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***Regular Diet***

**DAILY AMOUNTS**

All types; yogurt

Meat, fish, shellfish, poultry, cheese, eggs, dried beans, peas and lentils, peanut

butter, seeds, and nuts

Lean meats, fish, poultry no skin, lower fat cheeses

Legumes and meat alternatives

3 or more servings

(1 serving equals 8 ounces)

At least 5 meat equivalents

1 meat equivalent equals:

1 oz. cooked meat, fish, shellfish, ¼ cup canned tuna or salmon, 1 oz. poultry,

1 oz. cheese

¼ cup cottage or ricotta cheese, 1 egg, 2 egg whites

½ cup cooked dried beans, peas, lentils, 2 tbsp peanut butter, 4 oz. of tofu;

**I. Description**

The regular diet is designed for residents who do not require any dietary restrictions. The “Dietary Guidelines for Americans”, 2010 and “My Plate for Older Adults” 2011 (see appendix) have been used as the basis for this and all other diets and menus in this edition. The meal patterns and daily amounts of each food group in the regular diet have been calculated to meet the needs of sedentary males and females age 51 and over. Refer to Appendix 5, 6, and 7 of the Dietary Guidelines for Americans 2010 to adjust the meal patterns for other age/gender and activity levels. Individual meal preferences must also be considered in planning this and other diets in the manual.

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams

**III. Adequacy**

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Reference Intakes, 2010

**FOOD GROUPS FOODS INCLUDED**

**Milk**

**Meat and equivalents**

5

***Regular Diet***

**DAILY AMOUNTS**

2 or more servings 1 serving equals: ½ cup fruit,

1 medium fresh fruit or 4 ounces fruit juice

3 or more servings 1 serving equals:

1 cup chopped raw; or

½ cup cooked; or 4–6

ounces vegetable juice

As desired

1 serving equals: 6 ounces

6 or more servings 1 serving equals: 1 slice of bread; 3/4 cup ready to eat cereal;

½ cup cooked cereal; ½ cup rice, or

½ cup pasta

As needed for adequate caloric intake

As desired for adequate caloric intake

As needed to meet fluid requirement

All types Citrus or high vitamin C fruit daily

All types, including potatoes, corn, lima beans, peas; legumes, dark green leafy or yellow vegetables (3-4 times a week)

All types

All types, especially whole grains

Oils, soft margarine, butter**,** (avoid trans-fat)

All types

All types, include 8 or more cups of water or other fluids per day

As desired for flavor and palatability

Sugar, condiments, jam, jelly, preserves, syrup, sweets, herbs, spices, flavorings, salt, pepper

**FOOD GROUPS FOODS INCLUDED**

**Fruits**

**Vegetables**

**Soups Bread, Cereal**

**& Grains**

**Fats**

**Desserts Beverages**

**Miscellaneous**

6

***Regular Diet***

Orange juice Oatmeal

Eggs, scrambled Toast, whole wheat Soft margarine Milk, 2%

Beverage of choice Jelly

Sugar Creamer Salt, Pepper

Tuna salad Vegetable soup Tossed salad Italian dressing Whole wheat bread Chilled peaches Milk, 2%

Beverage of choice Sugar

Creamer Salt, Pepper

Baked chicken breast Mashed potatoes, gravy Seasoned carrots Mixed fruit salad

Dinner roll, whole wheat Soft margarine

Milk, 2%

Vanilla ice cream Beverage of choice Sugar

Creamer Salt, Pepper

Juice

Graham crackers

4 ounces ½ cup

1

1 slice 1 packet 8 ounces 6-8 ounces 1 tablespoon 2 packets as desired

1 packet each

½ cup

6 ounces 1 cup

1 ounce 2 slices ½ cup

8 ounces 6-8 ounces 1-2 packets as desired

1 packet each

½ breast (3 ounces) ½ cup, 1 ounce

½ cup ½ cup 1

1 packet 8 ounces ½ cup

6-8 ounces 1-2 packets as desired

1 packet each

4 ounces 3 squares

**Sample Menu Plan**

**Breakfast**

Fruit or juice Cereal

Meat or equivalent Bread

Fat Milk Beverage Miscellaneous

**Lunch or Supper**

Meat or Equivalent Vegetable

Salad Fat Bread Dessert Milk Miscellaneous

**Dinner**

Meat or equivalent Potato

Vegetable Salad Bread Fat Milk Dessert Beverage Miscellaneous

**Evening Nourishment**

7

***Mechanical Soft (Dental) Diet***

All types; yogurt

Ground meat & poultry (gravy/ sauces may be added to moisten); soft boneless fish; ground meat casseroles; cheese sauce, soft cheese, cottage cheese; shaved luncheon meat; eggs; creamy peanut butter; meat loaf/ham loaf, Salisbury Steak; finely chopped meat, tuna or egg salads

All fruit juices, cooked or canned fruit, soft fresh fruit as tolerated

All vegetable juices;

well-cooked soft vegetables:

chopped or diced; shredded salads as tolerated

All types

Breads, crackers, dry cereals; French toast, pancakes and waffles with syrup; doughnuts, muffins without nuts/seeds, croissants, pastries without nuts or dried fruit

None

Whole meats, whole hot dogs, hard cheeses; any other difficult-to-chew foods

Dried fruits; hard fresh fruits

Whole raw

vegetables; corn on the cob Any not tolerated

Granola or granola-type cereals, any foods with nuts or dried fruits, bagels

**I. Description**

This diet modifies the consistency of the regular diet and is used when an individual has difficulty chewing regular food. Most foods on the regular diet may be included, with mechanical alterations based on individual tolerance.

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams

**III. Adequacy**

This diet provides all nutrients necessary based on the Dietary Guidelines for Americans 2010.

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED**

**Milk**

**Meat and Equivalent**

**Fruit**

**Vegetables Soups**

**Bread & Cereal**

**& Grains**

8

***Mechanical Soft (Dental) Diet***

**FOODS EXCLUDED**

Baked, boiled or mashed potatoes, french fries; pasta

All types, crisp bacon as tolerated

Most types

All types

Herbs, spices, salt, pepper gravies/sauces, ketchup, mayonnaise, mustard, pickle slices

Wild rice None

Any containing nuts, coconut, or dried fruit

None

Nuts, coconut, whole pickles, popcorn

**FOOD GROUPS FOODS INCLUDED**

**Potatoes & Starches Fats**

**Desserts Beverages Miscellaneous**

9

***Mechanical Soft (Dental) Diet***

Orange juice Oatmeal

Egg, scrambled Whole wheat toast Soft margarine Milk, 2%

of choice Jelly Sugar Creamer Salt, Pepper

Finely chopped tuna salad Vegetable soup Shredded tossed salad Sweet potatoes

Italian dressing Whole wheat bread Chilled peaches Milk, 2%

of choice Sugar Creamer Salt, Pepper

Moist ground chicken breast

with gravy

Mashed potatoes/gravy Cooked sliced carrots Canned fruit salad Soft dinner roll Soft margarine Milk, 2%

Vanilla ice cream of choice

Sugar Creamer Salt, pepper

Apple juice Graham crackers

4 ounces ½ cup

1

1 slice 1 packet 8 ounces 6-8 ounces 1 tablespoon 2 packets as desired

1 packet each

½ cup

6 ounces ½ cup

½ cup 1 ounce 2 slices ½ cup

8 ounces 6-8 ounces 1-2 packets as desired

1 packet each

3 ounces

1 ounce

½ cup/1 ounce ½ cup

½ cup 1

1 packet 8 ounces ½ cup

6-8 ounces 1-2 packets as desired

1 packet each

4 ounces 3 squares

**Sample Menu Plan**

**Breakfast**

Fruit or juice Cereal

Meat or equivalent Bread

Fat Milk Beverage Miscellaneous

**Lunch or Supper**

Meat or equivalent Vegetable

Salad

Potato or equivalent Fat

Bread Dessert Milk Beverage Miscellaneous

**Dinner**

Meat or equivalent Potato or Equivalent Vegetable

Fruit Bread Fat Milk Dessert Beverage

**Evening Nourishment**

10

***Dysphagia Level 1/Pureed Diet***

**FOODS INCLUDED**

**FOODS EXCLUDED**

All types; yogurt

without chunks, seeds or nuts

Pureed meat, eggs, fish, and poultry; soufflés that are homogenous and smooth; hummus or other pureed legumes; softened tofu; Braunschweiger, pureed cheese and pureed cottage cheese; creamy peanut butter mixed with other pureed food; pureed eggs

Pureed fruits,

fruit juices without pulp, well-mashed fresh bananas

Pureed vegetables, vegetable juices with pulp or seeds

Broth, bouillon,

Strained or pureed soups

11

Any yogurt containing chunks of fruit, coconut, nuts or seeds

Whole or ground meats, fish or poultry; non-pureed lentils or legumes; peanut butter (unless pureed into foods correctly); non-pureed fried, cooked or scrambled eggs

Whole fruits (fresh, frozen, canned or dried); juices with pulp

All other non-pureed vegetables, including those with seeds or hulls that cannot be properly pureed Non-pureed soups

with lumps or chunks

**I. Description**

The pureed diet is used for individuals who have difficulty chewing and/or swallowing. Any foods from the regular diet that can be appropriately pureed should be included in this diet. Individuals requiring a pureed diet simply due to chewing difficulties may be able to tolerate additional food items on an individual basis. This should be specified in the individual’s care plan. Procedures should be developed for pureeing food to provide correct and adequate portions equivalent to the portions used in a regular diet. The consistency should be smooth and thick enough to mound on the plate, and similar in consistency to that of pudding. \*NOTE: Additional modifications may be required if the individuals are on thickened liquids.

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams

**III. Adequacy**

This diet provides all nutrients necessary to provide and maintain adequate nutrients based on the Dietary Guidelines for Americans 2010.

**FOOD GROUPS**

**Milk**

**Meat and equivalents**

**Fruits Vegetables Soups**

***Dysphagia Level 1/Pureed Diet***

Mashed potatoes;

Pureed potatoes (moistened with gravy, butter, margarine or sour cream for individuals with dysphagia)

Pureed well-cooked pasta, Noodles, bread dressing or rice (blenderized

to a smooth homogenous consistency.

Butter, margarine, mayonnaise, cream cheese, whipped topping, strained gravy, sour cream

Smooth sauces, such as cheese sauce, white sauce, or hollandaise sauce

All others

Any fats with course or chunky additives

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED**

|  |  |  |
| --- | --- | --- |
| **Bread, Cereal,** | Pureed bread mixes; | All other breads, rolls |
| **& Grains** | pregelled slurried breads, | crackers, pancakes, |
|  | pancakes, French toast, | waffles, biscuits, |
|  | danish, pastries, sweet rolls, | muffins etc. |

|  |  |
| --- | --- |
| etc. that are softened throughout entire thickness of product.  Smooth, homogenous | All dry cereals and |
| cooked cereals, such | cooked cereals with |
| as farina-type cereals. | chunks, lumps or seeds; |
| Cereals should have a | oatmeal |

“pudding-like” consistency

**Potatoes & Starches**

**Fats**

12

***Dysphagia Level 1/Pureed Diet***

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED**

**Desserts** Smooth custards, puddings Fruited yogurt,

and yogurt cookies, cakes, pies,

pastries, course or textured Pureed desserts and puddings, bread puddings soufflés, fruit whips pies

\* Ice cream sherbet, ices gelatins, milk shakes/malts, eggnog, frozen yogurt, and nutritional supplements

*\* Items that are liquid at room temperature may not be appropriate for individuals*

*requiring thickened beverages*

**Beverages** Smooth, homogenous All other beverages

Beverages without lumps,

Chunks or pulp.

**Miscellaneous** Sugar, sugar substitute, Coarsely ground

|  |  |
| --- | --- |
| salt, finely ground pepper | pepper and herbs |
| and spices  Catsup, mustard, barbeque | Seeds, nuts, sticky foods, |
| sauce and other smooth | sauces with lumps, etc. |
| sauces and gravies  Clear jam, jelly, syrup, | Chunky fruit |

and honey preserves and jams/jellies

with seeds

Very soft, smooth candy Candy with nuts, sprinkles,

etc.; chewy candies such as caramels or licorice

**\* Pureed bread recipes in appendix**

**\* Most beverages and soups will need to be thickened for individuals requiring**

**thickened liquids. This includes all items that are liquid at room temperature, such as ice cream, shakes, gelatin, etc.**

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***Dysphagia Level 1/Pureed Diet***

**Sample Menu Plan**

**Breakfast** Fruit or juice Orange juice 4 ounces

Cereal Cream of wheat ½ cup Meat or equivalent Pureed egg, 1 Bread Slurried bread 1 slice

|  |  |  |
| --- | --- | --- |
| Fat | Margarine | 1 teaspoon |
| Milk | Milk, 2% | 8 ounces |
| Beverage | of choice | 6-8 ounces |
| Miscellaneous | Sugar | 2 packets |
|  | Creamer | as desired |
|  | Salt, Pepper | 1 packet each |
| **Lunch and Supper**  Meat or Equivalent | Pureed tuna salad | ½ cup |
| Vegetable | Pureed vegetable soup | 6 ounces |
|  | Pureed beets | ½ cup |
| Bread | Pureed bread | 1 slice |
| Fat | Margarine | 1 teaspoon |
| Dessert | Pureed Peaches | ½ cup |
| Beverage | of choice | 6-8 ounces |
| Milk | Milk, 2% | 8 ounces |
| Miscellaneous | Sugar | 1-2 packets |
|  | Creamer | as desired |
|  | Salt, Pepper | 1 packet each |
| **Dinner**  Meat or equivalent | Pureed skinless baked | ½ cup (3 ounces |
|  | chicken | edible)**\*** |
|  | Gravy | 1 ounce |
| Potato or equivalent | Whipped potatoes w/ gravy | ½ cup |
| Vegetable | Pureed carrots | ½ cup |
| Bread | Pureed bread | 1 serving |
| Fat | Margarine | 1 teaspoon |
| Milk | Milk, 2% | 8 ounces |
| Dessert | Vanilla ice cream | ½ cup |
| Beverage | of choice | 6-8 ounces |
|  | Sugar | 1-2 packet |
|  | Creamer | as desired |
|  | Salt, Pepper | 1 packet each |
| **Evening Nourishment** | Vanilla pudding | ½ cup |
|  | Apple juice | ½ cup |

**\***Portion size is based on a standardized procedure for pureeing cooked chicken to provide 3 meat equivalents.

14

***Dysphagia Level 2/Mechanically Altered Diet***

**FOODS EXCLUDED**

|  |  |
| --- | --- |
| All types – Beverages | None |
| may require thickening when thin liquids are to be avoided  Moist ground meats or | Dry or tough meats |
| poultry; moist soft fish; | such as bacon, |
| casseroles without rice; | hot dogs, sausage, |
| moist macaroni and cheese; | and bratwurst |
| well-cooked pasta with meat sauce; soft moist | Dry casseroles, |
| lasagna; moist meatballs, | casseroles with rice |
| meat loaf, ham or fish loaf; | or large chunks |
| protein salads without large chunks, celery, or | Cheese slices and |
| onion; cottage cheese; | cubes; hard-cooked or |
| smooth quiche without large | crisp fried eggs; |
| chunks; scrambled eggs; poached pasteurized eggs; | Sandwiches; pizza |
| soft soufflés; tofu; well-cooked slightly mashed moist | Peanut butter |

legumes, such as baked beans;

All meat or protein substitutes should be served with sauces or moistened.

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**I. Description**

This diet consists of foods that are moist and easily formed into a bolus. Meats (ground or minced) should be no larger than one-quarter inch pieces. All foods from the Dysphagia Level 1/pureed diet are acceptable on this diet. It is based on the National Dysphagia Diet Level 2 Dysphagia Mechanically Altered diet, and is designed for individuals who have difficulty swallowing regular foods. It is designed to be a transition from pureed to more solid textures. Some mixed textures are acceptable on this diet, and chewing ability is required. Individuals should be monitored periodically to determine if swallowing function improves or declines. \*NOTE: Additional modifications may be required if the individuals are on thickened liquids.

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams

**III. Adequacy**

This diet provides all nutrients necessary based on the Dietary Guidelines for Americans 2010.

**FOOD GROUPS FOODS INCLUDED**

**Milk**

**Meat and Equivalent**

***Dysphagia Level 2/Mechanically Altered Diet***

|  |  |
| --- | --- |
| Soft drained canned or cooked | Fresh or frozen fruits, |
| fruits without seeds or skin; | cooked fruits with skins or |

soft/ripe banana; fruit juice seeds; dried fruits;

fresh, canned or cooked pineapple

Soft, well-cooked vegetables, Cooked corn and peas; less than ½ inch in size and broccoli, cabbage, should be easily mashed with asparagus, Brussels

a fork; vegetable juices sprouts, or other fibrous,

nontender/rubbery

raw or cooked vegetables

|  |  |
| --- | --- |
| Soups with easy-to-chew/ | Soups with large |
| swallow meats or vegetables; | chunks of meat and |
| particle size in soups | vegetables; soups with rice, |
| should be less than ½ inch | corn or peas |
| Soups may require thickening for residents on thickened liquids  Soft pancakes moistened | All other breads |
| with syrup or sauce; pureed bread mixes, pregelled or slurried breads that are gelled throughout entire thickness of product  Cooked cereals with little | Very course cooked |
| texture, including oatmeal; | cereals that contain |
| slightly moistened dry | nuts or seeds; |
| cereals with little texture, | whole-grain dry |
| such as corn flakes, | or coarse cereals; |
| Rice Krispies ®, | cereals with nuts, seeds, |
| Wheaties®, etc. | dried fruit and/or coconut |

Un-processed wheat bran stirred into cereals for bulk- Liquid should be absorbed into the product when thin liquids are contraindicated.

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED**

**Fruit**

**Vegetable**

**Soups Bread, Cereal**

**& Grains**

16

***Dysphagia Level 2/Mechanically Altered Diet***

|  |  |
| --- | --- |
| Well-cooked, moistened, | Potato skins and |
| Baked, boiled, or mashed | chips; fried or french-fried |
| potatoes | potatoes; rice |
| Well-cooked noodles in sauce; soft dumplings moistened with butter, sauce or gravy;  well-cooked shredded hash browns (not crisp) in sauce  Butter, margarine, cream, | Any fats with coarse, |
| Gravy, sauces, mayonnaise, | chunky additives |
| salad dressing, sour cream, whipped toppings, cream cheese, dip and spreads with soft additives - Thickening agents may be required when thin liquids are contraindicated  Pudding, custard, soft fruit | Pineapple; |
| pies with bottom crust only; | any foods with dried fruit, |
| pre-gelled cookies, or soft | nuts, coconut, or seeds |

cookies that have been moistened in milk, coffee, or other liquid; soft-moist cakes with icing, or slurried cakes; crisps and cobblers with soft breading or crumb mixture (without seeds or nuts); Frozen yogurt, ice cream, sherbets, ices, malts, milk shakes, eggnog, gelatin and nutritional supplements – items that

are liquid at room temperature may require thickening when thin liquids are contraindicated

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED**

**Potatoes and Starches**

**Fats**

**Desserts**

17

***Dysphagia Level 2/Mechanically Altered Diet***

All beverages with minimal amounts of texture, pulp, etc. Milk, juice, coffee, tea, soda, alcoholic beverages, nutritional supplements – liquids may require thickening if thin liquids are contraindicated

Seeds, nuts, coconut, sticky foods

Chewy candies such as caramel or licorice

Jams and preserves without seeds; jelly

Sauces, salsas, etc. that may have small tender chunks less than ½ inch in size

Soft, smooth chocolate bars that are easily chewed

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED**

**Beverages**

**Miscellaneous**

18

***Dysphagia Level 2/Mechanically Altered Diet***

4 ounces ½ cup

1

1 serving 1 packet 8 ounces 6-8 ounces 1 tablespoon 1-2 packets as desired

1 packet each

3 ounces/1 ounce ½ cup

½ cup/1 ounce 1 serving

½ cup 1 packet 8 ounces 6-8 ounces 1-2 packets as desired

1 packet each

3 ounces/1 ounce ½ cup/1 ounce

½ cup ½ cup

1 serving 1 packet 8 ounces ½ cup

6-8 ounces 1-2 packets as desired

1 packet each

½ cup ½ cup

Orange juice Oatmeal

Egg, scrambled Pureed bread Soft margarine Milk, 2%

of choice Jelly Sugar Creamer Salt, Pepper

Soft flaked fish with sauce Green beans

Mashed potatoes/gravy Pureed bread

Canned peaches Soft margarine Milk, 2%

of choice Sugar Creamer Salt, Pepper

Moist ground chicken/gravy Whipped potatoes/gravy Cooked sliced carrots Canned fruit without pineapple Puree bread

Soft margarine Milk, 2%

Vanilla ice cream of choice

Sugar Creamer Salt, Pepper

Vanilla pudding Apple juice

**Sample Menu Plan**

**Breakfast**

Fruit or juice Cereal

Meat or equivalent Bread

Fat Milk Beverage Miscellaneous

**Lunch or Supper**

Meat or equivalent Vegetable

Potato or equivalent Bread

Fruit Fat Milk Beverage Miscellaneous

**Dinner**

Meat or equivalent Potato or equivalent Vegetable

Fruit Bread Fat Milk Dessert Beverage Miscellaneous

**Evening Nourishment**

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***Dysphagia Advanced/Level 3 Diet***

**FOODS EXCLUDED**

All types –

Beverages may require thickening when thin liquids are contraindicated

Thin-sliced, tender or ground meats and poultry

Well-moistened fish

Eggs prepared any way Yogurt without nuts/coconut Casseroles with small chunks of meat, ground meats or tender meats

None

Tough, dry meats and poultry

Dry fish, fish w/ bones

Chunky peanut butter Yogurt w/ nuts or coconut

**I. Description**

This diet consists of food of nearly regular textures with the exception of very hard, sticky or crunchy foods. Foods should be moist and in “bite-size” pieces. It is meant to be a transition to a regular diet. Adequate dentition and mastication are required. It is expected that mixed textures are tolerated on this diet. This diet is based on the National Dysphagia Diet Level 3 Dysphagia Advanced diet.

\*NOTE: Additional modifications may be required if the individuals are on thickened liquids.

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams

**III. Adequacy**

This diet provides all nutrients necessary based on the Dietary Guidelines for Americans 2010.

**FOOD GROUPS FOODS INCLUDED**

**Milk**

**Meat and Equivalent**

20

***Dysphagia Advanced/Level 3 Diet***

**FOODS EXCLUDED**

All canned and cooked fruits Difficult to chew fruits, e.g.

apples or pears

|  |  |
| --- | --- |
| Soft, peeled fresh fruits, e.g. | Stringy, high-pulp fruits, e.g. |
| peaches, kiwi, melons | papaya, pineapple, mango |
| without seeds, nectarines  Soft berries w/ small seeds | Fresh fruits w/ difficult to |

such as strawberries chew skins, such as grapes

Uncooked dried fruits, e.g. prunes, apricots

Fruit leather, fruit roll-ups, fruits snacks, dried fruits

All cooked, tender vegetables Raw vegetables except

shredded lettuce Shredded lettuce Cooked corn

Nontender or rubbery

cooked vegetables

|  |  |
| --- | --- |
| All soups except those | Soups w/ tough meats |
| on the excluded list |  |

Corn or clam chowders

|  |  |
| --- | --- |
| Strained corn or clam | Soups w/ large chunks of |
| chowder (may require | meat or vegetables > 1 inch |
| thickening if thin liquids are contraindicated)  Well-moistened breads, | Dry bread, toast, crackers, |
| biscuits, muffins, pancakes, | etc. |
| Waffles, etc. Need to add Adequate syrup, butter, jelly, | Tough, crusty breads, e.g. |
| etc. to moisten sufficiently | French bread or baguettes |
| All well-moistened cereals | Course or dry cereals, e.g. |
| (May have ¼ cup milk or | Shredded Wheat or All Bran |

just enough to moisten if thin liquids are restricted)

**FOOD GROUPS FOODS INCLUDED**

**Fruit**

**Vegetable**

**Soups**

**Bread, Cereal & Grains**

21

***Dysphagia Advanced/Level 3 Diet***

**FOODS EXCLUDED**

All – including rice, wild rice Tough, crisp-fried potatoes moist bread dressing, tender,

fried potatoes Potato skins

Dry bread dressing

All fats except those on the Fats w/ course, difficult-to- excluded list chew or chunky additives,

e.g. cream cheese spread with nuts or pineapple

|  |  |
| --- | --- |
| All desserts except those | Dry cakes, cookies that are |
| on the excluded list | chewy or very dry |
| \*Malts, milk shakes, frozen | Anything w/ nuts, seeds, dry |
| yogurt, ice cream, gelatin, | Fruits, coconut, pineapple |
| nutritional supplements, sherbet  \*These items become thin liquids at room and/or body temperature, and should be avoided if thin liquids are contraindicated  Any – depending on Recommendations for liquid consistency  All seasonings & sweeteners | Nuts, seeds, coconut |

All sauces Chewy, caramel or taffy-

type candies

|  |  |
| --- | --- |
| Non-chewy candies without | Candies w/ nuts, seeds or |
| nuts, seeds, or coconut | coconut |

Jams, jellies, honey, preserves

**FOOD GROUPS FOODS INCLUDED**

**Potatoes & Starches**

**Fats**

**Desserts**

**Beverages Miscellaneous**

22

***Dysphagia Advanced/Level 3 Diet***

Orange juice Oatmeal

Egg, scrambled Whole wheat toast Soft margarine Milk, 2%

of choice Jelly Sugar Creamer Salt, Pepper

Soft flaked fish with sauce Green beans

Mashed potatoes/gravy whole wheat bread Canned peaches Soft margarine Milk, 2%

of choice Sugar Creamer Salt, Pepper

Tender chicken/gravy Whipped potatoes/gravy Cooked sliced carrots Canned fruit without pineapple Dinner roll, whole wheat

Soft margarine Milk, 2%

Vanilla ice cream of choice

Sugar Creamer Salt, Pepper

Vanilla pudding Apple juice

4 ounces ½ cup

1

1 slice 1 packet 8 ounces 6-8 ounces 1 tablespoon 1-2 packets as desired

1 packet each

3 ounces/1 ounce ½ cup

½ cup/1 ounce 1 slice

½ cup 1 packet 8 ounces 6-8 ounces 1-2 packets as desired

1 packet each

3 ounces/1 ounce ½ cup/1 ounce

½ cup ½ cup

1 serving 1 packet 8 ounces ½ cup

6-8 ounces 1-2 packets as desired

1 packet each

½ cup ½ cup

**Sample Menu Plan**

**Breakfast**

Fruit or juice Cereal

Meat or equivalent Bread

Fat Milk Beverage Miscellaneous

**Lunch or Supper**

Meat or equivalent Vegetable

Potato or equivalent Bread

Fruit Fat Milk Beverage Miscellaneous

**Dinner**

Meat or equivalent Potato or equivalent Vegetable

Fruit Bread Fat Milk Dessert Beverage Miscellaneous

**Evening Nourishment**

23

***Full Liquid Diet***

Yogurt, with nuts, seeds, skins, whole fruits

All others

All others All others

All types; cocoa, hot chocolate, milk

shakes, instant breakfast, eggnog, smooth yogurt (plain or flavored

Eggs or egg substitutes in custard or pudding

All juices and nectars without pulp

Vegetable juices, vegetable purees that are strained in soups

**I. Description**

The full liquid diet consists of foods that are primarily liquid. This diet is indicated for residents who are acutely ill or who are unable to swallow or chew solid foods. Nourishments are served between meals. After 3-5 days, the need for this diet should be evaluated to assure adequate nutrition. If circumstances indicate that this diet is required for any extended period of time commercially prepared, nutritionally adequate supplements should become an essential component of this diet.

