

## Diet Writing Guidelines

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## **Preface**

Patient and resident diet writing guidelines were prepared in response to the need to provide consistent guidelines for menu development, implementation, and diet office functions at all sites within VCH/PHC. This is a consensus document developed by clinical dietitians representing each service delivery area.

The components of the guideline development include:

- Establishing regional diet definitions and diet writing guidelines.
- Consultation with food service provider to ensure clarity for users.

These diet writing guidelines should be used as a reference tool for diet technicians, menu planners and clinical dietitians. Additionally, the following apply:

- When necessary, individual diets may be customized by the dietitian.
- VCH/PHC Diet Writing Guidelines provide consistency in interpretation and implementation of patient and resident diets within VCH/PHC.
- Where guidelines indicate dietary restrictions, these restrictions apply to all menu items, first choice or otherwise. Restricted items may not be offered at any time, regardless of the total nutrient level for that day or menu cycle.
- Where a diet order is unclear, the clinical dietitian and/or nursing staff must be consulted prior to implementation, to clarify the diet order.

The diet writing guidelines and their interpretations may change in response to new developments in nutrition practice guidelines, changes in patient and resident populations, changes and improvements in food production methods, recipes and menus, changes in the Food Service physical plants, and as more experience is gained from the implementation of the new food service model for VCH/PHC.

*The information provided in this publication was prepared for use by employees of, and in facilities that are owned and operated by, Vancouver Coastal (VCH) and Providence Health Care (PHC). While care has been taken to ensure the accuracy of the information as of the date of publication, VCH / PHC makes no warranty, express or implied, as to accuracy, completeness or currency. New knowledge, new technologies, clinical and research data, and clinical experiences may provide sound reasons for adopting alternative clinical practices. The ultimate judgement regarding the propriety of any specific clinical practice must be made by the health professional in light of the circumstances presented by the patient.*

## **Standard Diet Types** **Portions**

Diet Order:

### **Small Portions (Revised: July 21, 2014)**

Menu Selection:

Regular/General or texture modified

Considerations:

- Give  $\frac{1}{2}$  portion of entrée (meat and meat alternates, starch, vegetable, sandwiches, salad plates).
  - Give  $\frac{1}{2}$  portions of side salad.
  - Give 120ml of soup.
  - Give standard portion of hot cereal, beverage and dessert unless otherwise specified.
- 

Diet Order:

### **Large Portions**

Menu Selection:

Regular/General or texture modified

Considerations:

- Give 1 $\frac{1}{2}$  portion of entrée (meat and meat alternates, starch, vegetable, sandwiches, salad plates – does not include side salad).
  - Give standard portion of beverage, soup, side salad and dessert unless otherwise specified.
- 

Diet Order:

### **Double Portions**

Menu Selection:

Regular/General or texture modified

Considerations:

- Give double portion of entrée (meat and meat alternates, starch, vegetable, sandwiches, salad plates – does not include side salad).
- Give standard portion of beverage, soup, side salad and dessert unless otherwise specified.

## **Standard Diet Types**

### **Regular/General**

Diet Order:

**Regular/General (Revised: June 26, 2023)**

Menu Selection:

Regular/General

Purpose:

- This is the general diet provided to residents and patients who require no therapeutic modifications to their diet.

Considerations:

- Follows Canada's Food Guide and meets the Dietary Recommended Intakes (DRIs) for adults.

## Standard Diet Types Texture Modified Diets

Diet Order:  
**Finger Foods**

Menu Selection:  
 Regular/General

Purpose:

- To provide food in a form that promotes independent eating without the use of utensils.

Considerations:

- Foods must be easy to pick up without utensils.
- Hot beverages, soups and cereals are served in a mug.
- Meats are cut up.
- Gravies, sauces and syrups are served in a separate container on the side.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages. (e.g. milkshakes, instant breakfast)	Yogurt
<b>Breads and Cereals</b>	<b>Cereals:</b> Hot cereals in a mug Dry cereals <b>Breads &amp; Pastries:</b> Bread, buns/rolls, toast Muffins, loaves, scones Croissants Pancakes, waffles, French toast <b>Others:</b> Congee in a mug Crackers	Rice Pasta Dressing/stuffing
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat, poultry and fish:</b> Cut up roast meats or poultry, chops, cutlets, patties Bacon strips, sausages, wieners Chicken fingers or nuggets Breaded fish, fish sticks	Meats cooked or served in sauces  Plain baked fish

Type of Food	Foods Allowed	Foods Not Allowed
	<b>Cheese:</b> Hard cheese Processed cheese  <b>Eggs:</b> Hard-boiled eggs <b>Alternates:</b> Vegetarian patties	Cottage cheese  Scrambled or poached eggs  All others
<b>Fruits and Vegetables</b>	<b>Juices:</b> All <b>Fresh Fruit:</b> All <b>Canned Fruit:</b> All, except applesauce Must be drained <b>Dried Fruit:</b> All except those not allowed <b>Raw Vegetables:</b> Must be in easy to pick up pieces (e.g. carrot and celery sticks, baby carrots, tomato wedges, cucumber slices/sticks.) <b>Cooked Vegetables:</b> Cooked broccoli, cauliflower, carrots, green beans. Boiled or baked potatoes French fries, Pom Pom potatoes	Applesauce Canned fruits with juice  Stewed prunes  All salads with dressings Coleslaws.  Creamed corn, niblet corn, diced carrot, peas Mashed vegetables Mashed or scalloped potatoes
<b>Soups</b>	All soups served in a mug	
<b>Fats and Oils</b>	All Gravies and sauces served in a separate container on the side	
<b>Desserts and Sweets</b>	Cakes, gelatin cubes, squares, bars, cookies, tarts Popsicles, ice cream bars	Puddings, ice cream, sherbet, custard, mousses Crisps, cobblers, betties and pies
<b>Beverages</b>	All Hot beverages served in a mug	

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Sandwiches</b>	All cold sandwiches Burgers, hot dogs	Hot or open faced sandwiches
<b>Other</b>	Quiches, frittatas, omelettes Pizzas	Casseroles, stews, chilies, stir-fries, pot pies

## Standard Diet Types **Texture Modified Diets**

Diet Order:  
**Cut Up (Revised: May 14, 2012)**

Menu selection:  
 Regular/General

Purpose:

- To provide food in a form that promotes independent self-feeding with or without utensils.
- Diet intended for patients/residents with normal chewing and swallowing ability.

Considerations:

- Foods must be easy to pick up with fingers, a fork, spoon or adapted utensils.
- Foods that are normally picked up to be eaten do not need to be cut up.
- Size of cut up food: 1.5 cm in diameter.

Type of Food	Foods Allowed As Is	Foods to be Cut Up
<b>Milk and Milk Products (except Cheese)</b>	All	
<b>Breads and Cereals</b>	All	Foods served with a sauce, cut up (pancakes, French toast, waffles) Muffins, scones, croissants and rolls, cut in half
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat, Fish &amp; Poultry that can be served whole:</b> Sausages, wieners, bacon Meatloaf Chicken drumsticks, fingers or nuggets Boneless fish, fish sticks <b>Cheese:</b> All <b>Eggs:</b> All <b>Alternates:</b> Legumes and lentils Tofu Peanut butter	All other roast, boneless or battered/breaded meats or fish, cut to 1.5 cm pieces

Type of Food	Foods Allowed As Is	Foods to be Cut Up
<b>Fruits and Vegetables</b>	<b>Juices:</b> All <b>Fruits, served whole:</b> Bananas  <b>Raw Vegetables:</b> Bite size tossed salad <b>Cooked Vegetables, served whole:</b> French fries Pom Pom potatoes	Oranges, apples and melons, cut up or in wedges Canned fruits, cut up or tidbits  Raw vegetables, cut up or sliced  Cooked potatoes and vegetables
<b>Soups</b>	All	
<b>Fats and Oils</b>	All	
<b>Desserts and Sweets</b>	All	
<b>Beverages</b>	All	
<b>Sandwiches</b>	Burgers Hot dogs	Sandwiches - cut into quarters Hot sandwiches served with gravy, cut up
<b>Other</b>	<b>Serve whole:</b> Quiches, frittatas, tourtiere Pizzas Meat pies	

## Standard Diet Types **Texture Modified Diets**

Diet Order:

**Dental Soft (Revised: January 30, 2021)**

Menu Selection:

Dental Soft

Purpose:

- To provide foods that are easy to chew.

Considerations:

- Foods must be soft and easy to chew - roast meats must be thinly sliced, vegetables and fruit must be soft, well cooked or canned.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages Yogurt (including yogurt with small berry seeds and fruit)	Yogurt with nuts
<b>Breads and Cereals</b>	<p><b>Cereals:</b>                      Cooked cereals                      Refined ready-to-eat cereal (e.g. corn flakes, Rice Krispies®, All Bran®, Special K®, Cheerios®, shredded wheat, bran flakes)</p> <p><b>Breads &amp; Pastries:</b>                      Soft bread, rolls, toast, pita bread, tortilla, roti, chapati, Muffins, loaves, pastries with fruits, seeds or nuts smaller than sunflower seeds                      Croissants                      Waffles, pancakes, French toast</p> <p><b>Others:</b>                      Pasta, rice, congee                      Crackers                      Stuffing (dressing)</p>	<p>Cereals with nuts, seeds or dried fruits the size of or larger than sunflower seeds (e.g. granola)</p> <p>All others including hard bread items (e.g. bagels, large buns, hard rolls), or bread with a tough crust</p> <p>Melba toast, rice cakes</p>
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat:</b>                      Thinly sliced, tender, moist roast beef, pork and ham                      Meat patties, meatloaf, meatballs,</p>	<p>Pork chop, cutlets</p> <p>Whole sausages with skin</p>

Type of Food	Foods Allowed	Foods Not Allowed
	<p>Salisbury steak, breakfast sausages, bacon may be served whole</p> <p><b>Poultry:</b> All tender, moist poultry</p> <p><b>Fish:</b> Moist, whole, tender, boneless fish – may be battered or breaded Canned salmon (with mashed bones)</p> <p><b>Cheese:</b> All</p> <p><b>Eggs:</b> All</p> <p><b>Alternates:</b> Peanut butter Soft cooked beans and lentils Tofu Vegetarian patties</p>	<p>Breaded or fried poultry (e.g. chicken fingers, fried chicken)</p> <p>Fish with bones</p> <p>Nuts and seeds the size of or larger than sunflower seeds, even in baked goods or other dishes</p>
Fruits and Vegetables	<p><b>Juices:</b> All</p> <p><b>Fresh Fruit:</b> Bananas can be served whole All other if soft and cut-up, including orange slices</p> <p><b>Canned Fruit:</b> All soft fruit including pineapple tidbits</p> <p><b>Dried Fruit:</b> All, if stewed or cooked Grated coconut</p> <p><b>Raw Vegetables:</b> None</p> <p><b>Cooked Vegetables:</b> All soft cooked including broccoli florets, cauliflower florets, creamed corn, chopped celery, chopped spinach, finely chopped cooked shiitake mushrooms, potatoes without skin and soft skinned potatoes (new potatoes)</p>	<p>Hard fruits such as apples Grapes (due to skin)</p> <p>Pineapple chunks or rings</p> <p>All, unless cooked</p> <p>All</p> <p>Fresh asparagus, Brussels sprouts, broccoli spears, whole corn kernels, potato with hard skins or coating (pan-fried, Pom Pom potatoes)</p>
Soups	All with allowed ingredients	

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Fats and Oils</b>	All	
<b>Desserts and Sweets</b>	All soft desserts (e.g. all puddings, cakes, cookies, tarts, pies & pastries made with allowed ingredients) Desserts made with soft cooked fruits (e.g. crisps, cobblers and betties) All sweeteners, jams (including jams with small berry seeds), marmalades	Desserts or baked goods with seeds, nuts or dried fruits the size of or larger than sunflower seeds (e.g. pecan fudge cake) Desserts that are difficult to chew (e.g. date bars, Rice Krispie® squares, toffee)
<b>Beverages</b>	All	None
<b>Sandwiches</b>	Sandwiches with moist filling such as thinly sliced meats, poultry or soft salad filling (e.g. fish or egg salad) Sliced cheese or grilled cheese sandwich Burgers, hot dogs	
<b>Other</b>	Soft casseroles (e.g. lasagna, Shepherd's pie, stews, and chilies) Quiches, frittatas Stir-fries made with allowed ingredients Stuffed pasta, perogies	Spring rolls

## Standard Diet Types **Texture Modified Diets**

Diet Order:

**Fine Chop (G. F. Strong and George Pearson Centre only)**

Menu Selection:

Minced

Purpose:

- To provide food in a form that requires minimal chewing for those individuals who are at risk of choking due to impulsive behaviour. This diet is specific to G. F. Strong and George Pearson Centre.

Considerations:

- **Follow the Diet Writing Guidelines for Minced Diet** (Minced DWG) except when meat and poultry are served as stand-alone entrées. These foods (meat and poultry as stand- alone entrees) must be finely cut up or chopped, by hand or by commercial food chopper, to a size of 0.5 cm – 1.0 cm.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>          All (include wieners and sausages) - chopped to a size of 0.5 - 1.0 cm          Minced meats and poultry in stews, casseroles, chilies          Whole meatloaf          Bacon when cooked and crumbled as an ingredient in a dish</p> <p><b>Fish:</b>          As per Minced DWG</p> <p><b>Alternates:</b>          As per Minced DWG</p>	Refer to Minced DWG

## Standard Diet Types **Texture Modified Diets**

Diet order:

**Minced (Revised: January 14, 2011)**

Menu Selection:

Minced

Purpose:

- To provide foods that requires minimal chewing.

