Clear Liquid Diet

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

Prescribed use:

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

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

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

Full Liquid Diet

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

Prescribed use:

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

Sample daily meal plan:

**Breakfast**

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

**Lunch and dinner**

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

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

- Foods should be pureed separately
- Nuts, seeds, skins, raw vegetables, and raw fruits should be avoided
- Liquids of high nutritional value (e.g., milk, juice, cheese sauce, tomato sauce) should be used in the puree process

**Prescribed use:**

- Fractured jaw
- Extremely poor dentition and chewing is inadequate

**Sample daily meal plan:**

**Breakfast**

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

**Lunch and dinner**

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

**Mechanical Soft Diet**

Mainline diet is followed and modified as follows:

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

**Prescribed use:**

- Edentulous
- Upon practitioner order: Dysphagia, poor dentition, and after dental surgery
**Lighter Fare Diet**

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

**Prescribed use:**
- Diabetes
- Cardiac conditions (e.g., hypertension, hyperlipidemia)
- Metabolic syndrome
- Obesity

**Renal Diet**

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

**Prescribed use:**
- Chronic Kidney Disease
- Dialysis patients

**Hepatic Disorders**

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

**Main Food Allergy Diet**

Mainline diet is followed while avoiding the main food allergies (i.e., tomato and/or peanut).

**Gluten Free Diet**

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

**Prescribed use:**
- Celiac Disease

**Pregnancy Diet**

Pregnant females will receive the mainline diet and:

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

**Mainline Alternative Diet (i.e., vegan)**

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

Diet providing a consistent number of carbohydrates per meal.

Prescribed use:

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

SECTION 2
SELF-SELECTED DIETS

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

Lactose Intolerance/Lactase Deficiency Diet

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

Food Allergy Diet Other Than Main Food Allergies

Avoid main food allergies.

Weight Reduction Diet

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

Condition:

- Obesity

Lighter Fare Diet

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

Conditions:

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

Gastroesophageal Reflux Disease, Peptic Ulcer Disease, Dyspepsia Diet

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

Condition:

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