**II. Approximate Composition**

Calories Varies

Protein Varies

**III. Adequacy**

This diet may not contain all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Guidelines for Americans 2010.

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED**

**Milk**

**Meat and Equivalents Fruits**

**Vegetables**

24

***Full Liquid Diet***

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED Soups** Bouillon, broth; All others

strained meat, vegetable and cream soups

**Cereals** Cooked refined All others

cereals; strained oatmeal thinned with liquid

**Fats** Margarine or All others

butter, cream, or

non-dairy creamer

**Desserts** Pudding, custard, All others

gelatin; plain ice cream, ice milk, sherbet, fruit ice; popsicles; plain frozen yogurt; commercially prepared pudding- type nutritional supplements

**Beverages** All types including None

commercially prepared liquid nutritional supplements

**Miscellaneous** Sugar, clear jelly, None

syrup, honey; hard candy (if tolerated), chocolate syrup Salt, pepper

25

***Full Liquid Diet***

Orange juice, pulp free Oatmeal

Milk, 2% of choice Sugar Creamer

Commercial liquid supplement

Apple juice

Strained vegetable soup lemon pudding

Milk, 2% of choice Sugar Creamer Salt, pepper

Commercial liquid supplement

Cranberry juice Strained cream

of mushroom soup vanilla ice cream Milk, 2%

of choice Sugar Creamer Salt, pepper

Sherbet Ginger ale

8 ounces 1 cup

8 ounces 6-8 ounces 3 packets as desired

8 ounces

8 ounces 8 ounces ½ cup

8 ounces 6-8 ounces 3 packets as desired

1 packet each

8 ounces

8 ounces 6 ounces

½ cup

8 ounces 6-8 ounces 2 packets as desired

1 packet each

½ cup

8 ounces

**Sample Menu Plan**

**Breakfast**

Fruit Cereal Milk Beverage Miscellaneous

**Midmorning Nourishment**

**Lunch & Supper** Fruit Juice

Soup Dessert Milk Beverage Miscellaneous

**Midmorning Nourishment**

**Dinner** Juice Soup Dessert Milk Beverage Miscellaneous

**Evening Nourishment**

26

***Clear Liquid Diet***

**I. Description**

The clear liquid diet is used for acute stages of illness until a full liquid diet or solid foods are tolerated. Nourishments between meals are necessary.

**II. Approximate Composition**

Calories Varies

Protein Varies

**III. Adequacy**

This diet is inadequate in all nutrients. It should be used for

limited periods of time, usually no longer than 48 hours.

**FOODS INCLUDED FOODS EXCLUDED** Clear broth, bouillon All others

Flavored gelatin High protein gelatin

Water ice, popsicles, fruit ice

Fruit juices: apple, grape, cranberry juice Cocktail, cran-apple, cran-grape, cran-raspberry, Orange or grapefruit juice without pulp

Beverages: water, tea, coffee, carbonated beverages, fruit flavored drinks, commercially prepared high protein clear liquid products

Sugar, sugar substitutes

27

***Clear Liquid Diet***

8 ounces 1 cup

8 ounces 6-8 ounces 8 ounces 3 packets

8 ounces ½ cup

8 ounces 6 ounces ½ cup

6-8 ounces 8 ounces 3 packets

8 ounces 8 ounces

8 ounces 6 ounces 1 cup

6-8 ounces 8 ounces 3 packets

1 cup

8 ounces

**Sample Menu Plan**

**Breakfast**

Pulp free orange juice Cherry gelatin Carbonated cola Beverage of choice Ice water

Sugar

**Midmorning Nourishment** Grape juice

Raspberry gelatin

**Lunch**

Apple juice Chicken broth Lemon ice Beverage of choice Iced water

Sugar **Mid Afternoon Nourishment**

Pulp free orange juice Lemon-lime Carbonated beverage

**Dinner**

Cranberry juice Beef bouillon Cherry gelatin Beverage of choice Iced water

Sugar

**Evening Nourishment**

Lime gelatin Ginger ale

28

***Restricted Fiber/Restricted Residue Diet***

**I. Description**

The fiber restricted diet limits the amount of dietary fiber. The purpose for using the fiber restricted diet is to decrease stool weight, fecal output and frequency. The restricted fiber diet may be used for the short-term treatment of acute ulcerative colitis, regional enteritis (Crohn’s disease), acute diverticulitis and as necessary for bowel rest. This diet is used as a temporary measure during the transition to a regular diet. Once symptoms subside, high fiber foods should be gradually added to the diet. This diet should be tailored to the individual resident based on food preferences, tolerances and type of illness. The fiber restricted diet provides 15 grams or less of fiber per day. Milk, meat, fish, poultry, eggs and beverages provide little or no dietary fiber and can be included in this diet without restriction when planning the low fiber diet follow the guidelines for the regular diet for minimum daily amounts of these and other food groups. Substitute lower fiber content foods by following these guidelines:

1. Include only white or refined breads and cereals; omit all whole wheat and whole grain breads and cereals and products containing bran.

2. Include fruit and vegetable juices without pulp (omit prune juice), canned or cooked fruits; omit raw or dried fruit and all berries.

3. Include most well cooked vegetables without seeds (omit sauerkraut, winter squash, peas, corn and raw vegetables).

4. Omit dried beans and peas, lentils, legumes, peanut butter, and any foods containing seeds, nuts, coconut and dried fruits.

5. Limit milk to 2 cups/day.

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams Fiber 15 grams or less

**III. Adequacy**

Depending on individual food choices and tolerances, the diet is adequate in all nutrients based on the Dietary Guidelines for Americans 2010. However, the Dietary Reference Intake (DRI) for iron will not be met for pregnant, lactating and pre-menopausal women following this diet. Residents on restricted fiber diets may need to be supplemented with ascorbic acid, folate and magnesium.

29

***Restricted Fiber Diet***

**Sample Menu Plan**

**Breakfast** Fruit or Juice Orange juice (pulp free) 4 ounces

|  |  |  |
| --- | --- | --- |
| Cereal | Corn flakes | 1 cup |
| Meat or equivalent | Egg, scrambled | 1 |
| Bread | Toast, white | 1 slice |
| Fat | Soft margarine | 1 packet |
| Milk | Milk, 2% | 8 ounces |
| Beverage | of choice | 6-8 ounces |
| Miscellaneous | Jelly | 1 tablespoon |
|  | Sugar | 2 packets |
|  | Creamer | as desired |
|  | Salt , Pepper | 1 packet |
| ***Lunch***  Soup | Cream of tomato soup | 6 ounces |
| Meat or equivalent | Plain tuna salad with mayo. | ½ cup |
| Bread | White bread | 2 slices |
| Salad | Pickled beets, canned | ½ cup |
| Fat | Soft margarine | 1 packet |
| Dessert | Chilled peaches | ½ cup |
| Beverage | Cold or Hot | 8 ounces |
| Miscellaneous | Sugar, Salt, Pepper | 1 packet each |
| ***Dinner***  Meat or equivalent | Baked chicken breast | 3 ounces |
| Vegetable | Carrots, cooked | ½ cup |
|  | Vegetable juice | ½ cup |
| Starch | Mashed potatoes | ½ cup |
| Bread | Roll/ white bread | 1 |
| Milk | Milk, 2% | 8 ounces |
| Beverage | Cold or Hot | 8 ounces |
| Dessert | Water ice | ½ cup |
| Iced water |  | 8 ounces |
| Miscellaneous | Sugar, Salt, Pepper | 1 packet each |
| ***Evening Nourishment*** | Juice | 4 ounces |
|  | Graham Crackers | 3 squares |

30

***Increased Fiber Diet***

**I. Description**

This diet emphasizes the use of high fiber food sources such as whole grain breads and cereals, fruits, vegetables, dried beans and peas. The purpose for using the increased fiber diet is to promote normal bowel function. Fiber adequately decreases the transit time of foods through the gastrointestinal tract and, with adequate fluid intake, results in soft stools. Dietary fiber is the portion of plant materials which is resistant to digestive enzymes in the body and includes cellulose, hemicellulose, lignin and pectin. The increased fiber diet may be used for the treatment of diverticulosis\*, mild diverticulitis\*, hemorrhoids, irritable bowel syndrome, diarrhea and constipation. When planning the increased fiber diet, follow the daily amounts of the food groups on the regular diet. Substitute higher fiber content foods by following these guidelines:

1. Include 1 serving of high fiber cereal (5 gms. of fiber or more) such as raisin bran, oatmeal, all bran, per day at breakfast or as a bedtime snack. Top with fruit for more fiber.

2. Choose whole wheat or whole grain breads such as 100% whole wheat, rye, pumpernickel, oatmeal bread, cornbread (made from whole, ground cornmeal) and bran muffins.

3. Choose whole fresh fruits and vegetables (with the skin) more often than juices.

4. Add baked beans, dried beans and peas to the menu 2-3 times per week; try adding bean soup, bean salads and hummus to the menu.

5. Choose high fiber snacks such as fresh fruit, raw vegetables, and nuts, or sprinkle unprocessed bran on yogurt for residents on mechanically altered diets. Offer stewed, dried fruits, date or fig spread on whole wheat bread or crackers, or any of the fiber- supplemented cookies or bars. Refer to the appendix for Fiber Content of Common Foods.

The National Cancer Institute and the Academy of Nutrition and Dietetics recommend a daily fiber intake of 20-35 grams of fiber per day. A wide variety of foods should be used to increase fiber intake. Encourage fluid intake of eight cups per day. Gradually increasing fiber intake is recommended to prevent cramping, abdominal distention and flatulence.

31

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams Fiber 20-35 grams

**III. Adequacy**

This diet contains all nutrients necessary to provide and maintain

adequate nutrition based on the Dietary Guidelines for Americans 2010.

**\***The avoidance of foods with nuts, seeds and a high content of cellulose and lignin (e.g. corn, popcorn) is recommended for diverticulitis.

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***Increased Fiber Diet***

**Sample Menu Plan**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast**  Juice |  | Orange juice | 4 ounces |
| Fruit |  | Prunes | 3 |
| Cereal |  | Oatmeal with bran | ½ cup |
| Meat or equivalent | | Egg, scrambled | 1 |
| Bread |  | Toast, whole wheat | 1 slice |
| Fat |  | Soft margarine | 1 packet |
| Milk |  | Milk, 2% | 8 ounces |
| Beverage |  | of choice | 6-8 ounces |
| Miscellaneous |  | Jelly | 1 packet |
|  | | Sugar | 2 packets |
|  | | Creamer | as desired |
|  | | Salt, Pepper | 1 packet each |
| ***Lunch or Supper***  Soup | | Vegetable soup | 6 ounces |
| Meat or equivalent | | Tuna salad | ½ cup |
| Salad |  | Tossed salad | 1 cup |
| Fat |  | Italian dressing | 1 ounce |
| Bread |  | Bread, whole wheat | 2 slices |
| Dessert |  | Chilled peaches | ½ cup |
| Milk |  | Milk, 2% | 8 ounces |
| Beverage |  | of choice | 6-8 ounces |
| Miscellaneous |  | Sugar | 1 packet |
|  | | Creamer | as desired |
|  | | Salt, Pepper | 1 packet each |
| ***Dinner***  Meat or equivalent | | Baked chicken breast | 3 ounces |
| Vegetable |  | Carrots, cooked | ½ cup |
| Salad |  | Mixed fruit salad | ½ cup |
| Potato or equivalent | | Red skinned potatoes | ½ cup |
| Bread |  | Dinner roll/ whole wheat | 1 |
| Fat | ` | Soft margarine | 1 packet |
| Milk |  | Milk, 2% | 1 cup |
| Dessert |  | Ice cream/oatmeal raisin cookie | ½ cup/1 |
| Beverage |  | of choice | 6-8 ounces |
| Miscellaneous |  | Sugar | 1 packet |
|  | | Salt, Pepper | 1 packet each |
| **Evening Nourishment** | | Juice | 4 ounces |
|  | | Graham Crackers | 3 squares |
|  | | Fresh apple | 1 |

\*The avoidance of foods with nuts, seeds and a high content of cellulose and lignin (e.g. corn,

popcorn) is recommended

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PLEASURE FEEDINGS

Pleasure foods may be ordered for the resident who is receiving enteraI feedings to meet their nutritional needs or for residents who are on hospice/terminal care and will only ingest soft, easy to eat comfort foods. Pleasure foods may vary depending on each resident’s need and tolerance. Feedings should be planned accordingly. Speech language pathologist‘s (SLP) recommendations need to be considered, e.g. thickened liquids, food consistency. Examples of pleasure feedings are ice cream, puddings, cream soup, applesauce and soft fruits. The resident and family should be consulted to obtain food preferences. These feedings are intended to improve a resident’s quality of life and may not meet their nutritional needs.

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***Small, Regular and Large Portion Sizes***

**Portion sizes may be adjusted to meet the nutritional needs and personal preferences of an individual resident. Before any adjustment is done, the dietitian should review the individual resident’s nutritional needs and ascertain if the increase or decrease in portion sizes will be advantageous to the resident. Portion size changes may be warranted due to resident preferences and/or individuals on the small portion diet, multivitamin or additional supplementation may be necessary.**

**Food Item Regular Small Large**

**Meats (breakfast) 1 oz. 1 oz. 2 oz. (lunch) 3 oz. 2 oz. 4 oz.**

**(dinner) 3 oz. 2 oz. 4 oz. Starches 1/2c. 3 ¼ oz (#10) 6 oz.**

**Cereals -hot 1/2c. 3 ¼ oz. (#10) 1 cup**

**-cold ¾ c. ¾ c. 1 1/2c.**

**Vegetables 1/2c. 3 ¼ oz. (#10) 6 oz**. **Bread 1 Slice 1 Slice 1 Slice Juice 4 oz. 4 oz. 4 oz. Milk 8 oz. 8 oz. 8 oz. Fruit ½ c. ½ c. ¾ c. Dessert 1 svg. 1 svg. 1 svg.**

Small portions are usually requested by residents with small appetites who feel overwhelmed by regular size portions or for weight control or weight reducing diet. Snacks may be needed to make up for decreased nutrient density with this diet.

**Most residents do not request small portions of these items**

35

***Small Portions Diet***

Orange juice Oatmeal Scrambled egg Toast, whole wheat Soft margarine Milk, 2%

of choice Jelly Sugar Creamer Salt, Pepper

Tuna salad Vegetable soup Tossed salad Italian dressing Bread, whole wheat Chilled peaches Milk, 2%

of choice Sugar Creamer Salt, Pepper

4 ounces #10 scoop 1 serving 1 slice 1 packet 8 ounces 6-8 ounces 1 tablespoon 1-2 packets as desired

1 packet each

#10 scoop 6 ounces #10 scoop 1 ounce 1 slice ½ cup 8 ounces 6 ounces 1 packet as desired

1 packet each

**I. Description**

Portion sizes may be adjusted to meet the nutritional needs and personal preferences of an individual resident. Before any adjustment is done, the dietitian will review the individual resident’s nutritional needs and ascertain if the decrease in portion sizes will be advantageous to the resident.

Small portions may be warranted due to resident’s request and/or calorie and protein needs that are less than what the regular diet provides.

**II. Approximate Composition** Calories 1350-1750 Protein 55-60 grams

**III. Adequacy**

This diet may be nutritionally inadequate based on the Dietary Guidelines for Americans 2010. A multivitamin or additional supplementation may be necessary.

***Small Portions Diet***

**Sample Menu Plan**

**Breakfast**

Fruit or juice Cereal

Meat or equivalent Bread

Fat Milk Beverage Miscellaneous

**Lunch and Supper**

Meat or equivalent Vegetable

Salad Fat Bread Dessert Milk Beverage Miscellaneous

36

***Small Portion Diet***

Baked chicken breast Mashed potatoes, gravy Soft margarine Seasoned carrots Mixed fruit

Dinner roll, whole wheat Milk, 2%

Vanilla ice cream of choice

Sugar

Salt, Pepper

Juice

Graham crackers

2 ounces #10 scoop 1 packet #10 scoop #10 scoop 1

8 ounces ½ cup

6-8 ounces 1 packet

1 packet each

4 ounces 3 squares

**Dinner**

Meat or equivalent Starch

Fat Vegetable Salad Bread Milk Dessert Beverage Miscellaneous

**Evening Nourishment**

37

***Large Portion Diet***

**4 ounces 1 cup**

**2 servings 1 slice**

**1 packet 8 ounces 6-8 ounces 1 tablespoon 1-2 packets as desired**

**1 packet each**

**# 6 scoop 6 ounces 1 cup**

**2 ounces 1 slice ¾ cup**

**8 ounces 6 ounces**

**1 packet each as desired**

**4 ounces 6 oz.**

**1 packet 6 oz.**

**¾ cup 1**

**8 ounces ½ cup**

**1 packet 1 packet**

**4 ounces 3 squares**

**Sample Menu Plan\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Breakfast**

|  |  |
| --- | --- |
| **Fruit or juice** | **Orange juice** |
| **Cereal** | **Oatmeal** |
| **Meat or equivalent** | **Scrambled egg** |
| **Bread** | **Toast, whole wheat** |
| **Fat** | **Soft margarine** |
| **Milk** | **Milk, 2%** |
| **Beverage** | **of choice** |

**Miscellaneous Jelly**

**Sugar Creamer Salt, Pepper**

|  |  |
| --- | --- |
| **Lunch/Supper**  **Meat or equivalent** | **Tuna salad** |
| **Vegetable** | **Vegetable soup** |
| **Salad** | **Tossed salad** |
| **Fat** | **Italian dressing** |
| **Bread** | **Bread, whole wheat** |
| **Dessert** | **Chilled peaches** |
| **Milk** | **Milk, 2%** |
| **Beverage** | **of choice** |

**Miscellaneous Sugar/salt/pepper**

**Creamer Dinner**

|  |  |
| --- | --- |
| **Meat or equivalent** | **Baked chicken breast** |
| **Starch** | **Mashed potatoes, gravy** |
| **Fat** | **Soft Margarine** |
| **Vegetable** | **Seasoned carrots** |
| **Fruit** | **Fruit Cocktail** |
| **Bread** | **Dinner roll, whole wheat** |
| **Milk** | **Milk, 2%** |
| **Dessert** | **Vanilla ice cream** |
| **Beverage** | **Sugar** |
| **Miscellaneous** | **Salt, Pepper** |

**Evening Nourishment**

**Juice**

**Graham crackers**

38

***Vegetarian Diet***

**I. Description**

The vegetarian diet is a modification of the regular diet. The diet is predominately composed of plant foods and may or may not include eggs and dairy. Traditionally, vegetarian diets have been classified by the type of animal products that have been excluded. These classifications include:

|  |  |
| --- | --- |
| Lacto-ovovegetarian | Meat, poultry and fish are excluded |
| Lacto-vegetarian | Meat, poultry, fish and eggs are excluded |

Ovovegetarian Meat, poultry, fish, milk and milk products

are excluded

Vegan Meat, poultry, fish, eggs, milk and milk

products are excluded

No matter which classification is practiced, the vegetarian diet should provide a variety of foods that ensure adequate amounts of all nutrients required for tissue repair, growth and maintenance. Careful evaluation of the resident’s diet history is therefore imperative to identify the specific food practices of individual vegetarians. A variety of protein-containing foods should be planned over the course of the day to supply the amino acids needed.

The lacto-ovovegetarian diet and the vegan diet are illustrated to provide a guide to ensure nutritional adequacy.

**II. Approximate Composition** Calories 1600 – 2000 Protein 60 – 75 grams

**III. Adequacy**

The lacto-ovovegetarian diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Guidelines for Americans 2010.

The vegan diet requires special attention to ensure that all nutrients are provided. Vitamin D and Vitamin B12 may be deficient in the vegan diet. Fortified soy milk, fortified cereals and multi-vitamins with mineral supplements may be served daily to meet nutrient requirements.

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***Vegetarian Diet***

**FOOD GROUPS FOODS INCLUDED DAILY AMOUNT**

|  |  |  |
| --- | --- | --- |
| **Dairy products and** | All types; yogurt; soy | Up to 3 servings |
| **(optional) dairy** | milk fortified with calcium | 1 serving equals |
| **alternatives** | and Vitamin D | 1 cup |
| **Meat equivalents** | Cheese: dried beans, | At least 5 meat |
| **and (eggs, cheese** | peas, and lentils; | equivalents with |
| **optional) alternatives** | peanut butter, nuts; tofu; | 1 equivalent |
|  | soy milk; cottage cheese | equaling; 1 ounce |
|  | or ricotta; whole egg (limit | cheese or ¼ cup |
|  | egg yolks to 4 per week); | ricotta and cottage |
|  | egg whites and yolk free | cheese; or 1 egg or |

products are unlimited 2 egg whites or 2

tablespoons nut butter; ¼ cup nuts;

½ cup cooked dried beans, peas and lentils; or 2 tablespoons nut butter; 4 ounces tofu; or tempeh,

1 cup soy milk

|  |  |
| --- | --- |
| Nuts (check nutritional | 2 tablespoons |
| analysis of individual |  |
| items for amounts |  |
| needed) |  |

**Fruits** All types; citrus or a high 3 or more servings

vitamin C fruit daily

1 medium apple, pear, orange, banana; or ½ cup chopped, canned, cooked or frozen fruit; or ¾ cup fruit juice

**Vegetables** All types, including 3 or more servings, 1

|  |  |
| --- | --- |
| potatoes; corn, lima beans, | serving equals; 1 cup |
| peas; dark green leafy or | raw or ½ cup cooked |
| deep yellow vegetables | or chopped raw; or |
| 3-4 times a week | ¾ cup juice |

40

***Vegetarian Diet***

6 or more servings 1 serving equals; 1 slice of bread;

or ¾ - 1 ounce ready to eat cereal; or ½ cup cooked cereal; ½ cup cooked pasta or rice

As needed for adequate caloric intake

As needed for adequate caloric intake

As needed to meet fluid requirements

As desired for adequate caloric intake, flavor, and palatability

All types, especially whole grains

All types as desired

All types as desired

All types, including at least

6 to 8 cups of water and other fluids per day

Sugar, condiments, jelly preserves, syrup, sweets, herbs, spices, salt, and flavorings

**FOOD GROUPS FOODS INCLUDED DAILY AMOUNT**

**Soups** All types made with As desired

vegetable stock 1 serving equals;

6 ounces or ¾ cup

**Breads, Grains & Cereals**

**Fats**

**Desserts Beverages Miscellaneous**

41

***Lacto-Ovovegetarian Diet***

Orange juice Oatmeal Scrambled egg Whole wheat toast Soft Margarine

of choice Milk, 2% Sugar

Creamer, non-dairy Salt, pepper

Vegetable Soup Whole wheat bread American cheese Mayonnaise Tossed salad Italian Dressing Chilled peaches of choice

Milk, 2% Sugar

Creamer, non dairy Salt, pepper

Graham cracker Fruit juice

Black beans Brown rice Sliced carrots Mixed fruit salad Roll, whole wheat Soft margarine Vanilla ice cream of choice

Milk, 2% Sugar

Creamer, non-dairy Salt, pepper

¾ cup 1 cup 1

1 slice

1 teaspoon 6-8 ounces 8 ounces 3 packets as desired

1 packet each

1 cup 2 slices 2 ounces

1 tablespoon 1 cup

1 ounce ½ cup

6-8 ounces

8 ounces

1-3 packets

as desired

1 packet each

3 squares 4 ounces

1 cup ½ cup ½ cup 1 cup 1 l

1 teaspoon ½ cup

6-8 ounces 1 cup

1-2 packets

as desired

1 packet each

**Sample Menu Plan**

**Breakfast**

Fruit or juice Cereal

Meat equivalent Bread

Fat Beverage Milk Miscellaneous

**Lunch**

Soup Bread

Meat equivalent

Salad Fat Dessert Beverage Milk Miscellaneous

**Evening Nourishment**

**Dinner**

Meat equivalent Potato or equivalent Vegetable

Salad Bread Fat Dessert Beverage Milk Miscellaneous

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***Vegan Meal Plan***

**Sample Menu Plan**

|  |  |  |
| --- | --- | --- |
| **Breakfast**  Fruit or juice | Orange juice | ¾ cup |
| Cereal | Oatmeal – prepared with | 1 cup |

soy milk

|  |  |  |
| --- | --- | --- |
| Meat equivalent | Peanut butter | 2 tablespoons |
| Bread | Whole wheat toast | 1 slice |
| Fat | Soft margarine | 1 teaspoon |
| Beverage | Coffee | 6 ounces |
|  | Ice water | 8 ounces |
| Milk Equivalent | Soy milk | 1 cup |
| Miscellaneous | Sugar | 3 packets |
|  | Creamer, non-dairy | 2 packets |
|  | Salt, pepper | 1 packet each |
| **Lunch**  Meat equivalent | Black beans | 1 cup |
| Potato or equivalent | Brown rice | ½ cup |
| Salad | Vegetable soup | 1 cup |
|  | Tossed salad | 1 cup |
|  | Italian Dressing | 1 ounce |
| Bread | Bread, whole wheat | 1 slice |
| Fat | Soft margarine | 1 packet |
| Dessert | Chilled peaches | ½ cup |
| Beverage | of choice | 6-8 ounces |
| Miscellaneous | Sugar | 1-3 packets |
|  | Salt, pepper | 1 packet each |
| Evening Nourishment | Graham crackers | 3 squares |
|  | Fruit juice | 4 ounces |
| **Dinner**  Meat equivalent | Tofu | 1 cup |
| Vegetable | Sliced carrots | ½ cup |
| Salad | Citrus section salad | ½ cup |
| Bread | Dinner roll, whole wheat | 1 slice |
| Fat | Soft margarine | 1 packet |
| Dessert | Cherry gelatin | 1 cup |
| Beverage | of choice | 6-8 ounces |
|  | Soy milk | 1 cup |
| Miscellaneous | Sugar | 1-2 packets |
|  | Creamer, non-dairy | 2 packets |
| Salt, pepper | 1 packet each |  |

For more information see website:

Vegetarian Resource Group Food Guide Pyramid for vegetarian meal planning www.veg.org/nutrition/adapyramid.htm

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No Added Salt (NAS) Diet

This diet is a regular diet with the exception that no salt may be added to food after preparation. No salt is allowed with the resident’s meals. Salt substitute should be used only with a physician’s order.

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***Low Sodium Diet (2-4 grams)***

**I. Description**

This diet may be used to help control mild hypertension or edema. It may be effective when used in conjunction with drug therapy when either condition is more severe but a stricter diet regime is not feasible. The FOODS INCLUDED on this diet are similar to that of a regular diet, with the omission of highly salted foods and table salt.

The following guidelines are used for planning and preparation of the diet.

1. Use a moderate\* amount of salt in cooking but serve no salt on the tray.

2. Avoid highly salted foods such as bouillon, soup and gravy bases, canned soups and stews; bread and rolls with salted toppings, salted crackers; salted nuts, popcorn, potato chips, pretzels, and other salted snacks. (Reduced sodium products may be used, check label).

3. Avoid all salt cured, smoked and processed smoked meats, such as ham, bacon, cold cuts, chipped and corned beef, frankfurters, Koshered or Kosher style meats; canned meat and poultry. (Reduced sodium products may be used; check label.)

4. Avoid salted and smoked fish, such as cod, herring, sardines; canned salted salmon and tuna.

5. Avoid sauerkraut, olives, pickles, relishes, and other vegetables prepared in brine; tomato and vegetable cocktail juices canned with salt.

6. Avoid seasonings such as celery salt, garlic salt, Worcestershire sauce, soy sauce, and others containing salt; no salt substitutes unless ordered by the physician.

7. Serve cheeses, e.g., cheddar, mozzarella, provolone, and processed cheeses such as American, in limited amounts (approximately two times a week) unless low sodium (read labels).

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams Sodium 2-4 grams

**III. Adequacy**

This diet contains all nutrients necessary to provide and maintain

adequate nutrition based on the Dietary Reference Intakes-2005 Revision.

