

STATE OF MARYLAND
DEPARTMENT OF PUBLIC SAFETY AND CORRECTIONAL SERVICES



MEDICAL DIET MANUAL

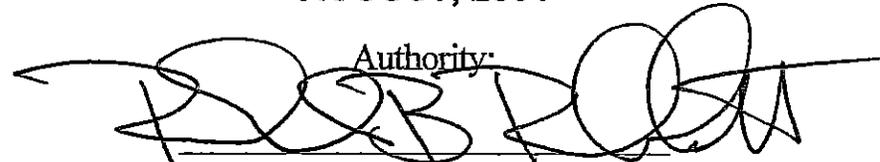
AUGUST, 2004

Distribution: A
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Correctional Dietary Managers

MEDICAL DIET MANUAL

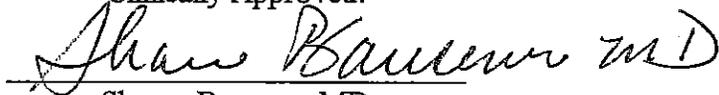
AUGUST, 2004

Authority:

A large, stylized handwritten signature in black ink, appearing to read 'Rosenblatt', is written over the word 'Authority:'.

Richard B. Rosenblatt, Assistant Secretary for Treatment Services

Clinically Approved:

A handwritten signature in black ink, appearing to read 'Sharon Baucom MD', is written over the text 'Clinically Approved:'.

Sharon Baucom, MD

MEDICAL DIET MANUAL

AUGUST, 2004

Approved:

Medical Director

Diet Manual for Department of Public Safety and Correctional Services

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Diet Manual for Department of Public Safety and Correctional Services

ACKNOWLEDGEMENTS

The 2004 revision of the Diet Manual for the Department of Public Safety and Correctional Services is the collaborative effort of a committee of Registered Dietitians representing correctional facilities throughout the Department of Public Safety and Correctional Services.

Charles Colison, MBA, RD, LD
Correctional Dietary Regional Manager
Baltimore Region

Nina Hoy, MS, RD, LD
Correctional Dietary Regional Manager
Jessup Region

Maria R. Maximo-Sabundayo, MA, RD, LD
Committee Chairperson
Deputy Director, Correctional Food Service
Division of Correction

Michelle Mealie, RD, LD
Correctional Dietary Manager
Western Correctional Institution

Scott Steininger, MBA, RD, LD
Correctional Dietary Regional Manager
Hagerstown Region

William Strong, RD, LD
Correctional Dietary Regional Manager
Maryland Correctional Pre-Release Systems Facilities

Richard G. West, MS, RD, LD
Director of Correctional Food Service
Division of Correction

The Committee acknowledges with sincere gratitude the participation and assistance of the Registered Dietitians from each correctional region within the Department of Public Safety and Correctional Services who were extremely helpful in providing research, valuable input and recommendations. A special thanks is also extended to Charles Colison, MBA, RD, LD for his help in computer work and presentation of the Manual.

STATE OF MARYLAND
DEPARTMENT OF PUBLIC SAFETY AND CORRECTIONAL SERVICES



MEDICAL DIET MANUAL

I. REFERENCES

- A. National Commission on Correctional Healthcare, Standards for Health Services in Prisons, 1992, P-46, Diet.
- B. Maryland Commission on Correctional Standards, Standards .03A, .03B, .03F, .03G, and .03H.
- C. Code of Maryland Regulations, COMAR 10.07.12.20, Health Care Facilities within Correctional Institutions, Dietary Services.
- D. Code of Maryland Regulations, COMAR 10.15.03, Dept. of Health and Mental Hygiene, Food Service Facilities.
- E. Dietary Reference Intakes (DRI's), National Academy of Sciences, National Research Council.
- F. DCD 140-300, Religious Services Program, Diet Program.
- G. Diet Manual for Long Term Care Residents, DHMH, 2000 Revision.
- H. Exchange Lists for Meals Planning, 2003 Revision Developed by Committees of the American Diabetes Association, Inc., and the American Dietetic Association.
- I. Manual of Clinical Dietetics, developed by the Chicago Dietetics Association, and Dietitians of Canada, American Dietetic Association, 6th Ed., 2000.
- J. USDA Food Guide Pyramid, Home and Garden Bulletin No. 249, U.S. Department of Agriculture, 4th Ed, 1995.
- K. Nutrition and Your Health: Dietary Guidelines for Americans, Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, 4th Ed, May 30, 2000.
- L. DPSCSD 160-1, General Policy and Procedure.

II. APPLICABLE TO: All DPSCS facilities except the Central Home Detention Unit.

III. PURPOSES:

- A. To provide therapeutic diets for all inmates when medically indicated.
- B. To define the regular and therapeutic diets provided to inmates incarcerated within the Department of Public Safety and Correctional Services.
- C. To define procedures for ordering and canceling therapeutic diets.
- D. To establish procedures for providing dietary consultations for inmates with certain medical conditions.
- E. To issue policy and procedures for providing medical diets to inmates requiring them.
- F. To provide procedures and guidelines for an alternate meal plan to the regular diet within the Department of Public Safety and Correctional Services.

IV. DEFINITIONS:

- A. Clinician -- A physician, dentist, nurse practitioner, or physician assistant.
- B. CDM -- Correctional Dietary Manager
- C. CDRM -- Correctional Dietary Regional Manager
- D. Dietary Consultation -- Written advice with respect to medical nutrition therapy rendered by a registered and licensed dietitian upon the request of a physician, dentist, nurse practitioner, or physician assistant. A dietary consultation may include a chart review and/or telephone review if deemed necessary by the dietitian. A dietary consultation must be requested within the parameters specified in VI.D. below.
- E. Diet Ordering -- The process of issuing a written directive made by a physician, dentist, nurse practitioner, or physician assistant with regard to the nutritional care of a person. Diet ordering must follow the protocol specified in VI.B. and VI.C. below.
- F. DPSCS -- Department of Public Safety and Correctional Services
- G. Lacto-Ovo vegetarian -- One who lives on a lacto-ovo vegetarian diet and avoids meat.
- H. Lacto-Ovo vegetarian diet -- A modification of the regular diet. The primary difference is that it replaces meat, fish, and poultry with a variety of legumes, meat analogues, cereals, nuts, cheeses, milk products and eggs.
- I. Meat analogue -- A meat substitute usually from soybean products.

- J. Therapeutic diet -- A specially prepared diet prescribed by a health care provider for inmates with specific medical conditions.

V. POLICIES:

- A. The DPSCS will develop and maintain a dietary program that provides therapeutic diets for inmates diagnosed with medical conditions with specific dietary requirements.
- B. The DPSCS shall provide regular and therapeutic diets that are nutritionally adequate, regularly monitored, and compatible with the health needs of the inmate.
- C. The ordering and canceling of therapeutic diets shall conform to established procedures to ensure expedient delivery of the appropriate diets to all inmates.
- D. The DPSCS/Medical Contractor/Dietary Contractor will provide dietary consultations for inmates with specific medical diagnoses in accordance with the Department's established procedures.
- E. Therapeutic diets ordered by a health care provider shall be provided to DPSCS inmates according to established procedures.
- F. To provide an alternate meal plan to the regular diet that meets Dietary Reference Intakes.

VI. PROCEDURES:

- A. Program Administration
 - 1. Inmates with medical diagnoses shall be provided with therapeutic diets appropriate for their medical conditions based on the Department's approved regular diet (See Section VI.B.).
 - 2. Regular and therapeutic diets shall be evaluated by a registered dietitian annually to ensure nutritional adequacy.
 - 3. Medical diets shall be ordered, re-ordered, revised, or canceled by a physician, dentist, nurse practitioner, or physician assistant whenever medically indicated and reviewed annually.
 - 4. Correctional dietary officer staff shall be trained at least annually by the designated licensed correctional dietary manager/correctional dietary regional manager, in the preparation and delivery of therapeutic diets to the appropriate inmates and shall maintain dietary records according to established protocols.
 - 5. The Department's medical director and director of food services or designee shall review the diet manual every two years to ensure compliance with applicable laws, regulations and prevailing medical practice.
 - 6. All diet manuals will be considered the property of the Department of Public Safety and

Correctional Services.

7. Snacks shall be provided only for pregnancy diets, high calorie diets, diabetic meal patterns, and when medically indicated.
8. The institutional CDRM/CDM will be a participant in the monthly medical Maryland Audit Committee (MAC) meetings.

B. Regular and Therapeutic Diets

1. All inmates, including those in segregation and protective custody, shall be provided with adequate diets based on current Recommended Dietary Allowances and consisting of items from the USDA Food Guide Pyramid: milk and milk products, meat, fish, and other protein sources, breads and cereals, fruits, and vegetables. Pork and pork products will not be served to inmates.
2. The regular diet referenced in Appendix 1 will form the basis of all therapeutic diets included in the Department's medical diet manual.
3. Therapeutic diets ordered by a physician, dentist, nurse practitioner, or physician assistant shall conform to the medical diets approved by the Department, or the recommendations of a health care provider and registered dietitian for special medical conditions. As deemed appropriate, the registered dietitian may opt to change meal patterns (e.g. to allow for turkey-based luncheon meat, combination dishes, etc.) provided the overall analysis is within the guidelines of the diet.
4. **INMATE PREFERENCES FOR CERTAIN FOODS WITHOUT MEDICAL BASIS OR NECESSITY SHALL NOT BE ORDERED BY HEALTH CARE PRACTITIONERS.**
5. When inmates are transported to court, from one institution to another, and during lock-down situations, diet orders may be liberalized for up to three meals by providing a "regular" bag meal. Because the basic DPSCS medical diets are progressive, regular bag meals may also be used for inmates who go out to work, such as in road crews from pre-release units, except for those inmates on renal diets.
6. Religious diets will not be served, however the Lacto-ovo vegetarian diet is available to meet the needs of recognized faiths.

C. Ordering and Canceling Diets.

1. When medically indicated, therapeutic diets as identified in the DPSCS Medical Diet Manual may be ordered by a physician, dentist, nurse practitioner, or physician assistant. A physician shall countersign physician assistant orders.
2. Medical diets may not be combined without consultation with a registered dietitian.

3. Therapeutic diets not defined in the DPSCS Medical Diet Manual, but medically indicated, shall be ordered following a dietary consultation by a registered dietitian and with the approval of the regional medical director.
4. Health care providers ordering therapeutic diets will complete, sign, and date the Medical Diet Referral Form (Appendix 13) and ensure the form is placed in the medical record, with a copy forwarded to the correctional dietary manager within 24 hours.
5. All medical diet orders will have a start and expiration date. Incomplete referral forms will be returned to the health care provider. Telephone (verbal) orders from a physician or dentist for a therapeutic diet will be honored but shall be followed with a written order within one working day of the initial order. Medical diets will automatically expire upon transfer to another institution and will need to be reordered by the receiving institution.
6. Diet orders will be dated and stamped upon receipt by the correctional dietary manager/designee and instituted within 48 hours.
7. All therapeutic diets shall be reviewed and renewed at least annually by a physician, dentist, nurse practitioner, or physician assistant, and whenever medically indicated as part of ongoing clinical evaluations. A physician shall countersign nurse practitioner and physician assistant orders.
8. Therapeutic diets may be canceled at any time by a physician, dentist, nurse practitioner, or physician assistant by completing, dating, and signing the Medical Diet Referral Form (Appendix 13). A physician shall countersign nurse practitioner and physician assistant orders.
9. The correctional dietary manager will institute cancellations of medical diets within 48 hours of receiving the Medical Diet Referral Form.
10. Inmates who demonstrate non-compliance with medical diets two-thirds of the time over a one-month period will be administratively removed from the medical diet.

