydrate serving is a portion of food that contains approximately 15 grams of carbohydrate. Information regarding estimated portion sizes of one serving of carbohydrate of certain general food items is found below** 2

FRUIT

- 1 small fresh fruit
- ½ cup canned fruit (in juice, not syrup)
- ¼ cup dried fruit
- 17 small grapes (3 oz)
- 1 cup melon or berries
- 2 tablespoons raisins
- ½ cup 100% fruit juice

MILK

- 1 cup fat-free or reduced-fat milk
- 1 cup soy milk
- 2/3 cup fat-free yogurt sweetened with sugar-free sweetener (6 oz)

STARCHES

- 1 slice of bread (1 oz)
- 1 tortilla (6-inch size)
- ¼ large bagel
- 2 taco shells (5-inch size)
- ½ hamburger or hot dog bun (1 oz)
- ¾ cup ready-to-eat cereal (6 oz)
- ½ cup cooked cereal (4 oz)
- 1 cup broth-based soup
- 4-6 small crackers
- 1/3 cup pasta or rice (cooked)
- ½ cup beans, peas, corn, sweet potatoes, winter squash, or potatoes (cooked)
- ¼ large baked potato
- ¾ oz pretzels, potato, or tortilla chips
- 3 cups popcorn (popped)

SWEETS & DESSERTS

- 2-inch square cake (unfrosted)
- 2 small cookies (2-3 oz)
- ½ cup ice cream or frozen yogurt
- ¼ cup sherbet or sorbet
- 1 tablespoon syrup, jam, jelly, table sugar, or honey
- 2 tablespoons light syrup

**While Choose Your Foods: Exchange Lists for Diabetes, by the Academy of Nutrition and Dietetics and American Diabetes Association³, is the standard by which carbohydrate servings are established, the BluePrint menu department may vary from this and use the actual nutrition information for a given recipe or product to determine the number of carbohydrate servings.

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References

1. American Diabetes Association: Nutrition Recommendations and Interventions for Diabetes (Position Statement). *Diabetes Care*, 27 (Supp1):S61-S78.
2. Academy of Nutrition and Dietetics. Nutrition Care Manual® <https://www.nutritioncaremanual.org/> Content Release Date November 2019.
3. Choose Your Foods: Exchange Lists for Diabetes. The American Dietetic Association and The American Diabetes Association, 2014.

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TEXTURE-MODIFIED DIETS

International Dysphagia Diet Standardization Initiative (IDDSI)

IDDSI Level 3: Liquidized

IDDSI Level 4: Pureed Food

IDDSI Level 5: Minced and Moist Food

IDDSI Level 6: Soft, Bite Sized Food

National Dysphagia Diet (NDD) Level 1: Pureed

National Dysphagia Diet (NDD) Level 2: Mechanically Altered

**National Dysphagia Diet (NDD) Level 3: Advanced
Soft Diet**

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International Dysphagia Diet Standardization Initiative

The International Dysphagia Diet Standardization Initiative (IDDSI) was established to provide a global approach to consistent diet terminology and definitions for dysphagia diet therapy in all settings and for all cultures¹. Transitioning to the standardized terminology and definitions will allow for consistent communication among health professionals, care providers, researchers, and industry partners to improve quality of care and safety for patients across the world.

Framework

IDDSI is an evidenced-based dysphagia diet framework. It has 8 levels (0-7), which are identified by numbers, text labels and colors². The IDDSI evaluates foods according to the following characteristics: food pieces and shapes, food texture, food moisture, and food with dual textures.

Testing Methods

IDDSI testing procedures to verify food textures and liquid consistencies require use of items commonly available in kitchens and health care facilities, such as forks, spoons, and syringes. These tools provide practical, consistent evaluation of specific food and fluid texture consistency, which improves patient safety.

Audit Sheets

IDDSI has developed audit sheets to help facilities determine if certain food samples meet IDDSI criteria. Access to the IDDSI audit sheets are available on the IDDSI Resources page under Implementation Resources: iddsi.org/resources.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <https://iddsi.org/Framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <https://www.nutritioncaremanual.org/>
Content Release Date November 2019.

IDDSI Level 3: Liquidized Food

Description

The Liquidized Food diet is used in the dietary management of dysphagia with food texture modification described as smooth foods without lumps that cannot be molded on a plate, require no oral processing or chewing, can be directly swallowed, and further meet the complete descriptive and testing specifications of International Dysphagia Diet Standardization Initiative (IDDSI).

Purpose

The IDDSI is an evidenced-based dysphagia diet framework and evaluates foods and fluids according to the following characteristics: food pieces and shape, food texture: Softness, tenderness, and mashability, food moisture, such as hardness and dryness, food and menu items with dual textures: liquid must not separate from solid.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Level 3 – Liquidized Testing Methods

IDDSI provides testing methods that use a syringe to minimize the need for subjectivity that often accompanies description-based methods. A combination of tests may be required to determine which level a food fits into. To be considered safe for consumption, liquidized foods must be a smooth texture with no lumps and pass **both** the Flow Test and Fork Drip Test.

Flow Test

The IDDSI Flow test measures how thick a liquid is by how fast it flows through a clean 10 mL slip tip syringe in 10 seconds. Remove the syringe plunger and cover nozzle with your finger. After filling the syringe with 10 ml of the liquidized food sample, release nozzle and start timer. After 10 seconds, there should be no less than 8 mL of the liquidized food sample remaining in the syringe.

Fork Drip Test

Liquidized foods can be tested by assessing whether they flow through the tine/prongs of a fork and comparing against the detailed descriptions of each level. When held by a fork, liquidized foods drip slowly in dollops or strands through the prongs.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <https://iddsi.org/Framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <https://www.nutritioncaremanual.org/>
Content Release Date November 2019.

IDDSI Level 4: Pureed Food

Description

This diet is used in the dietary management of dysphagia with food texture modification described as foods that are smooth and lump-free, not firm or sticky, require no chewing or bolus formation, fall off spoon as an intact spoonful, and hold shape on a plate; liquid must not separate from solid and foods and liquids further meet the complete descriptive and testing specifications of International Dysphagia Diet Standardization Initiative (IDDSI).

Purpose

The IDDSI is an evidenced-based dysphagia diet framework and evaluates foods and fluids according to the following characteristics: food pieces and shape, food texture: Softness, tenderness, and mashability, food moisture, such as hardness and dryness, food and menu items with dual textures: liquid must not separate from solid.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Level 4 – Pureed Testing Methods

IDDSI provides testing methods that use forks and spoons to minimize the need for subjectivity that often accompanies description-based methods. A combination of tests may be required to determine which level a food fits into. To be considered safe for consumption, pureed foods must contain no lumps and pass **both** the Fork Drip test and the Spoon Tilt test.

Fork Drip Test

Pureed foods can be tested by assessing whether they flow through the tine/prongs of a fork and comparing against the detailed descriptions of each level. When held by a fork, pureed foods sit in a mound or pile above the fork. A small amount may flow through and form a tail below the fork. Food does not dollop or drip continuously through the fork prongs.

Spoon Tilt Test

The spoon tilt test is used to determine the stickiness (adhesiveness) of the food sample and the ability of the sample to hold together (cohesiveness). The pureed food sample should be cohesive enough to hold its shape on the spoon. A full spoonful must plop off the spoon if the spoon is tilted or turned sideways. A very gentle flick (using only fingers and wrist) may be necessary to dislodge the sample from the spoon. Very little should be left on the spoon after the sample slides off.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <https://iddsi.org/Framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <https://www.nutritioncaremanual.org/>
Content Release Date November 2019.

Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Grains	<ul style="list-style-type: none"> Pureed soft cooked hot cereals with no lumps, served without excess liquid Soft and well-moistened cakes, pastries, biscuits, brownies, pancakes, French toast, muffins, donuts that have been pureed Pre-gelled bread Pureed, moist pasta, potatoes, and rice without lumps 	<ul style="list-style-type: none"> Dry cereal, cooked cereal with lumps, cereal with seeds Dry bread, rolls, muffins, crackers, biscuits, cake Grainy, sticky, or glutinous rice, quinoa, couscous Noodles/Pasta without sauce Pie crusts, cookies, and crisps
Protein Foods	<ul style="list-style-type: none"> Pureed prepared, moistened fresh or frozen red meat, skinless sausage, poultry, seafood, and meat alternatives Pureed eggs and egg substitutes Pureed prepared, moistened legumes Pureed casseroles with no liquid separating from solid, moist with sauce/gravy 	<ul style="list-style-type: none"> Any meat with skin or bones Skin on sausage, bacon Fried eggs Chunky/smooth nut seed butters, unless used in a tolerated recipe Whole nuts and seeds Proteins served with undrained thin liquids
Dairy	<ul style="list-style-type: none"> Smooth/pureed yogurt and cottage cheese Cheese sauce, cream cheese, sour cream, ricotta Whipped topping used as recipe or condiment Pudding 	<ul style="list-style-type: none"> Yogurt with lumps, seeds, nuts or fruit pieces Cheeses unless pureed into allowed recipe Transitional desserts such as custard, ice cream, sherbet, malts, and frozen yogurt
Vegetables	<ul style="list-style-type: none"> Pureed canned or cooked frozen, tender vegetables Smooth tomato sauce without seeds Mashed potatoes without skin 	<ul style="list-style-type: none"> All raw vegetables and salad Stir-fried or fried vegetables Peas, corn Skin on potatoes, French fries, hash browns
Fruits	<ul style="list-style-type: none"> Pureed canned and cooked fruits, drained of excess juices Puree fresh fruit if smooth and lump free 	<ul style="list-style-type: none"> All non-pureed fresh, frozen or canned fruits with seeds and skins Stringy, high-pulp fruits such as papaya, pineapple or mango Uncooked dried fruits such as raisins, prunes, apricots Fruit leather, fruit snacks, coconut
Oils	<ul style="list-style-type: none"> Extremely thick, smooth, non-pouring sauce or gravy 	
Other	<ul style="list-style-type: none"> Pureed foods that meet IDDSI Level 4 testing methods Pureed prepared foods, such as soups, casseroles, snacks All seasonings/sweeteners including honey and syrup 	<ul style="list-style-type: none"> Foods that do not comply with Level 4 testing methods Jelly, frosting Relish, pickles Hard chocolates, marshmallows Zest, fresh herbs

Sample Menu

Meal	Regular/NAS Diet	IDDSI Level 4: Pureed
Breakfast	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Farina (drained of excess liquid) Pureed Scrambled Egg Pureed Pancakes Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	Pureed Pork Loin Mashed Potatoes Pureed Green Beans Pureed Muffin Margarine Yogurt Milk Beverage of Choice
Dinner	Fried Chicken Cheesy Rice Spinach Cornbread Margarine Ambrosia Milk Beverage of Choice	Pureed Chicken Pureed Mac & Cheese Pureed Spinach Pureed Cornbread Margarine Pureed Bananas Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

IDDSI Level 5: Minced and Moist Food

Description

This diet is used in the dietary management of dysphagia with food texture modification described as foods that are minced, soft, and moist and can be scooped and shaped (eg, a ball shape) with lump size 4 mm by 4 mm for adults. Foods require minimal chewing, are easily mashed with little pressure from a fork, with no separate thin liquids, and further meet the complete descriptive and testing specification of International Dysphagia Diet Standardization Initiative (IDDSI).