Considerations:

- Food is minced (maximum 0.5 cm in diameter), mashed or very soft.
- Foods should be moist to facilitate chewing and swallowing.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages Yogurt (including yogurt with small berry seeds and fruit)	Yogurt with nuts
<b>Breads and Cereals</b>	<p><b>Cereals:</b>                      Cooked cereals                      Refined ready-to-eat dry cereals that become soft when soaked in liquid (e.g. cornflakes, Rice Krispies®, Special K®, Cheerios®, bran flakes)</p> <p><b>Breads &amp; Pastries:</b>                      Bread or toast including pancakes, French toast                      Muffins, loaves, pastries without dried fruits, seeds or nuts</p> <p><b>Others:</b>                      Pasta, very soft, cut to the size of elbow macaroni                      Rice, congee                      Moist dressing/stuffing                      Soda crackers</p>	<p>Cereals with dried fruit, seeds, or nuts (e.g. granola)                      Dry cereals that do not soften in liquid (e.g. shredded wheat, All Bran®)</p> <p>Breads, baked goods &amp; pastries with dried fruits, seeds or nuts                      All others including hard bread items (e.g. bagels, large buns, hard rolls) or bread with a tough crust (e.g. French, dark rye) or waffles, croissant, tortilla, pita bread, roti, chapati</p> <p>All other crackers</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>            All, if moist and minced            Whole meatloaf            Bacon when cooked and crumbled as an ingredient in a dish</p> <p><b>Fish:</b>            All moist, tender, boneless flaked fish            Canned salmon (with mashed bones)</p> <p><b>Cheese:</b>            Cottage cheese            Hard cheese, grated or as an ingredient            Soft or processed cheese,            Cheese spread</p> <p><b>Eggs:</b>            Minced or scrambled eggs            Plain or cheese omelette</p> <p><b>Alternates:</b>            Smooth peanut butter            Soft cooked, minced and/or moist legumes or lentils (e.g. baked beans)            Medium tofu</p>	All others including whole meat patties, meatballs, Salisbury steak, whole sausage, bacon strips  Battered, breaded or with bones  Hard cheeses unless grated or melted  Whole hard-cooked eggs  Crunchy peanut butter Nuts and seeds Vegetarian patties Fried tofu
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>            All</p> <p><b>Fresh Fruit:</b>            Ripe bananas            Other raw fruit, if minced or mashed            Smooth pureed fruit sauces</p> <p><b>Canned Fruit:</b>            All soft fruits if minced or mashed            Crushed pineapple</p> <p><b>Dried Fruit:</b>            All, if stewed and pureed</p> <p><b>Raw Vegetables:</b>            None</p> <p><b>Cooked Vegetables:</b>            All, if minced or mashed            Creamed corn            Scalloped or mashed potatoes            Squash and yam may be left whole if soft and moist</p>	All others, including fresh orange sections  All others  All others  All  All others  Whole boiled, roasted, pan-fried, Pom Pom potatoes, French fries

Type of Food	Foods Allowed	Foods Not Allowed
<b>Soups</b>	All made from allowed ingredients, minced or pureed	All others
<b>Fats and Oils</b>	Smooth or pureed sauces, gravies, fats and oils	All others
<b>Desserts and Sweets</b>	Soft desserts (e.g. custard, puddings including plain bread, rice and tapioca puddings, mousses, whips, ice cream, sherbet, gelatin) Soft baked goods (e.g. cakes or loaves without nuts or seeds)  Cream or custard tarts and pies  All sweeteners, jams (including jams with small berry seeds), marmalades	Desserts or baked goods containing dried fruits, seeds, nuts, (e.g. date bars, pecan fudge cake) Desserts with crusts or non-minced fruit (e.g. crisps, cobblers and betties) Desserts that are difficult to chew Cookies
<b>Beverages</b>	All	
<b>Sandwiches</b>	Sandwiches with moist fillings made with soft or minced ingredients (e.g. meat, fish or egg salad, soft or processed cheese). Crusts allowed	Grilled cheese sandwich Burgers, hot dogs
<b>Other</b>	Soft casseroles made with combinations of allowed minced and soft foods in smooth sauces or gravies Crustless quiches Crustless tourtiere	Potstickers Spring rolls Frittatas Entrées with pastry

## Standard Diet Types **Texture Modified Diets**

Diet order:

**Minced and Pureed (Revised: November 1, 2013)**

Menu Selection:

Minced and Pureed

Purpose:

- To provide foods that require minimal or no chewing.

Considerations:

- All foods should be moist to facilitate chewing and swallowing.
- Meats and mixed dishes are moist and minced (maximum 0.5 cm in diameter).
- Fruits and vegetables must be pureed until smooth.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages Plain and flavoured yogurt (including yogurt with small berry seeds)	Yogurt with nuts or pieces of fruit larger than 0.5 cm
<b>Breads and Cereals</b>	<p><b>Cereals:</b>                      Cooked cereals                      Refined ready-to-eat dry cereals that become soft when soaked in liquid (e.g. cornflakes, Rice Krispies™, Special K™, Cheerios™, bran flakes)</p> <p><b>Breads and Pastries:</b>                      Breads, including pancakes, French toast                      Muffins, loaves &amp; pastries without dried fruits, seeds or nuts</p> <p><b>Others:</b>                      Pasta, very soft, cut to the size of elbow macaroni                      Rice, congee                      Moist dressing/stuffing                      Soda crackers</p>	<p>Cereals with dried fruits, seeds, nuts (e.g. granola)                      Dry cereals that do not soften in liquid (e.g. shredded wheat, All Bran™)</p> <p>Bread, baked goods and pastries with dried fruits, seeds, nuts                      All others including hard bread items (e.g. bagels, large buns, hard rolls) or bread with a tough crust (e.g. French, dark rye) or waffles, croissants, tortilla, pita bread, roti, chapati,</p> <p>All other crackers</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>                      All, if moist and minced                      Whole meatloaf                      Bacon when cooked and crumbled as an ingredient in a dish</p> <p><b>Fish:</b>                      All moist, tender, boneless flaked fish                      Canned salmon (with mashed bones allowed)</p> <p><b>Cheese:</b>                      Cottage cheese                      Hard cheese, grated or used as an ingredient                      Soft or processed cheese                      Cheese spread</p> <p><b>Eggs:</b>                      Minced or scrambled eggs                      Plain or cheese omelette</p> <p><b>Alternates:</b>                      Smooth peanut butter                      Soft cooked, minced and/or moist legumes or lentils (e.g. baked beans)                      Medium tofu</p>	<p>All others including whole meat patties, meatballs, Salisbury steak, whole sausage, bacon strips</p> <p>Battered, breaded or with bones</p> <p>Hard cheeses unless grated or melted</p> <p>Whole hard-cooked eggs</p> <p>Crunchy peanut butter                      Nuts and seeds                      Vegetarian patties                      Fried Tofu</p>
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>                      All</p> <p><b>Fresh Fruit:</b>                      All, if smooth and pureed including pureed banana</p> <p><b>Canned Fruit:</b>                      All, if smooth or pureed</p> <p><b>Dried Fruit:</b>                      All, if stewed and pureed</p> <p><b>Raw Vegetables:</b>                      None</p> <p><b>Cooked Vegetables:</b>                      All, if smooth or pureed                      Smooth mashed potatoes</p>	<p>All others</p> <p>All others</p> <p>All others</p> <p>All</p> <p>All others</p>

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Soups</b>	All, pureed or strained	All others
<b>Fats and Oils</b>	Smooth or pureed sauces, gravies, fats and oils	All others
<b>Desserts and Sweets</b>	Smooth or pureed desserts Tapioca pudding, rice pudding All sweeteners, jams (including jams with small berry seeds), marmalades	Desserts that have not been pureed until smooth Desserts with seeds, nuts or pieces of fruit
<b>Beverages</b>	All	
<b>Sandwiches</b>	Sandwiches with moist fillings made with soft or minced ingredients (e.g. meat, fish or egg salad, soft or processed cheese). Crusts allowed	Grilled cheese sandwich
<b>Other</b>	Soft casseroles made with combinations of allowed minced and soft foods in smooth sauces or gravies Crustless quiches Crustless tourtiere Vegetables served in a sauce such as in chili or stews, or as part of a casserole or mixed entrée may be minced and not pureed	Spring rolls Potstickers Frittatas  Entrées with pastry

## Standard Diet Types Texture Modified Diets

Diet Order:

**Pureed (Revised: May 14, 2012)**

Menu Selection:

Pureed

Purpose:

- To provide foods which do not require chewing.

Considerations:

- Foods are pureed to a smooth consistency.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages Plain or flavoured yogurt	Yogurt with fruit seeds, nuts, or pieces of fruits
<b>Breads and Cereals</b>	<b>Cereals:</b> Cooked, refined cereals: Cream of Wheat®, oatmeal <b>Bread and Pastries:</b> Pureed white/whole wheat breads and buns Pureed muffins or loaves without nuts, seeds, or bran <b>Others:</b> Pureed pastas Pureed congee Pureed pancakes and waffles	Dry cereals, bran Any non-pureed grain Bread and buns, whole All others  All others, including pureed rice as a side dish (acceptable product currently not available)
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat, fish and poultry:</b> All, if pureed, smooth and holds its shape <b>Cheese:</b> Pureed cottage cheese Cheese as a flavouring in smooth sauces or entrées <b>Eggs:</b> Regular scrambled eggs Custard	All others  All others  All others

Type of Food	Foods Allowed	Foods Not Allowed
	<b>Alternates:</b> All, if pureed and smooth Peanut butter when used as an ingredient in baking/cooking	All others Peanut butter
<b>Fruits and Vegetables</b>	<b>Juices:</b> All <b>Fresh Fruit:</b> All, if smooth or pureed including pureed banana <b>Canned Fruit:</b> All, if smooth or pureed <b>Dried Fruit:</b> All, if stewed and pureed <b>Raw Vegetables:</b> None <b>Cooked Vegetables:</b> All, if smooth or pureed Smooth mashed potatoes	All others All others All others All All others
<b>Soups</b>	All, if pureed or strained	All others
<b>Fats and Oils</b>	Smooth or pureed sauces, gravies, fats and oils	All others
<b>Desserts and Sweets</b>	Smooth or pureed desserts  Honey, jellies, sugars, syrups	Desserts that have not been pureed until smooth Tapioca pudding, rice pudding Desserts with seeds, nuts, or pieces of fruit Jams, marmalades
<b>Beverages</b>	All	
<b>Sandwiches</b>	Sandwiches made with white/whole wheat bread and pureed with crust Pureed peanut butter with jelly/strawberry jam sandwiches	All other sandwiches, regular or pureed
<b>Other</b>	Pureed casseroles and entrées made with combinations of allowed foods	Casseroles and entrées made with foods that do not puree or strain to a completely smooth consistency

## Standard Diet Types Texture Modified Diets

Diet Order:

**Blenderized Diet (Revised: October 30, 2020)**

Menu selection:

Blenderized (if available) or Pureed

Purpose:

- To provide liquid food to patients unable to chew or tolerate solid foods.
- This diet is not intended for use with patients with dysphagia

Description of the Diet:

- Food is blenderized to a liquid state that can be consumed without chewing e.g. pureed foods must be blended with additional liquids to thin them to a liquid state.
- Use the standard serving sizes of pureed foods and thin to within range of the consistency of fruit juice to cream soup.

Considerations:

- Pureed foods are thinned with fluid normally found in product or with water.
- Do not give straw.
- Some items may need to be further thinned at bedside to meet patient individual needs or because certain items may thicken over time. (i.e. high starch content items, such as macaroni and cheese). Extra fluids (juice, milk) are provided on tray for this purpose.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages Plain or flavoured yogurt	Yogurt with fruit seeds, nuts or pieces of fruit
<b>Breads and Cereals</b>	<b>Cereals:</b> None  <b>Breads &amp; Pastries:</b> Pureed bread, pureed muffins <b>Others:</b> Pureed pastas Pureed congee	Cooked, refined cereals: Cream of Wheat®, oatmeal Cereals with seeds, nuts or whole fruit Coarse whole grain cereals that do not blend to a smooth consistency, such as Red River® cereal Ready-to-eat, dry cereals  All other breads, loaves, muffins  Rice

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat, poultry and fish:</b>                      All, if pureed and smooth</p> <p><b>Cheese:</b>                      Pureed cottage cheese                      Cheese sauce or cheese as a flavouring in allowed foods</p> <p><b>Eggs:</b>                      Pureed scrambled eggs</p> <p><b>Alternates:</b>                      Pureed legumes and lentils                      Pureed tofu</p>	All others All others All others All other legumes, lentils All other tofu Peanut butter Nuts and seeds
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>                      All</p> <p><b>Fresh and Canned Fruits:</b>                      All if smooth and pureed</p> <p><b>Dried Fruit:</b>                      All, if stewed and pureed</p> <p><b>Raw Vegetables:</b>                      None</p> <p><b>Cooked Vegetables:</b>                      All if smooth or pureed                      Smooth mashed potatoes</p>	All others, including coconut All others All All others
<b>Soups</b>	All, if pureed or strained	All others
<b>Fats and Oils</b>	Smooth, strained or pureed sauces, gravies, fats and oils	All others
<b>Desserts and Sweets</b>	Ice cream, sherbet Smooth or pureed desserts that have been thinned. (e.g. custard, puddings, mousses, whips) Honey, jellies, sugars, syrups	Desserts with seeds, nut, or pieces of fruit Desserts that have not been pureed until smooth Jams, marmalades
<b>Beverages</b>	All	None

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Sandwiches</b>	Pureed sandwiches	All others
<b>Other</b>	Pureed casseroles and entrées made with combinations of allowed foods	Casseroles and entrées made with foods that do not puree or strain to a completely smooth consistency

#### Blenderized Diet Meal Pattern

Breakfast	Lunch	Dinner
Juice		Juice
120 mL Whole milk	120 mL Whole milk	120 mL Whole milk
Pureed muffin (thinned)	Pureed soup	Pureed soup
2 x 120 mL instant breakfast	Pureed entrée thinned with broth	Pureed hot entrée thinned with broth
Pureed fruit (thinned)	Gravy x 2 (if appropriate) Pureed fruit (thinned)	Gravy x 2 Pureed fruit (thinned)

Nourishments:

PM	Milkshake or oral nutritional supplement
HS	Milkshake or oral nutritional supplement

## **Standard Diet Types**

### **Texture Modified Diets**

**Revised: May 16, 2017**

#### **General Considerations:**

- It is expected that the texture needs of most patients/residents will be managed with one of the texture modified diets. When a combination of textures is required, follow the guidelines below.
- Combination textures must be ordered in two parts, the first specifying the “primary” texture, and the second specifying the “meat” texture when this is different from the primary texture.

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Diet Order:

#### **Cut-Up Meat Only**

Menu Selection:

Regular/General or texture modified

#### Considerations:

- Diet intended for patients/residents with normal chewing and swallowing ability.
- To be cut up:
  - All roast, boneless or battered/breaded meat or poultry, when served as stand-alone entrée. Size of cut up food: 1.5 cm in diameter.
  - Battered/breaded fish (except fish sticks).
  - Meat and poultry on whole bread for hot sandwiches with gravy.
- Foods that are normally picked up to be eaten are not cut up.

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Diet Order:

#### **Minced Meat Only**

Menu Selection:

Regular/General or texture modified

#### Considerations:

- To be minced:
  - All meat and poultry, including meat patties, meatballs, Salisbury steak and sausage, when served within soups, mixed entrees or as stand-alone entrée.
  - Fillings for meat or poultry sandwiches (hot or cold).
- Bacon when cooked and crumbled as an ingredient is allowed.
- Plain baked fish is served whole, as per Minced diet writing guidelines.

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Diet Order:  
**Pureed Meat Only**

Menu Selection:  
Regular/General or texture modified

Considerations:

- To be pureed:
  - All meat, poultry and fish when served within soups, mixed entrees or as stand-alone entrée.

## Standard Diet Types **Fluid Diets**

Diet Order:

**Full Fluids (Revised: October 30, 2020)**

Menu Selection:

Full Fluids

**Purpose:**

Purpose:

- To provide food for patients who cannot chew, swallow or digest solid foods.

Considerations:

- Foods are smooth and must be liquid or semi-liquid at room temperature, and can be easily consumed and digested.
- This diet is nutritionally inadequate and is intended for short-term use only.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages Plain and flavoured yogurt without any particles in it	All others
<b>Breads and Cereals</b>	<b>Cereals:</b> Plain oatmeal Plain cream of wheat <b>Breads, Pastries &amp; Others:</b> Plain congee	All others All
<b>Meat, Fish, Poultry and Alternates</b>	None	All
<b>Fruits and Vegetables</b>	<b>Juices:</b> All <b>Fruits and Vegetables:</b> None	All
<b>Soups</b>	Pureed soups or strained cream soups, broths	All others
<b>Desserts and Sweets</b>	Sherbet, ice cream, popsicles, gelatin, custard, puddings, mousses Sugar, honey	All others

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Beverages</b>	Tea or coffee Decaffeinated coffee Herbal tea Grain based coffee alternative (e.g. Postum®) Fruit punch, Kool-Aid® Oral nutritional supplements	All others
<b>Other</b>	Salt Flavour extracts	Mrs. Dash Pepper

#### **Full Fluids Meal Pattern**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy meal)</b>
Juice	Juice	Juice
Hot cereal	180 mL Pureed soup Allowed dessert	180 mL Pureed soup Allowed dessert
240 mL 2 % milk	120 mL 2 % milk	120 mL 2 % milk
Coffee	Tea	Tea
Milker	Milker	Milker
Sugar	Sugar	Sugar
Brown sugar		

## Standard Diet Types **Fluid Diets**

Diet Order:

**Clear Fluids (Revised: May 18, 2016)**

Menu Selection:

Clear Fluids

Purpose:

- To provide fluid to patients who require fluid, electrolytes, and energy in a form that requires minimal digestion.