D. Dietary Consultation

1. Dietary consultations will be provided by a registered dietitian when ordered by a physician, dentist, nurse practitioner, or physician assistant, and approved by the regional medical director, for inmates with the following diagnosis:
 - a. Renal disease requiring a therapeutic diet.
 - b. Crohn's disease or other gastrointestinal diseases with clinically relevant malabsorption.
 - c. Inmates on medications with clinically significant interactions with foods (e.g. monoamine oxidase inhibitors).

- d. Inmates with chronic weight loss who fail to improve on a high calorie diet and/or who have special dietary requirements.
 - e. Newly diagnosed diabetics.
 - f. Individuals on sustained clear or full liquid diets requiring nutritional supplements.
 - g. Inmates with tested and documented severe food allergies.
 - h. Inmates with needs for modifications in consistency based on dental requirements.
 - i. Inmates with specific medical diagnosis requiring combination or special diets not provided in the Department's standard therapeutic diets.
2. Inmates who self-report food allergies shall be evaluated for referral purposes by a clinician to determine if their medical history is suggestive of a life-threatening food allergy. Food preferences or mild complaints (e.g. indigestion) should be treated by avoiding the offending foods. **Inmates with life threatening food allergies (ingestion associated primarily with shortness of breath, wheezes, whelps, hives, or anaphylactic-type reaction will be considered life threatening) shall be evaluated through appropriate testing by an allergist to determine the extent of the food allergies. The medical provider shall provide a copy of the results of the allergy testing to the dietitian.** After positive testing, a dietary consultation for a special diet will be required for all inmates with life threatening food allergies.

Inmates who self-report a food allergy other than those that are life threatening (e.g. tomatoes, onions, etc.) will avoid most of the offending foods without special dietary orders to do so.

Once a patient/inmate verbalizes an allergy to a certain food, in the absence of documentation (to include those with current orders for unsubstantiated food allergies), the following will occur:

- a. Upon notification of a potential food allergy, the physician will document the type of reaction, rash, itching, etc., obtain a medical history and an order will be written for any available records from an outside allergist to substantiate the history. Instructions will be given to the inmate to avoid the item.
- b. Exceptions to food allergy testing
 - (1) Previous positive documentation of egg allergy status.
 - (2) No food allergy testing for inmates who claim to have peanut associated allergy.

3. Substitutions of equal nutritive value may be provided for a positive allergy testing.
4. Dietary consultations will be requested by completion of the Medical Dietary Consultation Request Form (Appendix 14) by the health care provider and the regional medical director. Incomplete forms will be returned to the medical provider.
5. The Medical Dietary Consultation Request Form will be placed in the inmate's medical record and a copy forwarded to the correctional dietary manager.
6. The correctional dietary manager will date and stamp all consultation requests upon receipt and ensure that a dietary consultation is initiated by a registered dietitian within 7 working days of receipt.
7. Upon completion of the dietary consultation, the registered dietitian will ensure that the completed dietary consult is forwarded to the medical unit for filing in the inmate's medical record.
8. Therapeutic diets not included in the Department's Medical Diet Manual, but recommended by the dietary consultant, may be ordered by the health care provider by specifying the indicated diet on the Medical Diet Referral Form under "Other."

E. Therapeutic Diet Delivery

1. A registered dietitian will prepare, issue, and distribute a weekly medical diet spreadsheet delineating a meal plan for each medical diet provided in their facility. Meal plans are required for medical diets outlined in the DPSCS Medical Diet Manual and special diets formulated by a registered dietitian.
2. The medical provider will update a monthly roster of inmates receiving medical diets and forward this list to the correctional dietary manager no later than the 15th day of each month.
3. Inmates on medical diets will be identified prior to meal service to assure that they receive their specific medical diet.
4. Correctional dietary managers will instruct and monitor the correctional dietary officer assigned to the diet line to ensure that medical diets are in accordance with the medical diet spreadsheet.
5. The correctional dietary officer will maintain a medical diet compliance log/checklist (Appendix 15) and document the delivery of medical diets for each inmate on a meal by meal basis. Compliance logs will be maintained and reviewed every month by the correctional dietary manager. The correctional dietary manager will notify the medical provider of all inmates administratively removed from medical diets in accordance with paragraph VI-C-9 of this directive. The medical provider will place a copy of the administrative removal in the medical record.

6. Correctional officers/correctional dietary officers assigned to the dining room observing inmates refusing medical diet meals, selecting regular meals through the regular meal line, receiving, trading, giving away food, or otherwise altering special diets will submit a matter of record according to institutional procedures. A copy of the matter of record will be forwarded for appropriate administrative action. Copies should be provided to the facility medical department and the correctional dietary manager.

F. Lacto-Ovo Vegetarian Meal Plan

1. The Lacto-Ovo vegetarian meal plan does not meet the criteria for medical diets and cannot be combined with an order for a medical diet.
2. Registration -- with the exception of inmates on prescribed medical diets, an inmate shall select either the lacto-ovo vegetarian diet or the regular diet food plan. An inmate shall register his/her preference at intake and subsequently may re-register under the following circumstances:
 - a. Within 15 days, upon transfer from one institution to another.
 - b. Six (6) months from the date of a re-registration, consistent with the provisions of a. above or
 - c. At any time if a request for re-registration is associated with an approved change in religious preference. Out of schedule changes initiated to accommodate a change in religious registration shall be processed through the administrative chaplain.
 - d. The chief of security and/or dietary manager or designees shall coordinate the registration process.
3. Meal Planning
 - a. The basic vegetarian menu shall correspond with the planned and certified institutional menu for the general population using a vegetarian substitution as necessary.
 - b. Vegetarian substitutes shall include at least 2-3 servings (five meat equivalents) daily. To offer a variety of entrees, it is recommended to choose from the following:
 - (1) 1-2 meat equivalents from the egg/milk product groups.
 - (2) 1-2 meat equivalents from the meat analogue group.
 - (3) 1-2 meat equivalents from the legume group.

- (4) One (1) meat equivalent equals any of the following:
 - (a) 1/2 cup dried beans, peas, or lentils;
 - (b) 1 tablespoon of peanut butter;
 - (c) 1 oz cheese;
 - (d) 1 cup cottage cheese;
 - (e) 1 egg;
 - (f) 4 oz tofu (2-1/2" X 2-2/4" X 1");
 - (g) 1 oz nuts or seeds or as specified for individual nutritional analysis;
 - (h) 2 oz meat analogues made from soy protein, or as specified for individual nutritional analysis.
 - c. Milk = 2 cups or 16 oz of all types of milk or yogurt.
 - d. Vegetables = 3-5 servings daily which shall include a serving of dark green or yellow vegetables. One cup of vegetable soup may be considered a serving of vegetables.
 - e. Fruits = 2-4 servings daily which shall include a serving of citrus or vitamin C fruit or juice.
 - f. All vegetarian diets shall be categorized as lacto-ovo to ensure that good quality protein is included in the planned menus.
 - g. Commercially prepared baked goods/crackers/cookies and pancake flour made from vegetable shortening.
 - h. Provide three (3) exchanges of margarine or vegetable shortening in cooking per day.
 - i. The institutional dietary manager who is a registered dietitian shall plan the lacto-ovo vegetarian substitutes and avail seasonal "good buys" to enhance the vegetarian substitutions and ensure nutritional adequacy.
- 4. Receiving, storage, preparation, and service of vegetarian meals shall follow procedures for preparation of a regular diet.
 - 5. Inmates in special confinement that select the lacto-ovo vegetarian diet shall receive their meals in their cells or designated housing areas.

6. Adequacy -- This diet, when carefully planned, contains all nutrients necessary to provide and maintain adequate nutrition based on the Recommended Dietary Allowances. NOTE: Some lacto-ovo vegetarians may be at risk of developing vitamin B-12 deficiency during periods of increased needs such as repeated blood loss.
7. Each managing officer shall develop an institutional directive to implement and comply with Section VI.F of the Medical Diet Manual.

VII. ATTACHMENTS:

- A. Appendix 1, Regular Diet
- B. Appendix 2, Lacto-Ovo Vegetarian Diet
- C. Appendix 3, Clear Liquid Diet
- D. Appendix 4, Full Liquid Diet
- E. Appendix 5, Pureed Diet
- F. Appendix 6, Mechanical Soft Diet
- G. Appendix 7, Cardiovascular Diet
- H. Appendix 8, Diabetic Diet
- I. Appendix 9, Renal Diet
- J. Appendix 10, Pregnancy Diet
- K. Appendix 11, High Calorie Diet
- L. Appendix 12, Body Mass Index Table
- M. Appendix 13, Medical Diet Referral Form
- N. Appendix 14, Medical Dietary Consultation Request Form
- O. Appendix 15, Medical Diet Compliance Log/Check Sheet
- P. Appendix 16, Inmate Education Handout -- Diet and Diabetes
- Q. Appendix 17, Inmate Education Handout -- Sodium
- R. Medical Infirmery: Diet Procedures

VIII. RESCISSIONS: DPSCSD 130-400, Medical Diet Manual, dated January 1, 1999.

REGULAR DIET

DESCRIPTION:

The regular diet is served to all persons unless an alternative diet is ordered. Menus are planned to meet nutritional needs and the requirements and objectives of the Department of Public Safety and Correctional Services.

The regular diet is the basis for modified diets, whenever possible.

ADEQUACY:

This diet will provide nutrients to meet the Recommended Dietary Allowances with the exception of iron for pregnant females.

APPROXIMATE COMPOSITION:

Calories	-	3000-3100
Protein	-	90-105 grams
Fat	-	85-105 grams
Carbohydrates	-	375-425 grams

DAILY MEAL GUIDE

Breakfast	Noon	Evening
Fruit/Juice, 1/2 cup	Vegetable Soup, 1 cup	Meat/Protein Substitute, 3-4 oz
Cereal, Hot, 1 cup/Cold, 3/4 cup	Meat/Protein Substitute, 2 oz	Potato/Equivalent, 1 cup
Egg, 2 ea/Protein Substitute, 2 oz/Scrambled Egg, 4 oz	Potato/Equivalent, 1/2 cup	Vegetable/Salad, 1/2 cup
Bread, 4 sl	Vegetable/Salad, 1/2 cup	Bread, 4 sl
Butter or Margarine, 1 t	Bread, 4 sl	Butter or Margarine, 1 t
1% Milk, 1 cup	Butter or Margarine, 1 t	Fruit/Dessert, 1/2 cup
Coffee, Sweetened, 1 cup	Fruit/Dessert, 1/2 cup	Beverage, Sweetened, 1 cup
	Beverage, Sweetened, 1 cup	1% Milk, 1 cup (3x/week)