Purpose

The IDDSI is an evidenced-based dysphagia diet framework and evaluates foods and fluids according to the following characteristics: food pieces and shape, food texture: Softness, tenderness, and mashability, food moisture, such as hardness and dryness, food and menu items with dual textures: liquid must not separate from solid.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Level 5 - Minced & Moist Testing Methods

IDDSI provides testing methods that use forks and spoons to minimize the need for subjectivity that often accompanies description-based methods. A combination of tests may be required to determine which level a food fits into. To be considered safe for consumption, Minced & Moist foods must contain lumps less than or equal to 4mm and pass **both** the Fork Pressure test and the Spoon Tilt test.

Fork Pressure Test

Minced & Moist foods can be tested by assessing whether they can be easily mashed with little pressure from a dinner fork. It is recommended that the fork be pressed onto the food sample by placing the thumb onto the bowl of the fork (just above the prongs) until blanching of the nail is observed. The food sample should easily separate and come through the prongs of the fork. The fork can also be used to confirm a 4mm lump size, which is about the gap between the prongs of a standard dinner fork.

Spoon Tilt Test

The spoon tilt test is used to determine the stickiness (adhesiveness) of the food sample and the ability of the sample to hold together (cohesiveness). The Minced & Moist food sample should be cohesive enough to hold its shape on the spoon. A full spoonful must plop off the spoon if the spoon is tilted or turned sideways. A very gentle flick (using only fingers and wrist) may be necessary to dislodge the sample from the spoon. Very little should be left on the spoon after the sample slides off.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <https://iddsi.org/Framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <https://www.nutritioncaremanual.org/>
Content Release Date November 2019.

Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Grains	<ul style="list-style-type: none"> All <i>well-moistened</i>, soft cooked hot cereals with lumps <4mm Pre-gelled bread <i>Soft and well-moistened</i> cakes, pastries, biscuits, brownies, pancakes, French toast, muffins, donuts with pieces < 4mm Soft cooked pasta served with sauce that does not separate and in <4 mm pieces Non-glutinous rice that does not separate into individual grains when cooked 	<ul style="list-style-type: none"> <i>Dry</i> bread, biscuits, rolls, crackers, muffins, pancakes, waffles, cakes, bread dressing Cookies, crisps and pie crusts Pasta dishes served without sauce or with pieces larger than 4mm Grainy, sticky, glutinous rice Quinoa and couscous
Protein Foods	<ul style="list-style-type: none"> Prepared, moistened, tender fresh or frozen red meat, skinless sausage, poultry, seafood, meat alternatives mashed into pieces <4mm Casseroles with small chunks of meat < 4mm pieces Eggs finely mashed into pieces <4mm Cooked, moistened legumes mashed into pieces <4mm 	<ul style="list-style-type: none"> Protein foods served with undrained thin liquids Any meat with skin or bones Skin on sausage, bacon Fried eggs Chunky/smooth nut seed butters unless used in tolerated recipe Whole nuts/seeds
Dairy	<ul style="list-style-type: none"> Yogurt, cottage cheese, pudding Cream cheese, cheese sauce, whipped cream, sour cream Soft cheeses with pieces <4mm 	<ul style="list-style-type: none"> Yogurt with nuts or coconut Hard/dry cheeses, chewy or sticky cheese Transitional desserts such as custard, ice cream, sherbet, malts, and frozen yogurt
Vegetables	<ul style="list-style-type: none"> Canned or frozen, tender vegetables, starchy vegetables that are steamed/mashed into pieces < 4mm 	<ul style="list-style-type: none"> All raw vegetables including lettuce Cooked vegetables > 4 mm pieces Stir-fried or fried vegetables Undercooked fibrous vegetables that are tough, firm, stringy Corn, peas Skin on potatoes, French fries, hash browns
Fruits	<ul style="list-style-type: none"> Canned and cooked fruits, drained of excess juices, mashed into pieces < 4 mm Soft, peeled fresh fruits < 4 mm pieces Strawberries & kiwis 	<ul style="list-style-type: none"> Hard/crunchy fresh fruits Fresh fruits with pits and large seeds Stringy, high-pulp fibrous fruits such as papaya, pineapple, mango Fruits with high water content that juice separates from solid in mouth Uncooked dried fruits such as raisins, prunes, apricots, coconut
Other	<ul style="list-style-type: none"> Minced/moist foods that meet IDDSI Level 5 testing methods Prepared foods served in bite size < 4 mm Pureed soups Honey, syrup 	<ul style="list-style-type: none"> Food pieces > 4 mm Relish, pickles Hard chocolates, candy, marshmallows Jelly, frosting Zest, fresh herbs

Sample Menu

Meal	Regular/NAS Diet	IDDSI Level 5: Minced & Moist
Breakfast	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Oatmeal (4mm pieces) Scrambled Egg (4mm pieces) Pre-Gelled bread Margarine Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	Moist Pork Loin (4mm pieces) Potatoes Anna (4mm pieces) Green Beans (4mm pieces) Muffin (4mm pieces) Margarine Milk Yogurt Beverage of Choice
Dinner	Fried Chicken Cheesy Rice Spinach Cornbread Margarine Ambrosia Milk Beverage of Choice	Roasted Chicken (4mm pieces) Cheesy Rice Spinach (4mm pieces) Muffin (4mm pieces) Banana (4mm pieces) Yogurt Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

IDDSI Level 6 - Soft, Bite Sized Food

Description

This diet is used in the dietary management of dysphagia with food texture modification described as soft, tender, moist foods with no separate thin liquids. Foods should have a particle size no greater than 15 mm length by 15 mm width for adults. Chewing is required before swallowing, and foods should further meet the complete descriptive and testing specifications of the International Dysphagia Diet Standardization Initiative (IDDSI).

Purpose

The IDDSI is an evidenced-based dysphagia diet framework and evaluates foods and fluids according to the following characteristics: food pieces and shape, food texture: Softness, tenderness, and mashability, food moisture, such as hardness and dryness, food and menu items with dual textures: liquid must not separate from solid.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Level 6 – Soft & Bite-Sized Testing Methods

IDDSI provides testing methods that use forks and spoons to minimize the need for subjectivity that often accompanies description-based methods. A combination of tests may be required to determine which level a food fits into. To be considered safe for consumption, Soft & Bite-Sized foods must contain lumps less than or equal to 15mm x 15mm and pass the Fork Pressure test.

Fork Pressure Test

Soft & Bite-Sized foods can be tested by assessing whether they can be easily mashed with little pressure from a dinner fork. It is recommended that the fork be pressed onto the food sample by placing the thumb onto the bowl of the fork (just above the prongs) until blanching of the nail is observed. From this pressure, the food sample can be completely squashed and will not return to its original shape. The fork can also be used to confirm a 15mm x 15mm lump size, which is about the width of a standard dinner fork.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <https://iddsi.org/Framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <https://www.nutritioncaremanual.org/>
Content Release Date November 2019.

Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Grains	<ul style="list-style-type: none"> Well-moistened, soft cooked hot cereals with lumps < 15mm x 15mm Cold Cereal with lumps < 15mm x 15 mm, softened drained and served without excess liquid Pre-gelled soaked bread Soft and well-moistened cakes, pastries, biscuits, brownies, pancakes, French toast, muffins, donuts with pieces < 15mm x15mm Rice held together without separating into individual grains Pasta/orzo served with sauce and that does not separate and in < 15mm x 15mm pieces 	<ul style="list-style-type: none"> Dry bread, toast, crackers, muffins, pancakes, waffles, cakes Biscuits, cookies, crisps and pie crusts Pasta dishes served without sauce or with pieces larger than 15mm x 15mm Grainy, sticky, or glutinous rice Couscous, quinoa
Protein Foods <i>*Note if food can't be served 15mm x 15mm, serve Level 5 version</i>	<ul style="list-style-type: none"> Prepared, moistened, tender fresh or frozen red meats, skinless sausage, poultry, seafood, or meat substitutes < 15 mm x 15 mm in size Eggs < 15 mm x 15 mm in size Casseroles with ground meats < 15mm x15mm Prepared, moistened legumes, < 15mm x 15mm in size 	<ul style="list-style-type: none"> Protein foods > 15mm x 15mm pieces Any meat with skin or bones Skin on sausage, bacon Fried eggs Nut and seed butters, unless smooth and used in recipe that meets testing guidelines Whole nuts and seeds
Dairy	<ul style="list-style-type: none"> Yogurt and cottage cheese with lumps < 15mm x 15 mm in size Soft cheeses < 15mm x 15 mm in size Cream cheese, cheese sauce, sour cream, whipped cream Pudding 	<ul style="list-style-type: none"> Yogurt with nuts or coconut Hard/dry cheeses > 15mm x15mm pieces Sticky or chewy cheeses Transitional desserts, such as ice cream, sherbet, malts. Frozen yogurt
Vegetables	<ul style="list-style-type: none"> Canned or frozen, tender vegetables, starchy vegetables steamed/boiled in pieces < 15mm x 15mm Well cooked vegetables such as carrots, cauliflower, broccoli, squash, spinach 	<ul style="list-style-type: none"> All raw vegetables Stir-fried or fried vegetables Cooked vegetables that are fibrous, tough, firm, or stringy Skin on potatoes, French fries, hash browns Peas, corn
Fruits	<ul style="list-style-type: none"> Canned/cooked fruits, drained of excess juices, in pieces < 15mm x 15 mm Soft, peeled fresh fruits mashed into pieces < 15mm x 15mm Strawberries & kiwis 	<ul style="list-style-type: none"> Hard/crunchy fresh fruits Stringy, high pulp fruits Fresh fruits with pits or large seeds Fruits with high water content Round/long shaped fruits, such as grapes Uncooked dried fruits such as raisins, prunes, apricots, coconut Dried fruit, fruit leather, fruit snacks
Other	<ul style="list-style-type: none"> Prepared foods served in < 15mm x15mm bite size Pureed soups Honey, syrup 	<ul style="list-style-type: none"> Hard chocolate, sweets, marshmallows Jelly, frosting Zest, fresh herbs, relish