Considerations:

- Clear fluids or foods must be liquid at room temperature.
- Must contain a minimum of 130 g of carbohydrate daily, evenly distributed over three meals.
- This diet is nutritionally inadequate and is intended for short-term use only.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products</b>	None	All
<b>Breads and Cereals</b>	None	All
<b>Meat, Fish, Poultry and Alternates</b>	None	All
<b>Fruits and Vegetables</b>	<b>Juices:</b> Pulp free fruit juices: apple, orange, pineapple, cranberry, grape Lemonade, diet lemonade <b>Fruits and Vegetables:</b> None	All others including prune juice and tomato juice  All
<b>Soups</b>	Beef, chicken, vegetable broths	All others
<b>Desserts and Sweets</b>	Gelatin, popsicles, plain hard candies, sugar, honey	All others
<b>Beverages</b>	Tea, herbal tea Coffee, decaffeinated coffee Clear oral nutritional supplements (e.g. Boost Fruit Beverage®)	All others
<b>Other</b>	Salt, flavour extracts	Pepper, Mrs. Dash, all spices

**Clear Fluids Meal Pattern**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Pulp free juice x 2	Pulp free juice x 2 180 mL Broth	Pulp free juice x 2 180 mL Broth
Gelatin	Gelatin	Gelatin
Coffee	Tea	Tea
Sugar	Sugar	Sugar

## **Standard Diet Types**

### **Maternity Diet**

Diet Order:

**Maternity (Revised: June 15, 2017)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To meet the increased energy, protein and micronutrient demands of pregnancy and lactation.

Considerations:

- Give large servings at lunch and dinner
- Give 120 mL 2% milk at breakfast, lunch and dinner
- Follow food safety recommendations for pregnant women:

#### **Mercury in Fish**

- Limit fish moderate in mercury to 2 to 4 servings per week – all varieties of canned tuna, fresh/frozen albacore tuna, cod, bass, halibut, pacific lake trout, sablefish, black cod or sea bass.

#### **Caffeine**

- Limit the amount of caffeine served to no more than 300 mg a day from all sources. Limit coffee to 1 serving per day at breakfast. Give tea at lunch and dinner.

#### **Herbal Tea**

- Limit herbal tea to 3 cups/day.
- Acceptable herbal teas include: citrus peel, ginger, lemon balm, orange peel, rose hip.
- Do not serve herbal teas with ingredients that include chamomile, aloe, coltsfoot, juniper berries, pennyroyal, buckthorn bark, comfrey, Labrador tea, sassafras, duck roots, lobelia and senna leaves.

#### **Artificial Sweeteners**

- If artificial sweeteners are requested, provide only those containing acesulfame potassium, aspartame and sucralose. Do not give Saccharin and cyclamate.

Nourishments:

- PM: Fruit
- HS: ½ Sandwich, 120 mL 2% milk

#### **Full Fluids**

- Give the standard Full Fluids meal pattern

#### **Clear Fluids**

- Give the standard Clear Fluids meal pattern

## Standard Diet Types **Pediatric Diets**

Diet Order:

**Pediatric Regular (4-8 years) (Revised: June 15, 2017)**

Menu Selection:

Pediatric

Purpose:

- To provide regular texture foods that support growth and development.

Considerations:

- For children aged 4 -8 years.
- Do not give salt package.
- Do not give coffee and tea.
- Limit tuna to 3 servings per month.
- Limit fruit juice to 1 x 120mL serving per day
- Provide 3 nourishments per day
  - AM: Fruit
  - PM: Fruit, 1 package cheese and crackers
  - HS:  $\frac{1}{2}$  sandwich and 120 mL 2% milk

**Meal Plan: Pediatric Regular/General (4-8 years)**

Menu item	Breakfast	Lunch	Dinner
<b>Starter</b>	Fruit	Soup	Juice
<b>Meat &amp; Alternatives</b>	1 serving	$\frac{1}{2}$ - 1 serving	$\frac{1}{2}$ - 1 serving
<b>Grain Products/Potato</b>	Cold Cereal and toast/muffin or pancake	1 - 2 servings	1 serving
<b>Vegetables</b>		1 serving	1 serving
<b>Dessert (Includes <math>\geq 1</math> fruit choice per day)</b>		1 serving	1 serving
<b>Milk &amp; Alternatives</b>	120 mL 2% milk & 1 serving yogurt	120 mL 2% milk	120 mL 2% milk

## Standard Diet Types **Pediatric Diets**

Diet Order:

**Pediatric Regular (9-18 years) (Revised: June 15, 2017)**

Menu Selection:

Pediatric

Purpose:

- To provide regular foods that support growth and development.

Considerations:

- For children aged 9-18 years.
- Do not give salt package.
- Do not give coffee and tea.
- Limit tuna to 3 servings per month.
- Limit fruit juice to 2 x 120mL serving per day
- Provide 3 nourishments per day
  - AM: Fruit
  - PM: Fruit, 1 package cheese and crackers
  - HS: ½ sandwich and 120 mL 2% milk

**Meal Plan; Pediatric Regular (9-18 years)**

Menu item	Breakfast	Lunch	Dinner
<b>Starter</b>	Fruit and Juice	Soup	Juice
<b>Meat &amp; Alternatives</b>	1 serving	1 serving	1 serving
<b>Grain Products/Potato</b>	Cold Cereal and 2 servings toast/muffin or pancake	1 - 2 servings	1 serving
<b>Vegetables</b>		1 serving	1 serving
<b>Dessert (Includes ≥1 fruit choice per day)</b>		1 serving	1 serving
<b>Milk &amp; Alternatives</b>	240 mL 2% milk & 1 serving yogurt	240 mL 2% milk	120 mL 2% milk

## Standard Diet Types **Pediatric Diets**

Diet Order:

**Pediatric Cut Up/Finger Foods (1-3 years) (Revised: June 15, 2017)**

Menu Selection:

Pediatric

Purpose:

- To provide foods with a variety of textures that are cut up, chopped or finger foods to encourage self-feeding, and with all choking risks avoided.

Considerations:

- For children aged 1-3 years.
- Give foods that are cut up, chopped or finger foods.
- Do not give salt package.
- Do not give coffee and tea.
- Limit juice to 1 x 120mL serving per day.
- Serve whole milk.
- Limit tuna to 3 servings per month.
- Provide 3 nourishments per day
  - AM: Fruit
  - PM: Fruit, 1 package cheese and crackers
  - HS: ½ sandwich and 120 mL whole milk

**Meal Plan: Pediatric Cut Up/Finger Foods (1-3 years)**

Menu item	Breakfast	Lunch	Dinner
<b>Starter</b>	Fruit	Soup	Juice
<b>Meat &amp; Alternatives</b>	1 serving	½ serving	½ serving
<b>Grain Products/Potato</b>	Cold Cereal and toast/muffin or pancake	1 serving	1 serving
<b>Vegetables</b>		1 serving	1 serving
<b>Dessert (Includes ≥1 fruit choice per day)</b>		1 serving	1 serving
<b>Milk &amp; Alternatives</b>	120 mL whole milk & 1 serving yogurt	120 mL whole milk	120 mL whole milk

## **Standard Diet Types**

### Pediatric Diets

Diet Order:

**Pediatric Minced – Infant (9-12 months) (Revised: June 15, 2017)**

Menu Selection:

Pediatric

Purpose:

- To provide food that is minced, mashed or ground, with no mixed textures, and with all choking risks avoided.

Considerations:

- For infants 9-12 months of age.
- Give foods that are minced, mashed or ground.
- If requested, 120mL whole milk per meal can be provided
- Do not give salt package.
- Do not give coffee or tea.

**Meal Plan: Pediatric Minced – Infant (9-12 months)**

Menu Item	Breakfast Item	Lunch	Dinner
<b>Cereal</b>	120 mL plain hot		
<b>Fruit</b>	45 mL minced fruit	45 mL minced fruit	45 mL minced fruit
<b>Potato</b>		45 mL mashed potato	45 mL mashed potato
<b>Vegetables</b>		60 mL minced veg	60 mL minced veg
<b>Meat &amp; Alternatives</b>		60 mL pureed meat	60 mL pureed meat

## **Standard Diet Types**

### **Pediatric Diets**

Diet Order:

**Pediatric Pureed – Infant (6-8 months) (Revised: June 15, 2017)**

Menu Selection:

Pediatric

Purpose:

- To provide food that is smooth and pureed, with no mixed textures and with all choking risks avoided.

Considerations:

- For infants 6-8 months of age.
- Give foods that are smooth purees including single grain, iron fortified infant cereals, pureed single ingredient fruits, vegetables and meat.
- Do not give salt package
- Do not give fluid milk products.
- Do not give coffee or tea.

**Meal Plan: Pediatric Pureed – Infant (6-8 months)**

Menu Item	Breakfast	Lunch	Dinner
Cereal	120 mL infant iron-fortified		
Fruit		45 mL pureed fruit	45 mL pureed fruit
Vegetable		45 mL pureed veg	45 mL pureed veg
Meat & Alternatives		60 mL pureed meat	60 mL pureed meat

## **Standard Diet Types**

### **Pediatric Diets**

Diet Order:

**Pediatric Diabetes (Revised: February 1, 2019)**

Menu Selection:

Pediatric

Purpose:

- To provide a nutritionally adequate menu based on the age appropriate suggested menu patterns from the adapted Canada's Food Guide and provide an appropriate eating pattern with consistent carbohydrate, regularly timed meals and snacks to manage blood glucose.

Considerations:

- Choose texture and age appropriate pediatric menu.
- Limit simple sugars by not providing juice, sugar packages, high sugar cereals and sweet desserts.
- Milk or milk substitutes are provided with each meal and nourishment if over the age of one year.
- Provide 3 nourishments per day:
  - AM: Fruit and 1 serving diet yogurt
  - PM: Fruit, 1 package cheese and crackers
  - HS:  $\frac{1}{2}$  sandwich and 120 mL 2% milk
- When a fluid diet is ordered, provide the standard clear or full fluid menu with the following adjustments: no sugar or salt package, no coffee or tea, and give fluid nourishments at AM, PM and HS.

## Therapeutic Diet Types **Pediatric Eating Disorder Meal Plans**

Diet Order:

**Pediatric, Eating Disorders, Regular (9-18 year old) (New: July 5, 2019)**

Menu Selection: Meal plan A-G

Purpose:

- To provide a diet for pediatric patients requiring medical treatment for an Eating Disorder who are at risk of refeeding syndrome.

Description of Diet:

- Seven meal plans with 3 meals and 3 nourishments that achieve a predetermined calorie level.

Considerations:

- Refer to "**Meal Plans for Eating Disorders**".
- Refer to "**Table of Food Choices for Recommended Foods and Amounts**".
- 1 choice provides approximately 100 calories.
- Low calorie, low fat and diet foods are not allowed.
- Do not give coffee and tea unless specifically ordered by the RD.
- Limit tuna to 3 servings per month unless otherwise ordered by the RD.
- Exceptions:
  - Grains & Starch choices:
    - Allow 1 muffin as 2 choices.
  - Milk & Alternatives choices:
    - Give diet yogurt only if on a diabetic diet.

Foods Not Allowed:

- Diet salad dressing.
- Diet jello.
- Diet juice/fruit drink.
- Skim milk.

Nourishments:

½ choice	½ fresh apple or ½ banana
1 choice	1 x vanilla or fruit yogurt
1 ½ choices	1 pkg cheese & 3 pkg crackers
2 choices	1 x peanut butter & 1 x slice bread
3 choices	2 pkg arrowroot cookies, 1 x vanilla or fruit yogurt & 2 x 114 ml fruit juice
4 choices	2 x peanut butter & 2 x sliced bread
5 choices	2 x 2% milk, 1 x vanilla or fruit yogurt, 1 x muffin & 1 pkg cheese

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### Meal Plans for Eating Disorders

Meal Plan	A	B	C	D	E	F	G
Calories	1000	1300	1700	2000	2300	2700	3000

#### BREAKFAST

Protein	0	0	0	0	1	1	1
Grains & Starch	1	1	1	1	1	2	2
Fat	0	0	0	0	0	1	1
Fruit	0	1	1	1	1	1	1
Milk & Alternates	1	1	1	1	1	1	1

#### Nourishment

Snack Choice	½	½	1	1 ½	2	3	4
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#### LUNCH

Protein	½	1	1	1	1	1	1
Grains & Starch	1	2	2	2	2	2	2
Fat	1	1	1	1	1	1	1
Vegetables	1	1	1	1	1	1	1
Fruit	1	1	1	1	1	1	1
Milk & Alternates	0	½	1	1	1	1	1

#### Nourishment

Snack Choice	½	½	1	2	3	3	4
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#### DINNER

Protein	½	½	1	1	1	1	1
Grains & Starch	1	1	2	2	2	2	2
Fat	1	1	1	1	1	1	1
Vegetables	1	1	1	1	1	1	1
Fruit	1	1	1	1	1	1	1
Milk & Alternates	0	½	1	1	1	1	1

#### Nourishment

Snack Choice	½	½	½	1 ½	2	3	4
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**Table of Food Choices for Recommended Foods and Amounts**

Food Group	Example of 1 choice
Meats and Alternatives	1 x cooked meat, fish or poultry 1 scrambled egg or 2 hardboiled eggs 1 x cooked legumes/lentils 1 x tofu 1 portion cheese 1 x sandwich filling 1 portion peanut butter 1 x protein in casserole
Grains and Starches	1 slice WW bread or toast 1 x pasta, potato or rice (any) 1 x hot cereal 1 x dry cereal 1 x all soups except clear broth 2 pkg arrowroot cookies 4 pkg soda crackers
Milk	2 x 2% milk 1 x soy or chocolate milk 1 x vanilla or fruit yogurt 2 x plain yogurt
Fruits	1 x whole apple or banana 2 x fresh mandarin orange 2 x canned fruit 4 x sliced apple 4 x cubed watermelon 3 x cantaloupe/honeydew 2 x 114 ml fruit juice
Vegetables	1 x cooked veg including corn 1 x salad
Fat	2 x butter or margarine 2 x regular salad dressing or mayonnaise 1 x mayo in sandwich filling 1 x margarine in sandwich
Do not give	Skim milk Diet yogurt (unless diet is diabetic) Low fat cheese Diet salad dressing
Extras	Salt & pepper with L & D

**Note – choices are based on standard menu portions and are approximately 100 kcals each.**

## **Therapeutic Diet Types**

### **Diabetes Diets**

Diet Order:

**Diabetes No Sugar Package**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a standard diet excluding sugar packages.

