What is it?

Lighter Fare Diet is a nutritionally adequate menu plan for adults looking for a diet with reduced calories, sodium, fat, and added sugar. This can support weight management. It also supports management of health conditions, including:

- Hyperlipidemia
- Diabetes
- Hypertension
- Liver Disease
- Congestive Heart Failure
- Edema
- Obesity and/or Metabolic Syndrome

Healthy Lifestyle

Lifestyle is a decision each person makes. A healthy lifestyle is a wise option that can be thought of as a path, which starts with you and includes a healthy diet and physical activity. DOC can provide some tools, but you are in control of your lifestyle, today and tomorrow. Aim for 30-60 minutes of exercise each day if you have no restrictions. This can include mostly walking. Avoid regularly eating commissary store foods that can cancel out the benefits of a healthy diet.

Choosing Commissary Items:
Commissary store cannot provide all parts of a balanced diet. When shopping for store foods, choose items that are low in sodium, fat, added sugar, and calories. Healthy options include rolled oats, brown rice, whole grain cereals, peanut butter, nuts (especially unsalted), sparkling water and other sugar-free beverages, and low/no sodium seasonings and condiments.

600-BR008 (R. 11/2025)

Lighter Fare Diet

Diet Information and Guidelines for Incarcerated Individuals

Department of Corrections
WASHINGTON STATE

Calories at a Glance

	Men's	Women's
Lighter Fare	approx. 2100	approx. 1600
Mainline	2600-2900	1800-2100

These are the average daily amounts across the 4-week menu cycles.

What's in it?

This diet is based on a lower calorie level than mainline, so it has fewer portions of some of the food groups. It uses lower sodium items when available. It avoids high calorie and high sugar items like desserts. It is rich in lean protein, whole grains, fruits, vegetables, and other parts of a healthy balanced diet.

How to Start

To receive the Lighter Fare diet, complete the form on this brochure and submit it to Health Services. The Health Services designee will issue the HSR.

If you already have another assigned diet, you will not be able to choose the Lighter Fare menu.

Lighter Fare Agreement and Request Form

Agreement

1. When on the Lighter Fare diet, only pick up a lighter fare diet tray in the dining room. Diet will be ended for picking up mainline trays.
2. Commissary Purchases: When buying store foods, stick to only foods that are part of a balanced diet, as described in this brochure.
3. Physical Activity: Aim for 30-60 minutes of exercise each day if you have no restrictions. This can include mostly walking.

Request Form

Name: _____

DOC#: _____

Living Unit: _____

Date: _____

Signature: _____

By signing you agree to follow the agreement above