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Sample Menu

Meal	Regular/NAS Diet	IDDSI Level 6: Soft/Bite Sized
Breakfast	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Moist Oatmeal Scrambled Egg (15mm pieces) Pre-Gelled Bread Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	Marinated Pork Loin (15mm pieces) Potatoes Anna (15mm pieces) Green Beans (15mm pieces) Muffin (15mm pieces) Margarine Yogurt Milk Beverage of Choice
Dinner	Fried Chicken Cheesy Rice Spinach Cornbread Margarine Ambrosia Milk Beverage of Choice	Roasted Chicken (15mm pieces) Cheesy Rice Spinach (15mm pieces) Muffin (15mm pieces) Margarine Banana (15mm pieces) Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

National Dysphagia Diet (NDD) Level 1: Pureed

Description

This diet is designed for people who have moderate to severe dysphagia, with poor oral phase abilities and reduced ability to protect their airway. Close or complete supervision as well as alternate feeding methods may be required on an individual basis¹. The Academy of Nutrition and Dietetics supports the adoption of a new dysphagia framework, the International Dysphagia Diet Standardization Initiative (IDDSI). During the IDDSI transition phase, use of both the NDD and IDDSI name and definitions are acceptable. However, after the IDDSI implementation date, NDD diet terminology and definitions will become obsolete².

Purpose

The NDD1 diet consists of pureed, homogenous, and cohesive foods in “pudding-like” consistency. Any foods that require bolus formation, controlled manipulation, or mastication are excluded¹.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. The National Dysphagia Diet Task Force. *The National Dysphagia Diet: Standardization for Optimal Care*. Chicago, IL: American Dietetic Association; 2002.
2. Academy of Nutrition and Dietetics. Nutrition Care Manual® <https://www.nutritioncaremanual.org/> Content Release Date November 2019.

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Grains	<ul style="list-style-type: none"> Soft pancakes, breads, rolls, French toast, muffins, that have been pureed to a pudding consistency Commercial pureed bread mixes Well-cooked pasta, noodles, and rice that have been pureed to a pudding consistency Pureed oatmeal Smooth, cooked cereals (farina, cream of wheat) 	<ul style="list-style-type: none"> All non-pureed breads, rolls, crackers, pancakes, waffles, pasta, and rice Dry cereals, oatmeal or cooked cereal with lumps
Protein Foods	<ul style="list-style-type: none"> Pureed prepared red meat, beef, pork, poultry, and seafood Pureed egg dishes Pureed, prepared meat alternatives and legumes 	<ul style="list-style-type: none"> Tough, dry, whole, or ground red meat, poultry, fish, deli and processed meats Non-pureed eggs and casseroles Whole nuts and seeds Nut butters
Dairy	<ul style="list-style-type: none"> Milk Plain yogurt Pureed cottage and cream cheese Frozen desserts, such as pudding, custard, ice cream, sherbet 	<ul style="list-style-type: none"> Cheese slices or cubes Non pureed yogurt or ice cream made with fruit pieces or nuts
Vegetables	<ul style="list-style-type: none"> All pureed, cooked, canned, or frozen tender vegetables Tomato sauce without seeds Mashed or pureed potatoes without skins 	<ul style="list-style-type: none"> All non-pureed vegetables Fried vegetables
Fruits	<ul style="list-style-type: none"> All soft, drained pureed fruits Well mashed banana or avocado 100% fruit juice 	<ul style="list-style-type: none"> All non-pureed fruits Pineapple, coconut, or watermelon with seeds Fruit leather, fruit snacks, dried fruit
Oils	<ul style="list-style-type: none"> Vegetable oils, butter, margarine Salad dressing and mayonnaise 	<ul style="list-style-type: none"> All fats with coarse or chunky additives
Other	<ul style="list-style-type: none"> Blenderized and strained soups Pureed casseroles, baked goods Pureed sandwiches and pizza Jelly Gelatin, popsicles 	<ul style="list-style-type: none"> Soups with lumps or chunks Coarsely ground pepper/herbs Seeds, nuts, or sticky foods Chewy caramel, taffy, licorice

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Sample Menu

Meal	Regular/NAS Diet	NDD Level 1: Pureed
Breakfast	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Pureed Hot Cereal Pureed Egg Pureed Pancakes Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	Pureed Marinated Pork Loin Pureed Potatoes Anna Pureed Green Beans Pureed Dinner Roll/Bread Margarine Ice Cream Milk Beverage of Choice
Dinner	Fried Chicken Cheesy Rice Spinach Cornbread Margarine Ambrosia Milk Beverage of Choice	Pureed Fried Chicken Pureed Cheesy Rice Pureed Spinach Pureed Cornbread Margarine Pureed Pineapple & Mandarin Oranges Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

Hints

- ✓ Serve gravy or sauce with all meat products
- ✓ Menu may need to be modified for individual resident needs
- ✓ For complete information about the National Dysphagia Diet refer to *The National Dysphagia Diet: Standardization for Optimal Care* written by The National Dysphagia Diet Task Force available through the Academy of Nutrition and Dietetics

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National Dysphagia Diet (NDD) Level 2: Mechanically Altered

Description

This diet is a transition from the pureed textures to more solid textures. Chewing ability is required. The textures on this level are appropriate for individuals with mild to moderate oral and/or pharyngeal dysphagia. Individuals should be assessed for tolerance to mixed textures. It is expected that some mixed textures are tolerated on this diet¹. The Academy of Nutrition and Dietetics supports the adoption of a new dysphagia framework, the International Dysphagia Diet Standardization Initiative (IDDSI). During the IDDSI transition phase, use of both the NDD and IDDSI name and definitions are acceptable. However, after the IDDSI implementation date, NDD diet terminology and definitions will become obsolete².

Purpose

The NDD2 diet consists of foods that are moist, soft-textured, and easily formed into a bolus. Meats are ground or are minced no larger than ¼ inch pieces. All foods from NDD Level 1 are acceptable at this level¹.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. The National Dysphagia Diet Task Force. *The National Dysphagia Diet: Standardization for Optimal Care*. Chicago, IL: American Dietetic Association; 2002.
2. Academy of Nutrition and Dietetics. Nutrition Care Manual® <https://www.nutritioncaremanual.org/> Content Release Date November 2019.

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Meat & Other Protein	<ul style="list-style-type: none"> All moistened ground meat or <¼ inch cubes Casseroles without rice Moist meatballs or meatloaf Tuna, egg and chicken salad without vegetables Cottage cheese Poached, scrambled or soft cooked eggs Tofu Well-cooked legumes 	<ul style="list-style-type: none"> Dry meats Bacon Sausage Hot dogs & bratwursts Casseroles with rice Cheese slices & cubes Peanut butter Hard cooked or fried eggs Pizza
Vegetables	<ul style="list-style-type: none"> All soft, well cooked vegetables (except items listed to avoid) Well cooked, moistened, boiled, baked or mashed potatoes Potatoes without skins 	<ul style="list-style-type: none"> Raw vegetables Cooked corn & peas Broccoli Cabbage Brussels sprouts Asparagus Potato skins Potato chips Fried or French fried potatoes
Fruits	<ul style="list-style-type: none"> Soft, drained canned fruit Bananas Fruit juices 	<ul style="list-style-type: none"> Fresh fruit Pineapple Dried fruit
Breads	<ul style="list-style-type: none"> Pureed bread mixes Slurried bread Soft pancakes well moistened with syrup 	<ul style="list-style-type: none"> All non-pureed or slurried breads, except well moistened pancakes with syrup
Starches	<ul style="list-style-type: none"> Well cooked noodles in sauce Dumplings moistened in gravy 	<ul style="list-style-type: none"> Rice
Cereals	<ul style="list-style-type: none"> All cooked cereal Oatmeal Slightly moistened dry cereal without seeds, nuts or dried fruit 	<ul style="list-style-type: none"> Dry cereal with seeds, nuts or dried fruit
Desserts	<ul style="list-style-type: none"> Pudding Custard Soft pies, cookies and cake 	<ul style="list-style-type: none"> Desserts with nuts, seeds, coconut and pineapple Yogurt with nuts Dry, coarse cakes and cookies Rice or bread pudding
Soup	<ul style="list-style-type: none"> Soups with small, easy to chew & swallow pieces of meat or vegetables (< ½ inch pieces) 	<ul style="list-style-type: none"> Soups with very large chunks of meat or vegetables Soups with rice, corn or peas
Miscellaneous	<ul style="list-style-type: none"> Jams & jellies without seeds Sauces with small tender chunks Soft, smooth chocolate bars 	<ul style="list-style-type: none"> Seeds Nuts Coconut Sticky foods

Includes all foods on NDD Level 1: Dysphagia Pureed in addition to the foods listed above

