Clear-Liquid Diet

Consists of products that are liquid at room temperature:	Indications:
Primarily water	Resting the GI tract
Tea	Maintaining fluid balance
Coffee	Immediate postoperative period
Broth	Nausea, vomiting, diarrhea
Carbonated beverages	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:	Indications:
Clear liquids	Advance to this if tolerates clear liquids
Milk products: milk, custard, pudding, creamed soups, ice cream/sherbert	Intolerance to solid foods
Strained fruits, vegetables, & cereal	Febrile illness
	Acute gastritis

Pureed Diet

Consists of:	Indications:
Food and fluids that have been pureed to a thick liquid form	Transition from full liquid to regular diet
Scrambled eggs	Swallowing or chewing difficulties

Pureed Diet (cont)

Pureed meats, vegetables, fruits	Oral/facial surgery

Consistency varies with client needs

Soft Diet (Bland or Low-Fiber)

Consists of:	Indications:
Low fiber	Transition from liquid to regular diet
Lightly seasoned	Acute infections
Easily digested	Chewing difficulties
Smooth & creamy	Gastric or duodenal ulcers
Non-gas-forming	

(avoid cereals, beans, fruits, & veggies)

Mechanical Soft Diet

Foods to exclude:	Indications:	Consists of foods that require minimal chewing:
Dried fruits	Chewing or swallowing difficulty	Ground or finely diced meat
Most raw fruits & veggies	Head, neck, or mouth surgery	Canned fruits
Nuts and food with seeds	Intestinal stricture	Softly cooked veggies
	Following CVA	Cheese
		Rice
		Light bread

Low-Protein Diet

Limit high protein foods	Indications:
Meats	Hepatic encephalopathy
Eggs	Hepatic coma

Low-Protein Diet (cont)

Milk & milk products	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)	Indications:
Egg whites (gold standard)	Tissue repair and building
Soy products	Burns
Milk products	Malabsorption syndromes
Fish & fowl	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

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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.

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