\*A moderate amount of salt is the amount usually called for in a standardized recipe. If no salt is used in the cooking, the sodium content of the diet may be below 2 grams.

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Cholesterol Restricted and Fat Controlled Diet

**I. Description**

This diet is designed to limit total fat, saturated fat, and cholesterol intake. The intent is to reduce and maintain an acceptable blood cholesterol level for the resident. This diet may also be used for disorders of the gall bladder, pancreas, and liver. The American Heart Association recommends total fat be no more than 20-25 percent of the total daily calories, with saturated fat limited to approximately 10 percent of total fat. The American Heart Association recommends limiting the amount of trans fats you eat to less than one percent of your total daily calories. That means if you need 2000 calories a day, no more than 20 of those calories should come from trans fats. That is less than 2 grams of trans fat a day.

There are “low fat” and “fat free” products currently available which are suitable for use on this diet and which may not be identified here. Read labels carefully to verify the appropriateness of the product(s) for use.

Fat Free – no more than 0.5 grams of fat per standardized serving Low fat – no more than 3 grams of fat per standardized serving

Low saturated fat – no more than 1 gram of saturated fat per standardized serving

Low cholesterol – no more than 20 milligrams of cholesterol per standardized serving

|  |  |  |
| --- | --- | --- |
| **II.** | **Approximate Composition** | |
|  | Calories | 1600-2000 |
|  | Protein | 60-75 grams |
|  | Cholesterol | 300 milligrams |

**III. Adequacy**

This diet provides all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Guidelines for Americans 2010.

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Cholesterol Restricted and Fat Controlled Diet

|  |  |  |
| --- | --- | --- |
| Limit to 6 ounces per |  | Marbled or fatty |
| day: lean beef, veal, |  | meats; fried or |
| lamb and pork, crab, | sautéed; Skin of | |
| shrimp, lobster and |  | chicken and |
| oysters. Select from the | turkey; duck; | |
| following for other meats: |  | goose; fish canned |
| chicken and turkey |  | in oil; |
| without skin; fish, |  | regular luncheon |
| including canned water |  | meats; canned |
| packed salmon and tuna; |  | meats; salt pork, |
| peanut butter in limited | frankfurters and | |
| amounts, lowfat cold |  | hot dogs; bacon; |
| cuts; meats, poultry and fish should be baked, broiled, roasted, simmered, or steamed and all visible fat removed  Low fat cheeses; ricotta and | | Other cheeses, |

cottage cheese; dips, and

spreads

|  |  |
| --- | --- |
| Eggs, cooked, | Eggs, prepared with |
| without additional fat | additional fat |
| (limit egg yolks to 3 per  week); without additional  fat and in cooking. Unlimited cholesterol free | Seasoned with any |
| egg products; dried beans, | food not allowed |

peas, and lentils.

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED**

**Milk** 1% Skim, buttermilk and All others including

lowfat yogurt and milk whole milk, 2%

Milk products

**Meat and equivalents**

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Cholesterol Restricted and Fat Controlled Diet

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED Fruits** All types None

**Vegetables** All types Any prepared with

bacon, meat drippings, butter, cream, whole or 2% milk

**Soup** Bouillon, consommé, clear All others

broth; soups made with

fat free broth or skim milk

|  |  |  |
| --- | --- | --- |
| **Breads, Cereals**  **& Grains** | All types including | Sweet rolls, |
|  | noodles, pasta and rice; | quick breads; |

waffles and pancakes; (muffins, biscuits,

cornbread), doughnuts

**Fats** Use sparingly Saturated fats such

as butter, cream, bacon, shortening; oils; high fat salad dressing.

**Desserts** Lowfat cake, pudding, High fat desserts

fruit and cream

pie and ice cream; cookies gelatin; sherbet; fruit whips; water ice;

**Beverages** Carbonated beverages, All others

coffee, tea, fruit drinks

**Miscellaneous** Sugar, condiments, jam, Chocolate candy;

|  |  |
| --- | --- |
| jelly, preserves, syrup, | baking chocolate |
| honey, hard candy, gum |  |
| drops, jelly beans, |  |
| marshmallows |  |

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Cholesterol Restricted and Fat Controlled Diet

Orange juice Oatmeal Cholesterol free egg Toast whole wheat Soft margarine

of choice Skim milk Jelly Sugar Creamer Salt, pepper

Tuna salad Vegetable soup Tossed salad

Lowfat Italian dressing Whole wheat bread Chilled peaches Skim milk

of choice Sugar Creamer Salt, pepper

Baked chicken breast

Mashed potatoes low fat gravy Seasoned carrots Mixed fruit salad

Dinner roll, whole wheat Soft margarine

Skim milk Rainbow sherbet of choice

Sugar Creamer Salt, Pepper

Juice

Graham crackers

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4 ounces ½ cup

1

1 slice

1 teaspoon 6-8 ounces 8 ounces 1 packet 2 packets as desired

1 packet each

½ cup

6 ounces 1 cup

1 ounce 2 slices ½ cup

8 ounces 6-8 ounces 1-2 packets as desired

1 packet each

½ (3 ounces EP) (without skin)

½ cup 1 ounce ½ cup ½ cup 1

1 teaspoons 8 ounces ½ cup

6-8 ounces 1-2 packets as desired

1 packet each

8 ounces 3 squares

**Sample Menu Plan**

**Breakfast**

Fruit or juice Cereal

Meat equivalent Bread

Fat Beverage Milk Miscellaneous

**Lunch or Supper**

Meat equivalent Vegetable Salad

Fat Bread Dessert Milk Beverage Miscellaneous

**Dinner**

Meat equivalent Potato Vegetable Salad Bread Fat Milk Dessert Beverage Miscellaneous

**Evening Nourishment**

**Limited K+ Diet**

Avoid the following foods and beverages;

● Bananas

● Prunes and prune juice

● Orange Juice

● Baked potatoes and sweet potatoes

● Tomatoes, tomato juice, V-8 juice

Encourage the following lower k+ beverage choices in addition to water:

● Cranberry juice

● Lemonade

● Apple juice

● Grape juice

● Fruit punch

● Clear soda

Liberalized Renal Diet

Follow K+ guidelines above Limit obviously salted foods

● Meats: sausage, bacon, scrapple, ham, chipped beef, corned beef, hot dogs, Canned meats

● Potato chips, salty snack foods

● Pickles, olives, sauerkraut

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Renal Diet

**I. Description** This diet is designed for residents with acute or chronic renal failure.

There are two categories of the Renal Diet including:

1. A predialysis diet in which the purpose is to restrict the intake of protein and phosphorus, potassium, sodium and fluid as medically indicated.

2. A dialysis diet is a liberalized and less restrictive diet. This diet is used to encourage the resident to improve their oral intake and help prevent malnutrition.

The renal diet order for potassium and sodium is usually written in milliEquivalents (mEq) but the food content of these minerals is generally given in milligrams (mg). To convert one measure to the other, see the appendix (page 122).

When planning a renal diet, the Carbohydrate Control Exchange Lists should be used. The pattern for each resident should be planned according to individual needs including labs, weights and preferences. Four commonly ordered renal diets are included that can be used as guides in planning menus.

|  |  |  |  |
| --- | --- | --- | --- |
| **II.** | **Approximate Composition**  **Predialysis** | | **Dialysis** |
|  | Calories | 2000 | 2000 |
|  | Protein | 45 gram (gm) | 75 gm |
|  | Potassium (K) | As medically indicated | As medically indicated |
|  | Sodium (Na) | 2-4 gm Na | 2-4 gm Na |
|  | Phosphorus (PO4) | 850 mg 1000 mg | less than 1700 mg |
|  | Fluid (ml/d) | As medically indicated | As medically indicated |

**III. Adequacy**

The 45 gm protein diet is deficient in thiamine, riboflavin, niacin, calcium, vitamin C, vitamin D, vitamin A, copper, magnesium, zinc and iron based on the Dietary Guidelines for Americans 2010.

The 60 gram protein diet is inadequate in calcium, pantothenic acid, copper, vitamin A, vitamin B6, magnesium and zinc based on the Dietary Guidelines for Americans 2010.

In addition, the patient who is receiving hemodialysis treatment will lose water soluble vitamins during dialysis.

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Renal Diet

60 grams

1 cup 1

2

1

2

2

2

1

1

3

1

2

1

1

3

1

1

0

0

75 grams

1 cup 1

2

1

3

3

2

1

1

3

2

2

1

1

3

1

1

0

0

90 grams

1 cup 1

3

1

3

3

2

1

1

3

3

2

1

1

3

1

1

1

1

½ cup 1

2

1

2

1

2

1

1

3

1

2

1

1

3

1

1

0

0

Protein Levels\*

45 grams

Breakfast Whole Milk Egg Starch Fruit Fat

Lunch Meat Starch Vegetable Fruit

Fat

Dinner Meat Starch Vegetable Fruit

Fat

Evening Snack Fruit

Starch Meat Fat

\*follows carbohydrate control exchange list \*\*protein needs are increased for the resident undergoing dialysis

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Renal Diet

Fluid Restriction Distribution Guide

This guide is to be followed until an individualized plan is developed by the dietitian and/or nursing service along with the resident’s input. It is suggested to use applesauce for the administration of medications.

Anything liquid at room temperature should be considered a liquid, eg: ice cream, gelatin, sherbet, popsicle, syrup, gravy, juice in canned fruits. KEEP NO WATER CUP AT THE BEDSIDE (unless ordered by physician).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 120 ml =1/2 cup | 240 ml =1 cup | |  | | |
| **TYPE** | **AMOUNT OF FLUID IN ml** | |  | | |
| BREAKFAST Juice | 120 | 120 | 120 | 240 | 240 |
| Beverage | 120 | 240 | 240 | 240 | 240 |
| NOON MEAL Beverage | 120 | 240 | 240 | 240 | 240 |
| EVENING MEAL Milk | 120 | 120 | 120 | 240 | 240 |
| Beverage | 120 | 120 | 240 | 240 | 240 |
| HS SNACK Milk | 120 | 120 |  | | |
| Juice |  | | 120 | 120 | 240 |
| FROM NURSING | 280 | 240 | 420 | 480 | 560 |
| TOTAL FLUIDS IN 24 HOURS | 1000 | 1200 | 1500 | 1800 | 2000 |

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***Potassium Containing Foods***

***Potassium (K) mg***

***(Over 300mg K+ per serving)***

***Values are for edible portion of foods***

|  |  |  |
| --- | --- | --- |
| **Items** | **Serving** | **Mg K+** |
| **FRUITS & JUICES** |  |  |
|  |  |  |
| Apricots, fresh | 3 medium | 313 |
| Apricots dried halves | 10 each | 482 |
| Avocado-California | 1 med | 1097 |
| Florida | 1 med | 1484 |
| Banana | 1 med | 451 |
| Blackberry juice | 1 cup | 425 |
| Cantaloupe, cubes | 1 cup | 494 |
| Cherries, sweet, fresh, pitted | 1 cup | 325 |
| Dates, whole, pitted | 10 ea | 541 |
| Grape Juice, canned/bottled | 1 cup | 334 |
| Grapefruit, half, canned sections | 1 cup | 328 |
| Grapefruit juice, fresh | 1 cup | 400 |
| Prepared from frozen | 1 cup | 337 |
| Canned unsweetened | 1 cup | 378 |
| Canned sweetened | 1 cup | 405 |
| Honeydew Melon, cubes | 1 cup | 461 |
| Lemon Juice: Fresh | 1 cup | 303 |
| Melon Casaba Cubes | 1 cup | 357 |
| Orange Juices |  |  |
| Chilled, fresh | 1 cup | 473 |
| Prep. From frozen | 1 cup | 474 |
| Canned, unsweetened | 1 cup | 436 |
| Orange Grapefruit juice | 1 cup | 390 |
| Papaya | 1 each | 780 |
| Passion fruit juice |  |  |
| Purple | 1 cup | 343 |
| Yellow | 1 cup | 687 |
| Plantains, cooked | 1 cup | 716 |
| Pineapple Juice | 1 cup | 338 |
| Pomegranate | 1 ea | 399 |
| Prunes, dried | 10 ea | 626 |
| Prune juice | 1 cup | 707 |
| Raisins | 1 cup | 1089 |
| Rhubarb, fresh | 1 cup | 351 |
|  |  |  |
| **VEGETABLES** |  |  |
| Artichoke, hearts marinated | 6 oz | 438 |
| Asparagus, frozen | 1 cup | 392 |
| Bamboo shoots, cooked fresh | 1 cup | 640 |
| Baked beans, dry white |  |  |
| w/sauce | 1 cup | 907 |

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|  |  |  |
| --- | --- | --- |
| Black Beans | 1 cup | 611 |
| Black eyed peas, cooked from froz | 1 cup | 860 |
| Cooked from fresh | 1 cup | 690 |
| Canned | 1 cup | 413 |
| Cooked from dry | 1 cup | 476 |
| Bok choy, fresh cooked | 1 cup | 630 |
| Broad bean, canned | 1 cup | 620 |
| Broccoli |  |  |
| Fresh chopped, cooked | 1 cup | 456 |
| Frozen, cooked | 1 cup | 331 |
| Brussel sprouts |  |  |
| frozen cooked | 1 cup | 504 |
| Fresh cooked | 1 cup | 491 |
| Cabbage cooked | 1 cup | 308 |
| Carrot juice | ½ cup | 358 |
| Celery, cooked, fresh | 1 cup | 426 |
| Chard, Swiss fresh -cooked | 1 cup | 961 |
| Collards, cooked from frozen | 1 cup | 307 |
| Eggplant, fresh cooked | 1 cup | 397 |
| Garbanzo beans, dry cooked | 1 cup | 477 |
| Great Northern beans, dry cooked | 1 cup | 692 |
| Green (snap) beans, cooked fresh | 1 cup | 373 |
| Green peas, cooked fresh | 1 cup | 383 |
| Hyacinth Beans, cooked, dry | 1 cup | 653 |
| Kale, cooked from frozen | 1 cup | 417 |
| Kidney beans, canned | 1 cup | 658 |
| Cooked from dry | 1 cup | 713 |
| Kohlrabi fresh | 1 cup | 490 |
| Cooked | 1 cup | 561 |
| Lentils, Cooked from dry | 1 cup | 731 |
| Lotus root, cooked fresh | 10 each | 323 |
| Parsnips, cooked from fresh | 1 cup | 573 |
| POTATOES: (unless leached) |  |  |
| Chips | 14 chips = 1 oz | 369 |
| Baked, Flesh & skin | 1 each | 844 |
| Flesh only | 1 each | 610 |
| Potato Skin | 1 each | 332 |
| Boiled w/skin, flesh only | 1 each | 515 |
| French Fries, fried in oil | 10 each | 366 |
| Hash browns, Frozen | 1 cup | 680 |
| Mashed, w/milk/marg | 1 cup | 607 |
| Prepared w/milk | 1 cup | 628 |
| From instant | 1 cup | 428 |
| Pumpkin, mashed, fresh | 1 cup | 564 |

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|  |  |  |
| --- | --- | --- |
| Rutabaga, fresh cubed | 1 cup | 471 |
| Sauerkraut, canned | 1 cup | 401 |
| Soybeans, dry cooked | 1 cup | 886 |
| Spinach, frozen cooked | 1 cup | 566 |
| Fresh cooked | 1 cup | 838 |
| Fresh | 1 cup | 312 |
| Canned, drained | 1 cup | 740 |
| Squash, Summer, sliced |  |  |
| Crookneck, fresh cooked | 1 cup | 346 |
| Zucchini, cooked fresh | 1 cup | 455 |
| Winter Squash |  |  |
| Acorn (Danish), baked | 1 cup | 1071 |
| Butternut, baked | 1 cup | 697 |
| Hubbard, baked | 1 cup | 859 |
| Succotash, cooked from fresh | 1 cup | 757 |
| Frozen cooked | 1 cup | 451 |
| Sweet potatoes, baked | 1 cup | 397 |
| Taro, fresh | 1 cup | 615 |
| TOMOTOES: |  |  |
| Fresh chopped | 1 cup | 400 |
| Cooked from fresh | 1 cup | 670 |
| Juice | 1 cup | 537 |
| Paste | 1 cup | 2442 |
| Sauce | 1 cup | 908 |
| Puree | 1 cup | 1051 |
| Mixed Vegetables (corn, peas,  Limas, green beans, carrots)  frozen, cooked | 1 cup | 308 |
| Canned, drained | 1 cup | 474 |
| **MILK & DAIRY** |  |  |
| CHEESE: |  |  |
| Ricotta, part skim | 1 cup | 307 |
| CREAM, Sweet fluid, |  |  |
| Half & Half | 1 cup | 314 |
| CREAM, sour |  |  |
| Cultured dairy | 1 cup | 331 |
| Imitation non-dairy | 1 cup | 369 |
| CREAM SUBSTITUTES, non dairy |  |  |
| Coffee whitener (powder) | 1 cup | 763 |
| MILK |  |  |
| Skim | 1 cup | 406 |
| Lowfat 1 % | 1 cup | 381 |
| Lowfat 2 % | 1 cup | 377 |
| Whole (3.3% fat) | 1 cup | 370 |
| Buttermilk (<1% fat) | 1 cup | 371 |
| Canned, skim evap | 1 cup | 845 |
| Canned, whole | 1 cup | 764 |
| Dry, instant nonfat, envelope | 1 each | 1552 |

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|  |  |  |
| --- | --- | --- |
| Dried, buttermilk | 1 cup | 1910 |
| Milk (other): |  |  |
| Goat | 1 cup | 499 |
| Soy Milk | 1 cup | 338 |
|  |  |  |
| Chocolate |  |  |
| Low fat 1% | 1 cup | 425 |
| Low fat 1 % | 1 cup | 422 |
| Whole (3.3 % fat) | 1 cup | 417 |
| Egg Nog, commercial | 1 cup | 420 |
|  |  |  |
| Malted Milk, w/whole milk |  |  |
| Chocolate flavor | 1 cup | 499 |
| Natural Flavor | 1 cup | 529 |
|  |  |  |
| Milkshakes 10 Fl Oz, 1.25 c |  |  |
| Chocolate | 1.25 cup | 567 |
| Strawberry | 1.25 cup | 516 |
| Vanilla | 1.25 cup | 492 |
|  |  |  |
| MILK DESSERTS: |  |  |
| Custard Baked | 1 cup | 387 |
| Soft Served ice cream, vanilla | 1 cup | 338 |
| Ice milk soft serve 3 %fat | 1 cup | 412 |
|  |  |  |
| Chocolate Pudding | 1 cup | 366 |
| YOGURT |  |  |
| Lowfat plain | 1 cup | 531 |
| Lowfat w/fruit | 1 cup | 442 |
| Lowfat, coffee/vanilla | 1 cup | 497 |
| Nonfat | 1 cup | 579 |
| Whole | 1 cup | 352 |
| Yogurt, cheese | 1 cup | 666 |
|  |  |  |
| **MEAT, FISH & POULTRY** |  |  |
|  |  |  |
| BEEF |  |  |
| Rib, lean only, roasted | 3 ounces | 320 |
| Round Steak, lean only broiled | 3 ounces | 352 |
| Round Steak, lean & fat broiled | 3 ounces | 311 |
| Round tip lean only, roasted | 3 ounces | 328 |
| Sirloin Steak, lean only, broiled | 3 ounces | 336 |
| T-Bone Steak, lean only broiled | 3 ounces | 346 |
| Beef fried liver | 3 ounces | 309 |

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|  |  |  |
| --- | --- | --- |
| PORK |  |  |
| Center loin chop broiled lean,  & fat, (cut 3 per lb = 4.4 oz- raw  w/o bone, 5.3 oz-raw w/bone) |  |  |
| Broiled, lean & fat | 1 each | 312 |
| Broiled, lean only | 1 each | 302 |
| Pan fried, lean & fat, center | 1 each | 323 |
| Pan fried, lean only | 1 each | 305 |
| Center rib chop: (cut 3 per lb,  5.3 oz raw w/bone 3.9 oz w/o bone ) |  |  |
| Pan Fried, lean & fat | 1 each | 309 |
| Pork roast, leg, lean only | 3 ounces | 317 |
| Pork roast, average loin & rib, lean only | 3 ounces | 333 |
| Spare ribs, cooked 1 lb raw | 6.25 oz | 566 |
| Veal (calf) liver, pan fried | 3 ounces | 372 |
|  |  |  |
| POULTRY: |  |  |
| CHICKEN: 3 lb = 1.45 lb raw, =1.1 lb cooked |  |  |
| Fried | 1 cup | 360 |
| Roasted | 1 cup | 340 |
| Goose, domestic Roasted Meat only | 3 oz | 330 |
| TURKEY: |  |  |
| Roasted all types | 1 cup | 418 |
|  |  |  |
| **Sausages and Lunchmeats** |  |  |
| Ham Salad Spread | 1 cup | 359 |
|  |  |  |
| **Grains & Grain Products:** |  |  |
| Amaranth grain | 1 cup | 714 |
| Buckwheat Flour, dark | 1 cup | 490 |
| Buckwheat Flour, light | 1 cup | 314 |
| Corn Flour | 1 cup | 369 |
| Masa Harina, enriched | 1 cup | 340 |

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|  |  |  |
| --- | --- | --- |
| Cornmeal, dry: Nearly whole broiled | 1 cup | 303 |
| **FLOUR:** |  |  |
| Macaroni, cooked: |  |  |
| Vegetable enriched | 1 cup | 413 |
| **NOODLES:** |  |  |
| Oat bran (1 T = 6g) | 1 cup | 532 |
| **PASTA:** |  |  |
| Quinoa grain, dry | 1 cup | 1258 |
| RICE, cooked: |  |  |
| Rice bran | 1 cup | 1233 |
| Rye Flour, Dark | 1 cup | 934 |
| Soy Flour, stirred: Low fat flour | ½ cup | 1131 |
| Defatted | ½ cup | 1192 |
| Full fat, raw | ½ cup | 1069 |
| **WHEAT:** |  |  |
| Wheat bran | ½ cup | 355 |
| FLOURS, unbleached |  |  |
| Semolina | 1 cup | 311 |
| Whole Wheat | 1 cup | 486 |
| Wheat Germ |  |  |
| Raw | 1 cup | 892 |
| Toasted | 1 cup | 1070 |
| Wheat, rolled, dry | 1 cup | 323 |
|  |  |  |
| **MIXED DISHES & FAST FOODS** |  |  |
| Beef & Vegetable stew |  |  |
| Recipe | 1 cup | 613 |
| Canned | 1 cup | 417 |
| Beef, macaroni, tomato Sauce, |  |  |
| Recipe | 1 cup | 562 |
| Beef Pot Pie, homemade | 1 piece | 334 |
| BURRITO |  |  |
| Bean Burrito | 1 each | 427 |
| Beef Burrito | 1 each | 363 |
| Beef & Bean Burrito | 1 each | 388 |
| Deluxe Combination | 1 each | 433 |
| Chicken a la king, recipe | 1 cup | 404 |
| Chicken Chow Mein |  |  |
| Homemade | 1 cup | 473 |
| Canned | 1 cup | 418 |
| Chicken curry, homemade | 1.5 cup | 410 |
| Chicken pot pie, recipe, 1/3 | 1 piece | 343 |
| Chili w/beans, canned | 1 cup | 932 |
| Chop suey, beef/pork | 1 cup | 425 |
| Corn pudding | 1 cup | 402 |

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|  |  |  |
| --- | --- | --- |
| Corned beef hash, canned | 1 cup | 440 |
| LASAGNA, recipe |  |  |
| with meat | 1 piece | 507 |
| without meat | 1 piece | 424 |
| Manicotti, frozen entree | 1 each | 347 |
| Moussaka (lamb & eggplant) | 1 cup | 695 |
|  |  |  |
| PIZZA, cheese |  |  |
| Regular crust, 1/8 of 15“ | 1 piece | 474 |
| Thick crust, ½ of 10 | 1 piece | 367 |
| Potato salad w/mayo & eggs | 1 cup | 635 |
| Ravioli, beef, canned = 16/cup | 1 cup | 553 |
|  |  |  |
| SANDWICHES, Fast Food |  |  |
| Cheeseburger, 4 oz beef | 1 each | 407 |
| Fish Sandwich |  |  |
| Large, w/o cheese | 1 each | 375 |
| Hamburger, 4 oz beef | 1 each | 404 |
| Roast beef w/bun | 1 each | 338 |
|  |  |  |
| SANDWICHES, on part whole  Wheat bread, unless stated as  rye |  |  |
| Avocado, cheese, tomato,  sprouts | 1 each | 562 |
| Ham & Cheese | 1 each | 334 |
| Ham & Swiss on rye | 1 each | 342 |
| Ham on rye | 1 each | 311 |
| Patty melt, on rye | 1 each | 410 |
| Reuben, grilled | 1 each | 313 |
| Roast beef sandwich | 1 each | 314 |
| Turkey ham & cheese on rye | 1 each | 319 |
| SPAGHETTI, pasta & tomato Sauce with cheese |  |  |
| Homemade | 1 cup | 408 |
| Canned | 1 cup | 303 |
| SPAGHETTI, pasta & tomato Sauce w/meat: |  |  |
| Homemade | 1 cup | 665 |
| Tostada: |  |  |
| Beans & Beef | 1 each | 442 |
| Beans & chicken | 1 each | 358 |
| Refried Beans | 1 each | 422 |
| Tuna salad | 1 each | 531 |
|  |  |  |

60

|  |  |  |
| --- | --- | --- |
| **NUTS & SEEDS** |  |  |
| Almonds dried whole | 1 cup | 1034 |
| Brazil nuts, dry | 1 cup | 840 |
| Cashews |  |  |
| Dry roasted | 1 cup | 774 |
| Oil roasted | 1 cup | 689 |
| Chestnuts, roasted | 1 cup | 846 |
| Coconut: |  |  |
| Dried, unsweetened | 1 cup | 423 |
| Coconut cream, raw | 1 cup | 780 |
| Coconut milk, canned | 1 cup | 497 |
| Coconut water, raw | 1 cup | 600 |
| Filberts (hazelnuts), whole | 1 cup | 601 |
| Macadamias, oil roasted | 1 cup | 441 |
|  |  |  |
| MIXED NUTS w/peanuts (almonds, brazil nuts,  cashews, Filberts, peanuts & pecans) |  |  |
| Dry roasted | 1 cup | 817 |
| Oil roasted | 1 cup | 825 |
| MIXED NUTS w/o peanuts  (cashews, almonds, brazil nuts,  Pecans& filberts: |  |  |
| Oil roasted | 1 cup | 783 |
| PEANUTS: |  |  |
| Dry roasted | 1 cup | 960 |
| Oil roasted | 1 cup | 982 |
| Pecans, dried, chopped | 1 cup | 466 |
| Pistachios, dried, shelled | 1 cup | 1399 |
| Pumpkin seed |  |  |
| Roasted kernels | 1 cup | 1830 |
| Whole, roasted | 1 cup | 588 |
| Sesame Seeds: |  |  |
| Whole seed, dried | 1 cup | 674 |
| Kernels, dried | 1 cup | 611 |
| Soybeans, roasted | ½ cup | 1264 |
| Sunflower seed kernels: |  |  |
| Dried seeds | 1 cup | 992 |
| Oil roasted | 1 cup | 652 |
| Walnuts, chopped: |  |  |
| Black | 1 cup | 655 |
| English | 1 cup | 602 |
|  |  |  |
|  |  |  |

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|  |  |  |
| --- | --- | --- |
| Cheese sauce: mix with milk | 1 cup | 552 |
| Spaghetti sauce, plain: |  |  |
| Homemade | 1 cup | 915 |
| Canned | 1 cup | 957 |
| Spaghetti sauce, w/meat: |  |  |
| Homemade | 1 cup | 615 |
| Canned | 1 cup | 444 |
| White sauce |  |  |
| Recipe, medium | 1 cup | 381 |
| Mix with milk | 1 cup | 444 |
| SOUPS: soups are prepared From canned unless Otherwise stated. RTS = Ready to serve. For Soup Prep. w/milk, assume  whole Milk. |  |  |
| Bean w/bacon | 1 cup | 403 |
| Celery, cream of, w/milk | 1 cup | 309 |
| Cheese soup w/milk | 1 cup | 340 |
| Chili beef | 1 cup | 525 |
| Clam chowder |  |  |
| New England style | 1 cup | 300 |
| Gazpacho soup, RTS | 1 cup | 356 |
| Lentil & Ham RTS | 1 cup | 356 |
| Minestrone soup | 1 cup | 312 |
| Potato, cream of, w/milk | 1 cup | 323 |
| Split pea | 1 cup | 399 |
| Tomato Soup |  |  |
| Prep with milk | 1 cup | 450 |
| Tomato Rice Soup | 1 cup | 330 |
| Turkey soup, chunky, RTS | 1 cup | 814 |
| Vegetable, chunky, RTS | 1 cup | 396 |
| **OTHER**  Cooking ingredients, Condiments, fat, flavorings, Spices, sweets, etc |  |  |
| Baking powder, low sodium | 1 tsp | 471 |
| Barbecue sauce | 1 cup | 435 |
| Candy and Candy bars: Chocolate coated: |  |  |
| Almonds | 1 cup | 1011 |
| Peanuts | 1 cup | 857 |
| Raisins | 1 cup | 1153 |
| Carob Flour | 1 cup | 852 |
| Chili sauce: |  |  |
| Tomato based | 1 cup | 1010 |
| Chocolate: |  |  |

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|  |  |  |
| --- | --- | --- |
| Cocoa Powder | 1 cup | 1000 |
| Hummous | 1 cup | 427 |
| Molasses: |  |  |
| Blackstrap | 2 T | 1171 |
| Natto (Soybean products) | ½ cup | 1276 |
| Salt substitutes vary, check  label |  |  |
| Lite Salt (Morton) | 1 tsp | 1500 |
| Salt Substitiute (Morton) | 1 tsp | 2800 |
| Seasoned Salt Substitute (Morton) | 1 tsp | 2100 |
| Sugar |  |  |
| Brown | 1 cup | 757 |
| SPICES |  |  |
| Cream of tartar | 1 T | 361 |
| Tempeh (soybean product) | 1 T | 609 |
|  |  |  |
| **BAKED GOODS**  PIE: piece is 1/16 th of 9 “ pie |  |  |
| Mincemeat pie | 1 piece | 349 |
| Pumkin pie | 1 piece | 400 |
| Banana Cream, commercial | 1 piece | 308 |
| **EGGS** |  |  |
| Egg substitutes vary by brand.  Check label | 1 cup |  |
| Liquid | 1 cup | 828 |

**For fresh potatoes (white or sweet) peel, slice and soak in cold water at least 4 hours (preferably overnight) drain, add fresh water and cook. Use no more than 2 times per week.**

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Renal Diet

High Phosphorus Foods

These foods may need to be limited when planning a renal diet.