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Sample Menu

Meal	Regular/NAS Diet	NDD Level 2: Mech Altered
Breakfast	Juice of Choice Cereal of Choice Egg Bacon French Toast Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Pureed French Toast Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Baked Potato Carrots & Peas Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	Ground Marinated Pork Loin Mashed Potatoes Sliced Carrots Pureed Dinner Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice
Dinner	Fried Chicken Cheesy Rice Broccoli Cuts Cornbread Margarine Ambrosia Milk Beverage of Choice	Ground Fried Chicken Noodles Green Beans Pureed Cornbread Margarine Mandarin Oranges Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

Hints

- ✓ Serve ground or finely chopped meats moistened with gravy or sauce
- ✓ Omit very hard, sticky or crunchy foods
- ✓ Moistened pancakes or French toast with syrup
- ✓ Menu may need to be modified for individual resident needs
- ✓ For complete information about the National Dysphagia Diet refer to *The National Dysphagia Diet: Standardization for Optimal Care* written by The National Dysphagia Diet Task Force available through the Academy of Nutrition and Dietetics

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National Dysphagia Diet (NDD) Level 3: Advanced

Description

This diet is a transition to a regular diet. Adequate dentition and mastication are required. The textures of this diet are appropriate for individuals with mild oral and/or pharyngeal phase dysphagia. Individuals should be assessed for tolerance of mixed textures. It is expected that mixed textures are tolerated on this diet¹. The Academy of Nutrition and Dietetics supports the adoption of a new dysphagia framework, the International Dysphagia Diet Standardization Initiative (IDDSI). During the IDDSI transition phase, use of both the NDD and IDDSI name and definitions are acceptable. However, after the IDDSI implementation date, NDD diet terminology and definitions will become obsolete².

Purpose

The NDD3 diet consists of food of nearly regular textures with the exception of very hard, sticky, or crunchy foods. Foods still need to be moist and should be in “bite-sized pieces at the oral phase of the swallow. All foods from NDD Level 1 and 2 are acceptable at this level¹.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. The National Dysphagia Diet Task Force. *The National Dysphagia Diet: Standardization for Optimal Care*. Chicago, IL: American Dietetic Association; 2002.
2. Academy of Nutrition and Dietetics. Nutrition Care Manual® <https://www.nutritioncaremanual.org/> Content Release Date November 2019.

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Meat & Other Protein	<ul style="list-style-type: none"> • Ground meats • Well-moistened fish • Eggs • Yogurt without nuts or coconut • Cottage cheese • Casseroles with small chunks of meat, ground or tender meats 	<ul style="list-style-type: none"> • Tough, dry meats and poultry • Dry fish • Fish with bones • Chunky peanut butter
Vegetables	<ul style="list-style-type: none"> • All cooked, tender vegetables (except items listed to avoid) • Shredded lettuce 	<ul style="list-style-type: none"> • Raw vegetables (except shredded lettuce) • Cooked corn • Non tender or rubbery cooked vegetables
Fruits	<ul style="list-style-type: none"> • All canned and cooked fruits • Soft, peeled fresh fruits without seeds • Bananas • Soft berries with small seeds 	<ul style="list-style-type: none"> • Difficult to chew fresh fruits such as apples or pears • Stringy, high-pulp fruits such as pineapple, papaya or mango • Grapes • Dried fruits
Breads	<ul style="list-style-type: none"> • All well-moistened breads, biscuits, muffins (without nuts), pancakes, waffles, etc. 	<ul style="list-style-type: none"> • Dry bread • Toast • Crackers • Tough, crusty breads
Starches	<ul style="list-style-type: none"> • All (except items listed to avoid) • Rice • Moist bread dressing • Tender fried potatoes 	<ul style="list-style-type: none"> • Tough, crisp fried potatoes • Potato skins • Dry bread dressing
Cereals	<ul style="list-style-type: none"> • All well-moistened cereal 	<ul style="list-style-type: none"> • Coarse or dry cereal • Shredded wheat • Bran cereal
Desserts	<ul style="list-style-type: none"> • All (except items listed to avoid) 	<ul style="list-style-type: none"> • Desserts with nuts, seeds, dried fruits, coconut and pineapple • Chewy cakes or cookies • Very dry cakes or cookies
Soup	<ul style="list-style-type: none"> • All (except items listed to avoid) • Strained corn or clam chowder 	<ul style="list-style-type: none"> • Soups with tough meats • Non-strained corn or clam chowder • Soups with large chunks (>1 inch) of meats or vegetables
Miscellaneous	<ul style="list-style-type: none"> • Jams, jellies, honey & preserves • All sauces • Non chewy candies without nuts, seeds or coconut • All seasonings and sweeteners 	<ul style="list-style-type: none"> • Seeds • Nuts • Coconut • Chewy caramel or taffy candies

Includes all foods on NDD Level 1: Dysphagia Pureed in addition to the foods listed above

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Sample Menu

Meal	Regular/NAS Diet	NDD Level 3: Advanced
Breakfast	Juice of Choice Cereal of Choice Egg Bacon Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Baked Potato Whole Kernel Corn Wheat Roll/Bread Margarine Roasted Nuts & Honey Bar Milk Beverage of Choice	Marinated Pork Loin Mashed Potatoes Yellow Squash Wheat Roll/Bread Margarine Cookie Milk Beverage of Choice
Dinner	Sweet & Sour Chicken Rice Broccoli Wheat Roll/Bread Margarine Ambrosia Milk Beverage of Choice	Baked Chicken Rice Broccoli Wheat Roll/Bread Margarine Mandarin Oranges Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

Hints

- ✓ All breads should be well-moistened with adequate syrup, jelly, margarine, or sauce
- ✓ Dry breads such as toast should be avoided
- ✓ Menu may need to be modified for individual resident needs
- ✓ For complete information about the National Dysphagia Diet refer to *The National Dysphagia Diet: Standardization for Optimal Care* written by The National Dysphagia Diet Task Force available through the Academy of Nutrition and Dietetics

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Soft Diet

Description

Foods that are difficult to chew are replaced with foods that have been altered into a form that can be easily chewed. Foods from the Regular/No Added Salt diet are mechanically altered, chopped or ground. Foods that may need to be modified include meats, poultry, raw vegetables, and other fibrous foods.

Purpose

The Soft diet is intended for adults who have difficulty chewing. This diet is similar to the Regular/No Added Salt diet with some modifications to hard to chew foods.

**This diet is not intended to be used for modifications required by the National Dysphagia Diets.*

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Fats & Oils	<ul style="list-style-type: none"> All except those listed to avoid 	<ul style="list-style-type: none"> Fats with difficult to chew additives Cream cheese spreads with pineapple
Milk	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Meat & Other Protein	<ul style="list-style-type: none"> All ground meats (including hotdogs and sausages) Formed ground meat products Fish without bones Casseroles with ground meat Eggs Cheese 	<ul style="list-style-type: none"> Whole meats Difficult to chew, tough meats Bacon Chopped nuts
Vegetables	<ul style="list-style-type: none"> All tender cooked vegetables (except those listed to avoid) Soft fried potatoes Shredded lettuce Creamed corn 	<ul style="list-style-type: none"> Raw vegetables (except shredded lettuce) Whole kernel corn Crisp fried potatoes, potato skins, potato chips Fibrous, tough or stringy cooked vegetables
Fruits	<ul style="list-style-type: none"> All canned and cooked fruit Soft fresh fruits Soft berries with small seeds such as strawberries 	<ul style="list-style-type: none"> Difficult to chew fresh fruits High-pulp, stringy fruits such as pineapple, papaya or mango Dried fruits
Grains	<ul style="list-style-type: none"> Rice Noodles Breads, biscuits, muffins, pancakes and waffles well-moistened with margarine, syrup or jelly Well-moistened dry & cooked cereals 	<ul style="list-style-type: none"> French bread or baguettes Tortilla chips Hard taco shells Pretzels

Hints

- ✓ Serve Gravy or sauce with all meat products
- ✓ Menu may need to be modified for individual resident needs

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Sample Menu

Meal	Regular/NAS Diet	Soft Diet
Breakfast	Juice of Choice Cereal of Choice Egg Wheat Toast Margarine & Jelly Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Wheat Toast Margarine & Jelly Milk Coffee or Hot Tea
Lunch	Roast Beef Au Jus Baked Potato Sour Cream Carrot Coins Wheat Roll/Bread Margarine Praline Crunch Bar Milk Beverage of Choice	Roast Beef Au Jus Mashed Potatoes Carrot Coins Wheat Roll/Bread Margarine Vanilla Wafer Cookies Milk Beverage of Choice
Dinner	Crispy Fried Chicken Salad Asst Salad Dressing Potato Salad Wheat Roll/Bread Margarine Fruit Cocktail Milk Beverage of Choice	Ground Chicken Breast w/ Vegetable of the Day* Diced Potatoes Wheat Roll/Bread Margarine Fruit Cocktail Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

HEART HEALTHY DIETS

Low-Sodium Diet Cardiac Diet

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Low-Sodium Diet

Description

The Low-Sodium diet is composed of fluids and foods with limited sodium content; these foods can consist of foods with naturally low levels of sodium or foods that have been produced in such a way that they contain less sodium. Foods allowed in this diet consist of whole, unprocessed foods, as sodium is often present in foods that have been highly processed.

This diet reduces sodium intake to approximately 1,500-2,000 mg of sodium per day and < 300mg per serving. The addition of table salt to food is a major source of sodium in the diet. One teaspoon of salt provides 2.4 grams (2400 mg) of sodium. Additional sources of sodium include additives and flavorings used in food processing. To achieve a daily dietary intake of less than 2 grams (2000 mg) of sodium, many processed foods and baked goods have been eliminated.

