

Clear-Liquid Diet

Consists of products that are liquid at room temperature:

Primarily water

Indications:
Resting the GI tract

Tea

Indications:
Maintaining fluid balance

Coffee

Indications:
Immediate postoperative period

Broth

Indications:
Nausea, vomiting, diarrhea

Carbonated beverages

Indications:
Preparation for diagnostic testing

Clear juices

Gelatin

Limited caffeine due to risk of dehydration

Short term basis only; nutritionally inadequate

Full-Liquid Diet

Consists of:

Clear liquids

Indications:
Advance to this if tolerates clear liquids

Milk products: milk, custard, pudding, creamed soups, ice cream/sherbert

Indications:
Intolerance to solid foods

Strained fruits, vegetables, & cereal

Indications:
Febrile illness

Acute gastritis

Pureed Diet

Consists of:

Food and fluids that have been pureed to a thick liquid form

Indications:
Transition from full liquid to regular diet

Scrambled eggs

Indications:
Swallowing or chewing difficulties

Pureed Diet (cont)

Pureed meats, vegetables, fruits

Indications:
Oral/facial surgery

Consistency varies with client needs

Soft Diet (Bland or Low-Fiber)

Consists of:

Low fiber

Indications:
Transition from liquid to regular diet

Lightly seasoned

Indications:
Acute infections

Easily digested

Indications:
Chewing difficulties

Smooth & creamy

Indications:
Gastric or duodenal ulcers

Non-gas-forming

(avoid cereals, beans, fruits, & veggies)

Mechanical Soft Diet

Foods to exclude:

Dried fruits

Indications:
Chewing or swallowing difficulty

Consists of foods that require minimal chewing:

Ground or finely diced meat

Most raw fruits & veggies

Indications:
Head, neck, or mouth surgery

Consists of foods that require minimal chewing:

Canned fruits

Nuts and food with seeds

Indications:
Intestinal stricture

Consists of foods that require minimal chewing:

Softly cooked veggies

Following CVA

Consists of foods that require minimal chewing:

Cheese

Rice

Light bread

Low-Protein Diet

Limit high protein foods

Meats

Indications:
Hepatic encephalopathy

Eggs

Indications:
Hepatic coma

Low-Protein Diet (cont)

Milk & milk products

Indications:
Renal impairment

Beans

Other dietary considerations:

Increase carbohydrates to meet nutritional needs

Limit sodium in presence of edema or ascites

High-Protein Diet

Encourage high biological value (HBV protein)

Egg whites (gold standard)

Indications:
Tissue repair and building

Soy products

Indications:
Burns

Milk products

Indications:
Malabsorption syndromes

Fish & fowl

Indications:
Pregnancy

Organ and meat sources

Encourage oral fluids to decrease damage to renal capillaries as a result of increased protein.

Diet for Alteration in Amino-Acid Metabolism

Use for phenylketonuria (PKU), galactosemia, and lactose intolerance

Dietary restrictions are aimed at reducing or eliminating the offending enzyme

Avoid milk & milk products for all three diets; include soy-based supplements

Supplement calcium and vitamin D in those who have lactose restricted or eliminated diets

PKU: Avoid high protein foods (meats, dairy products, eggs)

Avoid aspartame (because it contains phenylalanine)

Galactosemia: The simple sugar in lactose must be avoided



Low-Cholesterol Diet

Indications: Limit animal products that are high in low-density lipoproteins, saturated fats, and trans fats: Encourage HDLs, omega-3 fatty acids, and unsaturated fats:

Cardiovascular disease	Egg yolks	Sardines
Diabetes mellitus	Organ meats	Salmon
Hyperlipidemia	Fatty meats (such as bacon)	Olive & flaxseed oils
	Whole milk	Shellfish
	Butter	Walnuts
		Fruits & veggies
		Lean meats
		Skinless fowl

Modified-Fat Diet

Indications:	Foods allowed:	Foods to avoid:
Gallbladder disease	Two to three eggs per week	Whole milk products
Hepatic disorders	Lean meat, fowl, fish	Gravies, creams
Cystic fibrosis	Fruits & veggies	Fatty meat & fish
Malabsorption syndrome	Bread & cereal	Nuts & chocolate Polyunsaturated oils

Potassium-Modified Diets

Low-potassium foods:	High-potassium foods:
Breads	Bananas
Cereals	Oranges
Asparagus	Milk
Cabbage	Spinach
Cherries	Apricots & prunes
Blackberries & blueberries	Soy, lima, and kidney beans
	Baked potatoes (white and sweet)

Sodium-Restricted Diets

Indications:	High-sodium foods:
Hypertension	Salty snack foods (such as potato chips)
Heart failure	Canned soups & veggies
Myocardial infarction	Baked goods that contain baking powder or baking soda
Adrenal cortical diseases	Processed meats (bologna, ham, bacon)
Kidney disease	Dairy products, especially cheese
Liver cirrhosis	Pickles, olives
Pre-eclampsia	Soy sauce, steak sauce
	Salad dressings

Iron Alterations

Increased iron intake is indicated for correction or prevention of iron deficiency anemia, which is most likely to occur in infants, adolescents, and pregnant clients

Iron Alterations (cont)

Food sources high in iron: fish, meats (particularly organ meats), green leafy vegetables, enriched breads, cereals and macaroni products, whole grain products, dried fruits (raisins, apricots), and egg yolks

Vitamin C enhances absorption of iron from the GI tract

Oral iron supplementation can cause constipation and GI distress, so adequate iron intake through foods is ideal

Calcium Alterations

Increased calcium intake is indicated for growing children and adolescents, pregnant and lactating clients, and postmenopausal clients (to help prevent osteoporosis and osteopenia)

Food sources high in calcium: milk, milk products (yogurt, cheese); dark green vegetables (collard greens, kale, broccoli); dried beans and peas; shellfish and canned salmon; and antacids

No more than 600 mg calcium can be absorbed at one time, so supplements should be taken three times daily.

No more than 2,500 mg of calcium should be consumed per day.

Vitamin D is required for absorption of calcium from the GI tract.