Considerations:

#### **Solids:**

- Give standard regular/general or texture modified meal pattern with the following exception:
  - Do not give sugar packages; give sugar substitute.

#### **Fluid Diets:**

- Give standard Full Fluid and Clear Fluid meal pattern with the following exception:
  - Do not give sugar packages, give sugar substitute.

## Therapeutic Diet Types

### Diabetes Diets

Diet Order:

**Diabetes No Added Sugar (Revised: February 1, 2019)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a diet reduced in simple carbohydrates for liberalized management of Diabetes Mellitus.

Considerations:

- Give standard portions for all menu items with the exception of dessert.
  - Desserts must contain 20 grams or less of carbohydrate per portion served.
- Provide water, milk and low sugar fluids preferentially over juice and other sugar containing beverages.
- Allow a maximum of 120 mL of unsweetened juice per day (except on the clear fluids diet and the full fluids diet).
- Give diet jam/jelly/syrup.
- Do not give sugar package; give sugar substitute at meals.
- Nourishments (must provide a minimum of 15 g of carbohydrate):

Solids:	PM	Fruit or plain baked goods
	HS	½ sandwich or equivalent (1 starch, 1 fat, 1 protein) 120 mL 2% Milk
Pureed:	PM	Pureed fruit or pureed plain baked product
	HS	Yogurt or custard 120 mL 2% Milk

Fluids:

- Provide a minimum of 200g/day of carbohydrate evenly distributed through 3 meals and 2 snacks.
- Give the standard Full Fluid or Clear Fluid meal pattern with the following exception:
  - Do not give sugar package, give sugar substitute.

## Therapeutic Diet Types

### Diabetes Diets

Diet Order:

**Diabetes – Standard (Revised: October 30, 2020)**

Menu Selection:

Diabetes

Purpose:

- To provide a diet for patients and residents requiring management of Diabetes Mellitus.

Description of Diet:

- Consistent amount of carbohydrates is provided at each meal.
- Total saturated fat and trans fat is limited to less than 7% of total energy intake.
- Cholesterol is limited to 300 mg or less as averaged over a week.
- Fibre content is at least 25 g per day.

Considerations:

- Use the choices from the Canadian Diabetes Association as written in Beyond The Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management.

Exceptions:

- Grains & Starch choices:
  - Allow  $\frac{1}{2}$  cup (120 mL) rice as 1 choice.
  - Allow 1 individual serving (box) unsweetened dry cereal as 1 choice.
  - Note:  $\frac{1}{2}$  cup (120 mL) kernel corn or  $\frac{1}{2}$  medium potato or  $\frac{1}{2}$  cup mashed potatoes count as 1 choice.
- Vegetables choices:
  - Allow  $\frac{1}{2}$  cup (120 mL) cooked vegetable and 1 cup (250 mL) raw leafy vegetables as 1 choice.
  - Only those dressed salads with less than 10 grams of carbohydrate per serving are allowed
- Fruit choices:
  - Allow 1 cup (240 mL) berries (any type) as 1 choice.
- Meat & Alternatives choices:
  - Allow 2 packages of peanut butter as 1 choice.
- Give low fat Meat and Alternatives choices containing 0 – 3g fat per 30g (1 oz) serving.
  - 2 packages of peanut butter counts as one protein choice and two fat choices. Do not give margarine with peanut butter.
  - A maximum of 3 servings per week of Meat and Alternatives choices from the “Choose Less Often” foods listed in Beyond the Basics may be given.
  - Total fat content from entrées, mixed dishes and baked goods must be calculated into the daily meal pattern.

Considerations:

- Give 120 mL of soup at lunch
- Give fruit as dessert at lunch and dinner.
- Allow a maximum of 120 mL of unsweetened juice per day (except on the clear fluids diet and the full fluids diet).
- Do not give sugar package, give sugar substitute with hot beverages and cereals.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the calorie content may be too high.
- Unless otherwise specified, follow the meal and nourishment patterns below.
  - Refer to the "Table of Food Choices for Recommended Foods and Amounts".

**Meal & Nourishment Pattern\***

	Breakfast	AM	Lunch (Light Meal)	PM	Dinner (Heavy Meal)	HS*	Total	PRO	FAT	CHO
<b>Meats &amp; Alternatives</b>	1		2 - 3		2 - 3	1	7	49	21	-
<b>Grains &amp; Starches</b>	2		2 - 3		1 - 2	1	6 - 8	18 - 24	-	90 - 120
<b>2% Milk</b>	1		0.5		0.5	0.5	2.5	20	10	37.5
<b>Fruits</b>	1		1	1	1		4	4	-	60
<b>Vegetables</b>			1 - 2		1 - 2		2 - 4	4 - 8	-	10 - 20
<b>Fats</b>	1 - 2		2		1 - 2	1	5 - 7	-	25 - 35	-
<b>Extras</b>	As Desired									
1700-2000 calories										

Nourishments (must provide a minimum of 15 g of carbohydrate):

Solids: PM Fruit  
HS ½ sandwich or equivalent (1 protein, 1 starch, 1 fat),  
120 mL 2% milk

Pureed: PM Pureed fruit  
HS Yogurt or custard  
120 mL 2% milk

Full Fluids: PM 120 mL 2% milk  
HS Yogurt or custard or pudding  
120 ml 2% milk

Clear Fluids: PM 120 ml unsweetened fruit juice  
HS 120 ml unsweetened fruit juice

**Fluids:**

- Provide a minimum of 200g/day of carbohydrate evenly distributed through 3 meals and 2 snacks.
- Give the standard Clear or Full Fluid diet including desserts with the following exception:
  - Do not give sugar package, give sugar substitute.

\*The following values are used for meal pattern calculation:

	Protein (g)	Fat (g)	Carbohydrate (g)	Kilocalories
Meats & Alternatives	7	3	-	55
Grains & Starches	3	-	15	72
2% Milk	8	4	15	128
Fruits	1	-	15	64
Vegetables	2	-	5	28
Fats	-	5	-	45

**Table of Food Choices for Recommended Foods and Amounts**

Food Group	Example of 1 choice
Meats and Alternatives	30 g (1 ounce) cooked lean meat, fish or poultry 1 egg ½ cup (120 mL) cooked legumes/lentils 100 g tofu 30 g (1 ounce) low fat cheese 30g (1 ounce) cheese (1 meat/alternate and 1 fat) ¼ cup (60 mL) canned fish 1 package (15 mL) peanut butter (1 meat/alternate and 1 fat)
Grains and Starches	1 slice whole grain bread ½ cup (120 mL) pasta or rice ½ cup (120 mL) corn ½ medium potato or ½ cup (120 mL) mashed potato ¾ cup (180 mL) hot cereal 1 individual serving (box) unsweetened dry cereal ½ to ¾ cup (120 mL to 180 mL) all soups (except clear broth)
Milk	1 cup (240 mL) 2% or skim milk ½ cup (120 mL) chocolate milk 1 cup (240 mL) calcium fortified soy beverage ¾ cup (180 mL) plain yogurt
Fruits	1 medium apple 1 small banana 1 medium pear 1 cup (240 mL) melon 1 cup (240 mL) berries, all ½ cup (120 mL) canned fruit in juice ½ cup (120 mL) unsweetened fruit juice
Vegetables	½ cup (120 mL) beets ½ cup (120 mL) broccoli ½ cup (120 mL) carrots ½ cup (120 mL) cauliflower ½ cup (120 mL) celery ½ cup (120 mL) cucumber ½ cup (120 mL) green beans ½ cup (120 mL) parsnips ½ cup (120 mL) peas ½ cup (120 mL) tomatoes ½ cup (120 mL) turnips 1 cup (120 mL) salad greens: lettuce, spinach, etc.
Fat	1 teaspoon (5 mL) butter or margarine 1 tablespoon (15 mL) salad dressing 1 teaspoon (5mL) oil used in cooking 1 tablespoon (15 mL) cream cheese 1 tablespoon (15mL) nuts and seeds
Other Choices	1 tablespoon (15 mL) jam, jelly or marmalade 2 inch square piece of cake ½ cup skim milk pudding 3 teaspoons (15 mL) sugar
Extras	½ cup diet gelatin 3-4 packets/day of sugar substitutes 1 teaspoon (5mL) ketchup 1 teaspoon (5 mL) diet fruit spread 3 milkers per day (allow 5 in Residential Care) Low fat gravy Low fat or light salad dressing Tea, coffee, broth

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**Meal Plans for Diabetic Diets**

Total Energy kcal	1200 (1338)	1500 (1538-1628)	1800 (1829-1919)	2100 (2190-2280)	2400 (2588)	2700 (2833)	3000 (3178)
<b>% Energy From</b>							
Protein	25	21-22	22-23	20-21	21	20	20
Fat	26	27-31	25-29	26-29	29	29	30
Carbohydrate	49	48-51	50-52	50-52	50	51	50
<b>Breakfast Choices</b>							
Meats and Alternatives	1	1	1	1	1	1	1
Grains and Starches	2	2	2	3	3	3	3
Milk 2% or skim (s)	0.5(s)	0.5	1	1	1	1	1
Fruits	1	1	1	1	1	2	2
Vegetables	-	-	-	-	-	-	-
Fats and Oils	1	1-2	1-2	1-2	2	2	2
<b>Lunch (Light Meal) Choices</b>							
Meats and Alternatives	2	2	2	2	2	2	2
Grains and Starches	2	2	3	3	3	3	3
Milk 2% or skim (s)	0.5(s)	0.5	0.5	0.5	0.5	1	1
Fruits	-	1	1	1	1	1	1
Vegetables	1	1	2	2	2	2	2
Fats and Oils	2	2	2	2	2	2	3
<b>Mid-Afternoon Choices</b>							
Meats and Alternatives	-	-	-	-	1	1	1
Grains and Starches	-	-	-	1	2	2	2
Fruits	-	1	1	1	1	1	1
Vegetables	-	-	-	-	-	-	-
Fats and Oils	-	-	-	-	1	2	2
<b>Dinner (Heavy Meal) Choices</b>							
Meats and Alternatives	3	3	3	3	3	3	4
Grains and Starches	1	1	2	2	3	4	4
Milk 2% or skim (s)	0.5(s)	0.5	0.5	0.5	0.5	0.5	1
Fruits	1	1	1	1	1	1	1
Vegetables	2	2	2	2	2	2	2
Fats and Oils	1	1-2	1-2	1-2	2	2	3
<b>Evening Choices</b>							
Meats and Alternatives	-	-	1	2	2	2	2
Grains and Starches	1	1	1	2	2	2	3
Milk 2% or skim (s)	0.5(s)	0.5	0.5	0.5	0.5	0.5	1
Fruits	-	-	-	-	1	1	1
Vegetables	-	-	-	-	-	-	-
Fats and Oils	-	-	1	2	2	2	2
<b>Total Choices</b>							
Meats and Alternatives	6	6	7	8	9	9	10
Grains and Starches	6	6	8	11	13	14	15
Milk 2% or skim (s)	2(s)	2	2.5	2.5	2.5	3	4
Fruits	2	4	4	4	5	6	6
Vegetables	3	3	4	4	4	4	4
Fats and Oils	4	4-5	4-6	6-8	9	10	12
<b>Total Protein, g</b>	84	86	105	121	135	143	161
<b>Total Fat, g</b>	38	46-56	51-61	64-74	82	89	106
<b>Total CHO, g</b>	165	195	237.5	282.5	327.5	365	395

## Therapeutic Diet Types

### Diabetes Diets

Diet Order:

**Diabetes Maternity (Revised: February 1, 2019)**

Menu Selection:

Diabetes

Purpose:

- To provide a diet for patients requiring management of Diabetes Mellitus that meets the nutritional needs of pregnancy and lactation.

Considerations:

- Follow the Diabetes – Standard Diet, including meal and nourishment patterns
- Follow food safety recommendations for pregnant women:

#### **Mercury in Fish**

- Limit fish moderate in mercury to 2 to 4 servings per week – all varieties of canned tuna, fresh/frozen albacore tuna, cod, bass, halibut, pacific lake trout, sablefish, black cod or sea bass.

#### **Caffeine**

- Limit the amount of caffeine served to no more than 300 mg a day from all sources. Limit coffee to 1 serving at breakfast. Give tea at lunch and dinner.

#### **Herbal Tea**

- Limit herbal tea to 3 cups/day.
- Acceptable herbal teas include: citrus peel, ginger, lemon balm, orange peel, rose hip.
- Do not serve herbal teas with ingredients that include chamomile, aloe, coltsfoot, juniper berries, pennyroyal, buckthorn bark, comfrey, Labrador tea, sassafras, duck roots, lobelia and senna leaves.

#### **Artificial Sweeteners**

- If artificial sweeteners are requested, provide only those containing acesulfame potassium, aspartame and sucralose. Do not give saccharin and cyclamate.

## Therapeutic Diet Types **Dysphagia Diets**

**Revised: November 13, 2014**

### **Dysphagia, General Considerations:**

- Dysphagia diets must be ordered in two parts, first specifying the solids texture and then the fluid thickness. Any diet order that lacks one piece of information must be clarified with the dietitian or nursing unit.
  - Solids can be ordered in the following textures: regular, dental soft, cut up, fine chop, minced, minced and pureed, and pureed.
  - Fluids can be ordered in the following thicknesses: thin (or regular), nectar thick, honey thick, and pudding thick (see Dysphagia Fluid Thickness chart). To ensure adequate fluid intake when a solid textured diet is ordered with thickened fluids, please see sample fluid pattern below.
  - Do not send straws.

### **Sample Fluid Pattern for Solid Texture Diets with Thickened Fluids**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice - specified thickness	Juice - specified thickness	Juice - specified thickness
Milk - specified thickness	Milk - specified thickness	Milk - specified thickness
	Soup - specified thickness	
	Additional 60 mL gravy/sauce on the side	Additional 60 mL gravy/sauce on the side
Water – specified thickness	Water – specified thickness	Water – specified thickness
Milkers x 3		

### **Sample Fluid Pattern for Solid Texture Diets with Thin Fluids**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice		Juice
Milk	Milk	Milk
	Soup	
	Additional 60 mL gravy/sauce on the side, when appropriate	Additional 60 mL gravy/sauce on the side, when appropriate
Water		
Coffee	Tea	Tea
Milkers x 3	Milker with tea	Milker with tea

## Therapeutic Diet Types **Dysphagia Diets**

### **Dysphagia Fluid Thickness**

Revised: March 22, 2021

<b>Thickness</b>	<b>Description</b>	<b>Examples of Allowed Fluids and Foods with Appropriate Thickness</b>
<b>Thin</b>	Regular fluids Ice cream, gelatin, sherbet allowed <sup>1</sup>	All fluids acceptable
<b>Nectar</b>	Fluids can be sipped from a cup or through a straw and will slowly drip off a spoon that is tipped	Yogurt drinks (e.g. Yop) Beverages thickened to nectar thick Nectar thick pureed soup Commercially thickened nectar thick products
<b>Honey</b>	Fluids can be eaten with a spoon but do not hold their shape on a spoon Fluids may be sipped from a cup but are too thick to be sipped through a straw	Yogurt, tomato sauce, honey Beverages thickened to honey thick Honey thick pureed soup Commercially thickened honey thick products
<b>Pudding</b> <small>(Note: only available at George Pearson Centre and Powell River Hospital)</small>	Fluids are very thick and pudding-like and must be eaten with a spoon Fluids hold their shape on a spoon and are too thick to be sipped from a cup Pureed solids that are thinner than pudding thick are <b>not allowed</b>	Pudding Beverages thickened to pudding thick Pudding thick pureed soup Commercially thickened pudding thick products
<b>No Fluid</b>	If a "No Fluid" dysphagia diet is ordered, follow the guidelines for Pudding Thickness, do not send beverages or soup	

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1 For all fluid thickness other than thin fluids, gelatin desserts, ice cream and other frozen products are **not allowed**.