Purpose

The Low-Sodium diet is for individuals who need to lower dietary sodium intake. This diet is appropriate for the management of high blood pressure, fluid retention due to heart disease, and other conditions requiring a sodium restriction.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Reference

1. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <https://www.nutritioncaremanual.org/>
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Menu Guidelines

Food Group	Foods Recommended	Foods Not Recommended
Grains	<ul style="list-style-type: none"> White, wheat or rye bread with <80mg sodium per slice Dinner rolls with <80mg sodium Unsalted crackers Tortilla Pasta, rice, hot/cold cereals with < 300 mg sodium per serving 	<ul style="list-style-type: none"> Breakfast cereals with >300mg sodium per serving Cornbread, Biscuits, muffins, pancakes and other “quick” breads made with baking soda Prepackaged bread crumbs Macaroni & cheese
Protein Foods	<ul style="list-style-type: none"> Fresh and lean red meat Fresh skinless chicken or turkey Fresh seafood Eggs Nuts and seeds (unsalted) Soy foods and meat alternatives Legumes 	<ul style="list-style-type: none"> Processed red meats such as bacon, sausage, ham, pepperoni, hotdogs Processed poultry with skin or breading Pre-seasoned and precooked meats Deli meat with added sodium Smoked fish and meats Salted legumes, nuts, seeds, or nut butters
Dairy	<ul style="list-style-type: none"> Low-fat or fat-free milk and yogurt Low-fat and low-sodium cheeses 	<ul style="list-style-type: none"> Buttermilk Regular and processed cheese or sauces Regular-sodium cottage cheese
Vegetables	<ul style="list-style-type: none"> Fresh, frozen, and canned (unsalted) whole vegetables Low sodium vegetable juice 	<ul style="list-style-type: none"> Canned or frozen vegetables with salt, fresh vegetables prepared with salt Pickled vegetables such as olives, pickles, or sauerkraut Regular vegetable juice Tomato sauce with high levels of salt
Fruits	<ul style="list-style-type: none"> Fresh, frozen, canned and dried whole fruits 100% fruit juice without added sugar 	<ul style="list-style-type: none"> None
Oils	<ul style="list-style-type: none"> Unsaturated vegetable oils Margarines and spreads which list vegetable oil as first ingredient 	<ul style="list-style-type: none"> Solid shortening, margarine made with hydrogenated oils Salted butter or margarine
Other	<ul style="list-style-type: none"> Prepared foods, including soups, casseroles, baked goods, and snacks that contain <600mg sodium Spices, herbs, salt-free seasonings Vinegar Lemon or lime juice 	<ul style="list-style-type: none"> Salty snacks: chips, pretzels, crackers Canned soups Frozen meals that contain >600mg sodium Egg beaters Salts: sea, kosher, onion, garlic Condiments: ketchup, BBQ, soy sauce, relish, teriyaki sauce Salad dressings: Ranch, blue cheese, Italian and French

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Sample Menu

Meal	Regular/NAS Diet	Low-Sodium Diet
Breakfast	Juice of Choice Cereal of Choice Egg Bacon Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg French Toast Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Beef Stroganoff Noodles Green Beans Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	LS Beef Stroganoff Noodles Green Beans Lemon Pound Cake Milk Beverage of Choice
Dinner	Baked Ham Rice Broccoli Au Gratin Cornbread Margarine Pineapple & Bananas Milk Beverage of Choice	Baked Pork Chop Rice Broccoli Cuts Wheat Roll/Bread Margarine Pineapple & Bananas Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

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Cardiac Diet

Description

The Cardiac Diet aims to limit the amount of saturated fat (< 7% total calories, < 5g per serving), cholesterol (< 200mg per day), and sodium (2000 mg per day, <300mg per serving), replacing these foods with heart-healthy unsaturated fats. Foods with trans fats are eliminated. Low fat, low cholesterol eggs are used at breakfast to decrease fat and cholesterol intake. This therapeutic diet promotes whole grains, fruits, vegetables, low-fat or fat-free dairy, and unsaturated fats.

Purpose

The Cardiac Diet is a heart healthy diet intended for patients who have or are considered to be at risk for heart diseases such as: coronary artery disease, hyperlipidemia, congestive heart failure, and cerebrovascular disease. This diet provides reduced fat, cholesterol and sodium menu items to promote a healthy vascular system and heart¹.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Reference

2. Academy of Nutrition and Dietetics. Nutrition CareManual®. <https://www.nutritioncaremanual.org/>
Content Release Date November 2019.

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Menu Guidelines

Food Group	Foods Recommended	Foods Not Recommended
Grains	<ul style="list-style-type: none"> Whole grains: whole wheat, barley, rye, quinoa, oats, and brown rice Processed whole grains: pasta, rice, hot/cold cereals with >300mg sodium per serving Whole grain bread, crackers, rolls, or pita with <80mg sodium per slice 	<ul style="list-style-type: none"> Biscuits, hushpuppies, cornbread, and other “quick” breads prepared with baking soda Bakery products: doughnuts, croissants, pies, cookies Instant potatoes, rice, mac & cheese Snacks made with trans fats: chips, snack mix, butter flavored popcorn
Protein Foods	<ul style="list-style-type: none"> Fresh and lean red meat, skinless poultry, seafood Eggs (2-4 per week) egg whites or egg substitute Nuts and seeds (unsalted) Soy foods and meat alternatives Legumes (unsalted) 	<ul style="list-style-type: none"> Processed red meats: bacon, sausage, ham, pepperoni, hot dogs Deli meats, pastrami, bologna, salami Poultry with skin or breading Whole eggs or yolks (> 5 per week) Fried meat, poultry, or fish Organ meat
Dairy	<ul style="list-style-type: none"> Skim or 1% milk and yogurt Low-fat and low-sodium cheeses (swiss, ricotta, mozzarella, cottage, cream cheese) Frozen desserts made with low-fat milk 	<ul style="list-style-type: none"> Whole milk, 2% milk, or buttermilk Cream, half & half Full fat cream cheese, sourcream Regular and processed cheese orsauces Regular-sodium cottage cheese
Vegetables	<ul style="list-style-type: none"> Fresh, frozen, and canned (unsalted) whole vegetables Low sodium vegetable juice 	<ul style="list-style-type: none"> Canned or frozen vegetables with salt, fresh vegetables prepared with salt or butter Pickled vegetables such as olives, pickles, or sauerkraut Fried vegetables Tomato sauce with >300mg sodium per serving
Fruits	<ul style="list-style-type: none"> Fresh, frozen, canned and dried whole fruits 100% fruit juice 	<ul style="list-style-type: none"> None
Oils	<ul style="list-style-type: none"> Unsaturated vegetable oils Margarines and spreads which list vegetable oil as first ingredient Salad dressing made from oil 	<ul style="list-style-type: none"> Solid shortening, margarinemade with hydrogenated oils Butter (salted or unsalted) Salad dressings (Ranch, blue cheese, French, Italian)
Other	<ul style="list-style-type: none"> Prepared foods, including soups, casseroles, baked goods, and snacks that contain <600mg sodium Spices, herbs, salt-free seasonings Vinegar Lemon or lime juice 	<ul style="list-style-type: none"> Salty snacks: chips, pretzels, crackers Canned soups Frozen meals that contain >600mgsodium Salts: sea, kosher, onion, garlic Condiments: ketchup, BBQ, soy sauce, relish, teriyaki sauce

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Sample Menu

Meal	Regular/NAS Diet	Cardiac Diet
Breakfast	Juice of Choice Cereal of Choice Egg Bacon Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Substitute French Toast Margarine & Syrup Skim Milk Coffee or Hot Tea
Lunch	Fried Chicken Oven Browned Potatoes Green Beans Biscuit Margarine Lemon Pound Cake Milk Beverage of Choice	Baked Chicken Oven Browned Potatoes Green Beans Wheat Roll/Bread Margarine Lemon Pound Cake Skim Milk Beverage of Choice
Dinner	Baked Ham Rice Broccoli Au Gratin Cornbread Margarine Pineapple & Bananas Milk Beverage of Choice	Baked Pork Chop Rice Broccoli Cuts Wheat Roll/Bread Margarine Pineapple & Bananas Skim Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

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RENAL DIETS

Liberal Renal Diet Renal Diet

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Liberal Renal Diet

Description

The Liberal Renal Diet reduces the intake of protein, potassium, sodium, and phosphorus. Fluid intake should be individually determined¹. The Liberal Renal Diet provides approximately 80 grams of protein, 3,000 mg of sodium, 3,000 mg of potassium, and 1,500 mg of phosphorus per day. Although a good source of high biological value protein, milk is limited to 1 cup per day due to micronutrient restrictions. This diet provides approximately 1,800 – 2,200 calories per day.

Purpose

The Liberal Renal Diet is intended for patients with acute or chronic renal disease and may be appropriate for both pre-dialysis and hemodialysis patients. This diet may not be appropriate for patients requiring strict limits on protein, sodium, potassium, or phosphorus. This diet may be contraindicated for individuals who have lost weight or who are undernourished.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019

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Potassium Content of Foods

LOW and MEDIUM potassium fruits and juices (≤250mg per serving)			
Apple	Applesauce	Apple juice	Apricots
Apricot nectar	Blackberries	Blueberries	Cranberry juice
Fruit cocktail	Grape juice	Grapes	Grapefruit
Grapefruit juice	Lemon	Lemon juice	Lime
Lime juice	Peaches	Peach nectar	Pears
Pear nectar	Pineapple	Raspberries	

HIGH potassium fruits and juices (>250mg per serving)			
Banana	Cantaloupe	Honeydew	Orange
Orange juice	Prunes	Prune juice	Raisins

LOW and MEDIUM potassium vegetables and juices (≤250mg per serving)			
Asparagus	Avocado	Beets (canned)	Broccoli
Cabbage	Carrots	Cauliflower	Celery
Corn	Eggplant	Green Beans	Greens
Lettuce	Radishes	Onion	Green Peas
Summer squash	Yellow squash	Wax beans	Zucchini

HIGH potassium vegetables and juices (>250mg per serving)			
Acorn squash	Beans (starchy)	Black-eyed Peas	Brussels sprouts
Butternut squash	Beets (fresh)	Parsnips	Potatoes
Ratatouille	Spinach	Sweet potatoes	Tomatoes

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Phosphorous Content of Foods

LOW and MEDIUM Phosphorous Foods (≤ 100 mg per serving)			
Asparagus	Bacon	Beans, baked	Beans, green
Bread, white or wheat	Brussels sprouts	Cereals, non-bran	Chocolate
Corn	Cream of wheat	Egg	English muffin
Fruit	Mushrooms	Pasta	Peas, green
Pretzels	Rice, white or brown	Sausage	Sherbet
Spinach	Sweet potato	Tomato	