MILK PRODUCTS NUTS AND SEEDS

|  |  |
| --- | --- |
| (limit to 1 serving/day) 1 oz Cheese | 1 oz Almonds |
| ½ cup Cream soup | 1 oz Cashews |
| 1 tbsp Creamer half and half | 1 oz Peanuts |
| ½ cup Ice cream, ice milk | 2 tbsp Peanut butter |
| ½ cup Milk | 1 oz Pecans |
| ½ cup Milk shakes | 1 oz Pumpkin seeds |
| ½ cup Pudding | \*1 oz Sunflower seeds |
| ½ cup Yogurt | 1 oz Walnuts |

GRAIN PRODUCTS MISCELLANEOUS

|  |  |
| --- | --- |
| 1 Biscuit from mix | Beer |
| \* ¾ cup Bran cereals | \*1 cup Cocoa made with milk |
| 1 Bran muffins | 1 oz Chocolate, semi sweet |
| 1 Cornbread | 12 oz Cola |

½ cup Oatmeal

2 pancakes from mix

1 slice Pumpernickel bread

1 Waffles, except Eggo’s (not banana or oats) 1 Whole wheat bread

LEGUMES PROTEIN FOODS

½ cup baked beans \*3 oz liver

½ cup Black-eyed peas \*1 oz macaroni and cheese ½ cup Chick peas (garbanzo beans) \*1 slice Pizza

|  |  |
| --- | --- |
| ½ cup Lentils | \*3 oz Tuna |
| ½ cup Lima beans | \*3 oz Salmon |
| ½ cup Navy beans | \*3 oz Beef, Turkey or Ham |

½ cup Red kidney beans \*½ cup Soybean products \*½ cup Tofu, raw, firm

**\*These foods have greater than 200 mg of phosphorus per serving size noted. It is important to adhere to the portion sizes listed and follow the Renal Diet Pattern.**

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Renal Diet

**I.** Suggested bag lunch when sending your resident out prior to the facility lunch meal; choose a sandwich, beverage and fruit from the following list

and add additional items based on need and preference.

**II.** Sensible Snack Suggestion

SANDWICHES

Roast beef, meat loaf, sliced chicken, sliced turkey, chicken salad, tuna, salad, seafood salad, egg salad, turkey salad, roast pork, jelly or cream cheese.

BEVERAGES

Cranberry drink, apple juice, grape juice, Hi-C, Hawaiian punch, Kool-aid, Tang, clear soda

DESSERTS

Rice crispy bar, 4 sugar cookies, 3 butter cookies, 3 vanilla cream cookies, angel food cake, pound cake, 4 shortbread cookies, fruit pie, 3 gingersnaps, or 4 vanilla wafers

FRUIT

Applesauce, apple, tangerine, grapes, blueberries, cherries, strawberries, canned pears or canned pineapple

STARCHES

Bagel with cream cheese and jelly, muffin with margarine and jelly, Danish, donut, tortilla chips, graham crackers with cream cheese, unsalted popcorn, unsalted crackers and pretzels

CANDY

Gum drops, jelly beans, hard candy, marshmallows, lollipops, candy corn or butter mints

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***Simplified Guideline for Standard Carbohydrate Controlled Diet***

**I. Description**

Because of the importance of proper diet in the treatment and control of diabetes, whenever possible the carbohydrate controlled diet should be created by a registered or licensed dietitian/nutritionist to assure optimal variety, client satisfaction and therapeutic benefit. However, the following guideline can be used to prepare a more standard carbohydrate controlled menu. It can be used by caregivers responsible for preparing carbohydrate controlled menus in smaller assisted living programs. Once written, these menus should then be reviewed and approved by a registered/licensed dietitian/nutritionist.

**II. Approximate Composition**

The accepted calorie range for the regular diet (upon which the carbohydrate controlled diet is based) is 1700-2400 calories per day. Therefore, these simplified guidelines are designed to create a menu plan providing approximately 2000-2100 calories, 75 grams of protein, 270 grams of carbohydrate and 50 grams of fat. (Note: Calculations are based upon the use of primarily leaner meats and reduced fat (2%) milk. However, the use of whole milk is acceptable.

**III. Adequacy**

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Recommended Daily Intakes (RDI), 2005.

**IV. Suggested Guidelines**

The diet will provide three meals and one bedtime snack daily. By using the following guidelines, the carbohydrate is distributed in equal amounts across breakfast, lunch and dinner, with a smaller amount provided at the bedtime snack.

Breakfast Lunch Dinner Bedtime

|  |  |  |  |
| --- | --- | --- | --- |
| 3 starch servings | 4 starch servings | 3 starch servings | 1 starch serving |
| 1 fruit serving | 1 fruit serving | 1 fruit serving | 1 fruit serving |
|  | 1 vegetable serving | 2 vegetable serving |  |
| 1 milk serving |  | 1 milk serving |  |
| 1 oz meat or substitute | 3 oz meat or substitute | 3 oz meat or substitute | 1 oz meat or substitute |
| 1 fat serving | 1 fat serving | 1 fat serving | 1 fat serving |

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***Simplified Guideline for Standard Carbohydrate Controlled Diet***

|  |  |
| --- | --- |
| In general, one starch serving is: | In general, one vegetable serving is: |
| ½ cup of cereal grain, pasta, or starchy | ½ cup of cooked vegetables, |
| vegetable, 1 ounce of a bread | 1 cup vegetable juice or |
| product, such as 1 slice of bread or | 1 cup raw vegetables |
| crackers  In general, on fruit serving is: | In general, 1 oz. meat or substitute is: |
| 1 small to medium fresh fruit | 1 oz meat, poultry, fish or cheese |
| ½ cup canned or fresh fruit or juice | 1 egg or ¼ cup cottage cheese |

¼ cup dried fruit ½ cup beans, peas, lentils (also count

as one starch)

2 tablespoon salad dressing

See the Exchange Lists for Meal Planning at the end of this section for more detail.

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***Carbohydrate Controlled Diet***

**I. Description**

This diet is designed for residents with diabetes mellitus. It is based upon the regular diet but, since the carbohydrate content of meals produces the largest influence on blood sugar levels, meals are planned to provide a consistent amount of carbohydrate from day to day. Concentrated sweets are not prohibited but must be planned into the total carbohydrate allowance. This diet can be used for any diabetic resident who does not require a calorie restriction.

|  |  |  |
| --- | --- | --- |
| **II.** | **Approximate** Calories | 1700-2400 |
|  | Protein | 65-75 grams |

**III. Adequacy**

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Guidelines for Americans 2010.

**IV. Basis for Calculation of Carbohydrates**

The carbohydrate controlled diet is most easily planned by using the Exchange Lists for Meal Planning. There are four food exchange groups which contain carbohydrate; these are starches, fruits, milks and vegetables. In the 1994 revision to the exchange lists, another group called “other carbohydrates” was added to accommodate carbohydrate- containing foods which cannot be categorized as a starch, fruit, milk or vegetable. Examples are sweets and high fat snack foods. The 1994 edition of the exchange lists for meal planning are found at the end of this section.

**V. Steps In Planning the Carbohydrate Controlled Diet (example)**

**A. Establish the calorie level of the diet.** The American Diabetes Association guidelines for nutritional care of individuals with diabetes suggest that 50-60 percent of calories come from carbohydrates. Because the carbohydrate content of the diet is based upon calories, it is necessary to write menus which contain a set daily calorie level. Each might determine the average daily number of calories needed by the majority of diabetic residents who will be receiving the diet. Or, taking the midpoint of calories suggested under the regular diet guidelines would also be appropriate.

|  |  |
| --- | --- |
| Accepted Calorie Range – Regular Diet | 1700-2400 |
| Suggested Midpoint for the Carbohydrate Controlled Diet | 2000 |

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***Carbohydrate Controlled Diet***

**B. Calculate the daily carbohydrate content in grams.** (Every gram of carbohydrate contains four calories. Fifty to sixty percent of calories from carbohydrate would be acceptable.)

2000 Calories x 55% carbohydrate = 1100 carbohydrate calories per day 1100 carbohydrate calories ÷ 4 calories/gram = 275 grams

carbohydrate per day

**C. (Plan how the carbohydrates will be distributed throughout the day.)** There is no single correct way to spread the carbohydrate throughout the day. The goal is to distribute the carbohydrates as evenly as possible but, in general the largest or most popular meals should contain more carbohydrate than lighter meals or snack.

TIP: Because carbohydrate foods in the exchange lists contain an average

15 grams carbohydrate per serving, it is suggested that carbohydrate distribution goals be in multiples of 15 to provide the simplest meal formula.

Example for a facility where meals are approximately the same size:

|  |  |
| --- | --- |
| Breakfast | 75 grams carbohydrate (5 carbohydrate servings) |
| Lunch | 75 grams carbohydrate (5 carbohydrate servings) |
| Dinner | 75 grams carbohydrate (5 carbohydrate servings) |
| Snack | 45 grams carbohydrate (3 carbohydrate servings) |

|  |  |  |  |
| --- | --- | --- | --- |
| Total | |  | 270 grams carbohydrate/day\* |
| **D.** | **Other considerations** | | |
|  | | 1. | While the focus of this diet is on total carbohydrates per meal and per day, it is still important to plan menus which are nutritionally balanced and provide at least 2 servings of milk, 2 servings of fruit, 3 servings of vegetables, 6 servings of starch and 5 oz. of protein per day. |
|  | | 2. | This diet does not specifically prohibit regular condiments such as regular sugar, regular jelly, regular syrup, etc. However, these foods may be wasted carbohydrates. For example, a single 2 oz. container of regular syrup would “waste” 30 grams of carbohydrate, or two carbohydrate choices, at that meal. This might make it impossible to provide adequate amounts of other carbohydrate foods (e.g. juice and milk) to provide a well-balanced meal. |

\*Note: The goal for total carbohydrate per day was 275 grams. 270 grams is

close enough.

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***Carbohydrate Controlled Diet***

3. This diet allows the diabetic resident to enjoy regular desserts as long as the total carbohydrate within the meal is controlled (see “Other Carbohydrates” exchange list). However, like all well-planned menus, regular dessert should only be included when all nutritional needs have been met and adequate calories remain to allow the regular dessert to be included. Often portions of regular dessert are small so that the menu does not exceed the allowed amount of carbohydrates or calories. At times, a lower sugar, “dietetic” dessert may still be the best choice for a menu. To avoid confusion among staff and residents, it may be wise to try to establish a pattern for incorporating regular desserts - every Sunday and Thursday at the main meal, for example.

**VI. EXCHANGE LIST FOR MEAL PLANNING See next page.**

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***Carbohydrate Controlled Diet***

Traditional Exchange Lists for Meal Planning

Exchange Group Carbohydrate (g) Protein (g) Fat (g) Calories

Starches 15 3 0-1 80

Fruits 15 - - 60

Milk Skim 12 8 0-1 90

Low Fat 12 8 5 120

Whole 12 8 8 150

Other Carbohydrates 15 varies varies - Vegetables 5 2 - 25

Meat Very Lean (VL) - 7 0-1 35

Lean (L) - 7 3 55

Medium Fat (MF) - 7 5 75

High Fat (HF) - 7 8 100

Fats - - 5 45

\*Note that the meat and fat exchange groups do not contain carbohydrate.

To simplify meal planning based on carbohydrate content, it is common for starches, fruits, milks and “other carbohydrates” servings to all be averaged to 15 grams of carbohydrate per serving. Foods in any of these groups simply become “carbohydrate foods” and become interchangeable in the diet. For example, on the carbohydrate controlled diet, an 8 ounce glass of skim milk and a medium peach are both calculated to contain 15 grams of carbohydrate. Providing either, would be providing one carbohydrate serving.

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***Carbohydrate Controlled Diet***

Simplified Exchange Lists for Carbohydrate Planning

Exchange Group Carbohydrate (g) Protein (g) Fat (g) Calories

Starches 15\* 3 0-1 80\* Fruits 15\* 3 0-1 80\* Milk Skim 15\* 8 0-1 80\* Low Fat 15 8 5 120

Whole 15 8 8 150

Other Carbohydrates 15 varies varies - Vegetables\*\* 5\* 2 - 25

Meat Very Lean (VL) 0 7 0-1 35

Lean (L) 0 7 3 55

Medium Fat (MF) 0 7 5 75

High Fat (HF) 0 0 8 100

Fats 0 0 5 45

\*It is acceptable to average the carbohydrate and calorie content of the three main

“carbohydrate” groups to further simplify meal calculations.

\*\*Because of the small carbohydrate content in vegetables, it is acceptable not to include them in carbohydrate calculations unless three or more exchanges are served together. For example, a chef salad might contain 3 cups of assorted raw vegetables. This would be three vegetable exchanges, 15 grams of carbohydrate, and one serving of carbohydrate.

Other methods of counting carbohydrates, such as nutritional information lists or books, and food labels can also be used in planning the Carbohydrate Controlled Diet. However, there are three benefits of calculating carbohydrate using the exchange lists:

1. Most dietary staff members are already familiar with the exchange lists.

2. Resident preferences can be accommodated more easily. For example, if Mrs. Jones dislikes milk, it is not necessary to rewrite the entire carbohydrate controlled diet for her. Her diet care plan would simply note that the milk in her meals would need to be substituted with another “carbohydrate” serving – such as an extra fruit serving or starch serving – to keep the calculated carbohydrate amounts intact.

3. The same system is used to calculate calorie controlled diabetic diets (see next section), so that the dietary staff does not need to learn two different diabetic diet methods.

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***Carbohydrate Controlled Diet Carbohydrate Controlled Meal Plan***

15 80

15 80

0 75

15 80

0 45

15 80

60 440

15 80

0 110

30 160

5 25

0 45

15 80

65 500

15 80

5 25

0 0

30 160

0 70

0 50

15 80

65 465

15 80

15 80

30 160

220 1565

(Based upon 55% of calories from carbohydrate or approximately 206 grams) Carbohydrate Distribution 60-65-65-30

**Menu Carbohydrates Calories**

Breakfast

4 oz orange juice (1 fruit)

¾ cup (1 oz) cold cereal or 4 oz oatmeal (1 starch)

1 egg, scrambled in PAM (1 MF meat)

1 piece of toast or 2 - 4” reduced fat pancakes (1 starch)

1 pat margarine (1 fat)

1 cup skim milk (1 milk)

Lunch

4 oz orange juice (1 fruit)

2 oz baked chicken with skin (2 L meat)

2/3 cup rice, plain (2 starch)

½ cup carrots plain (1 veg)

1 pat margarine (1 fat)

½ cup fresh fruit cup (1 fruit)

Dinner

8 oz vegetable soup

1 cup tossed salad (1 veg) 1 packet fat free dressing

2 slices wheat bread (2 starch)

½ cup tuna, water-packed (2 VL meat)

1 tbsp light mayonnaise (1 fat)

½ cup diet peaches (1 fruit)

Snack

1 cup skim milk (1 milk)

4 whole wheat crackers (low fat)

DAILY TOTAL

73

***Carbohydrate Controlled Diet Carbohydrate Controlled Meal Plan***

(Based upon 55% of calories from carbohydrate or approximately 275 grams) Carbohydrate Distribution 75-75-75-45

One starch exchange equals 15 grams carbohydrate, 3 grams protein 0-1 grams fat and 80 calories.

**Menu Carbohydrates Calories**

Breakfast 4 oz orange juice (1 fruit) 15 80

¾ cup (1 oz) cold cereal or 4 oz hot cereal (1 starch) 15 80

1 egg, scrambled in PAM (1 MF meat) 0 75

1 piece of toast or 4 - 4” reduced fat pancakes (2 starch) 30 160

2 pats margarine (1 fat) 0 45

1 cup skim milk 15 80

75 520

Lunch 1 cup vegetable soup 15 80

2 packet crackers (2 starch) 7.5 40

1 cup tossed salad (1 veg) trace 25

1 packet light Italian dressing (1 fat) 0 45

2 slices wheat bread (2 starch) 30 160

½ cup tuna, water-packed (2 VL meat) 0 70

1 tbsp light mayonnaise (1 fat) 0 50

½ cup skim milk (1/2 starch) 7.5 40

½ cup chilled peaches (1 starch) 15 80

75 670

Dinner 3 oz baked chicken with skin (3lean meat) 0 165

2/3 cup rice, plain (2 starch) 30 160

6 oz V-8 juice (1 veg)\* 15 80

1 cup carrots, plain (2 veg) (\*together=1 starch) 1 roll, small (1 starch) 15 80

1 pat margarine (1 fat) 0 45

½ cup ice cream, vanilla (1 starch, 1 ½ fat) 15 150

75 670

Snack 1 cup skim milk (1 starch) 15 80

1 oz angel food cake (1 starch) 15 80

1/2 cup natural applesauce (1 starch) 15 80

45 240

DAILY TOTAL 270 2020

74

***Carbohydrate Controlled Diet Carbohydrate Controlled Meal Plan***

One starch exchange equals 15 grams carbohydrate, 3 grams protein 0-1 grams fat and 80 calories.

**Bread Cereals and Grains**

|  |  |  |  |
| --- | --- | --- | --- |
| Bagel | ½ (1 oz) | Bran cereals | ½ cup |
| Bread, reduced-calorie | 2 slices | Bulgur | ½ cup |
| Bread, white, whole-wheat |  | Cereals | ½ cup |
| Pumpernickel or rye | 1 slice | Cereals, unsweetened, |  |

Bread sticks, crisp, ready-to-eat ¾ cup 4 in long x ½ in 2 (2/3 oz) Cornmeal (dry) 3 tbsp

|  |  |  |  |
| --- | --- | --- | --- |
| English muffin | ½ | Couscous | 1/3 cup |
| Hot dog or hamburger bun | ½ (1 oz) | Flour | 3 tbsp |
| Pita, 6 in across | 1/2 | Granola, low fat | ¼ cup |
| Roll, plain, small | 1 | Grape nuts | ¼ cup |
| Raisin bread, unfrosted | 1 slice | Grits | ½ cup |
| Tortilla, corn, 6 in across | 1 | Kasha | 1 ½ cup |
| Waffle, 4 ½ square |  | Millet | ¼ cup |
| Reduce fat | 1 | Muesli | ¼ cup |
|  | | Oats | ½ cup |
|  | | Pasta | ½ cup |
|  | | Puffed cereal | 1 ½ cup |
|  | | Rice milk | 1 ½ cup |

Rice, white or brown 1/3 cup Shredded wheat 1 ½ cup Sugar-frosted cereal ½ cup Wheat germ 3 tbsp

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***Carbohydrate Controlled Diet***

8

3

¾ oz 4 slices 24

3 cups ¾ oz 2

6

15-20 (3/4 oz)

2-5 (3/4 oz)

One starch exchange equals 15 grams carbohydrate, 3 grams protein 0-1 grams fat and 80 calories.

**Starchy Vegetables Beans, Peas, and Lentils**

|  |  |  |  |
| --- | --- | --- | --- |
| Baked beans | 1/3 cups | Beans and peas (garbanzo, | |
| Corn | ½ cup | pinto kidney, white, split, |  |
| Corn on cob, medium 1 (5 oz) black-eyed | | | ½ cup |
| Mixed vegetables with corn, |  | Lima beans 2/3 cup | |

peas or pasta 1 cup Lentils ½ cup Plantain ½ cup Miscellaneous 3 tbsp Potato (mashed) 1 small (3 oz)

|  |  |
| --- | --- |
| Squash, winter  (acorn, butternut) | 1 cup |
| Yam, sweet potato, plain | ½ cup |

Crackers and Snacks

Animal crackers

Graham crackers, 2 ½” Square Matzo

Melba toast Oyster crackers

Popcorn (popped, no fat added Or low fat microwave

Pretzels

Rice cakes 4 inch across Saltine type crackers

Snack chips, fat-free (tortilla, Potato

Whole-wheat crackers, No fat added

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***Carbohydrate Controlled Diet***

One starch exchange equals 15 grams carbohydrate, 3 grams protein 0-1 grams fat and 80 calories.

**Starchy Foods Prepared with Fat Common Measurements**

Biscuit, 2 ½ inch across 1 3 tsp = 1 tbsp Chow mein noodles ½ cup 4 tbsp = ¼ cup Corn bread, 2 in cube 1 (2 oz) 5 1/3 tbsp = 1/3 cup Crackers, round butter type 6 4 oz = ½ cup Croutons 1 cup 8 oz = 1 cup French fried potatoes 16-25 (3 oz) 1 cup = ½ pint Granola ¼ cup

|  |  |
| --- | --- |
| Muffin, small | 1 (1 ½ oz) |
| Pancake, 4 inch across | 2 |
| Popcorn, microwave | 3 cups |
| Sandwich cracker, cheese or Peanut butter filling | 3 |
| Stuffing, bread (prepared) | 1/3 cup |
| Taco, shell, 6 inch square | 2 |
| Waffle, 4 ½ inch square | 1 |
| Whole-wheat crackers, fat added | 4-6 (1 oz) |

Starches often swell in cooking so a small amount of uncooked starch will become a much larger amount of cooked food. The following table shows some of the changes.

**Food (Starch Group) Uncooked Cooked** Oatmeal 3 tbsp ½ cup Cream of Wheat 2 tbsp ½ cup Grits 3 tbsp ½ cup Rice 2 tbsp 1/3 cup Spaghetti ¼ cup ½ cup Noodles 1/3 cup ½ cup Macaroni ¼ cup ½ cup Dried beans ¼ cup ½ cup Dried peas ¼ cup ½ cup Lentils 3 tbsp ½ cup

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***Carbohydrate Controlled Diet Fruit Exchanges***

One fruit exchange equals 15 grams carbohydrate and 60 calories. The weight includes skin, core, seeds, and rind.

|  |  |  |  |
| --- | --- | --- | --- |
| **Fruit**  Apple, unpeeled, small | 1(4oz) |  | |
| Applesauce, unsweetened | ½ cup | Pineapple, canned | ½ cup |
| Apples, dried | 4 ring | Plums, small | 2 (5 oz) |
| Apricots, fresh | 4 whole | Plums, canned | ¼ cup |
|  | (5 ½ oz) | Prunes, dried | 3 |
| Apricots, dried | 8 halves | Raisins | 2 tbsp |
| Apricots, canned | ½ cups | Raspberries | 1 cup |
| Banana, small | 1 (4 oz) | Strawberries | 1 ¼ cup |
| Blackberries | ¾ cup |  | whole berries |
| Blueberries | ¾ cup | Tangerines, small | 2 (8 oz) |
| Cantaloupe, small | 1/3 melon | Watermelon | 1 slice or |
|  | or 1 cup cubes |  | 1 ¼ cup cubes |
| Cherries, sweet, fresh | 12 (3 oz) |  | |
| Cherries, sweet, canned | ½ cup |  | |
| Dates | 3 | **Fruit Juice** |  |
| Figs, fresh | 1 ½ large or 2 medium | Apple juice/cider | ½ cup |
|  | (3 ½ oz) | Cranberry juice cocktail | 1/3 cup |
| Figs, dried | 1 ½ cup | Cranberry juice cocktail, | |
| Fruit cocktail | ½ cup | reduced calories | 1 cup |
| Grapefruit, large | ½ (11 oz) | Fruit juice blends, |  |
| Grapefruit sections, canned | ¾ cup | 100% juice | 1/3 cup |
| Grapes, small | 17 (3 oz) | Grape juice | 1/3 cup |
| Honeydew melon | 1 slice (10 oz) | Grapefruit juice | ½ cup |
|  | or 1 cup cubes | Orange juice | ½ cup |
| Kiwi | 1 (3 ½ oz) | Pineapple juice | ½ cup |
| Mandarin oranges, canned | ¾ cup | Prune juice | 1/3 cup |

Mango, small ½ fruit

(5 ½ oz) or 1 cup Nectarine, small 1 (5 oz)

Orange, small ½ fruit (8 oz)

or 1 cup cubes Papaya ½ fruit (8 oz)

or 1 cup cubes Peach, medium, fresh 1 (6 oz) Peaches, canned ½ cup Pear, large, fresh ½ (4 oz) Pineapple, fresh ¾ cup

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***Carbohydrate Controlled Diet Milk Exchanges***

One milk exchange equals \*12 grams carbohydrate and 8 grams protein.

\*For ease of menu planning, starches, fruits, and skim milk servings can all be averaged and calculated as 15 grams carbohydrate and 80 calories

|  |  |
| --- | --- |
| **Skim and Low fat Milk** | **Reduced Fat** |
| (0-3 grams fat per serving) (5 grams fat per serving) | |

|  |  |  |  |
| --- | --- | --- | --- |
| Skim milk | 1 cup | 2% milk | 1 cup |
| 1/2 % skim milk | 1 cup | Plain low fat yogurt | ¾ cup |
| 1 % milk | 1 cup | Sweet acidophilus milk | 1 cup |
| Nonfat or low fat buttermilk | 1 cup |  | |
| Evaporated skim milk | ½ cup | **Whole Milk** |  |
| Nonfat dry milk | 1/3 cup dry | (8 grams fat per serving) |  |

Plain nonfat yogurt 1 cup

|  |  |  |  |
| --- | --- | --- | --- |
| Nonfat or low fat |  | Whole milk | 1 cup |
| Fruit-flavored yogurt |  | Evaporated whole milk | ½ cup |
| sweetened with aspartame or |  | Goat’s milk | 1 cup |
| with a no nutritive |  | Kefir | 1 cup |
| sweetener | 1 cup |  | |

**Other Carbohydrates List**

You can substitute menu choices from this list for a starch, fruit or milk choice on your meal plan. Some choices will also count as one or more fat choices.