*Additional 4-5 t. of fat used in cooking

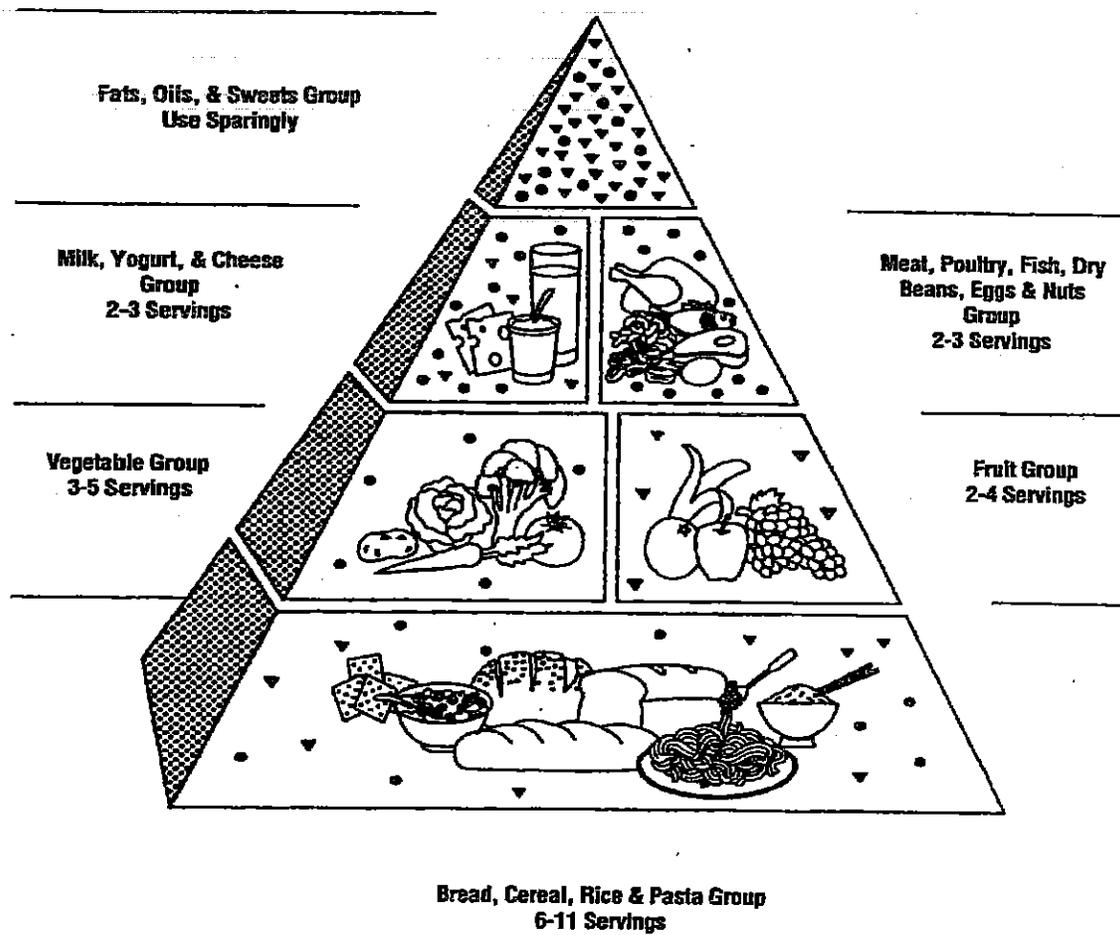
Approved:

Richard E. Kent, R.D.C.E.D.
Registered Dietitian

Aug 1, 2004
Date

USDA FOOD GUIDE PYRAMID

Food Guide Pyramid



LACTO-OVO VEGETARIAN DIET

DESCRIPTION:

The lacto-ovo vegetarian diet is a modification of the regular diet. Meat, fish, and poultry are replaced with a variety of legumes, meat analogues, cereals, nuts, cheeses, dairy products, and eggs. The lacto-ovo vegetarian diet corresponds with the planned and certified institutional menu and uses a vegetarian substitution for the meat items only. The lacto-ovo vegetarian diet is not available to inmates on prescribed medical diets.

ADEQUACY:

This diet, when carefully planned, contains all nutrients necessary to provide and maintain nutrition based on the Recommended Dietary Allowances. Some lacto-ovo vegetarians may be at risk of developing vitamin B-12 deficiency during periods of increased needs such as repeated blood loss.

APPROXIMATE COMPOSITION:

Calories	-	3000-3100
Protein	-	90-105 grams
Fat	-	85-105 grams
Carbohydrate	-	375-425 grams

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>DAILY AMOUNT</u>
MILK	All types, yogurt	2 cups or more
MEAT EQUIVALENTS	Cheese, eggs, dried beans and peas, lentils, peanut butter, nuts, seeds, meat analogues, yogurt, tofu	At least 5 meat equivalents 1 equivalent equals: 1 oz cheese, or 1/4 cup cottage cheese; or 1 egg; or 1/2 cup cooked dried beans or peas; or 1 tablespoon peanut butter; or nuts and seeds (check individual nutritional analysis for amounts required); or meat analogues (check individual nutritional analysis for amounts required).

FRUITS AND VEGETABLES	All types of citrus or high vitamin C fruit daily, dark green leafy or deep yellow vegetables (3-4 times a week)	4 or more servings
SOUPS	All made with allowed foods	As desired
BREADS AND CEREALS	All types	As desired
FATS	All types	As desired
DESSERTS	All types	As desired
BEVERAGES	All types	As desired
MISCELLANEOUS	Sugar, condiments, jelly, preserves, syrup, sweets	As needed for adequate caloric intake

DAILY MEAL GUIDE

Breakfast	Noon	Evening
Fruit/Juice, 1/2 cup Cereal, Hot, 1 cup/Cold, 3/4 cup Egg, 2 ea/Protein Substitute, 2 oz/Scrambled Egg, 4 oz Bread, 4 sl Butter or Margarine, 1 t 1% Milk, 1 cup Coffee, Sweetened, 1 cup	Vegetable Soup, 1 cup Protein Substitute, 2 oz Potato/Equivalent, 1/2 cup Vegetable/Salad, 1/2 cup Bread, 4 sl Butter or Margarine, 1 t Fruit/Dessert, 1/2 cup Beverage, Sweetened, 1 cup	Protein Substitute, 3-4 oz Potato/Equivalent, 1 cup Vegetable/Salad, 1/2 cup Bread, 4 sl Butter or Margarine, 1 t Fruit/Dessert, 1/2 cup Beverage, Sweetened, 1 cup 1% Milk, 1 cup

*Additional 4-5 t. of fat used in cooking.

Approved:

Richard L. Hill, R.D., L.D.
Registered Dietitian

Aug 1, 2004
Date

CLEAR LIQUID DIET

DESCRIPTION:

The clear liquid diet is prescribed for acutely ill inmates until a full liquid diet or solid foods are tolerated. Nourishments between meals are necessary.

ADEQUACY:

This diet is inadequate in all nutrients. It should be used for limited periods of time, usually no longer than 72 hours.

APPROXIMATE COMPOSITION:

Calories - 1200
Protein - 25-29 grams

FOODS ALLOWED

Clear broth, bouillon
Flavored gelatin (plain)
Water, ice, popsicles, fruit ice
Fruit juices:
 Apple, grape, cranberry, strained orange
 juice
Beverages:
 Tea, coffee, carbonated beverages
Sugar, sugar substitutes
Water
Fruit flavored drinks

FOODS TO AVOID

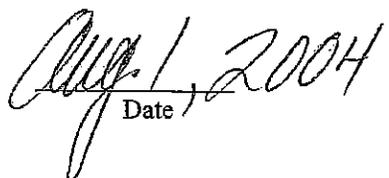
All others

DAILY MEAL GUIDE

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
Strained Orange Juice, 1 cup Gelatin Dessert, 1/2 cup Coffee or Tea with Sugar, 1 cup	Apple Juice, 1 cup Chicken Broth, 1 cup Gelatin Dessert, 1/2 cup Coffee or Tea with Sugar, 1 cup	Cranberry Juice, 1 cup Beef Bouillon, 1 cup Gelatin Dessert, 1/2 cup Coffee or Tea with Sugar, 1 cup
<u>Mid-Morning Nourishment</u>	<u>Mid-Afternoon Nourishment</u>	<u>Evening Nourishment</u>
Grape Juice, 1 cup Gelatin Dessert, 1 cup	Strained Orange Juice, 1 cup Carbonated Beverage, 1 cup	Apple Juice, 1 cup Gelatin Dessert, 1 cup

Approved:


Registered Dietitian


Date

FULL LIQUID DIET

DESCRIPTION:

The full liquid diet consists of foods that are liquid or will become liquid at room temperature. This diet is indicated for persons who are acutely ill or who are unable to swallow or chew solid foods. Nourishments are served between meals. After 2-3 days, the need for this diet should be evaluated to assure the progression to a more adequate diet. If circumstances indicate that this diet is required for any extended period of time, commercially prepared, nutritionally adequate supplements may become an essential component of this diet.

ADEQUACY:

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Recommended Dietary Allowances, with the exception of folic acid, iron, and Vitamin B6.

APPROXIMATE COMPOSITION:

Calories - 2400-2700
Protein - 75-85 grams

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
MILK	All types; cocoa, hot chocolate, milk shakes, instant breakfast, yogurt (plain)	None
MEAT & EQUIVALENT	Eggs or egg substitutes in custard or pudding, homogenized meats (baby foods) in soups	All others
FRUITS & VEGETABLES	All juices and nectars; one serving per day of citrus juice Vegetable juices, vegetable purees that are strained and diluted in soups	All others
SOUPS	Bouillon, broth, strained meat, vegetable or creamed soups	All others

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
CEREALS	Refined cooked cereals, gruel	All others
FATS	Margarine, butter, cream, non-dairy creamer	All others
DESSERTS	Pudding, custard, gelatin, plain ice cream, ice milk, sherbet, fruit ice, popsicles, plain frozen yogurt	All others
BEVERAGES	All types	None
MISCELLANEOUS	Vanilla, honey, sugar, syrup, salt, chocolate syrup, cinnamon, nutmeg, commercially prepared nutritional supplements	All others

DAILY MEAL GUIDE

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
Fruit Juice, 1 cup Cooked Cereal, 1 cup Milk, 1%, 1 cup Coffee or Tea with Sugar, 1 cup Creamer, 1/2 oz	Fruit Juice, 1 cup Strained Soup, 1 cup Pudding, 1/2 cup Milk, 1%, 1 cup Coffee or Tea with Sugar, 1 cup Creamer, 1/2 oz	Fruit Juice, 1 cup Strained Soup, 1 cup Pudding, 1/2 cup Milk, 1%, 1 cup Coffee or Tea with Sugar, 1 cup Creamer, 1/2 oz
<u>Mid-Morning Nourishment</u>	<u>Mid-Afternoon Nourishment</u>	<u>Evening Nourishment</u>
Milk, 1%, 1 cup	Custard, 1/2 cup Fruit Punch, 1 cup	Fruit Juice, 1 cup Pudding, 1/2 cup

Approved:

Richard S. [Signature]
Registered Dietitian

Aug 1, 2004
Date

PUREED DIET

DESCRIPTION:

The pureed diet is adapted from the regular menu and includes soft, smooth, blenderized, or pureed foods for persons who have difficulty in chewing, or swallowing foods. The menu pattern is similar to the regular diet.

ADEQUACY:

This diet will provide nutrients to meet the Recommended Dietary Allowances, with the exception of iron for pregnant females.