HIGH Phosphorous Foods (>100 mg per serving)			
Almonds	Beef	Cereal, bran	Cheese
Chicken	Milk	Cream	Fish
Granola	Hot cocoa	Nuts	Oatmeal
Peanut/nut butters	Pork	Potato, baked with skin	Pudding
Seeds	Shrimp or crab	Soy, tofu	Tuna
Turkey	Waffle or pancake	Yogurt	

Sodium Content of Foods

Refer to Low Sodium Diet on page 96

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Sample Menu

Meal	Regular/NAS Diet	Liberal Renal Diet
Breakfast	Juice of Choice Cereal of Choice Sausage Links French Toast Margarine & Syrup Milk Coffee or Hot Tea	<i>Apple or Cranberry Juice</i> Cereal of Choice <i>Egg</i> French Toast Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Brussels Sprouts Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	Marinated Pork Loin <i>Rice or Noodles</i> <i>Sliced Carrots</i> Wheat Roll/Bread Margarine <i>Sherbet</i> <i>Fruit Punch</i> Beverage of Choice
Dinner	Baked Ham Rice Green Beans Cornbread Margarine Pineapple & Bananas Milk Beverage of Choice	<i>Baked Pork Chop</i> Rice Green Beans <i>Wheat Roll/Bread</i> Margarine <i>Pineapple Chunks</i> <i>Fruit Punch</i> Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

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Renal Diet

Description

The Renal diet reduces the intake of protein, potassium, sodium, and phosphorus. Fluid intake should be individually determined. The diet provides approximately 60 grams of protein, 2,000 mg of sodium, 3,000 mg of potassium, and 1,500 mg of phosphorus per day. Although a good source of high biological value protein, milk is limited to 1/2 cup per day due to micronutrient restrictions. This diet provides approximately 1,800 – 2,000 calories per day.

Purpose

The Renal diet is intended for pre-dialysis individuals that need strict limits on protein, sodium, potassium, and phosphorus¹. This diet may be contraindicated for individuals who have lost weight or who are undernourished.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019

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Menu Guidelines

Food Group	Foods Recommended	Foods Not Recommended
Grains May require further sodium restriction for fluid management	<ul style="list-style-type: none"> Whole grains: whole wheat, barley, rye, quinoa, oats, and brown rice Processed whole grains: pasta, rice, hot/cold cereals, crackers 	<ul style="list-style-type: none"> Biscuits, hushpuppies, cornbread, and other “quick” breads prepared with baking soda
Protein Foods Requires restriction of 2 oz servings at lunch and dinner for impaired renal function	<ul style="list-style-type: none"> Fresh or frozen red meat, poultry, seafood Eggs and egg substitutes Nuts and nut butters (small portions) Soy foods and meat alternatives Legumes 	<ul style="list-style-type: none"> Processed red meats: bacon, sausage, ham, pepperoni, hot dogs Deli meats: pastrami, bologna, salami
Dairy May require further restriction for hyperphosphatemia	<ul style="list-style-type: none"> Skim or 1% milk and yogurt (limit 4 oz per day) Low-fat and low-sodium cheeses (swiss, ricotta, mozzarella, cottage, cream cheese) 	<ul style="list-style-type: none"> > 4 oz of milk daily Cream, half & half High sodium cheese or sauces Regular-sodium cottage cheese
Vegetables Limit to <2000mg potassium/day	<ul style="list-style-type: none"> Fresh, frozen, and canned (unsalted) whole vegetables Low & medium potassium sources (refer to attached fruit & vegetable list) 	<ul style="list-style-type: none"> Canned or frozen vegetables with salt, fresh vegetables prepared with salt High potassium sources (refer to attached fruit & vegetable list)
Fruits Limit to <2000mg potassium/day	<ul style="list-style-type: none"> Fresh, frozen, canned and dried whole fruits Low & medium potassium sources (refer to attached fruit & vegetable list) 100% fruit juice 	<ul style="list-style-type: none"> High potassium sources (refer to attached fruit & vegetable list)
Oils	<ul style="list-style-type: none"> Unsaturated vegetable oils Margarines and spreads which list vegetable oils as first ingredient Salad dressing made from oil 	<ul style="list-style-type: none"> Solid shortening, margarine made with hydrogenated oils
Other	<ul style="list-style-type: none"> Prepared foods, including soups, casseroles, baked goods, and snacks made from recommended ingredients 	<ul style="list-style-type: none"> Salty snacks: chips, pretzels, crackers Salts: sea, kosher, onion, garlic

Hints

- ✓ Follow liquid restrictions according to individual resident needs and physician orders
- ✓ For liquid measurement: 1 fluid ounce = 30ml or 30cc

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Fruit and Vegetable Guide for Potassium

LOW and MEDIUM potassium fruits and juices (≤ 250 mg per serving)			
Apple	Applesauce	Apple juice	Apricots
Apricot nectar	Blackberries	Blueberries	Cranberry juice
Fruit cocktail	Grape juice	Grapes	Grapefruit
Grapefruit juice	Lemon	Lemon juice	Lime
Lime juice	Peaches	Peach nectar	Pears
Pear nectar	Pineapple	Raspberries	

HIGH potassium fruits and juices (> 250 mg per serving)			
Banana	Cantaloupe	Honeydew	Orange
Orange juice	Prunes	Prune juice	Raisins

LOW and MEDIUM potassium vegetables and juices (≤ 250 mg per serving)			
Asparagus	Avocado	Beets (canned)	Broccoli
Cabbage	Carrots	Cauliflower	Celery
Corn	Eggplant	Green Beans	Greens
Lettuce	Radishes	Onion	Green Peas
Summer squash	Yellow squash	Wax beans	Zucchini

HIGH potassium vegetables and juices (> 250 mg per serving)			
Acorn squash	Beans (starchy)	Black-eyed Peas	Brussels sprouts
Butternut squash	Beets (fresh)	Parsnips	Potatoes
Ratatouille	Spinach	Sweet potatoes	Tomatoes

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Sample Menu

Meal	Regular/NAS Diet	Renal Diet
Breakfast	Juice of Choice Cereal of Choice Sausage Links French Toast Margarine & Syrup Milk Coffee or Hot Tea	<i>Apple or Cranberry Juice</i> Cereal of Choice <i>Egg</i> French Toast Margarine & Syrup <i>½ cup Milk</i> Coffee or Hot Tea
Lunch	3 oz Marinated Pork Loin Potatoes Anna Brussels Sprouts Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	<i>2 oz Marinated Pork Loin</i> <i>Rice or Noodles</i> <i>Sliced Carrots</i> Wheat Roll/Bread Margarine <i>Sherbet</i> <i>Fruit Punch</i> Beverage of Choice
Dinner	Baked Ham Rice Green Beans Cornbread Margarine Pineapple & Bananas Milk Beverage of Choice	<i>Baked Pork Chop</i> Rice Green Beans <i>Wheat Roll/Bread</i> Margarine <i>Pineapple Chunks</i> <i>Fruit Punch</i> Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

GASTROINTESTINAL DIETS

Clear Liquid Diet
Full Liquid Diet
Fiber Restricted Diet
Gluten Restricted Diet
Fat-Restricted Diet

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Clear Liquid Diet

Description

A clear liquid diet is intended to maintain hydration while decreasing residue in the GI tract. This diet is not intended to provide adequate calories or nutrients and should be used short term, preferably for no more than 48 hours. If it must be followed for longer than 48 hours, provision of clear liquid supplements or alternate means of nutrition support should be considered¹.

Purpose

A clear liquid diet is often used when a patient is preparing for bowel surgery, a gastrointestinal (GI) procedure, such as a colonoscopy, or for the short-term during GI illnesses, such as nausea, vomiting, diarrhea, or abdominal distention. It is contraindicated for use in patients with swallowing difficulty or people who cannot tolerate thin liquids¹.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. Academy of Nutrition and Dietetics. Nutrition Care Manual[®]. <http://www.nutritioncaremanual.org>. Content Release Date November 2019

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Menu Guidelines

The clear liquid diet has traditionally been composed of foods that are transparent and liquid at body temperature. Foods allowed in this diet include juice, gelatin, ice water, popsicles, ice chips, sweetened tea or coffee, and soda pop. These foods are primarily sugar and water. Meat or vegetable broths, primarily composed of water and salt, are also allowed on the clear liquid diet¹.

It is recommended that diabetics receiving a clear liquid diet get at least 200gm of carbohydrate spread equally throughout the day and should thus avoid a “sugar free” or “diabetic” clear liquid diet¹. This recommendation is important for maintaining blood glucose levels when a clear liquid diet is used in conjunction with prescribed insulin and diabetic medications.

Below are sample foods that may be served on a clear liquid diet.

Water and Ice	Gelatin	Popsicles
Hard Candy	Tea	Coffee
Fruit Juice (without pulp)	Sports Drinks	Carbonated Beverages
Clear Broth	Bouillon	

Hints

- ✓ Clear liquid snacks from the above list are also encouraged throughout the day.

Full Liquid Diet

Description

A full liquid diet is generally used to transition between a clear liquid and a regular diet to maintain hydration and introduce residue to the gastrointestinal (GI) tract. While the diet is adequate in calories, it is not adequate in vitamins, minerals, and fiber, and therefore should not be used long term. Because this diet contains dairy products, and therefore lactose, it is not used to maintain hydration in individuals with diarrhea, a milk allergy, or lactose intolerance¹.

Purpose

A full liquid diet is generally used to transition between a clear liquid and a regular diet after bowel surgery. It is contraindicated for use in patients with swallowing difficulty or people who cannot tolerate thin liquids¹.

Diet Order

This diet should be ordered as: _____

Facility Notes

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Approved by _____ Date _____

Title _____

References

1. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019.

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Menu Guidelines

This diet consists of all clear liquids plus other liquids and semi-liquids that include dairy (such as ice cream or pudding) and minimal amounts of residue (such as orange juice or cream of wheat).

Below are sample foods that may be served on a full liquid diet.

