

# THERAPEUTIC DIET GUIDELINES

## SECTION 1 PRESCRIBED DIETS

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

Prescribed use:

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

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

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

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

Prescribed use:

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

Sample daily meal plan:

Breakfast

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

Lunch and dinner

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

**Puree Diet** - Diet is nutritionally adequate. Foods have been pureed to a smooth consistency that does not require chewing

- Foods should be pureed separately
- Food holds shape on a plate and may be eaten with a spoon
- Food has no lumps and is not sticky
- Avoid nuts, seeds, skins, raw vegetables, and raw fruits
- Use liquids of high nutritional value (e.g., milk, juice, cheese sauce, tomato sauce) in the puree process

Prescribed use:

- Fractured jaw
- Extremely poor dentition and chewing is inadequate

Sample daily meal plan:

Breakfast

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

Lunch and dinner

- 8 oz. juice
- 1 cup blended soup
- 1 cup pureed meat or entree with gravy/broth
- 1 cup mashed potato
- 1 cup pureed vegetable
- 1 cup pureed fruit
- 1/2 cup pudding or yogurt (no fruit chunks)
- 2 margarine pats, 1 sugar packet

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

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

Prescribed use:

- Fractured jaw

Sample daily meal plan:

Breakfast

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

Lunch and dinner

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

**Mechanical Soft Diet** - Mainline diet is followed and modified as follows:

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

May be prescribed concurrently with one of the main food allergy diets

Prescribed use:

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

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

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

Prescribed use:

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

**Lighter Fare Diet** - A voluntary option for individuals that want to manage weight or benefit from a diet that limits sodium, fat, and calories. Individuals will complete the Lighter Fare diet request form annually

Prescribed use:

- Diabetes or pre-diabetes
- Cardiac conditions (e.g., hypertension, hyperlipidemia)
- Metabolic syndrome
- Obesity
- Individuals whose intake needs are lower than amounts provided by mainline

**Renal Diet** - Diet higher in protein and reduced in phosphorus, potassium, and sodium.

Prescribed use:

- Chronic kidney disease
- Dialysis patients

**Hepatic Disorders** - Patients with hepatic disorders will be assessed by the Registered Dietitian when medically necessary.

**Main Food Allergy Diet** - Mainline diet is followed while replacing the main food allergies (i.e., No Fish, No Peanut, or No Tomato) with an appropriate substitution. A main Food Allergy diet may be prescribed concurrently with Mechanical Soft diet.

**Gluten Free Diet** - Elimination of wheat, rye, and barley. Replaced with gluten free grains, potato, corn, and rice products.

Prescribed use:

- Celiac disease

**Pregnancy Diet** - Pregnant individuals will receive the mainline diet and:

- Daily prenatal vitamin/mineral supplement prescribed by a medical provider
- Extra 24 oz. of milk
- One snack

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

**Diabetic Diet** - Diet with increased protein and fresh vegetables and reduced carbohydrates  
Prescribed use:

- Diabetes
- Can be used patients requiring glucose intake moderation (e.g., pre-diabetes when the Lighter Fair diet is not appropriate)

<b>SECTION 2 SELF-SELECTED DIETS</b>
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**Individuals will self-select foods from the mainline diet for the following:**

**Lactose Intolerance/Lactase Deficiency Diet** - Lactose intolerance/lactase deficiency will be treated through lactase tablets.

**Food Allergy Diet Other Than Main Food Allergies** - Avoid foods not identified in policy as main food allergies.

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

Condition: Obesity

**Gastroesophageal Reflux Disease, Peptic Ulcer Disease, Dyspepsia Diet** - Avoid spices, pepper, chocolate, caffeine, and excess fat and calories.

Condition:

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