APPROXIMATE COMPOSITION:

Calories	-	3000-3100
Protein	-	90-105 grams
Fat	-	85-105 grams
Carbohydrate	-	375-425 grams

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
BEVERAGES	Any	None
BREAD	Refined & finely ground whole wheat breads, toast without seeds; saltines or graham crackers mixed with liquid	Bread or rolls with tough crust or seeds; cornbread; biscuits; waffles, pancakes, French toast
CEREALS	Refined cooked cereals and finely ground whole wheat	Dry cereals; coarse whole grain cooked cereals
DESSERTS	Plain pudding; custard; gelatin desserts; ice cream; sherbet; ices; fruit purees and whips	All others
EGGS	Plain scrambled, chopped, creamed	Whole hard boiled eggs and others not allowed
FATS	Any tolerated	None

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
FRUITS/FRUIT JUICES	Any fruit juices; finely mashed blenderized or pureed cooked fruit or bananas as tolerated	Raw fruits; whole fruit; any with seeds or skins
MEAT, FISH, POULTRY & CHEESE	Finely ground, blenderized/pureed fresh meats of soft consistency (may have cream sauce, mayonnaise, or broth added); small curd cottage cheese	Any not allowed
POTATO OR SUBSTITUTE	Mashed white or sweet potatoes; soft rice; grits (cream of rice)	All others
SOUPS	Strained broth; plain cream soups	All others
SWEETS	Clear jelly; honey; sugar; apple butter	All others
VEGETABLES	Vegetable juices; blenderized, pureed or very soft cooked vegetables	All raw vegetables; any which cause distress
MISCELLANEOUS	Salt; cocoa; chocolate; gravies; mustard; catsup	Highly seasoned foods; nuts; coconut; olives; pickles

DAILY MEAL GUIDE

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
Fruit/Juice, 1/2 cup Cereal, Hot, 1 cup/Cold, 3/4 cup Egg, 2 ea/Protein Substitute, 2 oz/Scrambled Egg, 4 oz Toast, 4 sl Butter or Margarine, 1 t 1% Milk, 1 cup Coffee, Sweetened, 1 cup	Pureed Vegetable Soup, 1 cup Pureed Meat/Protein Substitute, 2 oz Mashed Potato/Equivalent, 1/2 cup Pureed/Cooked Vegetable, 1/2 cup Bread, 4 sl Butter or Margarine, 1 t Pureed Fruit/Dessert, 1/2 cup Beverage, Sweetened, 1 cup	Pureed Meat/Protein Substitute, 3-4 oz Mashed Potato/Equivalent, 1 cup Pureed Vegetable, 1/2 cup Bread, 4 sl Butter or Margarine, 1 t Pureed Fruit/Dessert, 1/2 cup Beverage, Sweetened, 1 cup 1% Milk, 1 cup (3x/week)

*Additional 4-5 t. of fat used in cooking.

Approved:

Richard L. Kett, R.D.
Registered Dietitian

Aug 1 2014
Date

MECHANICAL SOFT DIET

DESCRIPTION:

This diet modifies the consistency of the regular diet and is used when there is difficulty in chewing regular food. All foods allowed on the regular diet may be included. Certain foods must be chopped or ground depending on the texture of foods and individual needs.

ADEQUACY:

This diet will provide nutrients to meet the Recommended Dietary Allowances with the exception of iron for pregnant females.

APPROXIMATE COMPOSITION:

Calories	-	3000-3100
Protein	-	90-105 grams
Fat	-	85-105 grams
Carbohydrates	-	375-425 grams

DAILY MEAL GUIDE

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
Soft Fruit/Juice, 1/2 cup	Vegetable Soup, 1 cup	Mechanical Meat/Protein Substitute, 3-4 oz
Cereal, Hot, 1 cup/Cold, 3/4 cup	Mechanical Meat/Protein Substitute, 2 oz	Potato/Equivalent, 1 cup
Egg, 2 ea/Protein Substitute, 2 oz/Scrambled Egg, 4 oz	Potato/Equivalent, 1/2 cup	Mech. Vegetable, 1/2 cup
Bread, 4 sl	Mech. Vegetable/Salad, 1/2 cup	Bread, 4 sl
Butter or Margarine, 1 t	Bread, 4 sl	Butter or Margarine, 1 t
1% Milk, 1 cup	Butter or Margarine, 1 t	Pureed Fruit/Dessert, 1/2 cup
Coffee, Sweetened, 1 cup	Soft Fruit/Dessert, 1/2 cup	Beverage, Sweetened, 1 cup
	Beverage, Sweetened, 1 cup	1% Milk, 1 cup (3x/week)

*Additional 4-5 t. of fat used in cooking.

Approved:


Registered Dietitian


Date

CARDIOVASCULAR DIET
LOW SODIUM LOW CHOLESTEROL FAT CONTROLLED

DESCRIPTION:

The low sodium, low cholesterol, fat controlled diet provides approximately 2-4 grams of sodium, 300 milligrams of cholesterol and approximately 50-65 grams of fat. The diet may be considered for persons who have a history of hypertension, edema, chronic cardiovascular disease and have elevated serum cholesterol and/or triglycerides who are high-risk candidates for coronary artery disease.

Polyunsaturated fats are encouraged and saturated fats are restricted. Because the amount of fat is restricted, additional portions of foods high in carbohydrates should be added to provide adequate calories.

ADEQUACY:

This diet meets the Recommended Dietary Allowances, with the exception of iron for pregnant females

APPROXIMATE COMPOSITION:

Calories	-	2600 - 2900
Protein	-	90-100 grams
Fat	-	50-65 grams
Carbohydrates	-	400-475 grams
Sodium	-	2-4 grams
Cholesterol	-	250-350 mg.

FOOD GROUP

FOODS ALLOWED

FOODS TO AVOID

BEVERAGES

Skim Milk, 1% milk, buttermilk made with skim milk, fat-free powdered milk, coffee, tea, fruit drinks, carbonated beverages

All beverages made with cream, ice cream, whole, 2% or chocolate milk; eggs; cultured buttermilk. Limit milk or nutritional supplements to two cups per day.

BREADS

White, rye, or whole grain enriched bread, crackers; graham, unsalted, matzo

Biscuits, muffins containing excess fat and salt toppings; doughnuts, French toast, cornbread, sweet rolls, pancakes; quick breads made with regular baking powder, baking soda, or self-rising flour

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
CEREALS	All	None
DESSERTS	Fruit, fruit ices, fruit whips made with egg white, gelatin desserts, angel food cake, sherbet	Ice cream, commercial baked products or pastries, desserts made with 2% or whole milk, cream, coconut fat, nuts or chocolate
EGGS	3 eggs/week, hard cooked or scrambled without additional fat; egg whites; cholesterol-free egg substitutes	Whole eggs or egg yolk, except as allowed; fried, creamed, buttered or prepared with whole, 2% milk or saturated fats
FATS	Polyunsaturated vegetable oils such as corn, sunflower, peanut, safflower, soybean, and cottonseed oils; margarine, salad dressings, and mayonnaise made from the above oils; olive oil	Butter; cream; other saturated fats such as lard, suet, bacon, salt pork, coconut oil, non-dairy cream substitutes, hydrogenated vegetable shortening; limit regular margarine to 6 tsp. per day including fat used in cooking
FRUITS/FRUIT JUICES	All, except avocados	Avocados
MEAT, FISH, POULTRY & CHEESE	Limit to 6 oz or equivalent daily; lean meat, fish, and poultry any style except fried or cooked with excess fat: beef, lamb, pork, veal, fresh fish, chicken, turkey; cottage cheese, skim milk and low fat cheeses; water packed tuna. For nutritional value, 2-3 oz of liver biweekly is allowed	Fatty meat; salt pork; kosher sausage; bacon; organ meats; liver (in excess of allowance), sweetbreads, brains, fried meats; whole milk cheeses; sardines; tuna packed in oil; all canned, salted, or smoked meats or processed lunch meats; duck and goose; regular peanut butter, processed cheese and cheese spreads
POTATO OR SUBSTITUTE	White or sweet potatoes, macaroni, spaghetti, noodles, rice, corn meal, grits	Potato chips; fried potatoes; au gratin or creamed potatoes, hominy

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
SOUPS	Homemade soups with allowed ingredients, fat removed; salt-free bouillon, consommé, and clear broth	Soups made with cream and whole milk, commercial soups, regular bouillon cubes
SWEETS	Sugar, honey, jam, jelly, syrup, molasses, plain sugar candies	Candy containing nuts, chocolate or large amount of fat
VEGETABLES	Fresh, canned, or frozen	Sauerkraut or vegetables in brine; fried, creamed, buttered or prepared with whole, 2% milk or saturated fat; canned baked beans
MISCELLANEOUS	All unsalted seasonings, vinegar, herbs, pepper, cocoa; strained gravies	Chocolate, nuts, coconut, gravy, olives, cream sauces, peanut butter, buttered popcorn, salt with meals, salted snacks, catsup, chili sauce, prepared mustard, pickles, relishes, regular baking powder and baking soda, seasoning salts, MSG, meat tenderizer

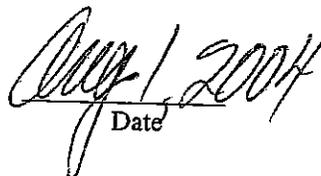
DAILY MEAL GUIDE

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
Fruit/Juice, 1/2 cup	Meat/Protein Substitute, 2 oz	Meat/Protein Substitute, 3-4 oz
Cereal, Hot, 1 cup/Cold, 3/4 cup	Potato/Equivalent, 1/2 cup	Potato/Equivalent, 1/2 cup
Meat Substitute, 1 oz	Vegetable/Salad, 1 cup	Vegetable/Salad, 1/2 cup
Toast, 4 sl	Bread, 4 sl	Bread, 4 sl
Margarine, 1 t	Margarine, 1 t	Margarine, 1 t
Jelly, 2 T	Jelly, 2 T	Jelly, 2 T
1% Milk, 1 cup	Fruit/Gelatin, 1/2 cup	Fruit/Gelatin, 1/2 cup
Coffee, Sweetened, 1 cup	Beverage, Sweetened, 1 cup	1% Milk, 8 oz
		Beverage, Sweetened, 8 oz

*Total per week: 3 eggs; 1/2 cup low fat cottage cheese per serving; 1/2 cup cholesterol-free egg substitute per serving.

Approved:


Registered Dietitian


Date

DIABETIC DIET (CALORIE RESTRICTED)

DESCRIPTION:

The purpose of the diabetic diet is to achieve and/or attain a desirable body weight and to maintain plasma glucose levels near normal limits for the age group. This diet controls calories and the kinds and amounts of foods. The distribution and timing of food intake should be planned.

The planning of diabetic diets in this manual follows the methodology outlined in the publication Exchange Lists for Meal Planning, 2003 revision developed by Committees of the American Diabetes Association, Inc. and the American Dietetic Association. Foods are divided into six (6) groups called "Exchange Lists." This system is based on averages and foods are grouped according to the essential nutrients provided. One food may be exchanged for another within the same list, but exchanges should not be made between lists.

A Guide for Professionals: "The Effective Application of Exchange Lists for Meal Planning" is recommended as a reference to assist the dietitian to adapt the exchange lists to meet the needs and situation of the individual and facility.

Diabetic diets should be considered for persons with insulin dependent and non-insulin dependent diabetes and for those whom a calorie restricted diet is indicated.

ADEQUACY:

Diets of 1500 calories and above contain all nutrients necessary to provide and maintain adequate nutrition based on the Recommended Dietary Allowances. Diets below 1500 calories may be marginal or inadequate in nutrients and should be individually evaluated for nutritional adequacy.

APPROXIMATE COMPOSITION:

Diet composition varies depending upon prescribed diet and meal plan. Refer to suggested meal plans.

ADA standardized meal plans are no longer published. However, meal plans can be used as a guide if they are adjusted to fit the specific needs of the individual. For this reason, meal plans of 1500, 2000 and 2400 calories and House Diabetic Diet (no concentrated sweets) are included in the Department's medical diet manual. Evening snacks are offered to persons who are insulin dependent. Diets are planned to meet the ADA recommendation for 50-60% carbohydrate, 10-20% protein, and less than 30% fat.