Water and Ice	Gelatin	Popsicles
Hard Candy	Tea	Coffee
Fruit Juice (without pulp)	Sports Drinks	Carbonated Beverages
Clear Broth	Bouillon	Ice Cream and Sherbet
Milk	Milkshakes	Pudding and Custard
Cream of Wheat or Rice	Grits	Pureed Oatmeal
Pureed Soup		

Hints

- ✓ Full liquid snacks from the above list are also encouraged throughout the day.
- ✓ Most fruits and vegetables are avoided in the raw state, but when cooked, their fibers are softened and more easily tolerated. Soft, well cooked vegetables without hard seeds, skins, or hulls, canned fruits, and soft, low fiber fresh fruits are included on this diet.

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Fiber Restricted Diet

Description

The Fiber Restricted diet is comprised of less than 13g of fiber daily. The Fiber Restricted diet contains limited amounts of indigestible foods and avoids whole grains, seeds, whole nuts, raw vegetables, and the connective tissues of meats.

Purpose

The purpose of the Fiber Restricted diet is to provide lower fiber meals for patients with gastrointestinal issues such as acute diverticulitis, Crohn’s disease, ulcerative colitis, or irritable bowel syndrome. The fiber restricted diet can also be used for patients recovering from surgery on the gastrointestinal tract. This diet may decrease symptoms of diarrhea, abdominal pain, gas, and bloating.

Diet Order

This diet should be ordered as: _____

Facility Notes

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Approved by _____ Date _____

Title _____

References

1. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019.

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Menu Guidelines

Food Group	Foods Recommended	Foods Not Recommended
Grains	<ul style="list-style-type: none"> Bread, rolls, hot/cold cereals, crackers, and pasta made from white flour (<2g fiber per serving) 	<ul style="list-style-type: none"> Whole grains including whole wheat, barley, rye, buckwheat, corn, quinoa, oats, brown and wild rice Popcorn
Protein Foods	<ul style="list-style-type: none"> Fresh or frozen red meat, poultry, and seafood Eggs and egg substitutes Smooth nut butters Soy foods and meat alternatives 	<ul style="list-style-type: none"> Legumes, nuts, or seeds Chunky nut butters Beans, lentils, or peas
Dairy	<ul style="list-style-type: none"> Low-fat or fat-free milk, yogurt, and cheeses Frozen desserts 	<ul style="list-style-type: none"> Yogurt or ice cream with granola, dried fruit, seeds, or nuts
Vegetables	<ul style="list-style-type: none"> Well-cooked vegetables without seeds or skins Potatoes without skin Lettuce Strained vegetable juice 	<ul style="list-style-type: none"> Broccoli, Brussels Sprouts, Cabbage, Cauliflower Spinach, Collard, Mustard, and Turnip Greens Corn, dried beans, lima beans Mushrooms, Onions Potato skins
Fruits	<ul style="list-style-type: none"> Fruit juice without pulp Banana Melons Canned soft fruit 	<ul style="list-style-type: none"> All fresh fruits Dried fruit Prune juice Pineapple
Oils	<ul style="list-style-type: none"> Unsaturated vegetable oils Salad dressing and mayonnaise 	<ul style="list-style-type: none"> Solid shortening, margarine made with hydrogenated oils Butter
Beverages	<ul style="list-style-type: none"> Decaf coffee and tea Water 100% fruit juice 	<ul style="list-style-type: none"> Beverages containing caffeine (coffee, tea, soft drinks, energy drinks) Beverages sweetened with sorbitol
Other	<ul style="list-style-type: none"> Prepared foods, including soups, casseroles, baked goods, and snacks made from recommended ingredients 	<ul style="list-style-type: none"> Sugary/fatty desserts, candy, sweets Sugar alcohols Honey

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Sample Menu

Meal	Regular/NAS Diet	Fiber Restricted Diet
Breakfast	Juice of Choice Cereal of Choice Egg Bacon Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Bacon Pancakes Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Chicken Almandine Baked Potato Carrots & Peas Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	<i>Baked Chicken</i> <i>Mashed Potatoes</i> <i>Sliced Carrots</i> <i>Dinner Roll/Bread</i> Margarine Lemon Pound Cake Milk Beverage of Choice
Dinner	Cheeseburger Relish Plate French Fries Ambrosia Milk Beverage of Choice	Cheeseburger <i>Shredded Lettuce</i> French Fries <i>Mandarin Oranges</i> Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

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Gluten Restricted Diet

Description

A gluten-restricted diet is a regular or house diet that *likely* restricts sources of gluten and gluten-containing products. Gluten restricted grains replace gluten-containing menu options to maintain adequate energy and nutrient profile of the diet. Gluten sources are wheat, rye, barley, and oats (unless it is specified that the product is gluten-free oats).

Purpose

Gluten-restricted diets are required for the medical management of celiac disease or gluten sensitivity. Removal of gluten from the meal plan is essential for gastrointestinal health for individuals with these conditions.

NOTE: To assure a Gluten Free menu, all products purchased to be used for recipes on this diet must be reviewed for gluten content. Customer is responsible for revision of menus to meet federal and state regulatory agency guidelines. BluePrint Dietitians are not able to provide RD signature or license number to menus and materials under any circumstances.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019

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Menu Guidelines

Food Group	Foods Recommended	Foods Not Recommended
Grains	<ul style="list-style-type: none"> Whole grains including: buckwheat, corn, quinoa, brown and wild rice, millet, flax, potato, soy, legumes Certified gluten-free oats 	<ul style="list-style-type: none"> Gluten-containing grains: wheat, barley, rye Oats not specified as gluten free Flour Maltodextrin Breads and starches made with gluten
Protein Foods	<ul style="list-style-type: none"> Fresh or frozen red meat, poultry, and seafood Eggs and egg substitutes Smooth nut butters Soy foods and meat alternatives Legumes 	<ul style="list-style-type: none"> Fatty or processed red meats (bacon, sausage, ham, ribs) Poultry with skin Fried meats Deli meats (pastrami, bologna, salami) Fried eggs
Dairy	<ul style="list-style-type: none"> Low-fat or fat-free milk, yogurt, and cheeses Frozen desserts 	<ul style="list-style-type: none"> Dairy prepared with gluten
Vegetables	<ul style="list-style-type: none"> Fresh, frozen, and canned whole vegetables Legumes Low sodium vegetable juice 	<ul style="list-style-type: none"> Vegetables prepared with gluten Fried vegetables Vegetables in cream or cheese sauce
Fruits	<ul style="list-style-type: none"> Fresh, frozen, canned, and dried whole fruits 100% fruit juice 	<ul style="list-style-type: none"> Fruit prepared with gluten
Oils	<ul style="list-style-type: none"> Unsaturated vegetable oils Salad dressing and mayonnaise 	
Beverages	<ul style="list-style-type: none"> Coffee, tea, water 	<ul style="list-style-type: none"> Gluten containing beverages
Other	<ul style="list-style-type: none"> Prepared foods made from recommended ingredients 	<ul style="list-style-type: none"> Gluten containing foods: bouillon cubes, gravy made with flour, licorice, soy sauce, malt All products with ingredient lists that state, "May contain gluten" Fried foods

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Sample Menu

Meal	Regular/NAS Diet	Gluten Restricted Diet
Breakfast	Juice of Choice Cereal of Choice Egg Bacon Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Rice Cereal Egg Bacon Milk Coffee or Hot Tea
Lunch	Chicken Almandine Baked Potato Carrots & Peas Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	Baked Chicken Baked Potato Carrots & Peas Gluten-Free Cake Milk Beverage of Choice
Dinner	Cheeseburger Relish Plate French Fries Ambrosia Milk Beverage of Choice	Beef Patty Relish Plate Brown Rice Mandarin Oranges Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

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Fat Restricted Diet

Description

The Fat Restricted diet limits the total amount of fat served daily to 25% to 35% of total energy. A 2000 kcal per day menu should limit fat to 50g to 75g total per day. Fried foods are avoided. Low fat, low cholesterol eggs are used at breakfast due to frequency served in order to decrease fat and cholesterol intake.

Purpose

The Fat Restricted diet is intended for patients who have trouble digesting or absorbing fat. This diet is commonly prescribed for disorders of the pancreas, gall bladder, liver, and gastrointestinal tract, as patient with these conditions may benefit from reducing fat intake. This diet is also similar to the cardiac diet but is not modified to restrict sodium.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. Academy of Nutrition and Dietetics. Nutrition CareManual®. <https://www.nutritioncaremanual.org/>. Content Release Date November 2019.

Menu Guidelines

Food Group	Foods Recommended	Foods Not Recommended
Grains	<ul style="list-style-type: none"> Whole grains: whole wheat, barley, rye, quinoa, oats, and brown rice Bread, rolls, cereals, and pasta prepared without fat 	<ul style="list-style-type: none"> Breads made with saturated fats (biscuits, doughnuts, pastries) Packaged baking mixes, pancakes, cakes, cookies Packaged baked goods: chips, cheese crackers, butter crackers
Protein Foods	<ul style="list-style-type: none"> Fresh and lean red meat, skinless poultry, seafood Egg whites or egg substitute Whole eggs, fried eggs, egg yolks at lunch and dinner Nuts and seeds Nut and seed butters Soy foods and meat alternatives Legumes 	<ul style="list-style-type: none"> Marbled or fatty red meats Processed red meats: bacon, sausage, ham, pepperoni, hot dogs Deli meats: pastrami, bologna, salami Poultry with skin Whole eggs, fried eggs, egg yolks at breakfast Fried meat, poultry, or fish Organ meat
Dairy	<ul style="list-style-type: none"> Skim or 1% milk and yogurt Low-fat cheeses (swiss, ricotta, mozzarella, cottage, cream cheese) Frozen desserts made with low-fat milk 	<ul style="list-style-type: none"> Whole milk, cream Full fat cheese, cream cheese, sour cream Yogurt or ice cream made from whole milk
Vegetables	<ul style="list-style-type: none"> Fresh, frozen, and canned (unsalted) whole vegetables 	<ul style="list-style-type: none"> Fried vegetables Vegetables in cream or cheese sauce
Fruits	<ul style="list-style-type: none"> Fresh, frozen, canned and dried whole fruits 100% fruit juice 	<ul style="list-style-type: none"> None
Oils	<ul style="list-style-type: none"> Unsaturated vegetable oils Margarines and spreads which list vegetable oil as first ingredient Salad dressing and mayonnaise made from oil 	<ul style="list-style-type: none"> Solid shortening, margarine made with hydrogenated oils Butter Regular salad dressing
Other	<ul style="list-style-type: none"> Prepared foods, including soups, casseroles, baked goods, and snacks made from recommended ingredients 	<ul style="list-style-type: none"> Cream based soups