Nutrition Tips

1. These foods can be substituted in your meal plan, even though they contain added sugars or fat. However, they do not contain as many important vitamins and minerals as the choices on the Starch, Fruit or Milk list.

2. When planning to include these foods in your meals, be sure to first include foods from all the lists to provide a balanced meal.

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***Carbohydrate Controlled Diet Other Carbohydrates List***

3. Because many of these foods are concentrated sources of carbohydrate and fat, the portion sizes are often very small.

4. Many fat-free or reduced fat products made with fat replacers contain carbohydrates. When eaten in large amounts, they may need to be counted. Check labels for carbohydrate content.

5. Use fat-free salad dressings in smaller amounts on the Free Foods lists.

**Other Carbohydrates**

One exchange equals 15 grams carbohydrate or 1 starch or 1 fruit or 1 milk **Food Serving Size Exchanges per Serving** Angel food cake, unfrosted 1/12thcake 2 carbohydrates Brownie, small unfrosted 2 inch square 1 carbohydrate, 1 fat Cake, unfrosted 2 inch square 1 carbohydrate, 1 fat Cake, frosted 2 inch square 2 carbohydrates, 1 fat Cookie, fat-free 2 small 1 carbohydrate Cookie or sandwich cookie

|  |  |  |
| --- | --- | --- |
| with cream filling | 2 small | 1 carbohydrate, 1 fat |
| Cranberry sauce, jellied | ¼ cup | 1 ½ carbohydrates |
| Cupcake, frosted | 1 small | 2 carbohydrates, 1 fat |
| Doughnut, plain cake | 1 medium (1 ½ oz) | 1 ½ carbohydrates, 2 fats |
| Doughnut, glazed | 3 ¾ inch across (2 oz) | 2 carbohydrates, 2 fats |
| Fruit juice bars, frozen, 100% juice | 1 bar (3 oz) | 1 carbohydrate |
| Fruit snacks, chewy (pureed fruit concentrate) | 1 roll (¾ oz) | 1 carbohydrate |
| Fruit spreads, 100% fruit | 1 tbsp | 1 carbohydrate |
| Gelatin, regular | ½ cup | 1 carbohydrate |
| Gingersnaps | 3 | 2 carbohydrate |
| Granola bar | 1 bar | 1 carbohydrate, 1 fat |

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***Carbohydrate Controlled Diet Other Carbohydrates***

**Food Serving Size Exchanges per Serving**

|  |  |  |
| --- | --- | --- |
| Honey | 1 tbsp | 2 carbohydrates |
| Hummus | 1/3 cup | 1 carbohydrate, 1 fat |
| Ice cream | 1/3 cup | 1 carbohydrate, 1 fat |
| Ice cream, light | ½ cup | 1 carbohydrate, 1 fat |
| Ice cream, fat-free, no sugar added | ½ cup | 1 carbohydrate |
| Jam or jelly, regular | 1 tbsp | 1 carbohydrate |
| Milk, chocolate, whole | 1 cup | 2 carbohydrate, 1 fat |
| Pie, fruit, 2 crusts | 1/6 pie | 3 carbohydrates, 2 fats |
| Pie, pumpkin or custard | 1/8 pie | 2 carbohydrates, 2 fats |
| Potato chips | 12-18 (1 oz) | 1 carbohydrate, 2 fat |
| Pudding, regular (made with low fat milk) | ½ cup | 2 carbohydrates |
| Salad dressing, fat-free | ¼ cup | 2 carbohydrates |
| Sherbet, sorbet | ½ cup | 1 carbohydrate |
| Spaghetti or pasta sauce, canned | 1 tbsp | 1 carbohydrate, 1 fat |
| Sugar | 1 tbsp | 1 carbohydrate |
| Sweet roll or Danish | 1 (2 ½ oz) | 2 ½ carbohydrate, 2 fats |
| Syrup, light | 2 tbsp | 1 carbohydrate |
| Syrup, regular | ¼ cup | 4 carbohydrates |
| Tortilla chips | 6-12 (1 oz) | 1 carbohydrate, 2 fats |
| Vanilla wafers | 5 | 1 carbohydrate, 1 fat |
| Yogurt, frozen, low fat fat-free | 1/3 cup | 1 carbohydrate, 0-1 fat |
| Yogurt, low fat with fruit | 1 cup | 3 carbohydrates, 0-1 fat |

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***Carbohydrate Controlled Diet Vegetable Exchange***

One vegetable exchange equals 5 grams carbohydrate, 2 grams protein, 0 grams fat and 25 calories.

|  |  |
| --- | --- |
| Artichoke | Okra |
| Artichoke hearts | Onions |
| Asparagus | Pea pods |
| Beans (green, wax, or Italian) | Peppers (all varieties) |
| Bean sprouts | Radishes |
| Cabbage | Salad greens (endive, escarole) |
| Carrots | lettuce, romaine or spinach) |
| Cauliflower | Sauerkraut |
| Celery | Spinach |
| Cucumber | Summer squash |
| Eggplant green onions or scallions | Tomato |
| Greens (collard, kale, mustard or turnip) | Tomatoes, canned |
| Kohlrabi | Tomato sauce |
| Leeks | Tomato vegetable juice |
| Mixed vegetables (without corn, peas or pasta) | Turnips |

Note: Because the carbohydrate content of this list is so low, 3 servings have to be planned at one time to count as 1 carbohydrate food choice.

1 serving of vegetables is: ½ cup of cooked vegetables, 1 cup of vegetable juice or 1 cup of raw vegetables.

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***Carbohydrate Controlled Diet Meat Exchange***

**Very Lean Meat and Substitutes List**

(One exchange equals 0 grams carbohydrate, 7 grams protein, 0-1 grams fat and 35 calories) One very lean meat exchange is equal to any one of the following items.

**Poultry:** Chicken or turkey (white meat, no skin), 1 oz

Cornish hen (no skin)

**Fish:** Fresh or frozen cod, flounder, haddock, halibut 1 oz

or trout; tuna fresh or canned in water

**Shellfish:** Clams, crab, lobster, scallops, shrimp, 1 oz

Imitation shellfish

|  |  |  |
| --- | --- | --- |
| **Cheese:** | With 1 gram or less fat per ounce: Nonfat or low-fat cottage cheese | ¼ cup |
|  | Fat-free cheese | 1 oz |
| **Other:** | Processed sandwich meats with 1 gram or less fat per ounce, such as deli thin, shaved meats, chipped beef, turkey, ham | 1 oz |
|  | Egg whites | 2 |
|  | Egg substitutes, plain | ¼ cup |
|  | Hot dogs with 1 gram or less fat per ounce | 1 oz |
|  | Kidney (high in cholesterol) | 1 oz |
|  | Sausage with 1 gram or less fat per ounce | 1 oz |
|  | One very lean meat and one starch exchange is equal to any one of the following items: beans, peas, lentils (cooked) | ½ cup |

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***Carbohydrate Controlled Diet Meat Exchange***

**Lean Meat and Substitutes List**

(One exchange equals 0 grams carbohydrate, 7 grams protein, 3 grams fat and 55 calories) One lean meat exchange is equal to any one of the following items.

**Beef:** USDA Select or Choice grades of lean beef trimmed 1 oz

of fat, such as round, sirloin and flank steak;

tenderloin, roast (rib, chuck or rump); steak (T-bone, porterhouse or cubed), ground round

**Pork:** Lean pork, such as fresh ham; canned, cured or 1 oz

Boiled ham; Canadian bacon; tenderloin, center Loin chop

|  |  |  |
| --- | --- | --- |
| **Lamb:** | Roast, chop, leg | 1 oz |
| **Veal:** | Lean chop, roast | 1 oz |
| **Poultry:** | Chicken, turkey (dark meat, no skin), chicken | 1 oz |

(white meat, with skin), domestic duck or goose (well-drained of fat no skin)

**Fish:** Herring (uncreamed or smoked) 1 oz

|  |  |  |
| --- | --- | --- |
|  | Oysters | 6 medium |
|  | Salmon (fresh or canned), catfish | 1 oz |
|  | Sardines (canned) | 2 medium |
|  | Tuna (canned in oil, drained) | 1 oz |
| **Game:** | Goose (no skin), rabbit | 1 oz |
| **Cheese:** | 4.5% fat cottage cheese | ¼ cup |
|  | Grated Parmesan | 2 tbsp |
|  | Cheeses with 3 grams or less fat per ounce | 1 oz |
| **Other:** | Hot dogs with 3 grams or less fat per ounce | 1 ½ oz |
|  | Processed sandwich meat with 3 grams or less | 1 oz |
|  | fat per ounce, such as turkey pastrami or kielbasa Liver, heart (high in cholesterol) | 1 oz |

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***Carbohydrate Controlled Diet Meat Exchanges***

**Medium Fat Meat and Substitutes List**

(One exchange equals 0 grams carbohydrate, 7 grams protein, 5 grams fat and 75 calories) One medium fat meat exchange is equal to any one of the following items.

**Beef:** Most beef products fall into this category; ground 1 oz

beef, meatloaf, corned beef, short ribs, prime grades of meat trimmed of fat, such as prime rib

|  |  |  |
| --- | --- | --- |
| **Pork:** | Top loin, chop, Boston butt cutlet | 1 oz |
| **Lamb:** | Rib roast, ground | 1 oz |
| **Veal:** | Cutlet (ground or cubed, unbreaded) | 1 oz |
| **Poultry:** | Chicken (dark meat, with skin), ground turkey or | 1 oz |

ground chicken, fried chicken (with skin)

|  |  |  |
| --- | --- | --- |
| **Fish:** | Any fried fish product | 1 oz |
| **Cheese:** | With 5 grams or less fat per ounce: Feta | 1 oz |
|  | Mozzarella | 1 oz |
|  | Ricotta | 2 oz (1/4 cup) |
| **Other:** | Egg (high in cholesterol, limit 3 per week) | 1 |
|  | Sausage with 5 grams or less fat per ounce | 1 |
|  | Soy milk | 1 cup |
|  | Tempeh | ¼ cup |
|  | Tofu | 4 oz or ½ cup |

85

***Carbohydrate Controlled Diet Meat Exchanges***

**High Fat Meat and Substitutes List**

(One exchange equals 0 grams carbohydrate, 7 grams protein, 8 grams fat and 100 calories) Remember these items are high in saturated fat, cholesterol and calories and may raise blood cholesterol levels if eaten on a regular basis.

One high fat meat exchange is equal to any of the following items.

|  |  |  |
| --- | --- | --- |
| **Pork:** | Spare ribs, ground pork, pork sausage | 1 oz |
| **Cheese:** | All regular cheeses, such as:  American, Cheddar, Monterey Jack or Swiss | 1 oz |
| **Other:** | Processed sandwich meats with 8 grams or less fat | 1 oz |
|  | per ounce, such as bologna, pimento loaf and salami Sausage, such as bratwurst, Italian, or Knockwurst, | 1 oz |
|  | Polish, smoked  Hot dog (turkey or chicken) | 1 (10/lb) |

Bacon 3 slices

(10 slices/lb)

One high fat meat exchange plus one fat exchange is equal to one of the following items:

|  |  |
| --- | --- |
| Hot dog (beef, pork or combination) | 1 (10/lb) |
| One high fat meat exchange plus two fat exchanges is equal to the following item: | |

Peanut butter (contains unsaturated fat) 2 tbsp

86

***Carbohydrate Controlled Diet Meat Exchanges***

1/8 (1 oz) 1 tsp

8 large 10 large

6 nuts 6 nuts 10 nuts 4 halves 2 tsp

1 tbsp 2 tsp

1 tsp 1 tsp

4 halves

1 tsp 1 tbsp 2 tbsp 2 tsp 1 tbsp 1 tbsp

**Monounsaturated Fats List**

(One fat exchange equals 5 grams fat and 45 calories) **Avocado:** Medium

**Oil:** Canola, olive or peanut **Olives:** Ripe (black)

Green, stuffed **Nuts:** Cashews, almonds

Mixed (50% peanuts) Peanuts

Pecans

Peanut butter, smooth or crunch Sesame seeds

Tahini paste

**Polyunsaturated Fats list**

(One fat exchange equals 5 grams fat and 45 calories) **Margarine:** Stick, tub or squeeze

Lower fat (30% to 50% vegetable oil)

|  |  |
| --- | --- |
| **Nuts:** | Walnuts, English |
| **Oil:** | Corn, Safflower or Soybean |

**Salad dressing:** Regular

Reduced fat

Miracle Whip® salad dressing

Regular Reduced fat

**Seeds:** Pumpkin, sunflower

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***Carbohydrate Controlled Diet Meat Exchanges***

1 slice

(20 slices/lb)

1 tsp 2 tsp 1 tbsp

2 tbsp (1/2 oz)

2 tbsp 2 tbsp

1 tbsp (1/2 oz) 2 tbsp

1 tsp

Regular Reduced fat

2 tbsp 3 tbsp

**Saturated Fats List**

(One fat exchange equals 5 grams fat and 45 calories) **Bacon:** Cooked

**Butter:** Stick

Whipped

Reduced fat

|  |  |
| --- | --- |
| **Chitterlings:** | Boiled |
| **Coconut:** | Sweetened, shredded |
| **Cream:** | Half and half |

**Cream cheese:** Regular

Reduced fat **Shortening or lard:**

**Sour cream:**

88

***Carbohydrate Controlled Diet Free Foods***

A free food is any food or drink that contains less than 20 calories or less than 5 grams of carbohydrate per serving. Foods with a serving size listed should be limited to three servings per day. Be sure to spread them out throughout the day.

|  |  |
| --- | --- |
| **Fat free or Reduced fat Foods**  Cream cheese, fat free | 1 tbsp |
| Creamers, non dairy, liquid | 1 tbsp |
| Creamers, non dairy, powder | 2 tsp |
| Mayonnaise, fat free | 1 tbsp |
| Mayonnaise, reduced fat | 1 tsp |
| Margarine, fat free | 4 tbsp |
| Margarine, reduced fat | 1 tsp |
| Miracle Whip®, non fat | 1 tbsp |
| Miracle Whip®, reduced fat | 1 tsp |
| Nonstick cooking spray | - |
| Salad dressing, fat free | 1 tbsp |
| Salad dressing, fat free, Italian | 2 tbsp |
| Salsa | ¼ cup |
| Sour cream, fat free, reduced fat | 1 tbsp |
| Whipped topping, regular or light | 2 tbsp |

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***Carbohydrate Controlled Diet Free Foods***

1 tbsp -

-

-

2 tsp

2 tbsp

Sugar free or low sugar foods Candy, hard, sugar free Gelatin dessert, sugar free Gelatin, unflavored

Gum, sugar free

Jam or jelly, low sugar or light Sugar substitutes\*

Syrup, sugar free

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

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

90

***Carbohydrate Controlled Diet Free Foods***

-

-

-

-

1 tbsp -

-

-

-

**Drinks**

Bouillon, Broth, consommé Bouillon or broth, low-sodium Carbonated or mineral water Club soda

Cocoa powder, unsweetened Coffee

Diet soft drinks, sugar free Drink mixes, sugar free Tea, Tonic water, sugar free

91

***Carbohydrate Controlled Diet Free Foods***

1 tbsp 1 tsp -

-

1 ½ large 1 tbsp 1 tbsp -

-

-

-

-

-

-

-

-

**Condiments** Catsup Horseradish Lemon juice Mustard Pickles, dill

Soy Sauce, regular or light Taco sauce

Vinegar

**Seasonings** Flavoring extract Garlic

Herbs, fresh or dried Pimiento

Spices

Tabasco® or hot pepper sauce Wine, used in cooking Worchester sauce

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***Carbohydrate Controlled Diet Combination Foods List***

1 cup (8 oz)

2 cups (16 oz)

¼ of 10 in (5 oz)

¼ of 10 in (5 oz)

1 (7 oz)

1 (11 oz)

1 (11 oz)

1 (8 oz)

2 carbohydrates, 2 medium fat meats

1 carbohydrate, 2 lean meats

2 carbohydrates, 2 medium fat meats, 2 fats

2 carbohydrates, 2 medium fat meats, 2 fats

2 carbohydrates, 1 medium fat meats, 4 fats

2 carbohydrates, 3 medium fat meats, 3-4 fats

1 carbohydrate, 1 fat 2 carbohydrates

2 carbohydrates, 3 lean meats

**Food**

**Entrees Serving Size Exchanges per Serving**

Tuna noodle casserole, lasagna, spaghetti with meatballs, chili with beans or macaroni and cheese

Chow mein (without noodles or rice)

Pizza, cheese, thin crust

Pizza, meat topping, Thin crust

Pot pie

**Frozen Entrees** Salisbury steak with gravy Turkey with gravy, mashed potatoes, and dressing Entree with less than 300 Calories

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***Carbohydrate Controlled Diet Combination Foods List***

1 carbohydrates, 1 very lean meat

1 carbohydrate, 1 fat

1 carbohydrate 1 carbohydrate 1 carbohydrate

1 cup

1 cup (8 oz) ½ cup (4 oz) 1 cup (8 oz) 1 cup (8 oz)

**Food**

**Entrees Serving Size Exchanges per Serving**

**Soup** Bean Cream Soup (made with water) Split pea

(made with water) Tomato

(made with water) Vegetable beef, chicken noodle or other broth-type

94

***Carbohydrate Controlled Diet***

4 carbohydrates, 2 medium fat meats, 2 fats

1 carbohydrate, 2 medium fat meats, 1 fat

1 carbohydrate, 4 medium fat meats, 2 fats

3 carbohydrate, 1 medium fat meat, 3 fats

2 carbohydrates, 2 fats

2 carbohydrates, 2 medium fat meat

2 carbohydrates, 3 medium fat meats, 1 fat

1 carbohydrate, 1 high fat meat, 1 fat

5 carbohydrates, 3 medium fat meats, 3 fats

2 carbohydrates, 1 fat

3 carbohydrates, 1 vegetable, 2 medium fat meats, 1 fat

2 carbohydrates,

2 medium fat meats, 2 fats 1 carbohydrate, 1 medium fat meat, 1 fat

2

6

1 each 1 20-25 1

1

1

1

1 medium 1 sub (6 in)

1 (6 oz) 1 (3 oz)

**Fast Food Entrees Serving Size Exchanges per Serving**

Burritos with beef Chicken nuggets Chicken breast and wing, breaded and fried

Fish sandwich with tartar sauce

French fries, thin

Hamburger, regular Hamburger, large Hot dog with bun Individual pan pizza Soft serve cone Submarine sandwich Taco, hard shell

Taco, soft shell with meat

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***Calorie Restricted Diet (Low Calorie)***

**I. Description**

The low calorie diet is indicated when reduction in weight is desirable and resident agrees. The diet follows the pattern for the regular diet with modification made in total calorie content. It provides a range of 1200-1800 calories.

\*See the Carbohydrate Controlled Diet Plan for “Free Foods” and “Foods for Occasional Use” for additional suggestions

**II. Approximate Composition**

Calories 1200-1800 based on individual calculated needs and preferences Protein 60-75 grams

**III. Adequacy**

This diet includes the basic food groups in adequate amounts but fats and carbohydrates are limited to reduce total calories below normal requirements.

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***Limited Concentrated Sweets (LCS) Diet***

**I. Description**

This diet closely resembles the regular diet, restricting only those foods which are high in sugar or other concentrated sweets. It can be used for any diabetic patient whose weight and blood sugar levels are under control. It does not require adherence to a strict meal pattern nor does it necessarily restrict calories.

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams

**III. Adequacy**

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Guidelines for Americans 2010.

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED**

**Milk** All types Chocolate milk,

sweetened

condensed milk

**Meat and equivalent** All types Glazed, honey

coated meats or prepared with sugar or syrup

**Fruits** All types Fruit canned or

frozen in syrup, sugar or syrup sweetened juices; candied fruit

**Vegetables** All types Candied vegetables

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***Limited Concentrated Sweets (LCS) Diet***

**FOOD GROUPS FOODS INCLUDED FOODS EXCLUDED Soups** All types Fruit soups made

with sugar

**Breads, Cereal** All types Danish rolls, sweet

**& Grains** rolls, glazed

doughnuts, sugary cereals

|  |  |  |
| --- | --- | --- |
| **Fats** | All types | None |
| **Desserts\*** | Any made with foods | Regular potion size of; |
|  | allowed; small serving | cake with frosting, cookies with |
|  | frosted cake(1” x 2”), ice | icing, pudding, gelatin, other |

|  |  |
| --- | --- |
| cream, plain cakes and | dessert items |
| cookies (no icing), ice milk |  |
| sherbet, sweetened limited |  |
| to 3 times per week. |  |

**Beverages** All types without Beverages

added sugar sweetened with

sugar

**Miscellaneous** Sugar substitutes; Sugar, regular jam,

|  |  |
| --- | --- |
| dietetic and all-fruit | jelly, preserves, |
| jam, jelly, preserves; | syrup, honey, |
| low calorie diet syrup | molasses |

cocoa powder chocolate flavoring herbs, spices, flavorings salt, catsup, vinegar, pickles, mustard, Worcestershire sauce, soy sauce

\*See the Carbohydrate Controlled Diet for the “Free Foods” and “Foods for Occasional Use”

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***Limited Concentrated Sweets (LCS)***

Orange juice Oatmeal Scramble eggs Toast, whole wheat Soft margarine

2% milk of choice Jelly, diet Sugar substitute Creamer

Salt, Pepper

Tuna salad Vegetable soup Tossed salad Italian dressing Mayonnaise Whole wheat bread Chilled peaches 2% milk

of choice

Sugar substitute Creamer

Salt, Pepper

Baked chicken breast (without skin) Mashed potato/gravy Soft margarine

2% milk Seasoned carrots Mixed fruit salad

Dinner roll, whole wheat Diet vanilla ice cream of choice

Sugar substitute Creamer

Salt, Pepper

Juice

Graham crackers

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4 ounces ½ cup

1

1 slice 1 packet 8 ounces 6-8 ounces 1 packet 2 packets as desired

1 packet each

½ cup

6 ounces 1 cup

1 ounce

1 tablespoon 2 slices

½ cup

8 ounces 6-8 ounces 1-2 packets as desired

1 packet each

3 ounces (cooked) (½ breast)

½ cup/1 ounce 1 teaspoon

8 ounces ½ cup

½ cup 1

½ cup

6-8 ounces 1-2 packets as desired

1 packet each

4 ounces 3 squares

**Sample Menu Plan**

**Breakfast**

Fruit or juice Cereal

Meat or equivalent Bread

Fat Milk Beverage Miscellaneous

**Lunch or Supper**

Meat or equivalent Vegetable

Salad Fat Fat Bread Dessert Milk Beverage Miscellaneous

**Dinner**

Meat or equivalent Potato or equivalent Fat

Milk Vegetable Salad Bread Dessert Beverage Miscellaneous

**Evening Nourishment**

***Diabetic Diet (Calculated)***

**SUGGESTED MEAL PLANS**

Suggested plans for diabetic caloric controlled diets are based on the use of medium fat meat and skim milk exchanges.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **CALORIES**  1200 | 1500 | 1800 |
| **Breakfast** Milk | 1 | 1 | 1 |
| Vegetable | - | - | - |
| Fruit | 1 | 1 | 1 |
| Bread | 1 | 2 | 2 |
| Meat | 1 | 1 | 1 |
| Fat | 1 | 1 | 1 |
| **Lunch** Milk | - | - | - |
| Vegetable | 1 | 1 | 1 |
| Fruit | 1 | 2 | 2 |
| Bread | 1 | 2 | 3 |
| Meat | 2 | 2 | 2 |
| Fat | 0 | 1 | 1 |
| **Dinner** Milk | - | - | 1 |
| Vegetable | 1 | 1 | 1 |
| Fruit | 2 | 2 | 2 |
| Bread | 1 | 2 | 2 |
| Meat | 2 | 2 | 2 |
| Fat | 0 | 1 | 1 |
| **Evening Nourishment** Milk | 1 | 1 | 1 |
| Bread | 1 | 1 | 1 |
| **Total exchanges per day** Milk | 2 | 2 | 3 |
| Vegetable | 2 | 2 | 2 |
| Fruit | 4 | 5 | 5 |
| Bread | 4 | 7 | 8 |
| Meat | 5 | 5 | 5 |
| Fat | 2 | 3 | 5 |

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***Lactose Reduced Diet***

**I. Description**

The lactose reduced diet is used for residents who can consume a moderate amount of lactose (milk sugar) in their daily diets without symptoms of lactose intolerance such as gastrointestinal cramping, gas and diarrhea. Residents who exhibit such symptoms after consuming even a small amount of lactose, should follow a strict regimen that eliminates all sources of lactose.

When planning the daily menu, the list of Lactose Content of Foods which follows should be consulted to avoid exceeding the amount of lactose. The meals should also be planned to meet the individual tolerance of each resident.

Those residents who can tolerate milk treated with lactase, the enzyme which reduces lactose to the monosaccharides glucose and galactose may use it as freely as tolerated. The enzyme can be purchased and added to the milk before use (read the label for directions). The enzyme in tablet form can be taken orally immediately before consuming an offending food. Milk already treated with the enzyme and ready for consumption is available commercially. Additionally, consuming milk with a meal improves lactose tolerance.

**II. Approximate Composition** Calories 1600-2000 Protein 60-75 grams Lactose as tolerated

Calcium and Vitamin D supplements may be indicated if milk products are very restricted.

**III. Adequacy**

Based on the Dietary Guidelines for Americans 2010. This diet is inadequate in calcium, riboflavin and vitamin D.

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***Lactose Reduced Diet Lactose Content of Food***

**Grams of Lactose**

**Foods**

**Milk** Whole, skim, buttermilk or chocolate 9-13

Sweetened condensed (1 cup) 35 **Cream** Light, heavy, sour (2 tablespoons) 1-2 **Yogurt** 8 ounces 10-15 **Butter** 2 pats (10 gm) .1 **Margarine** - 0 **Ice cream** Ice milk (1 cup) 9-10 **Sherbet** Orange (1 cup) 4 **Cheese** 1 ounce

|  |  |
| --- | --- |
| Brick, Feta, Liederkranz, Muenster | 0 |
| Provolone, Romano, Roquefort  Bleu, Brie, Cheddar, Colby, Limburger | .7 |
| Camembert, Mozzarella | .1 |
| Cottage, ½ cup  creamed | 2.5-3 |
| uncreamed | 3.5-4 |
| Cream | .8 |
| Edam, Neufchatel | .3 |
| Gouda | .3-.6 |
| Parmesan | .9 |
| Primost | 12.2 |
| Ricotta | .4-1 |
| Swiss | 1.7 |
| Pasteurized processed, American, | .4-1.7 |

Swiss, Pimento

\*Most commercially prepared nutritional supplements and tube feeding formulas are lactose free. Read labels to verify the nutritional content of the products being used.

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***Kosher Diet***

**I. Description**

The Kosher diet is based on the Biblical rules for food (dietary laws) for the Jewish religion. It may be best to consult a Rabbi in your area for specific questions related to the diet as rules can be very complex. For those wishing a kosher diet, one should interview the individual or a family member to determine the extent of their observance to the diet. Some may accept foods coming from a non-kosher kitchen, while others may not. The Kosher diet may also be an acceptable diet for those practicing the Muslim religion.