## Therapeutic Diet Types

### Dysphagia Diets

Diet Order:

**Dysphagia Diet, Regular, (Specify Fluid Thickness) (Revised: July 21, 2014)**

Menu Selection:

Dysphagia Regular

Purpose:

- To provide foods that are easy to swallow.

Considerations:

- Give fluid thickness as specified in diet order.
  - Follow the Dysphagia Fluid Thickness chart for specified fluids.
- Dry, crumbly foods are not allowed.
- Foods of mixed consistencies are allowed.
- Give an additional 60 mL of gravy or sauce (minimum nectar thick) on the side of hot entrées when gravy or sauce is normally menued.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages according to specified thickness Yogurt (including yogurt with small berry seeds and whole fruit pieces). Creamers are allowed to adjust texture of cereals regardless of fluid thickness specified	All others Yogurt with nuts.
<b>Breads and Cereals</b>	<b>Cereals:</b> Hot cereals (no bran)  <b>Breads &amp; Pastries:</b> Bread, soft buns/rolls  Pureed muffins (no bran) Pancakes Other breads that may crumble must be pureed	Cereals with bran Dry cereals  Breads that are hard or may crumble when bitten into (e.g. toast, muffins, scones, Danishes, bagels, English muffins, croissants) Bread with bran, nuts, seeds, coconut or fruits not allowed Gluten free bread French toast, waffles Pita bread, tortilla, roti, chapati Rice, orzo

Type of Food	Foods Allowed	Foods Not Allowed
	<b>Others:</b> Pasta Congee Moist dressing/stuffing	Crackers, melba toast, bread sticks Rice cakes
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat, Poultry &amp; Fish:</b> All, if moist and served with extra gravies and sauces Skinless sausages, wieners <b>Cheese:</b> Hard cheeses Cottage cheese Processed cheese slices Other cheeses if used as ingredient in allowed foods <b>Eggs:</b> All, including soft, moist, scrambled eggs, omelettes <b>Alternates:</b> Soft cooked, moist legumes and lentils Soft and medium tofu Peanut butter when used as an ingredient in baking/cooking	Breaded meats, poultry, or fish  Bacon  All others including cream cheese, cheese spread   Nuts and seeds Fried tofu All other peanut butter
<b>Fruits and Vegetables</b>	<b>Juices:</b> Fruit and vegetable juices according to thickness as specified <b>Fruit</b> All except those listed as not allowed Canned fruits must be drained (unless on thin fluids) <b>Raw Vegetables:</b> Coleslaw and salads with extra dressing Zucchini sticks <b>Cooked Vegetables:</b> All cooked vegetables	  Dried fruits  Carrot sticks, celery sticks
<b>Soups</b>	All, according to thickness as specified	All others
<b>Fats and Oils</b>	All	

Type of Food	Foods Allowed	Foods Not Allowed
<b>Desserts and Sweets</b>	Smooth desserts (e.g. puddings, custard, mousses and pureed baked goods) Tapioca pudding, plain rice pudding, plain bread pudding All sweeteners, jams (including jams with small berry seeds), marmalade	Ice cream, sherbet and gelatin unless on thin fluids Desserts that may crumble when bitten into (e.g. cakes, squares, bars, brownies, loaves, crisps, betties, cobblers, pies, tarts, pastries, cookies)
<b>Beverages</b>	All, according to thickness as specified	
<b>Sandwiches</b>	Sandwiches with moist minced filling or thinly sliced meats, cut into quarters – crusts allowed	Grilled sandwiches Burgers, hot dogs
<b>Others</b>	Stews, casseroles with allowed ingredients Crustless quiches, tourtieres with allowed ingredients Frittatas with allowed ingredients	Entrées with pastry Jellied salads unless on thin fluids Thin sauces on the side

## Therapeutic Diet Types

### Dysphagia Diets

Diet Order:

**Dysphagia Diet, Cut Up, (Specify Fluid Thickness) (Revised: July 21, 2014)**

Menu Selection:

Dysphagia Regular/General

Purpose:

- To provide foods that are easy to swallow in a form that promotes independent self-feeding.

Considerations:

- Give fluid thickness as specified in diet order.
  - Follow the Dysphagia Fluid Thickness chart for specified fluids.
- Food must be easy to pick up with fingers, a fork, spoon or adapted utensils.
- Foods that are normally picked up to be eaten do not need to be cut up.
- Foods that are soft enough to be eaten with a fork or spoon without cutting are also allowed.
- Size of food: 1.5 cm diameter.
- Dry, crumbly foods are not allowed.
- Foods with mixed consistency are allowed.
- Give an additional 60 mL of gravy or sauce (minimum nectar thick) on the side of hot entrées when gravy or sauce is normally menued.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All milk and milk beverages according to specified thickness Yogurt (including yogurt with small berry seeds or whole fruit pieces) Creamers are allowed to adjust texture of cereals regardless of fluid thickness specified	Yogurt with nuts
<b>Breads and Cereals</b>	<b>Cereals:</b> Hot cereals  <b>Breads &amp; Pastries:</b> Soft bread, buns/rolls – cut in half Pureed muffins (no bran) Other breads that may crumble must be pureed	Cereals with bran Dry cereals  Breads that are hard or may crumble when bitten into (e.g. toast, muffins scones, Danishes, bagels, English muffins, croissants)

Type of Food	Foods Allowed	Foods Not Allowed
	<p>Pancakes</p> <p><b>Others:</b></p> <ul style="list-style-type: none"> <li>Soft pasta, cut up</li> <li>Moist dressing/stuffing</li> <li>Congee</li> </ul>	<p>Bread with bran, nuts, seeds, coconut or fruits not allowed</p> <p>Gluten free bread</p> <p>French toast, waffles</p> <p>Pita bread, tortilla, roti, chapati</p> <p>Rice, orzo</p> <p>Crackers, melba toast, bread sticks</p> <p>Rice cakes</p>
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b></p> <ul style="list-style-type: none"> <li>Roast meats or poultry, chops, patties, Salisbury steak, all boneless meats - cut into 1.5 cm pieces</li> <li>Meatloaf, skinless sausage, wieners, drumsticks may be left whole</li> </ul> <p><b>Fish:</b></p> <ul style="list-style-type: none"> <li>Moist whole boneless fish</li> <li>Canned salmon with mashed Bones</li> </ul> <p><b>Cheese:</b></p> <ul style="list-style-type: none"> <li>Hard cheeses</li> <li>Cottage cheese</li> <li>Processed cheese slices</li> <li>Other cheeses if used as ingredient in allowed foods</li> </ul> <p><b>Eggs:</b></p> <ul style="list-style-type: none"> <li>Soft moist, scrambled eggs</li> <li>Omelettes</li> </ul> <p><b>Alternates:</b></p> <ul style="list-style-type: none"> <li>Soft cooked, moist legumes and lentils</li> <li>Soft and medium tofu</li> <li>Peanut butter when used as an ingredient in baking/cooking</li> </ul>	<p>Breaded meat or poultry</p> <p>Dry meats or poultry</p> <p>Sausages with skin, bacon</p> <p>Breaded fish</p> <p>Other fish with bones</p> <p>All others including cheese spread, cream cheese</p> <p>Nuts and seeds</p> <p>Fried tofu</p> <p>All other peanut butter</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	<p><b>Juices:</b> All, according to specified thickness</p> <p><b>Fruits:</b> Fresh and canned fruits to be cut into 1.5 cm pieces Whole bananas Canned fruit must be drained (unless on thin fluids)</p> <p><b>Raw Vegetables:</b> Coleslaw and salads with extra Dressing Zucchini sticks</p> <p><b>Cooked Vegetables:</b> All cooked vegetables cut into 1.5 cm pieces Mashed potatoes</p>	Coconut Dried fruits  Carrot sticks, celery sticks  Pom Pom potatoes, French fries
<b>Soups</b>	All, according to thickness as specified	All others
<b>Fats and Oils</b>	All	
<b>Desserts and Sweets</b>	Smooth desserts (e.g. puddings, custard mousses and pureed baked goods) Tapioca pudding, plain rice pudding plain bread pudding All sweeteners, jams (including jams with small berry seeds), marmalade	Ice cream, sherbet and gelatin unless on thin fluids  Desserts that may crumble when bitten into (e.g. cakes, squares, bars, brownies, loaves, crisps, betties, cobblers, pies, tarts, pastries, cookies)
<b>Beverages</b>	According to thickness as specified	All others
<b>Sandwiches</b>	Sandwiches with moist minced filling or thinly sliced meats, cut into quarters – crusts allowed	Grilled sandwiches Burgers, hot dogs
<b>Other</b>	Casseroles made of combinations of cut up (not more than 1.5 cm) and soft, allowed foods in smooth sauces or gravies	Jellied salads (unless on thin fluids)  Thin sauces on side

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Type of Food	Foods Allowed	Foods Not Allowed
	Crustless quiches, tourtieres with allowed ingredients Frittatas with allowed ingredients	Entrées with pastry

## Therapeutic Diet Types

### Dysphagia Diets

Diet Order:

**Dysphagia Diet, Dental Soft, (Specify Fluid Thickness) (Revised: July 21, 2014)**

Menu Selection:

Dysphagia Dental Soft

Purpose:

- To provide foods that are easy to chew and swallow.

Considerations:

- Give fluid thickness as specified in diet order.
  - Follow the Dysphagia Fluid Thickness chart for specified fluids.
- Foods must be soft and moist – roast meats must be thinly sliced, vegetables and fruit must be soft, well-cooked or canned.
- Dry, crumbly foods are not allowed.
- Coarse textures, tough skins and membranes, nuts and seeds, and raw fruits and vegetables are not allowed.
- Foods of mixed consistencies are not allowed.
- Give an additional 60 mL of gravy or sauce (minimum nectar thick) on the side of hot entrées when gravy or sauce is normally menued.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages according to thickness as specified Plain or flavoured yogurt Creamers allowed to adjust thickness of cereals regardless of fluid thickness specified	Yogurt with nuts, seeds or fruit
<b>Breads and Cereals</b>	<b>Cereals:</b> Cooked cereals (no bran)  <b>Bread &amp; Pastries</b> Bread or soft rolls: white, whole wheat Pureed muffins (no bran) Other breads that may crumble must be pureed. Pancakes	Cereals with bran, seeds, nuts or fruits Dry cereals  Breads and cereals that may crumble when bitten into (e.g. toast, muffins, scones, Danishes, bagels, English muffins, croissants)

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Others:</b></p> <ul style="list-style-type: none"> <li>Soft pastas</li> <li>Pureed congee</li> <li>Moist dressing/stuffing</li> </ul>	<ul style="list-style-type: none"> <li>Bread with bran, nuts, seeds or fruits</li> <li>All others including hard bread items (e.g. bagels, large buns, hard rolls), or bread with a tough crust</li> <li>Gluten free bread</li> <li>French toast, waffles</li> <li>Pita bread, tortilla, roti, chapati</li> <li>Rice, orzo, congee (unless pureed)</li> <li>Crackers, melba toast, bread sticks</li> <li>Rice cakes</li> </ul>
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b></p> <ul style="list-style-type: none"> <li>Thinly sliced, tender, moist roast beef, pork and ham</li> <li>May serve whole meat patties, meatloaf, meatballs, Salisbury steak, skinless sausages, wieners</li> <li>All moist, whole, tender poultry</li> </ul> <p><b>Fish:</b></p> <ul style="list-style-type: none"> <li>Moist, whole, tender, boneless fish</li> <li>Canned salmon (with mashed bones allowed)</li> </ul> <p><b>Cheese:</b></p> <ul style="list-style-type: none"> <li>Hard cheeses</li> <li>Cottage cheese</li> <li>Processed cheese slices</li> <li>Other cheeses if used as ingredient in allowed foods</li> </ul> <p><b>Eggs:</b></p> <ul style="list-style-type: none"> <li>Soft, moist scrambled eggs, omelettes</li> </ul> <p><b>Alternates:</b></p> <ul style="list-style-type: none"> <li>Soft cooked, moist legumes and lentils</li> <li>Soft and medium tofu</li> <li>Peanut butter when used as an ingredient in baking/cooking</li> </ul>	<ul style="list-style-type: none"> <li>Pork chops or pork cutlet</li> <li>Sausage with skin, bacon</li> <li>Battered, breaded or fried meat or poultry</li> <li>Fried, battered, breaded fish</li> <li>All other fish with bones</li> </ul> <ul style="list-style-type: none"> <li>All others including cheese spread, cream cheese</li> </ul> <ul style="list-style-type: none"> <li>Hard cooked eggs except in minced egg salad</li> </ul> <ul style="list-style-type: none"> <li>Nuts and seeds</li> <li>Fried Tofu</li> <li>Vegetarian patties (dry and crumbly)</li> <li>All other peanut butter</li> </ul>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	<p><b>Juices:</b> All, according to specified fluid thickness</p> <p><b>Fresh Fruit:</b> Bananas</p> <p><b>Canned Fruit:</b> All soft fruit except mixed fruit Crushed pineapple Must be drained</p> <p><b>Dried Fruits:</b> All, if stewed or cooked and pureed</p> <p><b>Raw Vegetables:</b> None</p> <p><b>Cooked Vegetables:</b> All soft cooked including broccoli florets, cauliflower florets, Winter Mixed Vegetables (broccoli florets and cauliflower florets), PEI Mixed Vegetables (wax beans, green beans, carrots), chopped celery, chopped spinach, finely chopped cooked shiitake mushrooms, boiled potatoes (no skin), soft skinned potatoes (new potatoes), mashed potatoes, pureed scalloped potatoes Soft, moist skinless squash and yam</p>	<p>All others</p> <p>Mixed fruit Pineapple chunks, rings or tidbits</p> <p>All others</p> <p>All</p> <p>Fresh asparagus, Brussels sprouts, broccoli spears, corn kernels, creamed corn, lima beans, mixed vegetables, potato with hard skins or coating (pan fried, Pom Pom potatoes, French fries), all other potatoes</p>
<b>Soups</b>	Pureed or strained, according to thickness as specified	All others
<b>Fats and Oils</b>	All	
<b>Desserts and Sweets</b>	All soft desserts that will not crumble (e.g. puddings including rice and tapioca pudding, custard, mousses) Pureed desserts and baked products	<p>Ice cream, sherbet, gelatin unless on thin fluids</p> <p>Desserts that may crumble when bitten into (e.g. cakes, squares, bars, brownies, loaves, crisps, betties, bread pudding, cobblers, pies, tarts, pastries, cookies)</p> <p>Desserts or baked goods with seeds, nuts, or dried fruits</p>

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Type of Food	Foods Allowed	Foods Not Allowed
	Honey, jellies, sugars, syrups	Desserts that are difficult to chew (e.g. date bars, Rice Krispie® squares, toffee)  Jams, marmalades
<b>Beverages</b>	All, according to thickness as specified	All others
<b>Sandwiches</b>	Sandwiches with moist, soft salad filling (e.g. fish or egg salad), cut into quarters - crust allowed	Thinly sliced meat sandwiches Grilled sandwiches, cheese sandwich Burgers, hot dogs
<b>Other</b>	Soft, moist, cohesive casseroles made with combinations of minced and soft allowed foods in smooth sauces or gravies  Crustless quiches, tourtieres with allowed ingredients  Frittatas with allowed ingredients	Stews Stir fries Jellied salads Thin sauces on side Entrées with pastry

## Therapeutic Diet Types

### Dysphagia Diets

Diet Order:

**Dysphagia Diet, Fine Chop, (Specify Fluid Thickness) (G. F. Strong and George Pearson Centre only) (Revised: May 14, 2012)**

Menu Selections:

Dysphagia Minced

Purpose:

- To provide food in a form that requires minimal chewing and is easily swallowed, for those individuals who are at risk of choking due to impulsive behaviour. This diet is specific to G. F. Strong and George Pearson Centre.