Sample Menu

Meal	Regular/NAS Diet	Fat & Cholesterol Restricted Diet
Breakfast	Juice of Choice Cereal of Choice Egg Bacon Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Substitute Pancakes Margarine & Syrup Skim Milk Coffee or Hot Tea
Lunch	Fried Chicken Oven Browned Potatoes Green Beans Cornbread Margarine Lemon Pound Cake Milk Beverage of Choice	Baked Chicken Oven Browned Potatoes Green Beans Wheat Roll/Bread Margarine Lemon Pound Cake Skim Milk Beverage of Choice
Dinner	Baked Ham Pinto Beans Broccoli Au Gratin Wheat Roll/Bread Margarine Pineapple & Bananas Milk Beverage of Choice	Baked Ham Pinto Beans Broccoli Cuts Wheat Roll/Bread Margarine Pineapple & Bananas Skim Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

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VEGETARIAN DIETS

Lacto-Ovo Vegetarian Diet Pesco Vegetarian Diet

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Lacto-Ovo Vegetarian Diet

Description

The Lacto-Ovo Vegetarian diet omits animal protein sources including: beef, fish, veal, lamb, pork and poultry. The Lacto-Ovo Vegetarian diet is designed to substitute animal protein sources with other forms of protein-rich foods including milk and other dairy products, eggs, legumes, seeds, and nuts.

Purpose

The Lacto-Ovo Vegetarian diet is based on the Regular/No Added Salt diet. This diet includes fruits, grains, nuts, seeds, vegetables, milk and other dairy products, and eggs. Foods excluded are beef, fish, veal, lamb, pork, and poultry.

Diet Order

This diet should be ordered as: _____

Facility Notes

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Approved by _____ Date _____

Title _____

References

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Beverages & Condiments	<ul style="list-style-type: none"> All except those listed to avoid Veggie gravy & sauces 	<ul style="list-style-type: none"> Gravy made with pork, beef, poultry or fish-based broth
Milk	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Meat & Other Protein	<ul style="list-style-type: none"> Egg Cheese Soy based meat substitutes (i.e. Veggie beef , Veggie chicken, etc.) Tofu Beans, nuts & seeds 	<ul style="list-style-type: none"> Beef Fish Lamb Pork Poultry
Vegetables	<ul style="list-style-type: none"> All except those listed to avoid 	<ul style="list-style-type: none"> Vegetables prepared with bacon
Fruits	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Breads/Grains	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Soups	<ul style="list-style-type: none"> Vegetable broth-based soups 	<ul style="list-style-type: none"> Soups made with beef, poultry or fish-based broth Soups with meat
Desserts	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None

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Sample Menu

Meal	Regular/NAS Diet	Lacto-Ovo Vegetarian Diet
Breakfast	Juice of Choice Cereal of Choice Egg Sausage Patty Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Southern Style Green Peas Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	<i>Veggie Sliced Ham</i> Potatoes Anna <i>Green Peas</i> Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice
Dinner	Chicken Noodle Soup Saltine Crackers Cheeseburger Relish Plate Broccoli Bacon Salad Pineapple & Bananas Milk Beverage of Choice	<i>Soup of the Day</i> Saltine Crackers <i>Veggie Burger</i> Relish Plate <i>Broccoli Salad</i> Pineapple & Bananas Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

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Pesco-Vegetarian Diet

Description

The Pesco Vegetarian diet omits animal protein sources such as: beef, veal, lamb, pork and poultry. This diet is designed to substitute these protein sources with other forms of protein-rich foods including fish, seafood, milk and other dairy products, eggs, legumes, seeds, and nuts.

Purpose

The Pesco Vegetarian diet is based on the Regular/No Added Salt diet. This diet includes fruits, grains, nuts, seeds, vegetables, milk and other dairy products, eggs, fish, and other seafood. Foods excluded are beef, veal, lamb, pork, and poultry.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

References

1. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <https://www.nutritioncaremanual.org/>. Content Release Date November 2019.

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Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Beverages & Condiments	<ul style="list-style-type: none"> All except those listed to avoid Veggie gravy & sauces 	<ul style="list-style-type: none"> Gravy made with pork, beef or poultry-based broth
Milk	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Meat & Other Protein	<ul style="list-style-type: none"> Egg Fish Shellfish Cheese Soy based meat substitutes (i.e. Veggie beef , Veggie chicken, etc.) Tofu Beans, nuts & seeds 	<ul style="list-style-type: none"> Beef Lamb Pork Poultry
Vegetables	<ul style="list-style-type: none"> All except those listed to avoid 	<ul style="list-style-type: none"> Vegetables prepared with bacon
Fruits	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Breads/Grains	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Soups	<ul style="list-style-type: none"> Vegetable broth-based soups Fish based soups & chowders 	<ul style="list-style-type: none"> Soups made with pork, beef, or poultry-based broth Soups with meat
Desserts	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None

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Sample Menu

Meal	Regular/NAS Diet	Pesco Vegetarian Diet
Breakfast	Juice of Choice Cereal of Choice Egg Sausage Patty Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Southern Style Green Peas Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice	<i>Veggie Sliced Ham</i> Potatoes Anna <i>Green Peas</i> Wheat Roll/Bread Margarine Lemon Pound Cake Milk Beverage of Choice
Dinner	Chicken Noodle Soup Saltine Crackers Fish Patty on a Bun French Fries Coleslaw Pineapple & Bananas Milk Beverage of Choice	<i>Soup of the Day</i> Saltine Crackers Fish Patty on a Bun French Fries Coleslaw Pineapple & Bananas Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

*For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual

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SECTION FOUR: ADDITIONAL RESOURCES

**Blank Week-At-A-Glance
Weights & Measurements
Basic Equivalents**

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Week-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Lunch						
Dinner						
HS Snack						



RECIPE ABBREVIATIONS

AP	as purchased
EP	edible portion
°F	degrees Fahrenheit
lb or #	pound
oz	ounce
psi	pounds per square inch
tsp	teaspoon
Tbsp	Tablespoon
fl oz	fluid ounce
g	gram
mg	milligram
pt	pint
qt	quart
gal	gallon
mL	milliliter
L	Liter

SCOOPS (DIPPERS)

Number	Approx. measure
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3-1/5 Tbsp
24	2-2/3 Tbsp
30	2-1/5 Tbsp
40	1-1/2 Tbsp
60	1 Tbsp

LADLE EQUIVALENTS

Approx. weight	Approx. measure
1 oz	1/8 cup
2 oz	1/4 cup
4 oz	1/2 cup
6 oz	3/4 cup
8 oz	1 cup
12 oz	1-1/2 cup

Pan Size 12" x 20" x 2-1/4" Approximate Capacity: 30cups

Serving Size	Ladle (oz)	Scoop #	Approx. yield
1/4 cup	2 oz	16	120
1/3 cup	3.65 oz	12	90
3/8 cup	3 oz	10	80
1/2 cup	4 oz	8	60



Pan Size 12" x 20" x 4" Approximate Capacity: 52cups

Serving size	Ladle (oz)	Scoop #	Approx. yield
1/4 cup	2 oz	16	206
1/3 cup	3.65 oz	12	156
3/8 cup	3 oz	10	138
1/2 cup	4 oz	8	104



Pan Size 12" x 20" x 6" Approximate Capacity: 78cups

Serving size	Ladle (oz)	Scoop #	Approx. yield
1/4 cup	2 oz	16	312
1/3 cup	3.65 oz	12	234
3/8 cup	3 oz	10	208
1/2 cup	4 oz	8	156



WEIGHTS & MEASURES

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Weight Equivalents

16 oz	=1 lb	=1.000 lb
12 oz	=3/4 lb	=0.750 lb
8oz	=1/2 lb	=0.500 lb
4 oz	=1/4 lb	=0.250 lb
1 oz	=1/16 lb	=0.063 lb

Fraction to Decimal Equivalents

1/8	=0.125
1/4	=0.250
1/3	=0.333
3/8	=0.375
1/2	=0.500
5/8	=0.625
2/3	=0.666
3/4	=0.750
7/8	=0.875

Volume Equivalents for Liquids

60 drops	=1 tsp	
1 Tbsp	=3 tsp	=0.5 fl oz
1/8 cup	=2 Tbsp	=1 fl oz
1/4cup	=4 Tbsp	=2 fl oz
1/3 cup	=5 Tbsp + 1 tsp	=2.65 fl oz
3/8 cup	=6 Tbsp	=3 fl oz
1/2 cup	=8 Tbsp	=4 fl oz
5/8 cup	=10 Tbsp	=5 fl oz
2/3 cup	=10 Tbsp + 2 tsp	=5.3 fl oz
3/4cup	=12 Tbsp	=6 fl oz
7/8 cup	=14 Tbsp	=7 fl oz
1 cup	=16 Tbsp	=8 fl oz
1/2 pint	=1 cup	=8 fl oz
1 pint	=2 cups	=16 fl oz
1 quart	=2 pt	=32 fl oz
1 gallon	=4 qt	=128 fl oz

Metric Equivalents by Volume

1 cup (8 fl oz)	=236.59 mL
1 quart (32 fl oz)	=946.36 mL
1.5 quarts (48 fl oz)	=1.42 L
33.818 fl oz	=1.0 L

Metric Equivalents by Weight

1 oz	=28.35 g
4 oz	=113.4 g
8 oz	=226.8 g
16 oz	=453.6 g
1 lb	=453.6 g
2 lb	=907.2 g
2.2 lb	=1 kg (1000 g)

BASIC EQUIVALENTS