The Kosher Diet rules pertain mainly to the selection, slaughter and preparation of meats. All animals and fowl must be inspected for disease and must be slaughtered according to specific rules. Blood is forbidden for consumption. The koshering process removes all blood before cooking. This is achieved by soaking the meat in water, salting it thoroughly, draining and washing it three times to remove the salt. Only the forequarter of the quadrupeds with cloven hooves that chew cud are allowed (i.e. bison, cattle, deer, goats, sheep). The hindquarter of quadrupeds is not allowed except when the hip sinew of the thigh vein is removed. In order to meet the rules for a Kosher Diet, any meat must come from a kosher butcher.

Chicken, duck, goose, pheasant and turkey are allowed. Eggs may be eaten, however, eggs with any blood in the yolk are not allowed. Fish with fins and scales, but should not be consumed with meat. Shellfish, catfish, squid and eel are not allowed.

Milk and milk products may not be consumed with meat. Separate dishes, glasses and utensils must be used for milk verses meat meals. A facility that does not have a kosher kitchen may choose to use disposables for all dairy meals. Milk and or milk products may be consumed immediately before a meat meal, but not with a meat meal. The individual must wait 6 hours after eating meat before milk can be consumed. Eggs may be eaten with milk or meat. Foods that are considered neutral (pareve or “parve”) may be eaten with any meal: fruits, vegetables, grains, eggs, non-dairy beverages.

Kosher kitchen keep two completely separate kitchens to separate equipment, dishes and silverware (one for meat and one for milk meals). Saturday is the Sabbath day (day of rest) and no food may be cooked on the Sabbath. All foods to be eaten on the Sabbath must be cooked the day before and held in the oven or served cold. Friday evening meal is usually large and includes brisket and chicken.

All foods must be prepared under kosher standards and have the appropriate hechsher (symbol for kosher). Fresh fruits and vegetables must be free of any insects. Any prepared food mixtures must be made under kosher standards.

Kosher certified items are fairly readily available in the US. Pre-cooked frozen kosher meals are available, but when reheated in a non-kosher oven they must be covered with two layers of foil, or in a non-kosher microwave, by double wrapping the food.

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Kosher Diets follow the biblical rules for food for the Jewish Religion which pertain mainly to the selection, slaughter and preparation of meals. Only kosher meats, fish and poultry are allowed. All foods except of fresh fruits and vegetables must be produced under Kosher Standards and have appropriate hechsher (symbol for kosher). These guidelines are intended for use with adults. To meet 100% of the US RDA/AI for the majority of individuals as defined by the National Research Council, provide adequate nutrients by following these daily guidelines to plan three balanced meals and up to three snacks.

**II. Approximate Composition**

Calories 1800-2200 Protein 60-77 grams

**III. Adequacy**

This diet contains all nutrients necessary to provide and maintain adequate Nutrition based on the Dietary Guidelines for Americans 2010.

|  |  |  |
| --- | --- | --- |
| **Food Item** |  | **Amount Each Day** |
| **Protein Foods** (fish seafood, lean meat, poultry eggs, dried beans/peas/lentils, soy products, nuts, etc.) Fish eggs and peanut butter are pareve. If they are made as part of the meat meal they are considered “meat” and cannot be consumed with milk. If they are prepared as part of the dairy meal they can be consumed with dairy. Do not consume with milk. | 5-6 oz or equivalent  Encourage 8 oz of cooked seafood per week  **NOTE: Must wait 6 hours after eating meat before consuming milk** | |
| **Dairy** (fortified with vitamins A and D) Do not consume with meat – must wait 6 hours after eating meat before consuming milk. | 3 cups or equivalent: 1 cup is equal to 1 cup of liquid milk or yogurt, 1 ½ oz natural cheese or 2 oz processed cheese | |
| **Fruits** (include a variety) with more whole fruit than juice as appropriate | ≥ 1 ½ cups or equivalent : ½ cup equals ½ cup canned, juice or 1 piece fresh | |
| **Vegetables** (include more dark green and leafy, red/orange vegetables) dry beans/peas/lentils | ≥ 2 cups or equivalent: ½ cup equals ½ cup cooked/canned, juice or 1 cup raw | |
| **Grains** (include as much whole grain/enriched as possible) at least half grains should be whole | ≥ 6 oz equivalent: 1 oz equals 1 slice bread, ½ bun or bagel, 1 cup cold cereal, ½ cup hot cereal, ½ cup cooked rice or pasta | |
| **Fluids** (especially water) | ≥ 8 (8 oz) glasses of fluid daily. ≥ 1500 Ml unless contraindicated | |
| **Solid Fats and Added Sugars (SoFAS)**  Avoid added fats, saturated fats, trans fats & sugars.  Most fat should come from healthy oils | Use in limited quantities to round out the menu for a pleasing appearance, and satisfying meals. Alcohol in moderation and appropriate | |

**Follow menus & recipes approved by RD, LDN**

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|  |  |
| --- | --- |
| **Kosher Symbols** | |
| O or O – Signifies that the product is considered kosher.  Additional symbols that may be used with the O or O :  D - Signifies that the product is acceptable with dairy meals (it has dairy ingredients)  DE – Signifies that the product is acceptable with milk meals (it may also be processed on equipment that also processes dairy ingredients | M – Signifies that the product is acceptable with meat/poultry meals (it contains meat/poultry or is processed on equipment that also processes meat/poultry.  P - Signifies that the product is kosher for Passover, but may not be Pareve (non-milk or meat)  Hechsher symbol for Kosher |

There are many kosher symbols which are specific to the certifying agency where the food is processed.

**Jewish Holidays**

**Rosh Hashanah** is the Jewish New Years which is celebrated in September.

**Yom Kippur** is the Day of Atonement. It occurs 10 days after Rosh Hashanah. Yom Kippur is a day of fasting; no food or beverages of any kind may be consumed from sundown the evening before Yom Kippur until sundown on the day of Yom Kippur. (The two exceptions are for people who are ill and pregnant women)

**Passover** occurs in the spring and lasts for eight days. During this time leavened bread and cakes is not allowed. Instead, Matzah, an unleavened bread is served. All cake and baked goods are made from ground Matzah or potato starch, and leavened only with whipped egg whites. Iodized salt is not allowed in the traditional Passover Matzah. Any grain or product made from barley, corn, rice, rye or wheat is restricted during Passover, as are dried beans, peas, and soybeans. The kitchen and all equipment are thoroughly cleaned to remove traces of leavened bread or “chometz”. The usual pans, dishes, plates, and silverware cannot be used for Passover food. Different pans, dishes, cups and silverware are used especially for, and only for Passover. All foods, except fresh fruits and vegetables (including beverages), must be certified “kosher for Passover”.

**Purim** is a spring celebration. A traditional triangle shaped, filled cookie called Hamentashen is served.

**Succot** is a fall harvest holiday.

**Chanukah** is the Festival of Lights which is celebrated for 8 days in mid winter. Foods traditionally served are fried in oil i.e., latkes (potato pancakes) and sufganiot (doughnuts).

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|  |  |
| --- | --- |
| **Foods Allowed** | **Foods to Avoid** |
| **Protein Foods** (Low fat as appropriate)  Kosher beef, lamb, mutton, veal, goat, or deer meat.  Kosher chicken, duck, goose, pheasant or turkey.  Kosher Frankfurters, deli meats.  Fish with fins and scales: bluefish, cod, haddock hake, halibut, salmon, scrod, swordfish, tuna. Eggs from domestic fowl | Any non-kosher meat or poultry.  Pork (bacon, ham, Canadian bacon, sausage)  Rabbit  Regular Frankfurters, deli meat.  Shellfish (clams, crab, lobster, mussels, oysters, shrimp), eel, frog, octopus, shark, (**Note:** Fish should not be consumed with meat. Milk may be consumed immediately ***before*** a meat meal but ***not with*** a meat meal. One must wait 6 hours after consuming meat to drink milk. |
| **Dairy** (Low fat as appropriate)  Kosher cheese (May not be served with meat) and other milk products | All dairy when meat is served.  Non-kosher cheese, cheese served with meat.  ***Note:*** Meat may not be served with milk and milk products. Milk may be consumed immediately before a meat meal but not with a meat meal. One must wait 6 hours after consuming meat to drink milk. |
| **Fruits**  All canned and frozen fruits identified as Kosher | Any canned or frozen fruits which are not identified as Kosher. |
| **Vegetables** (Low fat as appropriate) All fresh Kosher canned or frozen. | Non-kosher vegetable products (canned or frozen) No sauces containing dairy are allowed when meat is served. |
| **Grains** (Low fat as appropriate)  Bakery items prepared under kosher standards. (If it contains dairy, may not be eaten with meat). | Any bakery items that are not prepared by kosher standards (or containing animal fat such as lard). |
| **Fluids**  All except those listed under foods to avoid | Non-kosher canned or frozen vegetable juices |
| **Solid Fats and Added Sugars (SoFAS), Alcohol and Miscellaneous**  Kosher alcohol, beer or wine.  Beverages made from crystal powders, carbonated beverages, coffee, tea.  Any prepared food mixtures prepared under kosher standards (desserts, soups, etc)  Pudding, ice cream or sherbet with dairy meals only. Kosher candy, chocolate, jam, jelly, honey, pepper, salt, sugar, sugar substitutes. | Animal fats (bacon grease or lard) Dark Beer  Non-kosher desserts, soups  Gelatin or products made with gelatin, unless identified as Kosher by the hechsher (symbol for Kosher) Marshmallows  Non-kosher candy, grape jam, jelly. Beverages that are not identified as Kosher. |

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**Kosher Diet**

**Nutrients may vary day to day, but should average to the above estimates**

**Sample Daily Meal Plan for a Well Balanced Diet**

|  |  |  |
| --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** |
| ½ c Orange Juice ½ c Oatmeal  ¼ c Scrambled Eggs 1 slice Whole Wheat Toast  1 tbsp Jelly or Fruit Spread  1 tsp Margarine\*  1 c Low Fat Milk and /or Yogurt  Condiments as Desired+  Beverage of Choice | 3 oz Kosher Roast Beef ½ c Seasoned Rice  ½ c Seasoned Peas w/Mushrooms  1 c. Green Salad Dressing 1 Whole Wheat Roll  ½ c Fruit Sorbet with ¼ cup Strawberries **No Milk**  Condiments as Desired+ Beverage of Choice | 6 oz Vegetable Soup 2 oz Baked Fish  ½ c Mashed Potato  ½ c Green Beans  1 Slice Bread 1 Baked Apple  1 c Low Fat Milk **(6 hours later than lunch)**  Condiments as Desired+ Beverage of Choice |
| **P.M. Snack** | | |
| **2 Kosher Cookies 1 c Milk** | | |

**Bold/ italicized** items indicate differences from a Regular Diet menu \*Low in Trans fats

+May include pepper or other spices, sugars, sugar substitute, salt, coffee creamer, etc. based on nutrition goals

|  |
| --- |
| **Recommended Nutritional Composition**  **Fluids** based on individual needs  **Sodium** 2300 mg (higher with processed/convenience foods and added salt)  **Calcium** ≥ 1000 – 1200 mg **Vitamin D 600 – 800 IU**  **Vitamin C** 90 mg  **Calories** 1800 - 2200  **Carbohydrates**  45 – 65% of Calories  **Protein**  10 – 35% of Calories  **Fat**  20 – 35% of Calories <10% from sat. fat <300 mg cholesterol |
|  |

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***Enteral Nutrition***

**I. Description**

Feeding tubes may be used to deliver enteral formulas to residents who are unable to meet nutritional requirements with oral intake and who have a functioning gastrointestinal tract. A tube may be passed through the nasal passage to the stomach (nasogastric) or on into the small intestine (nasoduodenal or nasojejunostomy). Or a tube may be placed through a stoma (opening) in the abdomen, directly into the stomach (gastrostomy) or small intestine (jejunostomy). Careful consideration should be taken to ensure the residents wishes are honored prior to inserting a feeding tube.

A variety of formulas are available to meet the specific needs of each resident.

When choosing a formula, it is important to take into account the resident’s specific nutritional needs, clinical condition, and the route of administration. Standard enteral formulas provide 1-1.2 Kcal/ml. Concentrated solutions (1.5-2.0 kcal/ml) are appropriate for residents on a fluid restriction or who have high caloric needs. Semi-elemental formulas, containing protein in a mixture of elemental amino acids and dipeptides are recommended for residents who have malabsorption disorders or are unable to tolerate other formulas. Fiber-containing formulas are used to assist with bowel regulation. .

Periodically flushing the tubing helps to maintain its patency. Fluids recommended for flushing include water, normal saline and half-normal saline. Fluids such as cola beverages and cranberry juice are not recommended as rinsing agents; the dried residues can further narrow the lumen of the tube and contribute to clogging.

All feedings must be monitored for tolerance and the volume of enteral formula administered should be recorded. The enteral feeding schedule should take into account planned downtime to ensure the total daily volume is delivered.

The physician is responsible for ordering enteral access placement and the tube feeding regimen. The order should include:

1. Name of the product

2. Total daily volume to be delivered

3. Route of administration

4. Method of administration

5. Strength of solution, and if not full-strength the order must include a planned schedule to increase to full strength

6. Intermittent Feeding: number of feedings per day with amount (in ml) of formula for each feeding.

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***Enteral Nutrition***

**Composition**

The nutritional content of the tube feeding will depend upon the amount and type of formula used.

**Adequacy**

A variety of commercial tube feeding formulas are available to meet specific needs of each resident. Care should be taken to note the volume specified by the manufacturer to achieve 100 percent of the Recommended Dietary Allowances for vitamins and minerals. If a lesser volume is to be delivered, a vitamin/mineral supplement (preferably liquid) should be given daily. If the formula falls short of macronutrient requirements (e.g. protein, carbohydrate or fat), modular products are available that can be added to the formula to meet the estimated daily needs.

A thorough nutritional assessment of the individual should be conducted prior to determining the desired formula, rate and strength. In addition to determining daily protein, calorie and fluid needs, the assessment should consider specific micronutrient needs that may be higher for that individual (e.g. iron, calcium, etc.). Calculation of the final content of the tube feeding should include a free- water calculation, and additional flushes ordered to meet the individual’s fluid needs.

Tube feeding products are classified in a number different ways including: isotonic, elemental, semi-elemental and intact protein containing formulas, high calorie, high protein, fiber added, specialty formulas, etc. Manufacturers provide product handbooks for complete information on each formula. Information on many formulas is also available online.

7. Continuous Feedings: hourly rate (in ml) of formula and the number of hours per day, start time and end time for the feeding

8. Flushes: volume and number of times the tubing is to be flushed, and the content of the flushes

9. Amount of water to be used with medications

10. Total calories to be delivered per day

**II.**

**III.**

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***Enteral Nutrition***

**IV. Methods of Administration**

Enteral feedings may be given in a variety of ways. **Continuous Feeding**

Continuous feedings are administered at a constant rate over a 16-24 hour period using a gravity flow set or a feeding pump to control the flow of the formula. A feeding pump should be used for feeding into the duodenum or jejunum as the small bowel is unable to tolerate larger volumes and sudden rate changes. Continuous feeding is associated with lower residual volumes and reduced risk of aspiration.

**Cyclic Feeding**

Cyclic feedings are delivered continuously, but at an increased rate over 8-16 hours, often overnight, using a pump. This method favors increased oral intake during the day for individuals receiving a tube feeding as a supplemental nutrient source. It also provides greater mobility to the individual during the day and is a good method to use when transitioning residents from enteral feeding to an oral diet.

**Intermittent Feedings**

Intermittent feedings can be given at specific intervals during the day, often patterned after a normal meal schedule, and are given by gravity drip or feeding pump over 30-120 minute period. This method is useful for residents in rehabilitation.

**Bolus Feedings**

Bolus feedings are usually given in less than 15 minutes via a syringe, or feeding bag. The feeding should be initiated as no more than 120 mL of isotonic formula every 4 hours, advancing by 60 ml every 8-1 hours as tolerated. Bolus feedings should not exceed 400-500 mL per feeding.

The web sites are:

Ross Labs http://www.ross.com/ Nestle http://www.nestle.com/

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***Parenteral Nutrition***

Parenteral nutrition (PN) is a means of providing intravenous protein, carbohydrate, fat, vitamins, and mineral to those who are unable to be adequately fed via the gastrointestinal (GI) tract.

When PN provides for all of the macronutrient needs of the resident, it is referred to as total parenteral nutrition (TPN) and must be provided via a central venous catheter or a peripherally inserted central catheter (PICC). Indications for TPN include: GI fistulas, severe pancreatitis, severe catabolism/malnutrition with inability to feed less than or equal to 5 days, intractable vomiting, short bowel syndrome, inflammatory bowel disease with need for bowel rest, and major surgery with inability to feed within 7-10 days post-surgery.

TPN should only be used when other means of nutrition support are unavailable, as it presents a significant risk to the patient. Common complications include: hyperglycemia, catheter-related sepsis, and electrolyte imbalances.

When PN is provided via a peripheral vein, it is referred to as peripheral parenternal nutrition (PPN). The primary purpose of PPN is to provide sufficient macronutrients to meet the needs of glycolysis, and spare protein stores. It is generally used for residents with a short-term (less than or equal to 5 days) inability to utilize the GI tract. It is not adequate for residents with severe malnutrition.

**Nutrient content of PN components**

|  |  |  |
| --- | --- | --- |
| Lipid: | Carbohydrate: | Protein: |
| 20% lipid = 2 kcal/ml | D50=50% dextrose | Protein=% (amino acid) aa s |
| 10% lipid = 1.1 kcal/ml | D25=25% dextrose, etc. | 1 gm protein = 4 Kcal |

1 gm dextrose = 3.4 Kcal

**Calculation of TPN Solutions**

The TPN solution may be calculated according to the initial volumes of each of its components. Calculations are given per liter of solution, and are then multiplied by the total volume delivered.

For example: a solution containing 400 ml D50, 500 ml 10% aa and 200 ml 20%lipid is calculated as follows:

**Dextrose** = 400 ml D50 = 400 x 0.5 (% dextrose) = 200 gms

Kcal from dextrose = 200 gms x 3.4 kcal/gm = 680 kcal per liter of solution. **Protein** = 500 ml of 10% amino acids = 500 x 0.1 (% a.a.) = 50 gms

Kcal from protein = 50 gms x 4 kcal/gm = 200 kcal per liter of solution. **Lipid** = 200 ml of 20% lipid = 200 x 2 kcal/ml = 400 kcal per liter of solution.

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***Parenteral Nutrition***

**TOTALS PER LITER**

Total kcal per liter = 1280 kcal Total gms protein/liter = 50 gms Total gms dextrose/liter = 200 gms

If this solution is given continuously over 24 hours, at a rate of 80 ml/hour, the total volume given will equal 1920 ml. The total amounts for each component must be multiplied by 1.92, giving the following results:

Total Kcal = 1280 kcal x 1.92 = 2,458 kcal Total protein = 50 gms x 1.92 = 96 gms Total dextrose = 200 gms x 1.92 = 384 gms

Grams of dextrose in any solution should be within the recommended range for the resident’s maximum glucose utilization rate which is calculated using the resident’s body weight in grams as follows: 4.3-7.2 gms dextrose/kg body weight/day.

Lipid content should not exceed the maximum recommended rate, which is calculated as follows: 1.5 gms lipid/kg body weight/day.

Protein content should not exceed 25% of total kcal, which can also be calculated as follows: 1.5-2 gm protein/kg body wt/day.

If calcium and phosphorus are added to the solution the sum of the calcium concentration in mEq/L and the phosphate concentration in mMol/L should not exceed 30. This calculation is important to assure a safe administration of the solution; calcium and phosphate ions, if excessive, may form a crystalline precipitate in the solution.

Electrolytes and other additives should be carefully managed according to the specific need of the resident receiving the parenteral nutrition.

**Calculation of PPN Solutions**

Calculation for components of the PPN solution are similar to that of TPN, however PPN is subject to restrictions that limit the amount of nutrients that can be delivered to the resident. Its primary benefit is to provide enough kcal to prevent catabolism of lean body mass.

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***Parenteral Nutrition***

Since the solution will be administered via a peripheral vein, it must not exceed 900 mOsm/L. Concentrations above this level dramatically increase the risk of phlebitis. Thus lipid becomes the primary source of Kcal for a PPN solution (40-60% of total Kcal). Dextrose is provided in concentrations of 5-10%. The following table provides helpful information for calculating PN solutions:

Component Kcal/L mOsm/L gms/L 10% dextrose 340 504 100

20% dextrose 680 1008 200

5.5% aa 220 575 55

8.5% aa 340 890 85

10% lipids 1100 260 100

20% lipids 2000 260 200

Electrolytes --- 235 ---

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***GLUTEN-FREE DIET***

**I. Description**

The Gluten-free diet is a modification of the regular diet. This diet is designed for residents with celiac disease (CD). The diet should be individualized based on the residents needs. Celiac disease is also sometimes referred to as nontropical sprue, celiac sprue, or gluten-sensitive enteropathy. Celiac disease is an autoimmune genetic disorder in which the villi in the duodenum and small intestine are damaged in response to the ingestion of gluten.

Gluten is a storage protein (prolamins) found in all forms of wheat. Strict avoidance of any gluten-containing item is necessary to prevent reoccurrence of symptoms, i.e. bloating, diarrhea, and nausea. Careful review of food items including medications, toothpastes, mouthwashes, lip sticks, communion wafer, as additives, preservatives and stabilizers may contain gluten.

Malabsorption of fat, fat-soluble vitamins, folate, B12, and iron may occur. Supplemental vitamins and minerals should be considered in these cases. In addition, lactose intolerance is common in these cases until the diet is well controlled.

**Note:** This is not a complete list. Always read food labels. If in doubt, check with the manufacturer.

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***GLUTEN-FREE DIET***

**Foods in Question FOODS EXCLUDED**

Flavored yogurt, sour cream, frozen yogurt

Rice crackers, rice cakes, commercial

breads

milk, buttermilk, plain yogurt, cheese, cream cheese, cottage cheese

Bread or baked products made from corn, rice arrowroot cornstarch soy, amaranth potato flour, sago, potato starch, tapioca, whole-bean flour, flax, arrowroot, rice bran, buckwheat, millet , teff, cornmeal cornmeal, pea flour, corn tacos, corn tortillas, cassava, garfava, nut flours

Malted Milk

Bread and baked containing wheat, rye, barley, oat bran, bulgur, spelt wheat –based semolina, rye, oats, couscous, triticale, graham flour, semolina wheat flour, durum flour, filler Kamut, imported foods labeled Gluten-free

einkorn, seitan, emmer, bromated flour, farina, orzo, phosphate flour, plain flour, white flour,

self-rising flour

Flour or

cereal products

Cereals with wheat, rye, oats, triticale, barley, cereals made with added malt extract and extract and malt flavorings caramel color

pastas made from wheat,

wheat starch, modified food starch and other ingredients not allowed.

cream of rice, soy cereal, hominy, hominy grits, brown, white and wild

rice, cornmeal, quinoa flakes, buckwheat groats, puffed rice, puffed corn

Macaroni, spaghetti and noodles from rice, quinoa, corn, soy, potato, peas, beans, or other allowed flours.

**Food Products FOODS INCLUDED**

**Milk Products**

**Bread, Cereal**

**& Grains**

**Cereals**

**Pastas**

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**Food Products FOODS INCLUDED Foods in Question FOODS EXCLUDED**

Fish canned in vegetable broth containing (HVP) hydrolyzed vegetable & wheat protein or (HPP)

hydrolyzed plant protein, turkey basted or injected with HVP/HPP

Imitation bacon Imitation seafood

Batter dipped vegetables

Soups made with ingredients not allowed. Bouillon containing HPP or HVP

Packaged suet prepared marinades

homemade broth, Canned soups, gluten-free bouillon, dried soup mixes, cream soups and soup base, and stocks made from bouillon cubes allowed ingredients.

|  |  |
| --- | --- |
| butter, lard, cream, | Salad dressing, |
| shortening, | some mayonnaise |

margarine, homemade dressing from allowed ingredients

**Meats & Alternatives**

|  |  |  |
| --- | --- | --- |
| **Meat, fish &** | Fresh, frozen, | Prepared or |
| **Poultry** | canned, salted | preserved meats |

and smoked such as ham,

luncheon meat, bacon pate, sausages, meat and sandwich spreads, meat product extenders, hot dogs, salami, sausage

**Eggs** Eggs Egg substitutes,

dried eggs and

egg whites

**Others** Lentils, chickpeas Baked beans, dry

|  |  |  |
| --- | --- | --- |
|  | beans, nuts, tofu, | roasted nuts, |
|  | seeds, peas, | peanut butter |
|  | legumes, sorghum | communion wafers |
| **Fruits** | Fresh, frozen | Dried fruits, fruit |
|  | canned fruits and | pie filling |

fruit juices

**Vegetables** Fresh, frozen French fried

or canned veg., potatoes yucca

**Soup**

**Fats**

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**Food Products FOODS INCLUDED Foods in Question FOODS EXCLUDED**

Ice cream with not allowed ingredients. ice cream cones; cakes cookies, pastries made with not allowed ingredients.

Licorice, candies with not allowed ingredients.

Pizza, unless made with allowed ingredients

Soy sauce, mustard pickles, imitation pepper, malt vinegar

|  |  |
| --- | --- |
| ice cream, sherbet, | Milk puddings, |
| ice whipped | custard mixes, |
| toppings, egg | pudding mixes |
| custard, gelatin, | icing, powdered |
| cakes, cookies | sugar spreads, |
| pastries made | candies, chewing |
| with ingredients | gum, lemon |
| allowed honey, | lemon curd, |
| jam, jelly, sugar | marshmallow. |
| Plain popcorn | Dry roasted nuts, |

and nuts. flavored potato

chips, tortilla chips Energy bars

plain pickles, olives Worcestershire relish, ketchup, sauce, mixed mustard, vinegars, spices (i.e. curry pure black pepper, powder, chili pure spices and powder) herbs, tomato

paste, Gluten free soy sauce, modified food starch from tapioca, corn potato

Sauces and gravies made with not allowed ingredients, oat gum.

sauces and gravies Baking powder, made with allowed beer ingredients pure

cocoa, chocolate chips, MSG, cream of Tartar, coconut, aspartame, baking soda, carob chips and powder, yeast, brewer’s yeast, distilled alcoholic beverages, Indian rice grass, Job’s tears.

**Desserts and Sweets**

**Snack Foods**

**Condiments**

**Other**

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***GLUTEN-FREE SUBSTITUTIONS***

Substitution for 1 Tablespoon of Wheat flour.\*\* ½ tablespoon Cornstarch

½ tablespoon Potato starch of flour ½ tablespoon White rice flour

|  |  |
| --- | --- |
| ½ tablespoon | Arrowroot starch |
| 2 teaspoon | Quick-cooking tapioca or Tapioca starch |
| 2 tablespoon | Uncooked rice |

Substitution of 1 cup wheat flour:

Mix together 2 cups brown rice flour, 2 cups sweet rice flour and 2 cups rice polish. Store in an airtight container and use 7/8 cup of the mixture in place of 1 cup of wheat flour.

\*\*A combination of flours/starches produces a better gluten-free product.

|  |  |
| --- | --- |
| **Resource Organizations** Celiac Disease Foundation | Gluten Intolerance Group of North American |
| 13251 Ventura Blvd., Suite 3 | 15110 10 Avenue SW, Suite A |
| Studio City, CA 91604 | Seattle, WA 98166-1820 |

818-990-2354 206-246-6652

www.gluten.net

National Institutes of Health

http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/ www.csaceliac.org

877-csa-4csa

Center for Celiac Research, University of Maryland, School of Medicine

www.celiaccenter.org www.celiac.com www.celiachealth.org

1. The American Dietetic Association Manual of Clinical Dietetics, 2002 edition.

2. Miletic ID. Miletic VD. Sasttely-Miller, EA, et al. Identification of gliadin presence in pharmaceutical products. J Pediatr Gastroenterol Nutr. 1994; 19: 27-33

3. Murray, JA. The widening spectrum of celiac disease. Am J Clin Nutr. 1999; 69: 354-365.

4. Case, Shelly-Gluten free diet: a comprehensive resources guide 2004.

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***FINGER FOOD DIET***

***Suggested Menu Ideas***

**PURPOSE** To provide adequate nutrition while promoting independence in

eating for individuals with dementia-related diseases, such as Alzheimer’s cognitive impairments, or other neuromuscular disorders.