Description of the Diet:

- Give fluid thickness as specified in diet order.
  - Follow the Dysphagia Fluid Thickness chart for specific fluids.
- **Follow the Diet Writing Guidelines for Dysphagia Minced Diet** (Dysphagia Minced DWG) except when meat and poultry are served as stand alone entrées. These foods (meat and poultry as stand alone entrees) are finely cut up or chopped, by hand or by use of a commercial food chopper, to a size of 0.5 cm - 1.0cm.
- Foods should be moist to facilitate chewing and swallowing.
- Dry, crumbly foods are not allowed.
- Foods with mixed consistency are not allowed.
- Coarse textures, tough skins and membranes, nuts and seeds, and raw fruits and vegetables are not allowed.
- Give an additional 60 mL gravy or sauce (minimum nectar thick) on the side of hot entrées when gravy or sauce is normally menued.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>                      Meats and poultry must be moist and chopped to 0.5 – 1.0 cm</p> <p><b>Fish:</b>                      As per Dysphagia Minced DWG</p> <p><b>Alternates:</b>                      As per Dysphagia Minced DWG</p>	<p>None unless moist and chopped or minced</p> <p>Meat patties, meatballs, Salisbury steak, meatloaf, sausages with skin</p> <p>Bacon</p> <p>Thin sauces on side</p>

## Therapeutic Diet Types

### Dysphagia Diets

Diet order:

**Dysphagia Diet, Minced, (Specify Fluid Thickness) (Revised: July 21, 2014)**

Menu Selection:

Dysphagia Minced

Purpose:

- To provide foods that requires minimal chewing and is easily swallowed.

Considerations:

- Give fluid thickness as specified in diet order.
  - Follow the Dysphagia Fluid Thickness chart for specified fluids.
- Food is minced (maximum 0.5 cm in diameter), mashed, very soft or finely grated.
- Foods should be moist to facilitate chewing and swallowing.
- Dry, crumbly foods are not allowed.
- Foods with mixed consistency are not allowed.
- Coarse textures, tough skins and membranes, nuts and seeds, and raw fruits and vegetables are not allowed.
- Give an additional 60 mL of gravy or sauce (minimum nectar thick) on the side of hot entrées when gravy or sauce is normally menued.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All milk and milk beverages, according to specified thickness Plain or flavoured yogurt Creamers are allowed to adjust texture of cereals regardless of fluid thickness specified	Yogurt with seeds, nuts or fruit
<b>Breads and Cereals</b>	<b>Cereals:</b> Cooked cereals (no bran)  <b>Breads &amp; Pastries:</b> Bread or soft rolls: white, whole wheat Pureed muffins (no bran) Other breads that may crumble must be pureed	Cooked cereals with bran, seeds, nuts or fruits Dry cereals  Breads and cereals that may crumble when bitten into (e.g. toast, muffins, scones, Danishes, bagels, English muffins, croissants) Bread with bran, nuts, seeds or fruits

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Others:</b></p> <p>Pancakes                      Pasta (except orzo), very soft, cut to the size of elbow macaroni, in a moist, cohesive casserole or as an ingredient in allowed foods                      Pureed congee                      Pureed moist dressing/stuffing</p>	<p>All others including hard bread items (e.g. bagels, large buns, hard rolls), or bread with a tough crust                      Gluten free bread</p> <p>French toast, waffles                      Pita bread, tortilla, roti, chapati                      Rice, orzo, congee (unless pureed)                      Crackers, melba toast, bread sticks                      Rice cakes                      Dressing/stuffing</p>
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>                      All if moist and minced</p> <p><b>Fish:</b>                      Moist, whole, tender, boneless fish                      Canned salmon (with mashed bones allowed)</p> <p><b>Cheese:</b>                      Cottage cheese                      Other cheeses if used as ingredient in allowed foods</p> <p><b>Eggs:</b>                      Soft, moist scrambled eggs                      Plain or cheese omelette</p> <p><b>Alternates:</b>                      Soft cooked, minced, moist legumes and lentils                      Medium tofu                      Peanut butter when used as an ingredient in baking/cooking</p>	<p>None unless moist and minced                      Meat patties, meatballs, Salisbury steak, meatloaf                      Bacon</p> <p>Fried, battered or breaded fish                      All other fish with bones</p> <p>All others including cream cheese, cheese spread</p> <p>All others</p> <p>Nuts and seeds                      Vegetarian patties                      Fried tofu                      Peanut butter</p>
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>                      All, according to specified thickness</p> <p><b>Fresh Fruit:</b>                      Ripe bananas</p>	<p>All others</p> <p>All, unless minced or mashed</p>

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Canned Fruit:</b>                      All soft fruits if minced or mashed                      Canned fruit must be drained</p> <p><b>Dried Fruit:</b>                      All, if stewed and pureed</p> <p><b>Raw Vegetables:</b>                      None</p> <p><b>Cooked Vegetables:</b>                      All, if minced or mashed                      Winter Mixed Vegetables (broccoli florets and cauliflower florets), PEI Mixed Vegetables (wax beans, green beans and carrots)                      Soft, moist, skinless squash and yam                      Mashed potatoes                      Pureed scalloped potatoes</p>	Crushed pineapple  All others  All  All, unless minced or mashed (e.g. boiled, roasted, pan-fried, Pom Pom potatoes, French fries) No vegetable skins Corn kernel, creamed corn Lima beans, mixed vegetables
<b>Soups</b>	Pureed or strained according to specified thickness	All others
<b>Fats and Oils</b>	Smooth or pureed sauces, gravies, fats and oils	All others
<b>Desserts and Sweets</b>	All soft desserts that will not crumble (e.g. puddings including tapioca pudding, custard, mousses) Pureed desserts and baked products  Jellies, honey, sugar, syrups	Gelatin, ice cream and sherbet unless on thin fluids Desserts or baked goods with seeds, nuts, or dried fruits Desserts that may crumble when bitten into or difficult to chew(e.g. cakes, squares, bars, brownies, loaves, crisps, betties, rice pudding, bread pudding, cobblers, pies, tarts pastries, cookies) Jams, marmalades
<b>Beverages</b>	According to thickness as specified	
<b>Sandwiches</b>	Sandwiches with moist, soft salad filling (e.g. fish or egg salad), cut into quarters - crust allowed	Thinly sliced meat sandwiches Grilled sandwiches, cheese sandwich Burgers, hot dogs

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Type of Food	Foods Allowed	Foods Not Allowed
Other	Soft, moist, cohesive casseroles made with combinations of minced and soft foods allowed in smooth sauces or gravies Minced Frittatas Crustless quiches, tourtieres with allowed ingredients	Stews Stir fries Jellied salads Entrées with pastry Thin sauces on the side

## Therapeutic Diet Types

### Dysphagia Diets

Diet Order:

**Dysphagia Diet, Minced and Pureed, (Specify Fluid Thickness) (Revised: May 14, 2012)**

Menu Selection:

Dysphagia minced and pureed

Purpose:

- To provide foods that require minimal or no chewing and are easily swallowed.

Considerations:

- Give fluid thickness as specified in diet order.
  - Follow the Dysphagia Fluid Thickness chart for specified fluids.
- Meats and mixed dishes are minced.
- Fruits and vegetables are pureed smooth.
- All foods should be moist to facilitate chewing and swallowing.
- Dry, crumbly foods are not allowed.
- Foods with mixed consistency are not allowed.
- Coarse textures, tough skins and membranes, nuts and seeds, and raw fruits and vegetables are not allowed.
- Give an additional 60 mL of gravy or sauce (minimum nectar thick) on the side of hot entrées when gravy or sauce is normally menued.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All milk and milk beverages, according to specified thickness Plain or flavoured yogurt Creamers are allowed to adjust texture of cereals regardless of fluid thickness specified	Yogurt with seeds, nuts, or fruits
<b>Breads and Cereals</b>	<b>Cereals:</b> Cooked, refined cereals (no bran) e.g. Cream of Wheat®, oatmeal  <b>Breads &amp; Pastries:</b>	Cooked cereals with bran, seeds, nuts or fruits Dry cereals

Type of Food	Foods Allowed	Foods Not Allowed
	<p>Pureed breads and pastries (no bran)</p> <p><b>Others:</b></p> <p>Pureed congee</p> <p>Pureed moist dressing/stuffing</p>	<p>Breads and pastries with bran, seeds, nuts, fruits</p> <p>All others breads and pastries unless Pureed</p> <p>Rice, orzo, congee (unless pureed)</p> <p>Crackers, melba toast, bread sticks</p> <p>Rice cakes</p> <p>Dressing/stuffing</p>
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b></p> <p>All, if moist and minced</p> <p><b>Fish:</b></p> <p>Moist, whole, tender, boneless fish</p> <p>Canned salmon (with mashed bones allowed)</p> <p><b>Cheese:</b></p> <p>Pureed cottage cheese</p> <p>Other cheeses if used as ingredient in allowed foods</p> <p><b>Eggs:</b></p> <p>Custard</p> <p>Moist minced egg salad</p> <p><b>Alternates:</b></p> <p>Soft cooked, minced, moist legumes and lentils</p> <p>Medium tofu</p> <p>Peanut butter when used as an ingredient in baking/cooking</p>	<p>All others including meat patties, meatballs, meatloaf</p> <p>Fried, battered or breaded fish</p> <p>All other fish with bones</p> <p>All others including cream cheese, cheese spread</p> <p>All others</p> <p>Nuts and seeds</p> <p>Vegetarian patties</p> <p>Fried tofu</p> <p>All other peanut butter</p>
<b>Fruits and Vegetables</b>	<p><b>Juices:</b></p> <p>All, according to specified thickness</p> <p><b>Fresh Fruit:</b></p> <p>Pureed bananas</p> <p><b>Canned Fruit:</b></p> <p>All, if smooth or pureed</p> <p><b>Dried Fruit:</b></p> <p>All, if stewed and pureed</p> <p><b>Raw Vegetables:</b></p> <p>None</p>	<p>All others</p> <p>All others</p>

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Type of Food	Foods Allowed	Foods Not Allowed
	<b>Cooked Vegetables:</b> All, if smooth or pureed Mashed potatoes Pureed scalloped potatoes	All others No vegetable skins
<b>Soups</b>	Pureed or strained, according to thickness specified	All others
<b>Fats and Oils</b>	Smooth or pureed sauces, gravies, fats and oils	All others
<b>Desserts and Sweets</b>	Smooth or pureed desserts and baked goods (e.g. custard, puddings, mousses)  Honey, jellies, sugars, syrups	Gelatin, ice cream and sherbet unless on thin fluids Tapioca, bread and rice pudding Desserts or baked goods with seeds, nuts, or fruit Desserts that are not pureed  Jams, marmalades
<b>Beverages</b>	According to thickness as specified	All others
<b>Sandwiches</b>	Sandwiches made with white bread only and pureed with crust Pureed peanut butter with jelly/strawberry jam sandwiches	All other sandwiches Burgers, hot dogs
<b>Other</b>	Soft, moist, cohesive casseroles made with combinations of minced foods allowed in smooth sauces or gravies. Minced Frittatas Crustless quiche, tourtiere with allowed ingredients Vegetables may be minced if served as part of a cohesive casserole	Stews Stir fries Jellied salads Entrées with pastry Thin sauces on the side

## Therapeutic Diet Types

### Dysphagia Diets

Diet Order:

**Dysphagia Diet, Pureed, (Specify Fluid Thickness) (Revised: May 14, 2012)**

Menu Selection:

Dysphagia Pureed

Purpose:

- To provide foods that require no chewing and are easy to swallow.

Considerations:

- Give fluid thickness as specified in diet order.
  - Follow the Dysphagia Fluid Thickness chart for specified fluids.
- Food is pureed to a smooth consistency.
- Give an additional 60 mL of gravy or sauce (minimum nectar thick) on the side of hot entrées when gravy or sauce is normally menued.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All milk and milk beverages, according to specified thickness Plain or flavoured yogurt Creamers are allowed to adjust texture of cereals regardless of fluid thickness specified	Yogurt with seeds, nuts, or fruits
<b>Breads and Cereals</b>	<b>Cereals:</b> Cooked, refined cereals (no bran) e.g. Cream of Wheat®, oatmeal  <b>Breads &amp; Pastries:</b> Pureed white bread  <b>Others:</b> Pureed congee Pureed moist dressing/stuffing	Cooked cereals with bran, seeds, nuts or fruits Dry cereals  Breads (including whole wheat) and pastries and others grains with bran, seeds, nuts, fruits Rice, orzo, congee (unless pureed) Crackers, melba toast, bread sticks Rice cakes

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat, Poultry and Fish:</b>          All, if pureed, smooth and holds its shape</p> <p><b>Cheese:</b>          Pureed cottage cheese          Cheese as a flavouring in smooth sauces or entrées</p> <p><b>Eggs:</b>          Custard</p> <p><b>Alternates:</b>          Pureed legumes and lentils          Pureed tofu          Peanut butter when used as an ingredient in baking/cooking</p>	<p>None, unless pureed and smooth</p> <p>All others</p> <p>All others unless pureed</p> <p>All others</p>
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>          All, according to specified thickness</p> <p><b>Fresh Fruit:</b>          Pureed bananas</p> <p><b>Canned Fruit:</b>          All, if smooth or pureed</p> <p><b>Dried Fruit:</b>          All, if stewed and pureed</p> <p><b>Raw Vegetables:</b>          None</p> <p><b>Cooked Vegetables:</b>          All, if smooth or pureed          Smooth mashed potatoes          Pureed scalloped potatoes</p>	<p>All others</p> <p>All others</p> <p>All others</p> <p>All</p> <p>All other          No vegetable skins</p>
<b>Soups</b>	Pureed or strained, in specified thickness	All others
<b>Fats and Oils</b>	Smooth or pureed sauces, gravies, fats and oils	All others

Type of Food	Foods Allowed	Foods Not Allowed
<b>Desserts and Sweets</b>	Smooth or pureed desserts and baked goods (e.g. custard, puddings, mousses)  Honey, jellies, sugars, syrups	Gelatin, ice cream and sherbet unless on thin fluids Tapioca, bread and rice pudding Desserts or baked goods with seeds, nuts, or fruit Desserts that are not pureed Jams, marmalades
<b>Beverages</b>	According to thickness as specified	All others
<b>Sandwiches</b>	Sandwiches made with white bread only and pureed with crust Pureed peanut butter with jelly/strawberry jam sandwiches	All others sandwiches Burgers, hot dogs
<b>Other</b>	Pureed, cohesive casseroles made from combinations of allowed foods	Casseroles/entrées made with foods that do not puree or strain to a completely smooth consistency Jellied salads Thin sauces on the side

## Therapeutic Diet Types

### Dysphagia Diets

Diet order:

**Dysphagia Diet, Thickened Full Fluids**

Menu Selection:

Full Fluids Menu

Considerations:

- Full fluids are provided in the specified thickness.
  - See Dysphagia Fluid Thickness chart for details.
- Follow the thick juice flavour rotation.
- Follow meal pattern below:

Meal Pattern:

<b>Breakfast</b>	<b>Lunch and Dinner</b>
Thickened juice - specified thickness	Thickened juice – specified thickness
Thickened milk - specified thickness	Thickened milk - specified thickness
Hot cereal	Thickened, pureed soup - specified thickness
Custard	Custard or pudding
Milker x 3	
Brown Sugar	
Thickened water - specified thickness	Thickened water - specified thickness

## **Therapeutic Diet Types**

### **Dysphagia Diets**

Diet Order:

**Dysphagia Diet, Thickened Clear Fluids**

Menu Selection:

Clear Fluids Menu

Considerations:

- Clear fluids are provided in the specified thickness.
  - See Dysphagia Fluid Thickness chart for details.
- Follow the thick juice flavour rotation.
- Follow meal pattern below:

Meal Pattern:

<b>Breakfast</b>	<b>Lunch and Dinner</b>
Thickened juice x 2 - specified thickness	Thickened juice x 2 - specified thickness
	Thickened broth - specified thickness
Thickened water - specified thickness	Thickened water - specified thickness

## Therapeutic Diet Types

### Elemental Diet

Diet Order:

**Elemental Diet, Peptide Based Diet (Revised: October 30, 2020)**

Menu selection:

Not applicable

Purpose:

- To provide nutrition for patients with gastrointestinal impairment or pancreatitis in a form that eases absorption and minimizes stimulation of the gastrointestinal tract.

