Dietary: Hospital Diets Cheat Sheet

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Introduction

Here are the common types of food diets that are available in hospitals. In practice many times the diets need to be combined for patients that have multiple conditions. Skilled nursing facilities typically offer a subset of these diets for their residents.

Diets

Disorder/Condition	Recommended Diet
Acid & Alkali Ingestion	NPO
Acute Cholecystitis	NPO to rest the gallbladder
Acute Intestinal Obstruction	NPO
Acute renal disease	Low Protein, high-calorie, fluid-controlled, sodium-controlled, potassium-controlled
Chronic renal disease	Low Protein, low-sodium, fluid-restricted, potassium-restricted, phosphorous restricted
Cirrhosis with hepatic insufficiency or encephalopathy	Low Protein, sodium-restricted, fluid-restricted
Constipation	High-fiber and increased fluids
COPD	Soft, high-calorie, low-CHON, high-fat, small frequent feedings
Dengue Hemorrhagic Fever	Avoid dark colored foods
Diabetes Insipidus	Low sodium
Diabetes Mellitus	Diabetic Diet (Well-balanced diet)
Diarrhea	Liquid, low-fiber, regular, fluid & electrolyte replacement
Gallbladder diseases	Low-fat, calorie-restricted, high-protein
Gastritis	Low-fiber, bland diet
Gouty Arthritis and Hyperuricemia	Low purine diet
Hepatitis	Regular, high-calorie, high-protein
Hyperlipidemias	Fat-controlled, calorie restricted
Hypertension, heart failure, coronary artery diseases	Low-sodium, calorie restricted, fat-controlled
Kidney stones	Increased fluid intake
MAO-I Therapy	Tyramine restricted (preserved foods)
Nephrotic syndrome	Sodium-restricted, high-calorie, high-protein, potassium-restricted
Obesity	Calorie-restricted, high-fiber
Osteoporosis	Increase in calcium
Pancreatitis	Low-fat, regular, small, frequent feedings; tube feedings or total parenteral nutrition
Peptic ulcer	Bland
Peritonitis	NPO
Pregnancy & Hypertension	Low salt, high calcium diet
Stroke	Mechanical soft, regular or tube feeding
Stroke	NPO
Systemic Lupus Erythematosus	Low salt diet
Underweight	High calorie- high protein

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Diets (cont)

Vomiting	Replacement of fluid and electrolytes

NPO: Nil per os (alternatively nihil/non/nulla per os) (npo or NPO) is a medical instruction meaning to withhold oral food and fluids from a patient for various reasons. It is a Latin phrase whose usual English expansion is nothing by mouth (most literally, "nothing through the mouth").

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Published 15th June, 2016.
Last updated 15th June, 2016.

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