DIABETIC DIET (CALORIE RESTRICTED)

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
BEVERAGES	Coffee, tea, non-caloric carbonated beverages, non-caloric fruit flavored beverages	Regular carbonated beverages, prepared drink mixes with sugar added
MILK	All types except chocolate and condensed	Chocolate milk, condensed milk
MEAT AND EQUIVALENT	All types	Commercially prepared batter-coated and breaded
FRUITS	Fresh, frozen, and canned, without added sugar; unsweetened juices and fruit nectars; include citrus or Vitamin C enriched daily	Fruits canned in syrup, sweetened juices
SOUPS	Made with allowed foods; broth and bouillon	All others
BREADS & CEREALS	Enriched breads, rolls, crackers; hot or cold cereal except pre-sweetened cereal	Doughnuts, Danish, and sweet rolls; fruit/nut breads; sugar-coated cereals
FATS	Fortified margarine, butter, vegetable oils, salad dressings, non-dairy creamer, cream, gravy	All others
DESSERTS	Dietetic puddings and gelatin	Pies, pastries, other sugar concentrated dessert items; frosting
MISCELLANEOUS	Sugar substitute, spices, herbs, salt, pepper, vinegar, nuts, mustard, catsup, dietetic jelly, dietetic syrup, dill and sour pickles	Candy, jelly, jam, marmalade preserves, honey, molasses, syrup, sugar

STARCH EXCHANGES

One exchange of Bread contains a mean of 77 grams per serving and 15 grams of carbohydrates, 3 grams of protein, 0-1 grams of fat, and 80 calories.

This list shows the kinds and amounts of Breads, Cereals, Starchy Vegetables, and Prepared Foods to use for one Starch. The general rule for starchy foods that are not on this list is: 1/2 cup of cereal, grain or pasta is one serving; 1 ounce of a bread product is one serving.

Bread

Bagel (4 inch diameter).....	1/2 (1 oz)
Bread, reduced calorie.....	2 slices (1-1/2 oz)
Bread, white, whole wheat, pumpernickel, rye.....	1 slice (1 oz)
Bread sticks, crisp, 4 in. long x 1/2 in.....	4 (2/3 oz)
English muffin.....	1/2
Hot dog or hamburger bun.....	1/2 (1 oz)
Pancake (4 inches across).....	1
Pita, 6 in. across.....	1/2
Roll, plain, small.....	1 (1 oz)
Raisin bread, unfrosted.....	1 (1 oz)
Tortilla, corn, 6 in. across.....	1
Tortilla, flour, 7-8 in. across.....	1
Waffle, 4-1/2 in. square, reduced fat.....	1

Cereals and Grains

Bran cereals.....	1/2 cup
Bulgur.....	1/2 cup
Cereals (cooked).....	1/2 cup
Cereals, unsweetened, ready-to-eat.....	3/4 cup
Cornmeal (dry).....	3 T
Flour (dry).....	3 T
Granola (low fat).....	1/4 cup
Grape-Nuts.....	1/4 cup
Grits.....	1/2 cup
Millet.....	1/3 cup
Oats.....	1/2 cup
Pasta.....	1/3 cup
Puffed cereal.....	1-1/2 cups
Rice, white or brown.....	1/3 cup
Shredded wheat.....	1/2 cup
Sugar-frosted cereal.....	1/2 cup
Wheat Germ.....	3 T

Starchy Vegetables

Baked Beans.....	1/3 cup
------------------	---------

Corn	1/2 cup
Corn on cob, large	1 (2-1/2 oz)
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	1/2 cup
Plantain	1/2 cup
Potato, baked or boiled	1 small (3 oz)
Potato, mashed	1/2 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	1/2 cup

Crackers and Snacks

Animal crackers	8
Graham Crackers, 2-1/2 in. square	3
Matzoh	3/4 oz
Melba toast	4 slices
Oyster crackers	20
Popcorn (popped, no fat added or low fat microwave)	3 cups
Pretzels	3/4 oz
Rice Cakes, 4 in. across	2
Saltine-type crackers	6
Snack chips, fat free	15-20 (3/4 oz)
Whole-wheat crackers, no fat added	5 (3/4 oz)

Dried Beans, Peas, and Lentils

(Count as a mean of 115 grams per serving and 1 starch exchange, plus 1 very lean meat exchange)

Beans and peas (black, garbanzo, navy, pinto, kidney, white, split, black-eyed)	1/2 cup
Lima beans	2/3 cup
Lentils	1/2 cup
Miso	3 T

Starchy Foods Prepared With Fat

(Count as a mean of 116 grams per serving and 1 starch exchange, plus 1 fat exchange)

Biscuit, 2-1/2 in. across	1
Chow mein noodles	1/2 cup
Corn bread, 2 in. cube	1
Crackers, round butter type	6
Croutons	1 cup
French-fried potatoes, frozen, oven baked	1 cup (2 oz)
Granola	1/4 cup
Muffin (large)	1/5 (1oz)
Popcorn, microwave	3 cups
Sandwich crackers, cheese or peanut butter filling	3/4 oz
Snack Chips	3
Stuffing, bread (prepared)	1/3 cup
Taco shell, 6 in. across	2
Waffle, 4-1/2 in. square	1
Whole-wheat crackers, fat added	7 (1 oz)

FRUIT EXCHANGES

One exchange of fruit contains a mean of 63 grams per serving and 15 grams of carbohydrates and 60 calories. The weight includes skin, core, seeds, and rind.

This list shows the kinds and amounts of fruits to use for one Fruit Exchange.

Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	1/2 cup
Apples, dried	4 rings
Apricots, fresh	4 whole (5 oz)
Apricots, dried	8 halves
Apricots, canned, juice pack	1/2 cup
Banana, small	1 (2-1/2 oz)
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe, small	1 cup cubes
Cherries, sweet, fresh	12 (3 oz)
Dates	3
Figs, fresh	2 medium (3-1/2 oz)
Figs, dried	1-1/2
Fruit Cocktail, canned, juice pack	1/2 cup
Grapefruit, large	1/2 (6 oz)
Grapefruit sections, canned	3/4 cup
Grapes, small	17 (3 oz)
Honeydew melon	1 cup cubes
Kiwi	1 (3oz)
Mandarin oranges, canned, juice pack	3/4 cup
Mango, small	1/2 fruit (4 oz) or 1/2 cup
Nectarine, small	1 (4-1/2 oz)
Orange, small	1 (5 oz)
Papaya	1 cup cubes
Peach, medium, fresh	1 (5 oz)
Peaches, canned, juice pack	1/2 cup
Pear, large, fresh	1/2 (4 oz)
Pears, canned, juice pack	1/2 cup
Pineapple, fresh	3/4 cup
Pineapple, canned, juice pack	1/2 cup
Plums, small	2 (5 oz)
Plums (canned), juice pack	1/2 cup
Prunes, dried	3
Raisins	2 T
Raspberries	1 cup
Strawberries	1-1/4 cup whole berries
Tangerines, small	2 (6 oz)
Watermelon	1-1/4 cup cubes

Fruit Juice (mean of 53 grams per serving)

Apple juice/cider.....	1/2 cup
Cranberry juice cocktail.....	1/3 cup
Cranberry juice cocktail, reduced calorie.....	1 cup
Fruit juice blends, 100% juice.....	1/3 cup
Grape juice.....	1/3 cup
Grapefruit juice.....	1/2 cup
Orange juice.....	1/2 cup
Pineapple juice.....	1/2 cup
Prune juice.....	1/3 cup

MILK EXCHANGES

One exchange of milk contains 12 grams of carbohydrates, 8 grams of protein.

This list shows the kinds and amounts of **milk and milk products** to use for one Milk Exchange. The higher the fat contents of milk and yogurt, the greater the amount of saturated fat and cholesterol. The following list is divided into three parts based on the amount of fat and calories: skim/very low-fat milk, low-fat milk, and whole milk.

	Mean grams per serving	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Skim/very low fat	92	12	8	0-3	90
Low-fat	113	12	8	5	120
Whole	159	12	8	8	150

Skim and Very Low-fat Milk (0-3 grams fat per serving)

Skim milk.....	1 cup
1/2% milk.....	1 cup
1% milk.....	1 cup
Evaporated skim milk.....	1/2 cup
Non-fat dry milk.....	1/3 cup dry
Plain non-fat yogurt.....	2/3 cup
Non-fat or low-fat fruit flavored yogurt sweetened with aspartame or with a nonnutritive sweetener.....	2/3 cup

Low-fat (5 grams fat per serving)

2% milk.....	1 cup
Plain low-fat yogurt.....	2/3 cup
Sweet acidophilus milk.....	1 cup

Whole Milk (8 grams fat per serving)

Whole Milk.....	1 cup
Evaporated whole milk.....	1/2 cup

OTHER CARBOHYDRATES LIST

Choices from this list can be substituted for a starch, fruit, or milk choice. Some choices will also count as one or more fat choices. Because many of these foods are concentrated sources of carbohydrate and fat, the portion sizes are often very small.

One exchange equals
15 grams carbohydrate or 1 starch, or 1 fruit, or 1 milk

<u>Food</u>	<u>Serving Size</u>	<u>Exchanges Per Serving</u>
Angel food cake, unfrosted	1 slice (2 oz)	2 carbohydrates
Brownie, small, unfrosted	1 each (1 oz)	1 carbohydrate, 1 fat
Cake, unfrosted	2 in. square	1 carbohydrate, 1 fat
Cake, frosted	2 in. square	2 carbohydrates, 1 fat
Cookie or sandwich cookie with creme filling	2 small	1 carbohydrate, 1 fat
Cupcake, frosted	1 small	2 carbohydrates, 1 fat
Cranberry sauce, jellied	1/4 cup	2 carbohydrates
Doughnut, plain cake	1 medium (1-1/2 oz)	1-1/2 carbohydrates, 2 fats
Doughnut, glazed	3-3/4 in. across (2 oz)	2 carbohydrates, 2 fats
Fruit Cobbler	1/2 cup	3 carbohydrates, 1 fat
Fruit juice bars, frozen, 100% juice	1 bar (3 oz)	1 carbohydrate
Fruit snacks, chewy (pureed fruit concentrate)	1 roll (3/4 oz)	1 carbohydrate
Fruit spreads, 100% fruit	1-1/2 T	1 carbohydrate
Gelatin, regular	1/2 cup	1 carbohydrate
Gingersnaps	3	1 carbohydrate
Granola bar	1 bar	1 carbohydrate, 1 fat
Honey	1 T	1 carbohydrate

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

VEGETABLE EXCHANGES

One exchange of vegetables contains a mean of 23 grams per serving and about 5 grams of carbohydrates, 2 grams of protein, 0 grams of fat and 25 calories.

This list shows the kinds of vegetables to use for one vegetable exchange. Unless otherwise noted, the serving size for vegetables (one vegetable exchange) is 1/2 cup of cooked vegetables or vegetable juice; 1 cup of raw vegetables.

Artichoke	Pea Pods
Artichoke hearts	Peppers (all varieties)
Asparagus	Radishes
Beans (green, wax, Italian)	Salad greens (endive, escarole, lettuce, romaine)
Bean sprouts	Sauerkraut
Beets	Spinach
Broccoli	Summer squash
Brussels sprouts	Tomato
Cabbage	Tomatoes, canned
Carrots	Tomato sauce
Cauliflower	Tomato/vegetable juice
Celery	Turnips
Cucumber	Water chestnuts
Eggplant	Watercress
Green onions or scallions	Zucchini
Greens (collard, kale, mustard, turnip)	
Kohlrabi	
Leeks	
Mixed vegetables (without corn, peas, or pasta)	
Mushrooms	
Okra	
Onions	

Starchy vegetables such as corn, peas, winter squash, and potatoes that contain larger amounts of calories and carbohydrates are on the starch list.