**CHARACTERISTICS** A regular diet consistency which can be easily eaten with the

fingers and not requiring silverware. It is the policy that finger food meals will be offered to any resident identified as having difficulty efficiently feeding themselves with utensils, possibly leading to risk of poor nutrition.

**NUTRITIONAL**

**ADEQUACY** Depending on individual food choices, this diet is adequate in

all nutrients.

**SERVING**

**SUGGESTIONS** Use of adaptive equipment, such as plate stabilizers, plate

guards, “nosey” cups, covered or spouted cups, and cups or mugs with large or double handles may be helpful for some individuals.

Liquids, including soups, cold cereal in milk, or thin, cooked cereal should be served in a mug or with a straw.

Food should be cut in bite-sized pieces, slices, wedges, or made into sandwiches.

Baby carrots, tomato or lettuce wedges, or small pieces or other raw vegetables or fruit are easier to eat.

Whole, fresh fruit may served if the individual can bite off pieces.

Potatoes should be served in pieces that can be picked up easily.

Eggs should be hard cooked (boiled, scrambled or fried).

Dry cereals should be larger pieces served without milk.

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***FINGER FOOD DIET***

***Suggested Menu Ideas***

Peanut butter should be served on crackers or bread quarters. Sandwiches, pancakes, waffles, toast, bread, quick breads or cake should be cut into quarters or sliced into sticks.

Foods in sauce or those soft, slippery, crumbly, large or small are hard to handle.

Pasta such as rotini, tortellini, or novelty shapes are recommended because they are thicker and easier to pick up. **Do not overcook or serve in sauce**.

Gravies, sauces, salad dressings or syrup are served in cups so foods can be dipped.

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***FINGER FOOD DIET***

**Suggested Menu Ideas**

**Bread, Cereal & Grains**

Toast (whole wheat, rye, white) brushed with margarine Crackers (variety)

Bread Sticks Rolls

French Toast Strips brushed with margarine Waffles/Pancake Strips brushed with margarine

Plain cold cereals (enriched with vitamins and minerals) Cereal/Breakfast Bars (Granola/NutriGrain)

Muffins Pita Bread

**Potatoes**

Cubes, slices, wedges Tater Tots

French Fries Potato Chips

Sweet Potatoes (slices or patties) Potato Triangles

**Fruits**

Sliced, diced, fresh, frozen, canned, or dried

**Vegetables**

Salads (may be portioned into pocket pita) Baby Carrots

Green Beans Vegetable Strips

**Meat/Meat Substitutes**

Hard Boiled Eggs, Deviled Eggs Chicken, Beef, Turkey, Pork Strips Chicken Nuggets

Fish Nuggets (Cod, Catfish, Halibut) Sausage Link

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***FINGER FOOD DIET***

**Suggested Menu Ideas Dairy Products**

Cheese Cubes, Cheese Sticks (variety) Yogurt/Jello Cubes

**Combination Meal**

Sandwich sliced into strips or cut in half and placed on each side of plate Scrambled Egg in Pita Pocket

Egg Sandwich

Casseroles and Stews (may be portioned in a pita pocket)

**Desserts**

Jello Jigglers Ice Cream Bars

Ice Cream Sandwiches

Cookies/Cookie Bar (Fortified, if possible) Cake Squares

**Non-finger foods with service/presentation modification**

Casseroles served in cereal bowls with soup spoon utensil

Short pasta noodles to replace spaghetti (elbow macaroni, orzo, ziti) served in cereal bowls

Soup served in mugs

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**Thickened Liquids**

Nectar-like thickened liquids – able to go through straw, glides off a spoon e.g. fruit nectars, shakes, eggnogs.

Honey-like thickened liquids will not go through a straw and will flow slowly off a spoon.

Pudding (spoon thick) – need to be fed with a spoon, of a pudding consistency. Residents ordered thickened liquids should not be given foods that become liquid at room temperature e.g. gelatin, ice cream, sherbet, water ices.

Follow directions on thickener to achieve desired consistency.

Suggested sites for additional information on thickened liquids and puree foods –

www.darlingtonfarms.com/caringcuisine puree bread and cornbread mix www.simplythick.com– instant thickener for beverages

National Dysphagia Diet: Standardization for Optimal Care by American Dietetic Association

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***Estimated Caloric Needs – Method I***

The following methods for estimating total daily caloric needs may be used as guidelines when assessing the resident’s needs. The dietitian must observe for signs of caloric excess or deficiency and make adjustment(s) as needed. In these equations, use the metabolically active weight (MAW) for the obese resident, i.e., 20 percent and 25 percent above ideal body weight (IBW) for women and men respectively. For the resident who is 10 percent or more under ideal body weight, use the ideal body weight. If actual body weight is used in the Harris-Benedict Equation for a resident that is underweight or has experienced significant weight loss, 500 additional calories should be added to the injury and activity factor to promote weight gain. There may be other accepted formulas that are not listed.

**Method I** This method, based on height, weight, gender and age, can be used for

any adult or adolescent.

Step 1. Using the Harris-Benedict Equations, calculate the basal

energy expenditure (BEE) in calories.

Male BEE = 66 + (13.7 x wt. (kg))

+ (5 x ht. (cm))

- (6.8 x age)Y

Female BEE =655 + (9.6 x wt. (kg.)) + (1.8 x ht. (cm))

- (4.7 x age)

Step 2. To calculate the estimated total daily calories (ETDC)

needed, multiply the BEE times the activity factor (AF)

times the injury factor (IF). ETDC = (BEE) x (AF) x (IF)

This information was adapted from:

http://dukehealth1.org/obesity/tpn\_orders.asp http://www.findarticles.com/p/articles/mi\_qa3977/is\_200101/ai\_n8929946 Pocket Resource for Nutrition Assessment, DHCC, 2013.

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**Estimating Kilocalorie Needs Based on Activity and Injury Factor**

|  |  |
| --- | --- |
| **Activity Factors (AF):**  Bedridden | 1.1 |
| Sedentary (no independent movement) | 1.2 |
| Active (walks, wheels own wheelchair) | 1.3 |
| Seated work, little movement, little leisure activity | 1.4 – 1.5 |
| Standing work | 1.6 – 1.7 |
| Strenuous work or highly active leisure activity | 1.8 – 1.9 |
| 30 – 60 minutes strenuous leisure activity 4 – 5 times per week  **Injury (Stress) Factor (IF):**  None | 1.0 |
| Recent minor surgery | 1.1 |
| Recent major surgery | 1.2 |
| Wound healing \* | 1.2 - 1.6 |
| Burns (% total body surface):  0 – 20 | 1.00 – 1.50 |
| 20 – 40 | 1.50 – 1.85 |
| 40 – 100 | 1.85 – 2.05 |
| Cancer | 1.2 – 1.45 |
| Mild infection/ Stage II pressure sore | 1.2 |
| Moderate infection/ Stage III pressure sore | 1.3 – 1.4 |
| Severe infection/ Stage IV pressure sore | 1.8 |
| Pulmonary disease | 1.3 |
| Recent long bone fracture | 1.3 |
| Fever (for every degree fever above normal +7% for every 1 degree increase in temperature) | 1.7 |
| Multiple trauma with patient on ventilator | 1.50 – 1.25 |
| Peritonitis | 1.4 |
| Sepsis | 1.2 – 1.4 |
| Severe infection/multiple trauma | 1.3 – 1.55 |
| Trauma with steroids | 1.60 – 1.70 |

**\***The dietitian will determine the adjustments required based on the number and severity of decubiti.

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***Estimated Caloric Needs – Method II***

This method of estimating caloric needs addressed only physically healthy persons who are sedentary and moderately active. It is based on body weight, regardless of height, age and gender. It does not allow for injury or stress situations. Physically healthy elderly sedentary residents may require fewer calories for maintenance than used here.

**CALORIC LEVELS**

**Weight Goals Sedentary Moderate Activity**

|  |  |  |
| --- | --- | --- |
| Weight Maintenance | 30 cal/kg | 35 cal/kg |
| Weight gain | 35 cal/kg | 40 cal/kg |
| Weight loss | 20-25 cal/kg | 30 cal/kg |

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The above was compiled from:

1. Pocket Resource for Nutrition Assessment. DHCC, 2013.

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***Estimated Protein Needs***

Protein Factors: grams protein /kg body weight 0.8 – 1.0 Average adult (non-stressed)

1.2-1.5 Draining wounds, fracture, or recent major surgery 1.0-1.1 Stage I pressure sore

1.2 Stage II pressure sore 1.3-1.4 Stage III pressure sore 1.5-1.6 Stage IV pressure sore \*Increase fluids & monitor renal function

1.0-1.2 Mildly depleted serum albumin (3.5 – 3.2 mg/dl) 1.2-1.5 Moderately depleted serum albumin (3.2-2.8 mg/dl) 1.5-2.0 Severely depleted serum albumin (<2.8)

Cast Weights:

½ leg 2-4 # Long leg 4-6 # Arm 2-3 # Short arm 1-2 # Immobilizer 1-2 #

Adjustment in weight for paralysis Paraplegia 5% - 10% decrease in IBW Quadriplegia 10% - 15% decrease in IBW

Adjustment of IBW for Amputations

Foot 1.8% \Below knee 6.0%\At knee 9.0%\Above knee 15%\Whole leg 18.5%\ Hand 8%\Forearm & hand 3.1%\Whole arm & Hand 6.5%

**Estimated Protein Needs**

For the obese resident, i.e., 20 percent and 25 percent above ideal body weight (IBW) for women and men respectively, use the adjusted body weight found elsewhere in the appendix. For the resident who is 10 percent or more below ideal body weight, use the ideal body weight.

Clinical judgment should be utilized when calculating protein needs. The rationale should be documented in the medical record.

http://www.nutriciame-clinicalnutrition.com/whatecn.htm

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**Protein Needs**

Protein needs may vary depending on a number of factors, including but not limited to;

 Renal status  Hepatic function

 Presence of metabolic stress (i.e. pressure ulcer or wound, infection, etc.)

 Undernutrition or protein-energy malnutrition (PEM)

 Presence of hepatic (liver) disease Comprehensive nutrition assessment is needed to determine the appropriate level of protein.

|  |  |
| --- | --- |
| **Diseases and Conditions** | **Protein Needs** |
| **Critical illness including burns, sepsis, traumatic brain injury** | 1.5-2.0 gm/kg/day |
| **GI Issues**  Inflammatory bowel disease Short bowel syndrome | 1.0-1.5 gm/kg/day 1.0-1.2 gm/kg/day |
| **Hepatic disease**  Hepatitis Cirrhosis | 1.0-1.5 gm/kg/day 1.0-1.2 gm/kg/day |
| **Obesity, with hypocaloric feeding**:  BMI>27, normal function of kidneys, liver Class I or II obesity with trauma (ICU) Class III obesity with trauma (ICU) | 1.5-2.0 gm/kg/IBW/day 1.9 gm/kg/IBW/day 2.5 gm/kg/IBW/day |
| **Pulmonary Disease** | 1.2-1.5 gm/kg/day |
| **Renal Disease**  Predialysis Hemodialysis Peritoneal dialysis  Continuous renal replacement therapy (CRRT  See Renal/Chronic Kidney Disease section of this manual for more detail information | 0.6-0.8 gm/kg/day  1.2-1.3 g/kg,up to 1.5-1.8 gm/kg/day >1.5-2.5 gm/kg/IBW/day  >1.5-2.5 gm/kg/IBW/day |
| **Stroke** | 1.0-1.25 gm/kg/day |

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**Miffin - St. Jeor Equation (MSJ) Cheat Sheet**

**Weight Height Age**

**Pounds kg MSJ\* Feet Inches cm MSJ\* Years MSJ\***

85 38.64 386.36 4’9” 57 144.78 904.88 70 350

90 40.91 409.09 4’10’ 58 147.32 920.75 72 360

95 43.18 431.82 4’11” 59 149.86 936.63 74 370

100 45.45 454.55 5’ 60 152.4 952.50 76 380

105 47.73 477.27 5’ 1” 61 154.94 968.38 78 390

110 50.00 500.00 5’ 2” 62 157.48 984.25 80 400

115 52.27 522.73 5’ 3” 63 160.02 1000.13 82 405

120 54.55 545.45 5’ 4” 64 162.56 1016.00 83 410

125 56.82 568.18 5’ 5” 65 165.1 1031.88 84 415

130 59.09 590.91 5’ 6” 66 167.64 1047.75 85 420

135 61.36 613.64 5’ 7” 67 170.18 1063.63 86 425

140 63.64 636.36 5’ 8” 68 172.72 1079.50 87 430

145 65.91 659.09 5’ 9” 69 175.26 1095.38 88 435

150 68.18 681.82 5’ 10” 70 177.8 1111.25 89 440

155 70.45 704.55 5’ 11” 71 180.34 1127.13 90 445

160 72.73 727.27 6’ 72 182.88 1143.00 91 450

165 75.00 750.00 6’ 1” 73 185.42 1158.88 92 455

170 77.27 772.73 6’ 2” 74 187.96 1174.75 93 460

175 79.55 795.45 6’ 3” 75 190.5 1190.63 94 465

180 81.82 818.18 95 470

185 84.09 840.91 96 475

190 86.36 863.64 **REE for Males:** 97 480

195 88.64 886.36 **\* (MSJ weight +MSJ Height - MSJ** 98 485

200 90.91 909.09 **age) + 5** 99 490

205 93.18 932.82 \* **REE for Females:** 100 495

210 95.45 954.55 **(MSJ weight + MSJ Height - MSJ** 101 500

215 97.73 977.27 **age) - 161** 102 510

220 100.00 1000.00 103 515

225 102.27 1022.73 **\* Always use actual body weight**

**\* Activity factor: 1.20 confined to bed**

**\* Activity factor: 1.30 out of bed / Ambulatory**

**\*Disclaimer – Use discretion when using this formula for resident’s that are severely underweight and severely overweight.**

**Note:** According to the American Dietetic Association (ADA) Evidence Analysis Library, if it is not possible to measure RMR, then the Mifflin-St Jeor equation using actual weight is the most accurate for estimating RMR for overweight and obese individuals when BMI is >30.

**Male REE = 9.99(wt kg) + 6.25 (ht cm) - (4.92xage) + 5**

**Female REE = 9.99(wt kg) + 6.25 (ht cm) – (4.92xage) - 161**

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***Estimated Fluid Needs***

Water requirements is adults range from 1500 to 2000 milliliters (ml) per day with additional needs ranging from 500 to 1500 ml/day if the resident has a fever, fistular draining, wounds, vomiting, diarrhea or excessive perspiration. Also, consider additional fluid is needed when a resident is utilizing an air fluidized bed. Consider water restriction for adults with congestive heart failure, renal failure, cardiac cachexia or hyponatremia. Total daily fluid requirements for residents not needing fluid restriction can be estimated using the following methods:

**Method I** This method is based on energy intake in calories regardless of age and weight. This method may be used for residents receiving tube feedings.

1 ml/kcal This calculation underestimates fluid needs in obese patients.

**Method II** This method is based on actual body weight in kilograms and age. This

method may be used for residents within their ideal body weight. Age in Years cc/kg

|  |  |
| --- | --- |
| 18-54 | 30-35 ml/kg actual body weight |
| 55-65 | 30 ml/kg actual body weight |
| over 60 | 25-30 ml/kg actual body weight |

**Method III** This method may be used for residents who are overweight.

1500 ml for the first 20 kg + 15 ml for every kg over 20 kg **Method IV** This method adjusts for extremes in body weight.

100 ml fluid per kg for the first 10 kg actual body weight 50 ml fluid per kg for the next 10 kg actual body weight 15 ml fluid per kg for the remaining kg actual body weight

\*Clinical judgment needs to be utilized when selecting formula to use. The rationale should be documented in the medical record.

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This above information was adapted from:

Zeman, F.Clinical Nutrition and Dietetics. 2ndedition, New York: MacMillan Publishing Company, 1991.

Pocket Resource for Nutrition Assessment. DHCC,2013.

Chidester J.C., Spangler, A.A. “Fluid intake in the institutionalized elderly.” J Am Diet Association. 1997.

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***Estimated Fluid Needs***

**Clinical assessment for estimating fluid needs:** Comparison of intake and output, urine volume and concentration, skin and tongue turgor, dry mucous membranes, body weight, thirst, tearing and salivation, appearance and temperature of skin, edema, temperature, pulse and respiration, blood pressure, neck vein filling, hand vein filing and facial appearance.

**Clinical signs of fluid and electrolyte imbalances:**

Water deficiency: Loss of skin turgor, dry mucous membranes, increased temperature and pulse, delirium and coma, concentrated urine and thirst. Water excess: Pulmonary and peripheral edema, abdominal and skeletal muscular twitching and cramps, stupor, coma or convulsions.

The above information was adapted from:

Grant, A., DeHoog, S.: Nutritional Assessment and Support. 4thedition, Washington:

Northgate Station, 1991.

***Serum Osmolality***

Osmolality measures the concentration of particles in solution. Osmolality increases with dehydration (loss of water without loss of solutes) and decreases with over hydration.

Greater than normal levels may indicate: Dehydration, Diabetes Insipidus, Hyperglycemia, Hypernatremia, Uremia.

Lower than normal levels may indicate: Hyponatremia, Over hydration, inappropriate ADH secretion.

Serum Osmolality = (2x(Na + K)) + (BUN/2.8) +(glucose/18) (An online calculator of serum osmolality is available at

www.intmed.mcw.edu/clincalc/osmol.html)

Normal range is 285-295 mOsm/kg.

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***Estimated Height (Stature)***

Height may be obtained by vertical measurement of the resident standing erect or by measuring the length of a bedfast resident. Either of these figures may be inaccurate due to obesity, shortening with age, and deformities caused by vertebral collapse, arthritis, kyphosis, scoliosis, osteoporosis, contractures, and pulmonary disease, all of which affect trunk length but not limb length. For all adult residents, true stature may be estimated from limb length.

**Method I Arm Span Measurement**

In adults, a rough estimate (within approximately 10%) of height can be obtained by measuring arm span. The arm span measurement is obtained by fully extending the upper extremities, including the hands, parallel to the floor. The distance between the tip of the middle finger on one hand to the tip of the middle finger on the other hand is measured, providing the arm span, or an estimate height.

If necessary, one arm can be used. With the resident’s arm (either) and hand stretched out straight perpendicular to the side, measure the distance from the sternal notch (mid sternum) to the tip of the middle finger of the outstretched hand. Double the figure to obtain the height.

**Method II Knee Height**

Measure the residents knee height from the bottom of the heel to the top of the knee when the knee is bent at a 90 degree angle and use the following formula to calculate the height.

Male: Height (cm) = 64.19-(0.04 x age)+(2.02 x knee height [cm])

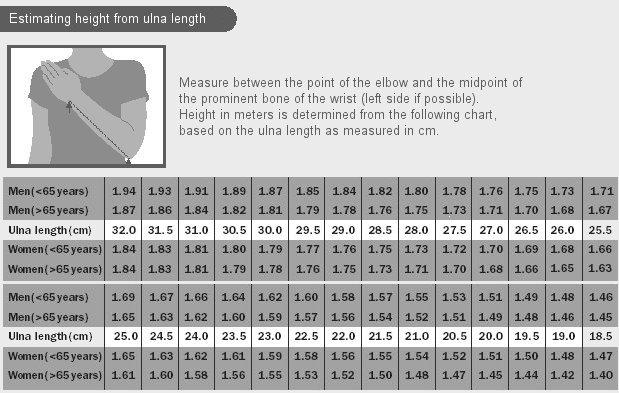
Female: Height (cm) = 84.88-(0.24 x age)+(1.83 x knee height[cm])

\_\_\_\_\_\_\_\_\_\_\_\_ The above information was adapted from:

Zeman, Frances J. Clinical Nutrition and Dietetics 2/e. Englewood Cliffs, New Jersey: Macmillan Publishing Company, 1991.

Pocket Resource for Nutrition Assessment. DHCC, 2013.

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http://www.rxkinetics.com/height\_estimate.html

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**Nutrition Assessment Guidelines: When Adjustments Are Required**

50.0%

16.0%

6.0%

1.5%

50.0%

2.3% 1.0%

**Ideal Body Weight (IBW)**

**Men:** IBW=106 pounds (lb) for first 5 feet + 6 lb for each inch over 5 feet

**Women:** IBW=100 lb for first 5 feet + 5 lb for each inch over 5 feet For the individual shorter than 5 feet, subtract 2 lb for each inch under 5 feet

**IBW frame size adjustment** Add or subtract 10% IBW

Large Frame: IBW + (IBW x 0.10)

Small Frame: IBW – (IBW x 0.10)

**Adjustment for patients with disabilities** Paraplegia: Subtract 5%-10% from IBW Quadriplegia: Subtract 10%-15% from IBW

Consultant Dietitians in Health Care Facilities, CD-HCF Pocket Resource for Nutrition Assessment, 2005 Revision.

**Adjustment For Patients With Amputations**

Use the percentage of total body weight contributed by individual body parts:

Trunk without extremities Entire leg (and foot) Below the knee Foot

Entire arm (and hand) Forearm

Hand

References:

American Dietetic Association Evidence Analysis Library. Adult weight management topics and questions. Available at:http://www.adaevidencelibrary.com/topic.cfm?cat=3047.Accessed March 14, 2010.

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Obesity is usually defined as 125% or more of ideal (IBW) or a Body Mass Index (BMI)>30. Since body fat is not nearly as metabolically active as other tissue using actual body weight to calculate caloric needs will result in a figure

that is too high. Alternatively, using Ideal Body Weight (IBW) to calculate caloric needs will result in a figure that is too low because it will not take into account the additional lean body mass to support the excess weight or extra calories needed to move it.

The following equation may be used to obtain the metabolically active weight (MAW) for estimating total daily calorie and protein requirements. This calculation is not used to calculate fluid needs. Actual body weight should be used to calculate fluid needs.

MAW = [(Actual Body Weight) – IBW) x 0.25] + IBW

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The above information was adapted from:

Mahan, L. Kathleen and Arlin, Marian. Krause’s Food, Nutrition & Diet Therapy, 8thedition. Philadelphia: W. B. Saunders Company, 1992.

**Energy Requirements for Adults**

**Energy prediction equations**

For resting energy expenditure (REE) or resting metabolic rate (RMR), where weight (W) in kilograms (KG), height (H) in centimeters and age (A) in years.

**Ireton-Jones** Legend:

B=Diagnosis of burn (present=1, absent=0)

O=Obesity, body mass index (BMI>27kg/m2 (present=1, absent=0)

S=Sex (male=1, female=0)

T=Diagnosis of trauma (present=1, absent=0)

**Spontaneously Breathing:** 629-11(A)+25(W)-609(O)

**Ventilator-Dependent** (original, 1992): 1925-10(A)+5(W)+281(S)+292(T)+851(B)

**Ventilator-Dependent** (revised, 2002): 1784-11(A)+5(W)+244(S)+239(T)+804(B)

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**Owen**

**Note:** Indirect calorimetry is the preferred method for determining RMR in critically ill patients. If it is necessary to use predictive equations, according to ADA evidence-based practice guidelines, the **Ireton-Jones** (1992) is one of the equations cited as having the best prediction accuracy. **Harris-Benedict and Mifflin-St Jeor** are not recommended for critically ill patients.

 Men: 879+(10.2xW)

 Women: 795+(7.18xW)

**Total energy requirements**

Total energy requirements (TEE)=REE x(activity factor) x (injury factor) +/- 500 calories (for desired weight loss or weight gain, if applicable) + fever factor

**Activity factors (AF)** Comatose 1.1  Confined to bed: 1.2  Confined to chair: 1.25  Out of bed: 1.3

**Injury factors (IF):**

Surgery Minor: 1.0-1.2 Major: 1.1-1.3 Skeletal trauma: 1.6-1.8

Head Trauma: 1.6-1.8 Pressure ulcers

Stage I: 1.0-1.1

Stage II: 1.2

Stage III: 1.3-1.4

Stage IV: 1.5-1.6 Infection

Mild: 1.0-1.1

Moderate: 1.2-1.4

Severe: 1.4-1.8 Burns (% body surface area)(BSA) <20% BSA: 1.2-1.5 20%-40% BSA: 1.5-1.8 >40% BSA: 1.8-2.0 Fever factor

Fahrenheit scale: add 7% of REE for every 1 degree over normal

Centigrade scale: add 13% of REE for every 1 degree over normal

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**References and Recommended Readings**

American Dietetic Association. ADA Evidence Analysis Library. Available at: www.adaevidence library.com.Accessed October 14, 2010.

Breen HB, Ireton‐Jones CS. Predicting energy needs in obese patients. *Nutr. Clin Pract.* 2004; 19:284‐289.

Campbell CG, Zander E, Thorland W. Predicted vs measured energy expenditure in critically ill underweight patients. *Nutr Clin Pract*. 2005; 20: 276‐280.

Frankenfield D, Roth‐Yousey L, Compher C. Comparison of predictive equations for resting metabolic rate in healthy non‐obese adults and obese adults: a systematic review. *J Am Diet Association*. 2005; 105: 775‐789.

Ireton‐Jones CS, Jones JD. Improved equations for predicting energy expenditure in patients: The Ireton –Jones equations. *Nutr Clin Pract*.2002; 17:29‐31.

Ireton‐Jones CS, Turner WW Jr, Leipa GU, Baxter CR. Equations for estimation of energy expenditures in patients with burns with special reference to ventilator status*. J Burn Care Rehabil.* 1992:13: 330‐333.

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**Body Mass Index (BMI) Weight (lb)**

**Height 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170 175 180 185 190 195 200 205**

5’ 0” 20 21 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

5’ 1” 19 20 21 22 23 24 25 26 26 27 28 29 30 31 32 33 34 35 36 37 38 39

5’ 2” 18 19 20 21 22 23 24 25 26 27 27 28 29 30 31 32 33 34 35 36 37 37

5’ 3” 18 19 19 20 21 22 23 24 25 26 27 27 28 29 30 31 32 33 34 35 35 36

5’ 4” 17 18 19 20 21 21 22 23 24 25 26 27 27 28 29 30 31 32 33 35 34 35

5’ 5” 17 17 18 19 20 21 22 22 23 24 25 26 27 27 28 29 30 31 32 33 33 34

5’ 6” 16 17 18 19 19 20 21 22 23 23 24 25 26 27 27 28 29 30 31 32 32 33

5’ 7” 16 16 17 18 19 20 20 21 22 23 23 24 25 26 27 27 28 29 30 31 31 32

5’ 8” 15 16 17 17 18 19 20 21 21 22 23 24 24 25 26 27 27 28 29 31 30 31

5’ 9” 15 16 16 17 18 18 19 20 21 21 22 23 24 24 25 26 27 27 28 30 30 30

5’ 10” 14 15 16 17 17 18 19 19 20 21 22 22 23 24 24 25 26 27 27 29 29 29

5’ 11” 14 15 15 16 17 17 18 19 20 20 21 22 22 23 24 24 25 26 26 28 28 29

6’ 0” 14 14 15 16 16 17 18 18 19 20 20 21 22 22 23 24 24 25 26 27 27 28

6’ 1” 13 14 15 15 16 16 17 18 18 19 20 20 21 22 22 23 24 24 25 26 26 27

6’ 2” 13 13 14 15 15 16 17 17 18 19 19 20 21 21 22 22 23 24 24 25 26 26

6’ 3” 12 13 14 14 15 16 16 17 17 18 19 19 20 21 21 22 22 23 24 24 25 26

6’ 4” 12 13 13 14 15 15 16 16 17 18 18 19 19 20 21 21 22 23 23 24 24 25

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***Monoamine Oxidase (MAO) Inhibitors and Food Interactions***

Monoamine oxidase (MAO) inhibitors are antidepressants which can cause dangerous reactions such as hypertensive crisis when taken with foods containing tyramine, dopamine, alcohol and caffeine. It is recommended that the diet continue for four weeks following discontinuation of the drug.