Considerations:

- An elemental diet (either oral or tube fed) consists solely of a semi-hydrolyzed or completely hydrolyzed protein liquid nutrition formula.
- The specific formula and amount to be provided must be specified by the physician or dietitian order.
- If the formula is to be taken orally, the dietitian may order flavour packages, drink mix powder or other flavourings to be given with the formula.
  - When flavouring agents are requested, send an empty water jug, or large cup and 2 teaspoons for the patient to mix the formula and the flavouring.
- The following are examples of elemental/semi-elemental formulas:
  - Peptamen Intense®
  - Peptamen AF®
  - Vivonex TEN®
  - Vital Peptide 1.5 Cal®
- **Note:** not all sites carry all of these formulas. If a requested formula is not carried at your site, contact the dietitian for an appropriate substitute.

## Therapeutic Diet Types

### Energy Modified Diets

### Diet Order:

High Protein High Energy, High Protein High Calorie (Revised: February 1, 2019)

## Menu Selection:

Regular/General or texture modified

## Purpose:

- To provide adequate nutrition for individuals with increased energy and protein requirements.  
Note: This diet is NOT indicated for individuals with reduced appetite.

### Description of the Diet:

- This diet provides approximately 300 additional kilocalories and 10 grams additional protein by emphasizing foods that are high in protein and calories.

### Considerations:

- Give standard portions.
  - Menus will meet nutritional requirements using whole foods or fortified foods and will not be met by using commercial meal replacements.
  - Do not overload the tray with too much food.
  - Do not give broth.

### Solids:



Pureed:

- Nourishments: PM  
HS  
Fortified Pudding  
Custard or yogurt  
120 mL whole milk

**Full Fluids:**

- Follow meal pattern below:

<b>Breakfast</b>	<b>Lunch and Dinner</b>
120 mL Whole milk	240 mL Whole milk
Hot cereal	180 mL pureed soup
Juice	Juice
Fortified pudding	Dessert x 2
Coffee	Tea
Creamers x 3	Creamers x 2
Sugar	Sugar
Brown sugar	

Nourishments:      PM      120 mL Whole milk  
                           HS      Fortified pudding

**Clear Fluids:**

- Give standard Clear Fluid Diet.

## Therapeutic Diet Types Energy Modified Diets

Diet Order:

**Reducing Diet/Low Energy, 1300-1500 kcals**

Menu Selection:

Reducing

Purpose:

- To help achieve or maintain weight loss in overweight or obese individuals by providing lower calorie meal choices.

Considerations:

- Use the choices from the Canadian Diabetes Association as written in Beyond The Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management.

Exceptions:

- Grains & starch choices:
  - Allow ½ cup (120 mL) rice as 1 choice.
  - Allow 1 individual serving (box) unsweetened dry cereal as 1 choice.
  - Allow 3/4 cup (180 mL) all soups (except clear broth) as 1 choice.
  - Note: ½ cup (120 mL) kernel corn or ½ medium potato or ½ cup mashed potatoes count as 1 choice.
- Vegetables choices:
  - Allow ½ cup (120 mL) cooked vegetable and 1 cup (250 mL) raw leafy vegetables as 1 choice.
  - Only those dressed salads with less than 10 grams of carbohydrate per serving are allowed.
- Fruit choices:
  - Allow 1 cup (240 mL) berries (any type) as 1 choice
- Meat & Alternatives choices:
  - Allow 1 package of peanut butter as 1 choice.
- Give low fat Meat and Alternatives choices containing 0 – 3g fat per 30g (1 oz) serving.
  - 1 package of peanut butter counts as one fat choice and one protein choice.
  - A maximum of 3 servings per week of Meat and Alternatives choices from the “Choose Less Often” foods listed in Beyond the Basics may be given.
  - Total fat content from entrées, mixed dishes and baked goods must be calculated into the daily meal pattern.
- Give 30 mL low fat, low salt gravy with hot entrée when appropriate.
  - Low fat, low salt gravy does not count as a fat choice.
- Give fruit as dessert at lunch and dinner.
- Allow a maximum of 120 mL of unsweetened juice per day.
- Do not give sugar package, give sugar substitute with hot beverages and cereals.

Considerations:

- Milkers are allowed with hot beverages.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the calorie level may exceed 1500 kcals per day.
- Unless otherwise specified, follow the meal pattern below.
  - Refer to the "Table of Food Choices for Recommended Foods and Amounts".

**Sample Low Energy/Reducing Diet (1300-1500Kcals) Meal Pattern for Solid Foods\***

Meal:	Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)	Maximum Choices/day
Meat and Alternatives Choices	1	2	2 - 3	6
Grains and Starches Choices	1-2	2-3	1	5
Milk Choices	0.5 (skim)	0.5 (skim)	0.5 (skim)	1.5
Fruit Choices	1	1	1	3
Vegetable Choices		1-2	1-2	4
Fat Choices	1	1-2	1-2	5
Extras		← As desired →		

Fluids

- Give standard Clear or Full Fluid meal pattern

\*The following values are used for meal pattern calculation:

	Protein (g)	Fat (g)	Carbohydrate (g)	Kilocalories
Meats & Alternatives	7	3	-	55
Grains & Starches	3	-	15	72
2% Milk	8	4	15	128
Fruits	1	-	15	64
Vegetables	2	-	5	28
Fats	-	5	-	45

**Table of Food Choices for Recommended Foods and Amounts**

Food Group	Example of 1 choice
Meats and Alternatives	30 g (1 ounce) cooked lean meat, fish or poultry 1 egg ½ cup (120 mL) cooked legumes/lentils 100 g tofu 30 g (1 ounce) low fat cheese 30g (1 ounce) cheese (1 meat/alternate and 1 fat) ¼ cup (60 mL) canned fish 1 package (15mL) peanut butter (1 meat/alternate and 1 fat)
Grains and Starches	1 slice whole grain bread ½ cup (120 mL) pasta or rice ½ cup (120 mL) corn ½ medium potato or ½ cup (120 mL) mashed potato ¾cup (180 mL) hot cereal 1 individual serving (box) unsweetened dry cereal ¾ cup (180 mL) all soups (except clear broth)
Milk	1 cup (240 mL) 2% or skim milk ½ cup (120 mL) chocolate milk 1 cup (240 mL) calcium fortified soy beverage ¾ cup (180 mL) plain yogurt
Fruits	1 medium apple/pear 1 small banana 1 cup (240 mL) melon 1 cup (240 mL) berries, all ½ cup (120 mL) canned fruit in juice ½ cup (120 mL) unsweetened fruit juice
Vegetables	½ cup (120 mL) beets ½ cup (120 mL) broccoli ½ cup (120 mL) carrots ½ cup (120 mL) cauliflower ½ cup (120 mL) celery ½ cup (120 mL) cucumber ½ cup (120 mL) green beans ½ cup (120 mL) parsnips ½ cup (120 mL) peas ½ cup (120 mL) tomatoes ½ cup (120 mL) turnips 1 cup (120 mL) salad greens: lettuce, spinach, etc
Fat	1 teaspoon (5 mL) butter or margarine or oil used in cooking 1 tablespoon (15 mL) salad dressing 1 tablespoon (15 mL) cream cheese 1 tablespoon (15mL) nuts and seeds
Other Choices	1 tablespoon (15 mL) jam, jelly or marmalade 2 inch square piece of cake ½ cup skim milk pudding 3 teaspoons (15 mL) sugar
Extras	½ cup diet gelatin 3-4 packets/day of sugar substitutes 1 teaspoon (5mL) ketchup 1 teaspoon (5 mL) diet fruit spread 3 milkers per day (allow 5 in Residential Care) Low fat gravy, Low fat or light salad dressing Tea, coffee, broth

## **Therapeutic Diet Types** **Energy Modified Diets**

Diet Order:

**Nutrient Dense (Revised: July 5, 2019)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide the same amount of energy and protein as the general diet, but in a smaller volume of food.

Description of the Diet:

- This diet provides small frequent meals and snacks, using fortified foods to meet requirements.

Considerations:

- Give small portions at lunch and dinner, except give regular portion of soup.
- Give 120mL whole milk at all meals.
- Give 1 margarine portion at dinner (for use on starch and vegetables).
- Give gravy when appropriate.
- Give fruit for dessert only once per day, otherwise give non-fruit dessert.
- Do not give broth

Nourishments:

Regular/Cut Up/Dental Soft textures:	PM HS	Fortified pudding Cheese & Crackers
Minced/Pureed Textures:	PM HS	Fortified Pudding Custard or yogurt

Meal Pattern:

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
120 mL whole milk	120 mL whole milk	120 mL whole milk
Starch	180 mL soup	½ entree
Protein	½ entree	Dessert
Hot cereal	½ salad	Tea/creamer/sugar
Coffee/creamer/sugar	Dessert	Margarine package
Brown Sugar	Tea/creamer/sugar	

### Full Fluids

- Give standard full fluid diet with whole milk instead of 2% milk
- Nourishments:

PM	Fortified Pudding
HS	Custard or yogurt

### Clear Fluids

- Give standard Clear Fluid Diet.

## Therapeutic Diet Types **Fat Modified Diets**

Diet Order:

**50 Gram Low Fat (Revised: March 22, 2021)**

Menu Selection:

Healthy Heart

Purpose:

- To provide a low fat diet for those individuals who do not tolerate fat for reasons such as pancreatitis, diarrhea, and gallstones.

Description of the Diet:

- Provides less than 50 grams of fat per day by
  - Limiting added fats.
  - Limiting lean meats and meat alternates.
  - Avoiding whole milk dairy products, high fat meats and alternates and other high fat foods.
- Fat content is evenly distributed throughout the day.
- Cholesterol is not restricted.

Considerations:

- Limit added fats (e.g. oil used in cooking, margarine, salad dressing, mayonnaise and gravy) to 3 servings per day. Examples of 1 serving are: 1 teaspoon (5 mL) of margarine or cooking oil, 1 tablespoon (15 mL) of salad dressing, 2 tablespoons (30 mL) of reduced fat salad dressing.
- Give skim milk.
- A maximum of one egg yolk per day is allowed.
- Desserts and baked goods must have less than or equal to 3 grams of fat per serving.
- Limit lean meats and alternates to 180 grams (6 ounces) per day. Lean meats contain less than or equal to 3 grams of fat per 30 gram (1 ounce) portion.
- Mixed entrées with meat containing over 3 grams of fat per 30 grams of meat must have extra fat counted toward added fat allowance.
- If resident/patient is requesting large or double portions do not implement and call the dietitian as fat intake may exceed 50g per day.

Type of Food	Foods Allowed	Foods Not Allowed
Milk and Milk Products (except Cheese)	<b>≤ 1 g fat/serving</b> Skim milk, 1% milk Yogurt- 1% MF or less Evaporated skim milk 2% milker	Whole milk, 2% milk, 4% MF buttermilk, Chocolate milk Yogurt made from 2% or whole milk Evaporated or condensed milk Half and half, whipping cream, sour cream, Non-dairy creamer

Type of Food	Foods Allowed	Foods Not Allowed
<b>Breads and Cereals</b>	<p><b>≤ 1 g fat/serving</b></p> <p><b>Cereals:</b> All cereals except those not allowed</p> <p><b>Breads and Pastries:</b> Bread, rolls, bagels, pita bread, English muffins, tortilla, roti, chapati</p> <p><b>Others:</b> Pasta noodles made without egg Rice Low fat crackers Rice cakes Melba toast</p>	<p>Granola or other high fat cereals</p> <p>Muffins with more than 3g fat Other baked goods with more than 3g fat per serving (e.g. croissants, sweet rolls, Danish pastries, doughnuts)</p> <p>Pancakes, waffles</p> <p>High fat crackers e.g. cheese or snack crackers</p>
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>≤3 g fat/30g (1oz) portion</b></p> <p><b>Meat and Poultry:</b> Lean trimmed meats Chicken or turkey without skin</p> <p><b>Fish:</b> All fresh, frozen or canned in water Shellfish</p> <p><b>Cheese:</b> Cottage cheese, 2% MF or less Cheese, 7% MF</p> <p><b>Eggs:</b> Eggs</p> <p><b>Alternates:</b> Legumes (e.g. split peas, garbanzo or kidney beans, soybeans, lentils) Tofu</p>	<p>High fat meats, organ meats, poultry skin, High fat cold cuts(e.g. bologna, salami) Bacon, sausages, wieners Commercially breaded and fried meat , poultry</p> <p>Fish canned in oil Commercially breaded and fried fish</p> <p>Cheese, more than 7% MF or more than 3 g fat per 30 g serving</p> <p>Peanut butter</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	<b>≤1g fat/serving</b> Fresh, frozen or canned fruits, vegetables and all juices	Avocado, coconut and olives Vegetables prepared in butter, cream or sauces
<b>Soups</b>	<b>≤1 g fat/serving</b> Consommé, broth and soups made from allowed ingredients	Soups made with cream, whole milk or 2% milk
<b>Fats and Oils</b>	<b>≤5g fat/serving</b> <b>3 servings per day:</b> Butter- 1 tsp Margarine – 1 tsp Vegetable oil- 1 tsp Mayonnaise- 1 tsp Salad Dressing- 1 Tbsp Calorie reduced /oil free salad dressings Low fat or fat free gravy	Salad dressing made with cheese or sour cream Gravy, gravy mixes, sauces
<b>Desserts and Sweets</b>	<b>≤3g fat/serving</b> Desserts with less than 3g per serving Sugar, honey, jams, jellies, marmalade, maple syrup	All dessert with more than 3 gram of fat per serving
<b>Beverages</b>	<b>≤1g fat/serving</b> Coffee, tea, herbal tea Grain based coffee alternatives (e.g. Postum) Pure cocoa	Beverages containing egg yolk, whole milk , low fat milk, reduced fat milk, coconut or palm oil (e.g. eggnog, regular hot chocolate, flavoured instant coffee) or containing cream or chocolate
<b>Other</b>	Condiments including ketchup, horseradish, relish, mustard, salsas, vinegar, herbs, Mrs. Dash, spices, soy sauce Pickles Salt package – by request Sugar package	Pasta made with high fat fillings e.g. Tortellini Rice or pasta prepared with cream, butter or cheese sauces or oils Quiches, frittatas, tourtiere Entrees with pastry Hot Dogs

#### Full Fluids

- Give standard Full Fluid meal pattern with the following exception:
  - Give skim milk.