MEAT AND MEAT SUBSTITUTES LIST

This list is divided into four parts based on the amount of fat and calories. Very lean meat, lean meat, medium-fat meat and high-fat meat. One ounce of each of these included:

	Mean grams per serving	Carbohydra te (grams)	Protein (grams)	Fat (grams)	Calories
Very lean	37	0	7	0-1	35
Lean	56	0	7	3	55
Medium Fat	72	0	7	5	75
High-fat	99	0	7	8	100

Very Lean Meat and Substitutes List

One exchange of very lean meat or substitute is equal to 0 grams carbohydrate, 7 grams of 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), Cornish hen (no skin)..... 1 oz
- Fish:** Fresh or frozen cod, flounder, haddock, halibut, trout;
tuna, fresh or canned in water..... 1 oz
- Shellfish:** Clams, crab, lobster, scallops, shrimp, imitation shellfish 1 oz
- Game:** Duck or pheasant (no skin), venison, buffalo, ostrich 1 oz
- Cheese with 1 gram or less fat per ounce:**
 - Non-fat or low-fat cottage cheese..... 1/4 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 1/4 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

Count as one very lean meat and one starch exchange:

- Dried beans, peas, lentils (cooked) 1/2 cup

Lean Meat and Substitutes List

One exchange of lean meat or substitute is equal to 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 of fat, such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone-porterhouse, cubed), ground round.....	1 oz
Pork:	Lean pork, such as fresh ham; canned, cured, or boiled ham; Canadian bacon; tenderloin, center loin chop.....	1 oz
Lamb:	Roast, chop, leg	1 oz
Veal:	Lean chop, roast	1 oz
Poultry:	Chicken, turkey (dark meat, no skin), chicken white meat (with skin), domestic duck or goose (well drained of fat, no skin)	1 oz
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.....	1/4 cup
	Grated Parmesan	2 T
	Cheeses with 3 grams or less fat per ounce.....	1 oz
Other:	Hot dogs with 3 grams or less fat per ounce	1-1/2 oz
	Processed sandwich meat with 3 grams or less fat per ounce, such as turkey pastrami or kielbasa	1 oz
	Liver, heart (high in cholesterol).....	1 oz

Medium-Fat Meat and Substitutes

One exchange of medium-fat meat or substitute is equal to 0 grams carbohydrate, 7 grams protein, 5 grams fat, and 75 calories. One medium-fat exchange is equal to any one of the following items:

Beef	Most beef products fall into this category (ground beef, meatloaf, corned beef, short ribs, Prime grades of meat trimmed of fat, such as prime rib).....	1 oz
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 ground chicken, fried chicken (with skin).....	1 oz
Fish:	Any fried fish product.....	1 oz
Cheese:	With 5 grams or less fat per ounce	
	Feta.....	1 oz
	Mozzarella.....	1 oz
	Ricotta	1/4 cup (2 oz)
Other:	Egg (high in cholesterol, limit to 3 per week)	1
	Sausage with 5 grams or less fat per ounce	1 oz
	Soy milk	1 cup
	Tempeh	1/4 cup
	Tofu.....	4 oz or 1/2 cup

High-Fat Meat and Substitutes

These items are high in saturated fat, cholesterol, and calories, and may raise blood cholesterol levels if eaten on a regular basis. One exchange of high-fat meat or substitute is equal to 0 grams carbohydrate, 7 grams protein, 8 grams fat, and 100 calories. One high-fat meat exchange is equal to any one of the following items:

Pork	Spareribs, ground pork, pork sausage.....	1 oz
Cheese:	All regular cheeses, such as American, Cheddar, Monterey Jack, Swiss	1 oz
	Other:	
	Processed sandwich meats with 8 grams or less fat per ounce, such as bologna, pimento loaf, salami.....	1 oz
	Sausage such as bratwurst, Italian, knockwurst, Polish, smoked.....	1 oz
	Hot dog (turkey or chicken)	1 (10/lb)
	Bacon	3 slices (20 slices/lb)

Count as one high fat meat plus one fat exchange.

Hot dog (beef, pork, turkey, or combination)	1 (10/lb)
Peanut butter (contains unsaturated fat).....	1 T

FAT LIST

Monounsaturated Fats List

One fat exchange contains a mean of 49 grams per serving and equals 5 grams of fat and 45 calories.

Avocado, medium	2 T
Oil (canola, olive, peanut)	1 t
Olives:	
Ripe (black)	8 large
Green, stuffed	10 large
Nuts:	
Almonds, cashews	6 nuts
Mixed (50% peanuts)	6 nuts
Peanuts	10 nuts
Pecans	4 halves
Peanut butter, smooth or crunchy	½ T
Sesame seeds	1 T
Tahini paste	2 t

Polyunsaturated Fats List

One fat exchange contains a mean of 46 grams per serving and equals 5 grams of fat and 45 calories.

Margarine:	
Stick, tub, or squeeze	1 t
Lower-fat (30% to 50% vegetable oil)	1 T
Mayonnaise:	
Regular	1 t
Reduced fat	1 T
Nuts, walnuts, English	4 halves
Salad dressing:	
Regular	1 T
Reduced-fat	2 T
Miracle Whip® Salad Dressing:	
Regular	2 t
Reduced-fat	1 T
Seeds: pumpkin, sunflower	1 T

Saturated Fats List

One fat exchange contains a mean of 44 grams per serving and equals 5 grams of fat and 45 calories.

Bacon, cooked.....	1 slice (20 slices/lb)
Bacon grease.....	1 t
Butter:	
Stick.....	1 t
Whipped.....	2 t
Reduced-fat.....	1 T
Chitterlings, boiled.....	2 T
Coconut, sweetened, shredded.....	2 T
Cream, half and half.....	2 T
Cream cheese:	
Regular.....	1 T (1/2 oz)
Reduced-fat.....	2 T (1 oz)
Shortening or lard.....	1 t
Sour cream:	
Regular.....	2 T
Reduced-fat.....	3 T

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. An unlimited amount of these items that have no serving size specified may be eaten. They should be spread throughout the day.

Fat-free or Reduced-fat Foods (mean of 17 grams per serving)

Cream cheese, fat-free.....	1 T
Creamers, nondairy, liquid.....	1 T
Creamers, nondairy powdered.....	2 t
Mayonnaise, fat-free.....	1 T
Mayonnaise, reduced-fat.....	1 t
Margarine, fat-free.....	4 T
Margarine, reduced-fat.....	1 t
Miracle Whip®, non-fat.....	1 T
Miracle Whip®, reduced-fat.....	1 t
Nonstick cooking spray.....	
Salad dressing, fat-free.....	1 T
Salad dressing, fat-free, Italian.....	2 T
Salsa.....	1/4 cup
Sour cream, fat-free, reduced fat.....	1 T
Whipped topping, light.....	2 T
Whipped topping, regular.....	1 T

Sugar-free Or Low-sugar Foods (mean of 13 grams per serving)

Candy, hard, sugar-free.....	1 candy
Gelatin dessert, sugar-free.....	
Gelatin, unflavored.....	
Gum, sugar-free.....	
Jam or jelly, low sugar or light.....	2 t
Sugar substitutes†.....	
Syrup, sugar-free.....	2 T

†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)

Beverages (mean of 4 grams per serving)

Bouillon, broth, consommé
Bouillon or broth, low sodium
Carbonated or mineral water
Cocoa powder, unsweetened..... 1 T
Coffee
Club Soda
Diet soft drinks, sugar -free
Drink mixes, sugar-free
Tea
Tonic Water

Condiments (mean of 11 grams per serving)

Catsup 1 T
Horseradish
Lemon juice
Lime juice
Mustard
Pickles, dill 1-1/2 large
Soy sauce, regular or light
Taco sauce 1 T
Vinegar

Seasonings (mean of 3 grams per serving)

Flavoring extracts
Garlic
Herbs, fresh or dried
Pimento
Spices
Tabasco® or hot pepper sauce
Worcestershire sauce

COMBINATION FOODS LIST

	Serving Size	Exchanges Per Serving
Food Entrees		
Tuna noodle casserole, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese	1 cup (8 oz)	2 carbohydrates, 2 medium-fat meats
Chow mein (without noodles or rice)	2 cups (16 oz)	1 carbohydrate, 2 lean meats
Meatless Burger, soy based	1 patty (3 oz)	1/2 carbohydrate, 2-1/2 very lean meat
Pizza, meat topping, thin crust	1/4 of 10 in (5 oz)	2 carbohydrates, 2 medium-fat meats, 1 fat
Pot Pie	1 (7 oz)	2 carbohydrates, 1 medium-fat meat, 4 fats
Frozen Entrees		
Salisbury steak with gravy, mashed potato	1 (11 oz)	2 carbohydrates, 3 medium-fat meats, 3-4 fats
Turkey with gravy, mashed potato, dressing	1 (11 oz)	2 carbohydrates, 2 medium-fat meats, 2 fats
Entree with less than - 340 calories	1 (8 oz)	2 carbohydrates, 3 lean meats
Soups		
Bean	1 cup	1 carbohydrate, 1 very lean meat
Cream (made with water)	1 cup (8 oz)	1 carbohydrate, 1 fat
Soup, instant prepared, 6 oz	1 envelope	1 carbohydrate
Split Pea (made with water)	1/2 cup (4 oz)	1 carbohydrate
Tomato (made with water)	1 cup (8 oz)	1 carbohydrate
Vegetable beef, chicken noodle or other broth-type	1 cup (8 oz)	2 carbohydrate

SUGGESTED MEAL PLANS

Suggested meal plans for diabetic Calorie controlled diets are based on the use of lean meat and 1% milk exchanges.

	1500 Calories	2000 Calories	2400 Calories
BREAKFAST			
Milk, 1%	1	1	1
Vegetables	-	-	-
Fruit	1	1	2
Bread/Starch	2	3	3
Meat	1	1	2
Fat	1	1	1
NOON			
Milk, 1%	-	1	1
Vegetables	1	1	1
Fruit	1	2	2
Bread/Starch	2	2	3
Meat	2	2	2
Fat	2	2	2
EVENING			
Milk, 1%	1	1	1
Vegetables	2	2	2
Fruit	1	1	1
Bread/Starch	2	2	4
Meat	2	2	2
Fat	1	1	2
SNACK NOURISHMENT			
Fruit	2	2	2
Bread	-	2	2
Meat	-	1	2
Fat	-	1	1

	1500 Calories	2000 Calories	2400 Calories
APPROXIMATE COMPOSITION			
Carbohydrate, grams	204 (54%)	278 (56%)	336 (56%)
Protein, grams	75 (20%)	99 (20%)	122 (20%)
Fat, grams	45 (27%)	54 (24%)	63 (24%)
Calories	1521	1994	2399
TOTAL EXCHANGES PER DAY			
Milk (1%)	2	3	3
Vegetable	3	3	3
Fruit	5	6	7
Bread/Starch	6	9	12
Meat	5	6	8
Fat	4	5	6

Approved:  Registered Dietitian Date

House Diabetic [No Concentrated Sweets (NCS) Diet]

DESCRIPTION:

This diet closely resembles the regular diet, restricting only those foods that are high in sugar or other concentrated sweets. It can be used for any diabetic person whose weight and blood sugar levels are under control. It does not require adherence to a strict meal pattern and since it does not restrict calories, it should not be ordered for persons who need to lose weight.

ADEQUACY:

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Recommended Dietary Allowances.