***MAO Inhibitors*** Examples

Brand (Generic Name) Marplan (isocarboxazid) Nardil (Phenelzine) Eldepryl (selegiline) Parnate (Tranylcypromine)

**Foods and Beverages to Avoid** Aged cheeses:

Cheddar Processed

|  |  |  |
| --- | --- | --- |
| Camembert | Gruyere | Boursault |
| Emmenthaler | Gouda | Parmesan |
| Swiss | Natural brick | Romano |
| Stilton | Mozzarella | Provolone |
|  | Bleu | Imitation cheese |
| Beer | Vermouth |  |
| Ale | Ginseng |  |

Wine Alcohol free and reduced

Alcohol beer and wine products Salted, dried cod and herring

Pickled herring

Meat extracts and bouillons Summer sausage

Any unfresh meat, stored or aged beef, aged game Beef or Chicken livers

Fermented (hard) sausage Bologna

Pepperoni Salami

Italian broad beans

Excessive amounts of chocolate and caffeine (coffee, tea, and cola) Overripe fruit, banana peel

Marmite yeast, yeast extracts, Brewers yeast Liquid and powdered protein supplements

Hydrolyzed protein extracts used as a base for sauces, soups or gravies Fermented bean curd and soya bean paste, miso (Use soy sauce with caution.) Fava Beans

Avocados

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Foods and drinks low in tyramine may be consumed with reason, but never in excess. They include caffeine containing drinks, chocolate, soy sauce, cottage cheese, cream cheese, yogurt and sour cream.

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This information was compiled from:

Manual of Clinical Dietetics, Yale-New Haven Hospital. New Haven: Department of Food and Nutritional Services, 1990.

Physician’s Desk Reference 53rdedition. Montvale: Medical Economics Data, 1999.

Pronsky, Z.M., Food Medication Interactions. Birchrunville, PA. 14th Edition, 2006

Drug Facts and Comparisons. Facts and Comparisons, 2000. Applied therapeutics: The Clinical Use of Drugs, Applied Therapeutics, 1995. The American Psychiatric Press Textbook of Psychopharmacology. American Psychiatric Press, Inc., 1998.

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***Fiber Content of Common Foods***

**Insoluble Fiber per serving(g)**

7.2 1.3 0.4 0.7

11.1 3.9 2.0 0.5

1.8 0.3 1.3 0.9 0.1 0.5 4.4 0.2 3.0 1.9 0.7 2.0 1.6

0.3 0.3 1.7

1.0 1.9 0.5 0.5 2.1

11.3 3.2

8.6 2.5 0.5 1.1

11.9 4.3 2.8 0.6

4.0 2.1 2.7 1.2 0.2 1.0 5.3 0.3 3.5 2.5 0.9 2.6 2.3

0.4 0.7 2.1

1.4 2.0 0.5 0.9 2.7

12.3 3.9

1.4 1.2 0.1 0.4

0.8 0.4 0.8 0.1

2.2 0.8 1.4 0.3 0.1 0.5 0.9 0.1 0.5 0.6 0.2 0.6 0.7

0.1 0.4 0.4

0.4 0.1 trace 0.4 0.6

1.0 0.7

**Food Item Serving Total Fiber Soluble**

**Size per serving Fiber per**

**(g) serving (g)**

|  |  |
| --- | --- |
| **Cereals** All Bran | 1/3 cup |
| Cheerios | 1 ¼ cup |
| Corn flakes | 1 cup |
| Cream of wheat, | 2 ½ tbsp |
| Regular (uncooked) Fiber one | ½ cup |
| 40% Bran flakes | 2/3 cup |
| Grapenuts | ¼ cup |
| Grits, corn, quick | 3 tbsp |
| (uncooked)  Oat bran (cooked) | ¾ cup |
| Oat bran flakes | ½ cup |
| Oatmeal (uncooked) | 1/3 cup |
| Product 19 | 1 cup |
| Puffed rice | 1 cup |
| Puffed wheat | 1 cup |
| Raisin bran | ¾ cup |
| Rice Krispies | 1 cup |
| Shredded wheat | 2/3 cup |
| Shredded wheat & bran | 2/3 cup |
| Special K | 1 cup |
| Total, whole wheat | 1 cup |
| Wheaties | 2/3 cup |
| **Grains** Cornmeal | 2 ½ tbsp |
| Macaroni, white (cooked) | ½ cup |
| Macaroni, whole wheat | ½ cup |
| (cooked)  Noodles, egg (cooked) | ½ cup |

Popcorn, popped(cooked) 3 cups Rice, white (cooked) 1/3 cup Spaghetti, white (cooked) ½ cup Spaghetti, whole wheat ½ cup (cooked)

|  |  |
| --- | --- |
| Wheat bran | ½ cup |
| Wheat germ | 3 tbsp |

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***Fiber Content of Common Foods***

**Insoluble Fiber per serving(g)**

0.4 0.2 0.4 1.6 1.1 1.6 0.6 1.6 0.3 1.5 1.0 1.0 0.3 1.2 0.5 0.5 0.2 0.3 1.7 0.4 0.6 0.6 0.5 1.2 1.2 0.4 0.4

½ 1

1 slice 1 muffin 2 in

1 slice 1 slice 1 slice ½ pocket 1 slice 1 slice 1

1 slice 1 slice ½

1

6

5

4

5

½ ¾ oz 1 roll 2

1

1

1

0.7 0.5 0.7 1.8 1.4 1.9 0.9 1.9 0.5 2.7 1.8 1.8 0.6 1.5 0.7 1.0 0.5 0.5 2.0 0.6 0.8 0.8 0.8 1.4 1.4 0.7 0.7

0.3 0.3 0.3 0.2 0.3 0.3 0.3 0.3 0.2 1.2 0.8 0.8 0.3 0.3 0.2 0.5 0.3 0.2 0.3 0.2 0.2 0.2 0.3 0.2 0.2 0.3 0.3

**Food Item Serving Total Fiber Soluble**

**Size per serving Fiber per**

**(g) serving (g)**

**Bread and Crackers**

Bagel, plain Biscuit, baked Bread

Bran muffin Cornbread Cracked, wheat French

Mixed grain Pita, white Pumpernickel Raisin

Rye White Whole wheat Bun, hamburger Crackers, matzo Saltine

Saltine, wheat Snack, whole wheat Wheat

English muffin Pretzels, hard

Rolls, brown-and-serve Taco shell

Tortilla, corn Tortilla, flour Waffle, toasted

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***Fiber Content of Common Foods***

**Insoluble Fiber per serving(g)**

2.8 2.0 1.2 2.0 3.5 1.2 1.1 1.4 1.8 0.9 2.3 2.0 1.6 0.4

1.7

1.1 0.9 0.6

1.8 2.9 3.7 3.7 1.4 2.4 1.7 0.4 3.3 2.8

1.0 0.7 0.5 1.1 1.8 0.5 0.3 0.3 0.9 0.3 1.1 0.7 1.1 0.2

0.7

0.3 0.3 0.4

0.8 1.8 0.7 0.7 0.2 1.1 1.0 0.2 0.9 1.1

1.8 1.3 0.7 0.9 1.7 0.7 0.8 1.1 0.9 0.6 1.2 1.3 1.2 0.2

1.0

0.8 0.6 0.2

1.0 1.1 3.0 3.0 1.2 1.3 0.7 0.2 0.2 1.7

**Food Item Serving Total Fiber Soluble**

**Size per serving Fiber per**

**(g) serving (g)**

|  |  |
| --- | --- |
| **Fruits**  Apple, red, fresh | 1 small |
| with skin Applesauce, canned | ½ cup |

Unsweetened

Apricots, canned, drained 4 halves Apricots, dried 7 halves Apricots fresh, with skin 4 Avocado, fresh, flesh only 1/8 Banana, fresh ½ small Blueberries, fresh ¾ cup Cherries ½ cup Dates, dried 2 ½ medium Figs, dried 1 ½

|  |  |
| --- | --- |
| Fruit cocktail, (canned) | ½ cup |
| Grapefruit, fresh | ½ medium |
| Grapes, red, fresh | 15 small |
| With skin Kiwifruit, fresh, | 1 large |
| flesh only  Melons, cantaloupe | 1 cup cubed |
| Melons, honeydew | 1 cup cubed |

Melons, watermelon 1 ¼ cup

cubed Nectarine, fresh 1 small Orange, fresh 1 small Peaches ½ cup Pears ½ cup Pineapple, canned 1/3 cup Plum, red, fresh 2 medium Prunes 3 medium Raisins, dried 2 tbsp Raspberries, fresh 1 cup Strawberries, fresh 1 ¼ cup

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***Fiber Content of Common Foods***

**Insoluble Fiber per serving(g)**

1.8 1.6 1.8 2.4 3.8 1.5 2.6 1.5 2.3 2.0 1.0 1.7

1.6

0.5 2.0 2.5 0.5 0.8 4.1 1.0 1.7 3.2 4.3

1.7

0.8 1.5

3.5 1.4 1.6 1.3

1.7 0.6 0.8 1.2 2.0 0.6 1.1 0.7 1.1 1.1 0.4 0.7

0.2

0.2 0.5 0.7 0.1 0.1 1.0 0.1 0.9 0.4 1.3

0.7

0.3 0.3

0.6 0.6 0.5 0.5

1.1 1.0 1.0 1.2 1.8 0.9 1.5 0.8 1.2 0.9 0.6 1.0

1.4

0.3 1.5 1.8 0.4 0.7 3.1 0.9 0.8 2.8 3.0

1.0

0.5 1.2

2.9 0.8 1.1 0.4

**Food Item Serving Total Fiber Soluble**

**Size per serving Fiber per**

**(g) serving (g)**

|  |  |
| --- | --- |
| **Vegetables**  Asparagus, (cooked) | ½ cup |
| Bean sprouts, fresh | 1 cup |
| Beets, flesh only(cooked) | ½ cup |
| Broccoli, (cooked) | ½ cup |

Brussels sprouts(cooked) ½ cup Cabbage, fresh 1 cup Cabbage, red (cooked) ½ cup Carrots, (canned) ½ cup Carrots, fresh 7 ½ in long Carrots, sliced (cooked) ½ cup Cauliflower, (cooked) ½ cup Celery, fresh 1 cup

chopped Corn, whole kernel ½ cup (canned)

|  |  |
| --- | --- |
| Cucumber, fresh | 1 cup |
| Green beans (cooked) | ½ cup |
| Kale, chopped, frozen | ½ cup |
| Lettuce, iceberg | 1 cup |
| Mushrooms, fresh | 1 cup pieces |
| Okra, frozen (cooked) | ½ cup |
| Olives, (canned) | 10 small |
| Onion, fresh, (chopped) | ½ cup |
| Peas, green (canned) | ½ cup |
| Peas, green, frozen | ½ cup |

(cooked)

Pepper, green, fresh 1 cup

chopped Potato, sweet (canned) 1/3 cup Potato, white, flesh only ½ cup (cooked)

|  |  |
| --- | --- |
| Pumpkin, canned | ½ cup |
| Snow peas, fresh(cooked) ½ cup | |

|  |  |
| --- | --- |
| Spinach (cooked) | ½ cup |
| Squash, yellow, | ½ cup |

crookneck, frozen

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***Fiber Content of Common Foods***

**Insoluble Fiber per serving(g)**

1.3 1.0 1.1 4.8 0.7 1.2

6.1 4.7 6.9

4.3 6.9

5.2 4.3 6.5

6.1 3.1

7.2

0.6 0.5 1.5 1.1 0.5 1.0 0.6 0.8 0.5 0.3

0.5 0.1 0.5 1.7 0.2 0.5

2.4 0.5 2.7

1.3 2.8

0.6 1.1 2.2

1.4 1.1

2.2

0.1 0.1 0.1 0.1 0.2 0.3 0.2 0.2 0.2 0.1

0.8 0.9 0.6 3.1 0.5 0.7

3.7 4.2 4.2

3.0 4.1

4.6 3.2 4.3

4.7 2.0

5.0

0.5 0.4 1.4 1.0 0.3 0.7 0.4 0.6 0.3 0.2

**Food Item Serving Total Fiber Soluble**

**Size per serving Fiber per**

**(g) serving (g)**

|  |  |
| --- | --- |
| **Vegetables**  Tomato (canned) | ½ cup |
| Tomato, fresh | 1 medium |
| Tomato, sauce | 1/3 cup |
| Turnip (cooked) | ½ cup |
| V-8 juice | ½ cup |
| Zucchini, sliced (cooked) | ½ cup |
| **Legumes**  Black beans (cooked) | ½ cup |

Black-eyed peas (canned) ½ cup Butter beans, dried ½ cup (cooked)

|  |  |
| --- | --- |
| Chick peas (canned) | ½ cup |
| Kidney beans, dark, red | ½ cup |
| dried, cooked  Lentils, dried (cooked) | ½ cup |
| Lima beans (canned) | ½ cup |
| Navy beans, dried, | ½ cup |
| (cooked)  Pinto beans (canned) | ½ cup |
| Split peas, dried | ½ cup |
| (cooked)  White beans, Great | ½ cup |
| Northern (canned) **Nuts and Seeds** Almonds | 6 whole |
| Brazil nuts | 1 tbsp |
| Coconut, dried | 1 ½ tbsp |
| Coconut, fresh | 2 tbsp |
| Hazelnuts, (filberts) | 1 tbsp |
| Peanut butter, smooth | 1 tbsp |
| Peanuts, roasted | 10 large |
| Sesame seeds | 1 tbsp |
| Sunflower seeds | 1 tbsp |
| Walnuts | 2 whole |

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***RECIPES FOR FIBER SUPPLEMENTS***

**BRAN-PRUNE JUICE SUPPLEMENT**

|  |  |
| --- | --- |
| Yield: 32 oz | Serving size: 1-4 oz/day |
| 9 oz bran buds |  |
| 23 oz prune juice |  |
| 1 cup unsweetened applesauce |  |
| Combine all ingredients in a large blender. Blenderize until well mixed. Cover, label | |
| with date and time processed. Discard after 72 hours. | |
| Total dietary fiber per ounce: 2.23 gm. |  |
| **OATMEAL WITH BRAN** |  |

Yield: 14 cups Serving size: ½ cup 21 oz oatmeal

9 oz bran buds

Cook oatmeal according to directions. When cooked, add bran. Stir, and serve immediately.

Total dietary fiber per serving: 4.06 gm.

**PRUNE WHIP**

|  |  |
| --- | --- |
| Yield: 16 oz | Serving size: 1 oz |
| 1 cup unsweetened applesauce |  |
| 1 cup unprocessed bran, all bran or bran buds | |
| ½ cup prune juice |  |
| 2 tablespoons honey |  |
| Combine all ingredients and blend until smooth. Cover and label product with date and | |
| time processed. Store in refrigerator. Discard after 72 hours. | |
| Total dietary fiber per ounce: 2.2 gm. |  |

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***CAFFEINE CONTENT OF FOODS AND BEVERAGES***

110-150

40-70

2-5

40-108

2-3

9-33

20-46

20-50

12-29

22-36

52-55

52-55

35-46

18-38

40

**Chocolate Products**

Cocoa hot (5 oz) Cocoa dry (1 oz) Chocolate milk (8 oz)

Milk chocolate (1 oz)

Dark chocolate, semi-sweet (1 oz)

Bakers chocolate (1 oz) Chocolate-flavored syrup (2 tbsp)

Chocolate malted, milk powder (3 heaping tbsp)

Chocolate chips, semi-sweet (2 oz)

**Soft Drinks, Diet (12 oz)**

Tab

Diet Cola, Dr. Pepper **Soft Drinks, Diet (12 oz)**

Tab

Diet Cola, Dr. Pepper Sugar-free Big Red

Diet Mr. Pibb

Canada Dry Diet Cola, Fresca

2-15

6

8

1-15

5-35

25

5

8

12-15

46

36-59

46

36-59

38

40

1-4

**Item Caffeine/mg Item Caffeine/mg**

**Range Range**

**Coffee (5 oz cup ) Brewed Nuts and Seeds**

Drip Percolated Decaffeinated

**Coffee (5 oz cup) Instant** Freeze, dried

Decaffeinated

**Tea (bags or loose) (5 oz)** 1 minute brew

3 minute brew 5 minute brew

**Tea Products** Instant (5 oz cup)

Iced tea (12 oz cup)

**Soft Drinks, Regular (12 oz)**

Mello Yellow, Mountain Dew, Kick

**Soft Drinks, Regular (12 oz)**

Mello Yellow, Mountain Dew, Kick

Cola, Dr. Pepper, Barqs, Root Beer

Pepsi, RC Cola, Big Red, Aspen

Mr. Pibb

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**Item**

***CAFFEINE CONTENT OF FOODS AND BEVERAGES***

**Caffeine/mg Item Caffeine/mg Range Range**

Caffeine-free Diet Cola Diet Sprite, Diet Slice,

Diet Orange, Diet Root Beer, Diet 7-Up

Jolt

Diet Orange slice 0

72

40-48

45

43

0

0

72 mg 40-48 mg

Club soda, Seltzer, Sparkling water, Caffeine-free cola, Ginger ale, Sprite, Slice Fresca, 7-Up, Root beer, Orange, Grape, Strawberry, Power Aide, tonic water

Jolt

Orange Slice Coke Zero Pepsi Max

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Number 6 8 10 12 16 20 24 30 40 60

**Scoop Sizes**

Approximate Liquid Volume 2/3 cup (5 fluid ounces)

½ cup (4 fluid ounces)

3/8 cup (3 ¼ fluid ounces)

1/3 cup (2 2/3 fluid ounces)

¼ cup (2 fluid ounces)

3 1/5 tablespoons (1 3/5 fluid ounces)

2 2/3 tablespoons (1 1/3 fluid ounces)

2 1/5 tablespoons (1 fluid ounce)

1 3/5 tablespoons (0.8 fluid ounce)

1 tablespoon (0.5 fluid ounce)

Scoops, also called dippers, are used to measure volume not weight. Originally used to measure and serve ice cream, each scoop’s number indicates the number of serving found in a quart (32 fluid ounces) of ice cream. For example, using a number eight scoop, eight half-cup servings (4 fluid ounces each) would be obtained from a quart of ice cream. Two number 8 scoops of ice cream equals one cup (8 fluid ounces) but weighs only 4.7 ounces.

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**Milligram and MilliEquivalent Conversions**

Formula for converting milligrams (mg) to milliEquivalents (mEq):

milligrams x valence = milliEquivalents atomic weight

Example: 1000 mgNa x 1 = 43 mEq

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Formula to use when converting milliEquivalents (mEq) to milligrams (mg):

milliEquivalents x atomic weight = milligrams

valence

Example: 60 mEq K x 39.1 = 2346 milligrams

1

**Mineral Atomic Weight Valence**

|  |  |  |
| --- | --- | --- |
| Zinc (Zn+) | 65.4 | 2 |
| Sodium (Na+1) | 23.0 | 1 |
| Potassium (K+) | 39.1 | 1 |
| Calcium (Ca+1) | 40.1 | 2 |
| Chlorine (C1-) | 35.5 | 1 |
| Phosphorus (P-) | 31.0 | 2 |
| Magnesium (Mg+) | 24.3 | 2 |
| Sulfur (S-1) | 32.1 | 2 |

Salt and Sodium Conversions

To convert milligrams of sodium (Na+) to milligrams of salt (NaCl):

sodium milligram ÷ .40 = salt milligrams

To convert milligrams of salt (NaCl) to milligrams of sodium (Na):

Salt milligrams x .40 = sodium milligrams 1 teaspoon salt (5gm) = 2300 mg Na

1 salt packet (5/8 gm) = 288 mg

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***Measures and Metric Conversions***

**Liquid measure – volume equivalent**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 teaspoon | = | 1/3 tablespoon | = | 5 ml |
| 1 tablespoon | = | 3 teaspoons | = | 15 ml |
| 2 tablespoons | = | 1 fluid ounce | = | 30 ml |
| 8 tablespoons | = | ½ cup | = | 120 ml |
| 16 tablespoons | = | 1 cup (8 fluid ounces) | = | ½ pint, 240 ml |
| 2 cups | = | 1 pint (16 fluid ounces) | = | .4732 liters |
| 2 pints | = | 1 quart (32 fluid ounces) | = | .9462 liters |
| 1.06 quarts | = | 34 fluid ounces | = | 1000 ml |
| 4 quarts | = | 1 gallon | = | 3785 ml |

**Dry measure-volume equivalent** 1 quart = 2 pints = 1.101 liters

Dry measure and quarts are about 1/6 larger than liquid measure pints and quarts.

|  |  |  |
| --- | --- | --- |
| **Linear measure**  1 inch | = | 2.54 centimeters (rounded to 2.5) |
| **Weights**  Avoirdupois |  | Metric |
| 1 ounce | = | 28.32 grams (rounded to 30) |
| 1 pound (16 ozs) | = | 453.6 grams (rounded to 454) |
| 1 pound (16 ozs) | = | .45 kilogram |
| 2.2 pounds | = | 1 kilogram |
| **Conversions**  kilograms x 2.2 | = | pounds (lb) |
| pounds x 0.4 | = | kilograms (kg) |
| inches x 2.5 | = | centimeters (cm) |
| centimeters 2.5 | = | inches (in) |
| grams x 1000 | = | milligrams (mg) |
| liter x 1000 | = | millilters (ml) |
| liter x 100 | = | centiliter (cl) |
| liter x 10 | = | deciliter (dl) |

Note: “Ounce” may mean 1/16 of a pound or 1/16 of a pint; however, the former is weight measure and the latter is volume measure. Except for water (or other substances with the same density as water), a fluid ounce and a weight ounce are not equivalent and should not be used interchangeably.

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***Abbreviations***

The following official and unofficial abbreviations are used frequently in residents’ medical records. This list should be modified according to the facility’s policies for approved abbreviations.

ml milliliter

a. before N.P.O. nothing by mouth

a.c. before food or meals nothing may pass orally ad lib as desired OOB out of bed

|  |  |  |  |
| --- | --- | --- | --- |
| A.D.L. | activities of daily living | .T. | occupational therapy |
| A.S.C.V.D. | arteriosclerotic cardiovascular disease | OTC | over the counter |
| A.S.H.D. | arteriosclerotic heart disease | oz | ounce |
| b.m. | bowel movement | p.c. | after meals |
| p.r.n. | whenever necessary, or | p.o. | postoperative or by mouth |
| B.M.R. | basal metabolism rate |  | at patient request |
| B.P. | blood pressure | P.T. | physical therapy |
| B.S. | bowel sounds | q | every |
| B.U.N. | blood urea nitrogen | q.h. | every hour |
| c | with | R.B.C. | red blood count |
| Ca | calcium | R/O | rule out |
| CA | cancer | R.O.M. | range of motion |
| C.B.C. | complete blood count | Rx | prescription, treatment |
| C.H.F. | congestive heart failure | S | without |
| CHO | carbohydrate | S.O.B. | shortness of breath |
| C.N.S. | central nervous system | S.S. | soap suds |
| C.O. | complains of | stat | immediately |
| C.V.A. | cerebrovascular accident | tbsp | tablespoon |
| D/C | discontinue | t.i.d. | three times a day |
| DX | diagnosis | T.P.R. | temperature, pulse and |
| E.E.G. | electroencephalogram |  | respiration |
| E.K.G. | electrocardiogram | tsp | teaspoon |
| E.N.T. | ear, nose, throat | U.R.I. | upper respiratory |
| F.B.S. | fasting blood sugar |  | infection |
| gd | good | UTI | urinary tract infection |
| gm | gram | wt. | weight |
| gr | grain |  | |
| gtt | drop |  | |
| hgb | hemoglobin |  | |
| hct | hematocrit |  | |
| h.s. | bedtime |  | |
| lb | pound |  | |
| lt | liter |  | |
| mEq | milliEquivalent |  | |

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***Official “Do Not Use” List***

**Use Instead** Write “unit” Write “International

Unit”

|  |  |
| --- | --- |
| **Do Not Use** | **Potential Problem** |
| U (unit) | Mistaken for “O” (zero), the |

Number “4” (four) or “cc”

IU (International Unit) Mistaken for IV (intravenous)

or the number 10 (ten)

|  |  |  |
| --- | --- | --- |
| Q.D., QD, q.d., qd (daily) | Mistaken for each other | Write “daily” |
| Q.O.E., QOD, q.o.d, qod | Period after the Q mistaken for | Write “every |
| (every other day) | “I” and the “O” mistaken for “I” | other day” |
| Trailing zero (X.0 mg)\* | Decimal point is missed | Write X mg |
| Lack of leading zero (.X mg) |  | Write 0.X mg |
| MS | Can mean morphine sulfate or | Write “morphine |

Magnesium sulfate sulfate”

Write “magnesium sulfate”

|  |  |
| --- | --- |
| MSO4 and MgSO4 | Confused for one another |
| 1 Applies to all orders and all medication-related documentation that is handwritten | |
| (including free-text computer entry) or on pre-printed forms. | |
| \*Exception: A “trailing zero” may be used only where required to demonstrate the level | |
| of precision of the value being reported, such as for laboratory results, imaging studies | |
| that report size of lesions, or catheter/tube sizes. It may not be used in medication | |
| orders or other medication-related documentation. | |

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**Additional Abbreviations, Acronyms and Symbols**

**Potential Problem** Misinterpreted as the number

“7” (seven) or the letter “L”

**Use Instead** Write “greater than”

Write “less than”

Confused for one another Misinterpreted due to similar Abbreviations for

Multiple drugs

Unfamiliar to many Practitioners

Confused with metric units

Mistaken for the number “2” (two)

Mistaken for U (units) when poorly written

Mistaken for mg (milligrams) resulting in one thousand-fold overdose

Write drug Names in full

Use metric units

Write “at” Write “ml” or “milliliters” Write “mcg” or

(For possible future inclusion in the Official “Do Not Use” List)

**Do Not Use** >(greater than)

<(less than)

Abbreviations for drug names Apothecary units

@ cc ug

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For information regarding the 2005 Food Guide Pyramid, Dietary Guidelines for Americans 2005 and the DASH diet, DRI’s 2010, My Plate For Older Adults, Information regarding risks of tube feeding for adults and Culture Change Movement.

See the following websites:

http://www.fda.gov/oc/opacom/hottopics/obesity.html

Consumer information on weight loss. Has material on meal planning setting weight loss goals, approved treatment, and diet scams. It also links to information on how to lose weight by adding exercise to your daily routine.

www.healthierus.gov/dietaryguidelines

for a copy of the Dietary Guidelines for Americans 2005

www.mypyramid.gov/

for a copy of the 2005 Food Guide Pyramid

Here is a link to the updated DRIs from 2010. http://fnic.nal.usda.gov/naldisplay/index.php?

info center=4&tax\_level=3&tax subject=256&topic id=1342&level3 id=5140

The web site for My Plate for Older Adults is www.nutrition.tufts.edu/research/myplate-older-adults

Information regarding risks of inserting tube feeding in residents with end stage dementia.

Finucare TE, Christmas C, Travis K.

Tube Feeding in patients with advanced dementia A Review of the evidence.

JAMA, October 13, 1999, 282 : 14: 1365 – 1370

The Culture Change Movement. New Dining Practice Standards. http://pioneernetwork.net/data/documents/newdiningpracticestandards.pdf

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