APPROXIMATE COMPOSITION:

Calories - 2800-3000
Protein - 90-105 gm

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
MILK	All types; plain or sweetened with artificial sweetener	Chocolate milk, sweetened condensed milk
MEAT AND EQUIVALENT	All types. Use the leanest cuts of meat, skinless poultry and low or lower fat cheeses	Glazed, honey coated meats or prepared with sugar or syrup
FRUITS	All types; fresh, frozen, canned without sugar; unsweetened juices, fruits frozen or canned with fruit juice or sugar substitute Citrus or high Vitamin C fruit daily	Fruit canned or frozen in syrup, sugar, or syrup sweetened juices; candied fruit
VEGETABLES	All types including potatoes, corn, lima beans, peas; Dark green leafy or deep yellow vegetables (3-4 times a week)	Candied vegetables

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
SOUPS	Homemade soup with foods allowed	Fruit soups made with sugar
BREADS AND CEREAL	All types, especially whole grains, quick breads, cooked and prepared cereals (without sugar coating)	Danish rolls, sweet rolls, glazed doughnuts, sugar-coated cereals, cereals with sugar as the first ingredient
FATS	All types	None
DESSERTS	Any made with foods allowed; dietetic gelatin	Cakes, pies, other dessert items, cookies with icing
BEVERAGES	Coffee; tea; diet soda; diet non-carbonated fruit flavored beverages	Regular carbonated beverages sweetened with sugar
MISCELLANEOUS	Sugar substitutes; dietetic and all-fruit jam, jelly, preserves, low calorie diet syrup Cocoa powder, chocolate flavoring, Herbs, spices, flavorings Salt Vinegar, pickles, mustard, Worcestershire sauce, soy sauce	Sugar, regular jam, jelly, preserves, syrup, honey, molasses; sweetened powdered sugar Sweet pickles

**HOUSE DIABETIC
DAILY MEAL GUIDE**

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
Fruit/Juice, 1/2 cup Cereal, Hot, 1 cup/Cold, 3/4 cup Egg, 2 ea/Protein Substitute, 2 oz/Scrambled Egg, 4 oz Bread, 4 sl Butter or Margarine, 1 t 1% Milk, 1 cup Coffee, Unsweetened, 1 cup Sugar Substitute, 2 pkgs	Vegetable Soup, 1 cup Meat/Protein Substitute, 2 oz Potato/Equivalent, 1/2 cup Vegetable/Salad, 1/2 cup Bread, 4 sl Margarine, 1 t Dessert, Unsweetened, 1/2 cup Beverage, Unsweetened, 1 cup Sugar Substitute, 2 pkgs	Meat/Protein Substitute, 3-4 oz Potato/Equivalent, 1 cup Vegetable/Salad, 1/2 cup Bread, 4 sl Butter or Margarine, 1 t Dessert, Unsweetened, 1/2 cup Beverage, Unsweetened, 1 cup Sugar Substitute, 2 pkgs 1% Milk, 1 cup (3x/week)

*Additional 4-5 t. fat used in cooking

RENAL DIET
60 GM PROTEIN, 2-4 GM SODIUM, 1.5-2 GM POTASSIUM (38.4-51.2 mEq)

DESCRIPTION:

The renal diet is planned for individuals diagnosed with acute or chronic renal failure where a retention of toxic end-products of metabolism occurs. This diet is recommended for pre-dialysis renal individuals. The purpose is to restrict the intake of protein and phosphorus, in addition to potassium, sodium, and fluid.

ADEQUACY:

Renal diets containing 60 gm. of protein or less are inadequate in copper, vitamin A, Vitamin B-6, magnesium and zinc based on the Recommended Dietary Allowances. Additional jelly or hard candies could be provided if the physician desires additional calories. Fluid restriction and/or additional fluids may be at the physician's discretion. The addition of multivitamins is recommended to meet vitamin/mineral needs.

APPROXIMATE COMPOSITION:

Calories	-	1900-2100
Protein	-	60-65 grams
Fat	-	60-70 grams
Carbohydrates	-	280-290 grams
Sodium	-	1.8-2.0 grams
Potassium	-	1.6-1.8 grams
Phosphorus	-	800-900 milligrams

DAILY MEAL GUIDE*

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
Juice, 1/2 cup	Meat/Protein Substitute, 2 oz*	Meat/Protein Substitute, 2 oz*
Cereal, 1/2 cup*	Starch, 1/2 cup	Starch, 1/2 cup
Toast, 1 sl	Vegetable, 1/2 cup*	Vegetable, 1/2 cup*
Egg/Egg Substitute, 1*	Bread, 1 sl	Bread, 1 sl
Margarine, 2 t	Margarine, 3 t	Butter, 3 t
Jelly, 2 T	Jelly, 2 T	Jelly, 2 T
Milk, 1%, 1/2 cup	Fruit, 1/2 cup	Fruit, 1/2 cup
Sugar, 4 t	Allowed Juice, 1/2 cup	Allowed Juice, 1/2 cup

*These foods may not exceed the quantities listed. Drain all fruits and vegetables for fluid restricted persons. The above-listed meal plan provides 480 cc of fluid.

RENAL DIALYSIS DIET
90 GM PROTEIN, 2-4 GM SODIUM, 2.5-2.8 GM POTASSIUM (63.9-71.6 mEq K)
1-1.5 GM PHOSPHORUS

DESCRIPTION:

This renal diet has been liberalized and emphasizes liberal intake of protein, is less restrictive and planned for persons undergoing renal dialysis. This diet is used to encourage an individual diagnosed with a specific degree of renal failure to improve oral intake and help prevent malnutrition.

ADEQUACY:

Renal diets containing 60 gm. of protein or less are inadequate in copper, vitamin A, Vitamin B-6 and magnesium based on the Recommended Dietary Allowances. Additional jelly or hard candies could be provided if the physician desires additional calories. Fluid restriction and/or additional fluids may be at the physician's discretion. The addition of multivitamins is recommended to meet vitamin/mineral needs.

APPROXIMATE COMPOSITION:

Calories	-	2800-3000
Protein	-	85-95 grams
Fat	-	80-90 grams
Carbohydrates	-	400-450 grams
Sodium	-	2.0-2.5 grams
Potassium	-	2.5-2.8 grams
Phosphorus	-	1.0-1.5 grams
Fluids	-	2000cc total (dietary and nursing fluids) per 24 hours

DAILY MEAL GUIDE*

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
Juice, 1 cup	Meat/Protein Substitute, 3 oz*	Meat/Protein Substitute, 3 oz*
Cereal, 1/2 cup*	Starch, 1/2 cup	Starch, 1/2 cup
Toast, 2 sl	Vegetable, 1/2 cup*	Vegetable, 1/2 cup*
Egg/Egg Substitute, 2* (1/2 c scrambled)	Bread, 1 sl	Bread, 2 sl
Margarine, 3 t	Margarine, 3 t	Margarine, 3 t
Jelly, 3 T	Jelly, 3 T	Jelly, 3 T
Milk, 1%, 1 cup	Fruit, 1/2 cup	Fruit, 1/2 cup
Sugar, 4 t	Allowed Juice, 1 cup	Allowed Juice, 1 cup

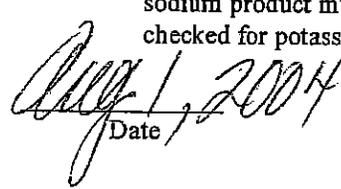
*These foods may not exceed the quantities listed. Drain all fruits and vegetables for fluid restricted persons. The above-listed meal plan provides approximately 960 cc of fluid. An additional 1040cc can be provided by nursing to equal 2000 cc (2 liters) fluid per day.

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
MILK	Limit to 1 cup daily	Buttermilk
MEAT AND EQUIVALENT	Limit to 4 oz daily (5 oz for 80 gm Protein): meat, poultry, fish, cottage cheese, low sodium cheese	In excess of allowed amount. Cheese spreads, regular cheeses; peanut butter; smoked, cured, or canned meat, poultry, fish; shellfish, corned beef, ham, frankfurters, sausage, luncheon meats, Liverwurst
EGG	1 egg per day	None allowed
FRUITS	Three (1/2 cup serving) fruits daily: canned applesauce, cherries, fruit cocktail, peaches, pears, pineapple; fresh apple, blueberries, cherries, grapes, grapefruit, pineapple, strawberries, watermelon; juices such as apple, apricot nectar, cranberry, or grape juices. Drain all canned fruit when on fluid restriction.	Canned apricots, figs, mandarin oranges, papaya, plums, prunes; fresh apricots, banana, cantaloupe, dates, figs, honeydew melon, kiwi, nectarines, oranges, papaya, pears, peaches, plums, raisins; All dried fruit; fruit juices except as allowed
VEGETABLES	Two (1/2 cup servings) vegetables daily: well cooked and drained frozen asparagus, canned bamboo shoots, bean sprouts, cabbage, carrots, cauliflower, corn, cucumbers, eggplant, green and wax beans, onions, green peppers, rutabagas, turnips, summer squash, raw lettuce, 2 thin slices of raw tomato	Tomato or V8 vegetable juices; fresh cooked bamboo shoots, beets, broccoli, Brussels sprouts, dried beans, dried peas, greens (beet, chard, collard, kale, mustard, spinach), celery, mushrooms, okra, pumpkin, parsnips, radishes, winter squash, soy beans, tomato paste, potatoes, sweet potatoes
SOUPS	Made with allowed unsalted vegetables and allowed milk	Soup prepared with meat extracts, broths, commercial canned soups, regular bouillon cubes, instant soup and mixes

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
BREADS AND CEREAL	Enriched white, light rye, or wheat bread; corn flakes; cornmeal; farina; grits; Rice Krispies; puffed rice; noodles; rice; unsalted popcorn; macaroni; spaghetti	All bran cereals, oatmeal, Ralston, Life, Product 19, dark rye or pumpernickel bread, cornbread, waffles, pancakes, muffins, brown rice, shredded wheat, rice and pasta mixes, salted crackers, instant cereals
FATS	Shortenings, oil, unsalted salad dressings, regular butter, margarine, mayonnaise, non-dairy creamer	Bacon (all types), bacon fat, salad dressings, commercially prepared sauces and gravies
DESSERTS	Allowed fruits, tapioca, gelatin desserts, sherbet, fruit ices, popsicles	Milk desserts unless made with milk allowance; cakes, cookies, pies made with regular flour or cream of tartar
BEVERAGES	Cola drinks, ginger ale, lemonade, Dr. Pepper, Royal Crown Cola, root beer, Kool Aid, Seven-Up Hawaiian Punch, Pepsi-Cola	All coffees, teas, cocoa, Coco-Cola, beer, wine. All other beverages
MISCELLANEOUS	Herbs, lemon juice, spices, Tabasco sauce, vinegar, pepper, flavorings such as vanilla, hard candies, jams, jellies, corn or white syrup, corn starch, refined sugar	Steak sauces, barbecue sauce, chili sauce, soy sauce, Worcestershire sauce, cooking wine, chocolate, coconut, horseradish, Kitchen Bouquet, yeast, molasses, salt, salt substitutes, sodium-free baking powder and baking soda, salted nuts, potato chips, pretzels and other snack chips. Any low sodium product must be checked for potassium content.

Approved:


Registered Dietitian


Date

PREGNANCY DIET

DESCRIPTION:

The regular diet is modified to provide the increased requirements for nutrients needed during pregnancy by providing two pints (4 cups) of milk per day and providing an evening snack.

ADEQUACY:

Vitamin supplementation including iron is recommended to meet increased requirements during pregnancy.

For persons who are unable to tolerate dairy products, a calcium supplement is recommended.

APPROXIMATE COMPOSITION:

Calories	-	3300-3500
Protein	-	135-145 grams
Fat	-	110-115 grams
Carbohydrates	-	450-460 grams
Calcium	-	1800-2400 milligrams

DAILY MEAL GUIDE

Breakfast	Noon	Evening
Fruit/Juice, 1/2 cup	Vegetable Soup, 1 cup	Meat/Protein Substitute, 3-4 oz
Cereal, Hot, 1 cup/Cold, 3/4 cup	Meat/Protein Substitute, 2 oz	Potato/Equivalent, 1 cup
Egg, 2 ea/Protein Substitute, 2 oz/Scrambled Egg, 4 oz	Potato/Equivalent, 1/2 cup	Vegetable/Salad, 1/2 cup
Bread, 4 sl	Vegetable/Salad, 1/2 cup	Bread, 4 sl
Butter or Margarine, 1 t	Bread, 4 sl	Butter or Margarine, 1 t
1% Milk, 1 cup	Butter or Margarine, 1 t	Fruit/Dessert, 1/2 cup
Coffee, Sweetened, 1 cup	1% Milk, 1 cup	Beverage, Sweetened, 1 cup
	Fruit/Dessert, 1/2 cup	1% Milk, 1 cup
	Beverage, Sweetened, 1 cup	
Evening Snack		
1% Milk, 1 cup		
Meat/Protein Substitute, 2 oz		
Bread, 2 sl		
Mayonnaise, 1 t		

*Additional 4-5 t. of fat used in cooking.

Approved:


Registered Dietitian


Date

HIGH CALORIE DIET

DESCRIPTION:

The high calorie diet is indicated only for persons with medical conditions such as cancer, resulting in a documented weight loss of 10% of ideal body weight. The standard menus are adapted to meet additional nutritional needs and are calculated to give additional calories and extra protein.

ADEQUACY:

This diet will provide nutrients to meet the Recommended Dietary Allowances.

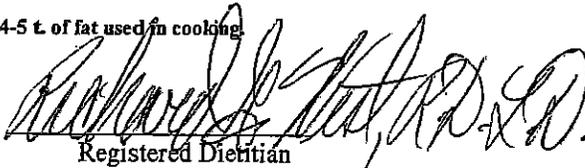
APPROXIMATE COMPOSITION:

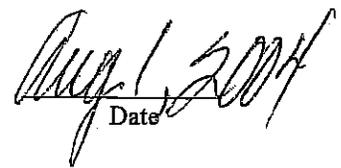
Calories	-	3250-3500
Protein	-	130-140 grams
Fat	-	110-120 grams
Carbohydrates	-	450-525 grams

DAILY MEAL GUIDE

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
Fruit/Juice, 1/2 cup	Vegetable Soup, 1 cup	Meat/Protein Substitute, 3-4 oz
Cereal, Hot, 1 cup/Cold, 3/4 cup	Meat/Protein Substitute, 2 oz	Potato/Equivalent, 1 cup
Egg, 2 ea/Protein Substitute, 2 oz/Scrambled Egg, 4 oz	Potato/Equivalent, 1/2 cup	Vegetable/Salad, 1/2 cup
Bread, 4 sl	Vegetable/Salad, 1/2 cup	Bread, 4 sl
Butter or Margarine, 1 t	Bread, 4 sl	Butter or Margarine, 1 t
1% Milk, 1 cup	Butter or Margarine, 1 t	Fruit/Dessert, 1/2 cup
Coffee, Sweetened, 1 cup	Fruit/Dessert, 1/2 cup	Beverage, Sweetened, 1 cup
	Beverage, Sweetened, 1 cup	1% Milk, 1 cup (3x/week)
	1% Milk, 1 cup	
<u>Evening Snack</u>		
Meat/Protein Substitute, 2 oz		
Bread, 2 sl		
Mayonnaise, 1 t		

*Additional 4-5 t. of fat used in cooking

Approved: 
Registered Dietitian


Date

BODY MASS INDEX

BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

BMI	
18.5 or less	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 - 39.9	Obese
40 or greater	Extremely Obese

DEPARTMENT OF PUBLIC SAFETY AND CORRECTIONAL SERVICES
MEDICAL DIET REFERRAL FORM

NAME: _____ DOC#: _____ DATE: _____

INSTITUTION: _____ HOUSING UNIT: _____ BIRTHDATE: _____

HT: _____ WT: _____ START DATE: _____ STOP DATE: _____

NEW DIET: _____ RENEWAL: _____ CHANGE: _____ CANCEL: _____
(New Medical Diet) (Reinstitute Regular Diet)

DIETS

1. _____ CLEAR LIQUID
2. _____ FULL LIQUID
3. _____ PUREED
4. _____ MECHANICAL SOFT
5. _____ CARDIOVASCULAR
6. _____ 1500 CALORIES DIABETIC
7. _____ 2000 CALORIES DIABETIC
8. _____ 2400 CALORIES DIABETIC
9. _____ HOUSE DIABETIC (NO CONCENTRATED SWEETS)
10. _____ PRE-DIALYSIS RENAL DIET (60 gm Protein)
11. _____ DIALYSIS RENAL DIET (90 gm Protein)
12. _____ HIGH CALORIE
13. _____ PREGNANCY
14. _____ OTHER (ordered only with dietary consultation - not for food preferences)

If inmate is diabetic is he/she insulin dependent? YES _____ NO _____

Lacto-Ovo Vegetarian diets can be requested through the institutional sign-up process.

DATE
DPSCS Form 130-400aR (Rev. 7/03)

Signature of Ordering Health Care Provider

DEPARTMENT OF PUBLIC SAFETY AND CORRECTIONAL SERVICES

MEDICAL DIETARY CONSULTATION REQUEST FORM

NAME _____ DOC#: _____ DATE: _____

INSTITUTION: _____ HOUSING UNIT: _____ BIRTHDATE: _____

HEIGHT: _____ WEIGHT: _____ DIAGNOSIS: _____

REASON FOR REFERRAL:

SIGNATURE: _____
Health Care Provider Medical Director

CONSULT:

Signature of Dietitian

Date

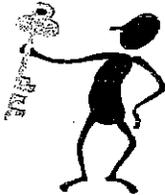
DEPARTMENT OF PUBLIC SAFETY AND CORRECTIONAL SERVICES
MEDICAL DIET COMPLIANCE LOG/CHECKSHEET

Month/Year	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	INSTITUTION					
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INMATE EDUCATION HANDOUT – DIET AND DIABETES

MAKING SENSE OF DIET AND DIABETES

When you eat your blood sugar goes up. Usually, your body will provide insulin to adjust your blood glucose levels. Simply put, you have diabetes either because your body does not produce enough insulin or because your body's cells cannot use the insulin that is produced.



Insulin is the “key” that helps your cells absorb and use the glucose (sugar) in your blood. If the insulin is not present to “open” your cells, or cannot be used, the level of glucose in your blood stays elevated.



When you are first diagnosed with diabetes, you can do the most to protect yourself from the long-term effects of diabetes. If your blood glucose is high for long periods over a number of years it can result in major damage to your nervous system, eyes, kidneys, heart, and extremities. Control can include diet, exercise, and medication. Everyone who has diabetes needs to follow a meal plan. This doesn't mean you will have to eat differently than everyone else. It includes a variety of foods and is a more healthful way of eating. The key is that the type and amount of food you eat determine how high and how fast your blood glucose levels go up. Carbohydrates affect your blood glucose the most.

According to the American Diabetes Association and American Dietetic Association, you should keep the following goals in mind when planning your meals:

- The best blood glucose levels possible. With normal blood glucose you will feel better.
- Blood fats (cholesterol and triglycerides) in normal ranges to lower your risk of heart disease.
- The proper amount of calories must be based on age, sex, and level of physical activity to help control your weight.
- All the nutrients you need.

What Foods Contain Carbohydrates?

- Bread, crackers, and cereals
- Pasta, rice, and grains
- Vegetables
- Milk and yogurt
- Fruit and juice
- Table sugar, honey, syrup, and molasses
- Alcohol



What's To Eat?

- There is no single right way to eat. Your meal plan must be based on your individual needs and developed with the assistance of a registered dietitian. Some general guidelines are:

- Choose healthful foods from the different food groups. Bread, cereal, rice, pasta, - 6 to 11 servings.
- Vegetables – 3 to 5 servings
- Fruit – 2 to 4 servings
- Milk, yogurt, and cheese – 2 to 3 servings
- Meat, poultry, fish, beans, eggs, and nuts – 2 to 3 servings
- Fats, oils, and sweets – sparingly.



- Eat sugars and sweets in moderation.
- Eat less total fat.
- Eat less saturated fat.
- Use salt sensibly.
- Try to get on regular meal schedule and stick with it.
- Read nutrition fact panels on food labels.

How Does Exercise Affect Your Diet?



Regular exercise is an important part of your health care.

- It makes weight loss/maintenance easier.
- It should be done at least 3 times each week.
- It can help use up extra sugar in your blood.
- A snack before exercising may be helpful so your blood sugar does not go too low.

Please contact your physician if you have any questions.

REFERENCES

Carbohydrate Counting: Getting Started, The American Diabetes Association, Inc. and The American Dietetic Association, 1995.

Diabetes and Food: A Guide for People with Non-Insulin Dependent Diabetes Mellitus, The American Dietetic Association, 1990.

Diabetes Information for Prisoners, American Diabetes Association, 1998.

USDA Food Guide Pyramid, Home and Garden Bulletin No. 249, U.S. Department of Agriculture, 4th ed., 1995.

What's New in Diabetes Meal Planning, National Center for Nutrition and Dietetics, 1995.

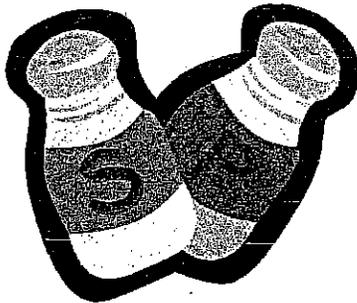
INMATE EDUCATION HANDOUT – SODIUM

MAKING SENSE OF SODIUM

Sodium, a mineral that occurs naturally in foods, is essential to health. The primary source of sodium in the American diet is salt, also known as sodium chloride. Sodium is found in a number of other forms such as baking soda and baking powder. Sodium is involved in nearly every body function, including:

- Helping maintain a proper water balance
- Regulating blood pressure
- Transmitting nerve impulses
- Maintaining normal muscle activity

Americans typically consume adequate salt; most healthy individuals should choose an eating pattern that is moderate in salt. For some people, too much sodium in the diet may contribute to high blood pressure, or hypertension. A high sodium diet alone, however, does not cause high blood pressure. Many factors can affect blood pressure; these include family history, weight, age, physical activity, alcohol intake, and smoking.



The best approach to moderating your sodium is balancing your food choices over time. When you eat a food high in sodium, later choose from foods that are lower in sodium. It is also important to moderate your portion sizes. According to the nutrition fact panel found on most packaged foods, the recommended intake of sodium for healthy Americans is 2400 mg. Keep in mind that one teaspoon of salt contains about 2000 mg of sodium.

Suggestions for Moderating Sodium Intake

- Omit adding salt to your food when cooking or during mealtime.
- Avoid obviously salted foods such as bouillon, 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 labels).
- Avoid all salt cured, smoked and processed smoked meats, such as ham, bacon, bologna, cold cuts, chipped and corned beef, frankfurters, Koshered or kosher style meats, canned meat and poultry.
- Avoid salted and smoked fish, such as cod, herring, sardines, canned salted salmon and tuna.
- Avoid sauerkraut, olives, pickles, relishes, and other vegetables prepared in brine, tomato and vegetable juice cocktail juices canned with salt.
- Avoid seasonings such as celery salt, garlic salt, Worcestershire sauce, soy sauce, and others containing salt; no salt substitutes unless approved by your physician.
- Limit processed cheeses to two servings per week unless it is low sodium (read the labels).

- In addition to items listed above, remember to review labels when buying commissary items and avoid products such as beef jerky, Spam, hot sauces, dry soups, cheese spreads, and party mixes.

Please contact your physician if you have any questions.

Reference: Diet Manual for Long-Term Care Residents, 2000 Revision.
Office of Health Care Quality, Maryland Department of Health and Mental
Hygiene, 2000.