#### Clear Fluids

- Give standard Clear Fluid meal pattern.

## Therapeutic Diet Types **Fat Modified Diets**

Diet Order:

**25 Gram Very Low Fat (Revised: March 22, 2021)**

Menu Selection:

Healthy Heart

Purpose:

- To provide a low fat diet for those individuals who do not tolerate fat for reasons including chylothorax.

Description of the Diet:

- Provides less than 25 grams of fat per day by
  - Limiting added fats.
  - Limiting lean meats and meat alternates.
  - Avoiding whole milk dairy products, high fat meats and alternates and other high fat foods.
- Fat content is evenly distributed throughout the day.
- Cholesterol is not restricted.

Considerations:

- Limit added fats (e.g. oil used in cooking, margarine, salad dressing, mayonnaise and gravy) to 1 serving per day. Examples of 1 serving are: 1 teaspoon (5 mL) of margarine or cooking oil, 1 tablespoon (15 mL) of salad dressing, 2 tablespoons (30 mL) of reduced fat salad dressing.
- Give skim milk.
- Desserts and baked goods must have less than or equal to 1 gram of fat per serving.
- Limit lean meats and alternates to 120 grams (4 ounces) per day. Lean meats contain less than or equal to 3 grams of fat per 30 gram (1 ounce) portion.
- Mixed entrées with meat containing over 3 grams of fat per 30 grams of meat must have extra fat counted toward added fat allowance.
- If resident/patient is requesting large or double portions do not implement and call the dietitian as fat intake may exceed 25g per day.

Type of Food	Foods Allowed	Foods Not Allowed
Milk and Milk Products (except Cheese)	<b>≤ 1 g fat/serving</b> Skim milk, 1% milk Yogurt -1% MF or less Evaporated skim milk 2% milker	Whole milk, 2% milk, 4% MF buttermilk, Chocolate milk Yogurt made from 2% or whole milk Evaporated or condensed milk Half and half, whipping cream, sour cream, Non-dairy creamer

Type of Food	Foods Allowed	Foods Not Allowed
<b>Breads and Cereals</b>	<p><b>≤ 1 g fat/serving</b></p> <p><b>Cereals:</b> All cereals except those not allowed</p> <p><b>Breads and Pastries:</b> Bread, rolls, bagels, pita bread, English muffins, tortilla, roti, chapati</p> <p><b>Others:</b> Pasta noodles made without egg Rice Low fat crackers Rice cakes Melba toast</p>	<p>Granola or other high fat cereals</p> <p>Muffins with more than 1g fat Other baked goods with more than 1g fat per serving (e.g. croissants, sweet rolls, Danish pastries, doughnuts)</p> <p>Pancakes, waffles</p> <p>High fat crackers e.g. cheese or snack crackers</p>
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>≤3 g fat/30g(1oz) portion</b></p> <p><b>Meat and Poultry:</b> Lean trimmed meats Chicken or turkey without skin</p> <p><b>Fish:</b> All fresh, frozen or canned in water Shellfish</p> <p><b>Cheese:</b> Cottage cheese, 2% MF or less Cheese, 7% MF</p> <p><b>Eggs:</b> Egg whites</p> <p><b>Alternates:</b> Legumes (e.g. split peas, garbanzo or kidney beans, soybeans, lentils) Tofu</p>	<p>High fat meats, organ meats, poultry skin, High fat cold cuts(e.g. bologna, salami) Bacon, sausages, wieners Commercially breaded and fried meat , poultry</p> <p>Fish canned in oil Commercially breaded and fried fish</p> <p>Cheese, more than 7% MF or more than 3 g fat per 30 g serving</p> <p>Whole eggs, egg yolks</p> <p>Peanut butter</p>
<b>Fruits and Vegetables</b>	<p><b>≤1g fat/serving</b></p> <p>Fresh, frozen or canned fruits, vegetables and all juices</p>	<p>Avocado, coconut and olives Vegetables prepared in butter, cream or sauces</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Soups</b>	<b>≤1 g fat/serving</b> Consommé, broth and soups made from allowed ingredients	Soups made with cream, whole milk or 2% milk
<b>Fats and Oils</b>	<b>≤5g fat/serving</b> <b>1 serving per day:</b> Butter – 1 tsp Margarine – 1 tsp Vegetable oil – 1 tsp Mayonnaise – 1 tsp Salad Dressing – 1 Tbsp Calorie reduced /oil free salad dressings Low fat or fat free gravy	Salad dressing made with cheese or sour cream  Gravy, gravy mixes, sauces
<b>Desserts and Sweets</b>	<b>≤1g fat/serving</b> Desserts with less than 1g per serving Sugar, honey, jams, jellies, marmalade, maple syrup	All dessert with more than 1 gram of fat per serving
<b>Beverages</b>	<b>≤1g fat/serving</b> Coffee, tea, herbal tea Grain based coffee alternatives (e.g. Postum) Pure cocoa	Beverages containing egg yolk, whole milk , low fat milk, reduced fat milk, coconut or palm oil (e.g. eggnog, regular hot chocolate, flavoured instant coffee) or containing cream or chocolate
<b>Other</b>	Condiments including ketchup, horseradish, relish, mustard, salsas, vinegar, herbs, Mrs. Dash, spices, soy sauce Pickles Salt package – by request Sugar package	Pasta made with high fat fillings e.g. Tortellini Rice or pasta prepared with cream, butter, cheese sauces or oils Quiches, frittatas, tourtiere Entrees with pastry Hot Dogs

**Full Fluids**

- Give standard Full Fluid meal pattern with the following exception:
  - Give skim milk.
  - Give broth. Do not give cream soups
  - Give sherbet, low fat yogurt or gelatin for dessert. Do not give pudding, custard or ice cream for dessert.

**Clear Fluids**

- Give standard Clear Fluid meal pattern.

## Therapeutic Diet Types **Fibre Modified Diets**

Diet order:

**High Fibre (Revised: November 30, 2015)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To increase fecal bulk and promote regular bowel movements.
- To manage conditions such as chronic constipation and diverticular disease.

Description of the Diet:

- Provides a minimum of 25 grams of fibre and a minimum of 2 litres of fluids per day.
- Fibre is evenly distributed throughout the day.

Considerations:

- Additional fibre is added to the daily diet through the emphasis of high fibre foods:
  - Use the regular/general meal patterns but make sure that 2 servings of medium to high fibre foods are provided at each meal (refer to examples of medium to high fibre food selections in table below)
  - Provide 2 servings of vegetables daily at dinner.
  - Provide 1 serving of fresh or canned fruit at breakfast.
  - Provide 1 serving of fresh or canned fruit as dessert at lunch and dinner.
- A minimum of 2 litres of fluids per day must be included with meals and snacks. This includes tea, herbal teas, coffee, juices, water, soup, milk and other beverages.

**Examples of Medium to High Fibre Food Selections**

<b>Breakfast</b>	<b>Lunch and Dinner</b>
Bran in hot cereal	Bran muffin
All Bran™ cereal	Cooked legumes or lentils
Bran muffin	Fresh orange, apple, banana, canned pears, apricots , or peaches
Peanut butter	Carrot sticks Beans, broccoli, cauliflower, corn, green peas Sweet potato, yam, squash
Stewed prunes or prune juice	
Fresh orange, apple, banana, canned pears peaches, or apricots	

## Therapeutic Diet Types

### Fibre Modified Diets

Diet Order:

**Low Fibre, Fibre Restricted, Low Residue (Revised: November 30, 2015)**

Menu Selection:

Low Fibre

Purpose:

- To reduce the frequency and volume of fecal output.
- To prolong intestinal transit time.
- To manage conditions such as bowel stenosis, bowel obstruction, acute ulcerative colitis and acute Crohn's disease.

Description of the Diet:

- Provides less than or equal to 10 grams of fibre per day (both soluble and insoluble fibre).
- Fibre content is evenly distributed throughout the day.

Considerations:

- Fibre intake is reduced by using limited amounts of well-cooked or canned vegetables and canned, cooked, or very ripe fruits, and by replacing whole-grain breads and cereals with refined products.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the fibre content may exceed 10g per day.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages Plain or flavoured yogurt	Yogurt containing nuts, seeds or fruit
<b>Breads and Cereals</b>	<b>Cereals:</b> Refined cooked cereals including Cream of Wheat® Refined cold cereals such as puffed rice, puffed wheat, cornflakes, Rice Krispies®, Special K®, Cheerios® <b>Breads &amp; Pastries:</b> Refined (white flour) breads, rolls, biscuits, muffins, or crackers Pancakes or waffles Plain pastries	Oatmeal, any whole-grain, bran, or granola cereal, farina, Shreddies®  All others, including those made with whole-grain flour, cracked wheat, bran, and those containing seeds, nuts, coconut, or raw or dried fruits (e.g. French toast made with whole wheat)

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Others:</b>          Refined pasta          White rice, congee</p>	bread, raisin pastry or bran muffin) Rye bread, pumpernickel bread  All other rice and pasta Barley Cornbread or graham crackers
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>          All meats and poultry except those not allowed          Bacon, sausages</p> <p><b>Fish:</b>          All fish, boneless</p> <p><b>Cheese:</b>          Cheese, cottage cheese</p> <p><b>Eggs:</b>          All eggs</p> <p><b>Alternates:</b></p> <p>Smooth peanut butter</p> <p>Tofu with no fibre</p>	Stringy pieces of meats or poultry Meats or poultry breaded with ingredients not allowed  Fish with bones Fish breaded with ingredients not allowed  Peanut butter, nuts, seeds Legumes and lentils
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>          All pulp-free fruit or vegetable juices except prune juice</p> <p><b>Fresh Fruit:</b>          Peeled apples, orange or grapefruit sections with membranes removed          Bananas, melons</p> <p><b>Canned Fruit:</b>          Most canned or cooked fruits (e.g. canned peaches, pears, apricots, fruit cocktail)          Applesauce</p> <p><b>Dried Fruit:</b>          None</p> <p><b>Raw Vegetables:</b>          Lettuce</p>	Prune juice Fruit or vegetable juices containing pulp, including tomato and V8 juices  Raw fruits with membranes or seeds (e.g. kiwi, grapes, pineapple, tropical fruit salad, all berries) Coconut  All including raisins  All others

Type of Food	Foods Allowed	Foods Not Allowed
	<b>Cooked Vegetables:</b> Most well-cooked or canned vegetables without seeds (e.g. carrots, turnips, green beans, wax beans, bell peppers) Well-cooked broccoli and cauliflower florets are allowed, but no spears or other cuts that include stalks Cooked white potatoes without skin, including mashed, scalloped, roasted, fried	Vegetables with seeds (e.g. cucumber, zucchini, tomatoes) Vegetables with thick skins or membranes (e.g. corn, peas and lima beans) Stringy vegetables (e.g. celery, spinach, winter squash) Cabbage, coleslaw, sauerkraut Commercial vegetable mixes Potatoes with skin Yams, sweet potatoes
<b>Soups</b>	Bouillon, broth, all strained soups	All others
<b>Fats and Oils</b>	All	
<b>Desserts and Sweets</b>	Custard, puddings (including rice pudding made with white rice) Ice cream, plain sherbet, gelatin, popsicles, fruit ice Plain cakes and cookies made with all-purpose flour Pies made with allowed fruits Jellies, honey, molasses, sugar, and syrups Plain hard candies, marshmallows	Bread pudding (made with whole wheat bread)  Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruits  Jams and marmalades
<b>Beverages</b>	Coffee and tea Oral nutritional supplements except those containing fibre	Fibre containing nutritional supplements
<b>Sandwiches</b>	Sandwiches on white bread made with allowed ingredients	All others
<b>Other</b>	Salt, pepper Vinegar, ketchup, mustard	Entrées containing whole-grain ingredients, seeds or nuts Pickles, relish, tartar sauce

## Therapeutic Diet Types **Fluid Modified Diets**

Diet order:

**Fluid Restriction, \_\_\_\_\_ mL (Revised: June 13, 2023)**

Menu selection:

Regular/General or texture modified

Considerations:

- A fluid order for 2000 mL or more may not be a fluid restricted diet, but a Push Fluids diet order. Clarify with the dietitian or nursing unit.
- Fluid restriction of less than 1000 mL ordered in conjunction with a High Fibre diet must have the fibre modification withheld until completion of a dietitian assessment.
- Foods that are liquid at room temperature must be counted. This includes: water, ice, tea, coffee, milk, juice, soup, soy milk, milkshakes, supplement drinks (e.g. Ensure Plus Calories®), thickened fluids (juice, milk, supplements, soup), ice cream, sherbet, gelatin, popsicles.
  - Pudding, custard, yogurt, pureed fruit, congee, gravies and liquid sauces do not count as fluids.
- Use standard portions for fluids (See Standard Portions Sizes table).
  - Fluids not given in a standard portion size must have amounts specified in mL.
- Choose nourishing fluids such as milk or soup over water, coffee or tea.
- Do not give bottled water.
- Canned fruit must be drained.
- Follow the guidelines below for specified amount of fluids ordered and adapt as needed to other fluid amounts ordered:

**Fluid Guidelines for Solid Food Diets**

Diet order	Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)	Total
500 mL	120 mL Juice 120 mL Milk	120 mL Milk	120 mL Juice	480 mL
750 mL	120 mL Juice 120 mL Milk	120 mL Milk 180 mL Soup	120 mL Juice 120 mL Milk	780 mL
1000 mL	120 mL Milk 200 mL Coffee 10 mL Milker	180 mL Soup 120 mL Milk	120 mL Juice 200 mL Tea 10 mL Milker	960 mL
1200 mL	120 mL Milk 200 mL Coffee 10 mL Milker	120 mL Milk 180 mL Soup 200 mL Tea 10 mL Milker	120 mL Juice 200 mL Tea 10 mL Milker	1170 mL
1500 mL	120 mL Juice 120 mL Milk 240 mL Water 200 mL Coffee 10 mL Milker	120 mL Milk 180 mL Soup 200 mL Tea 10 mL Milker	120 mL Juice 200 mL Tea 10 mL Milker	1530 mL

**Fluid diets:**

- Foods that are liquid at room temperature must be counted. This includes: water, ice, tea, coffee, milk, juice, soup, soy milk, milkshakes, supplement drinks (e.g. Ensure Plus Calories ®), thickened fluids (juice, milk, supplements, soup), ice cream, sherbet, gelatin, popsicles.
  - Puddings, custard and yogurt, do not count as fluids and should be given as dessert items at lunch on Full Fluids diet.
- Use standard portions for fluids. (See Standard Portions Sizes table).
  - Fluids not given in a standard portion size must have amounts specified in mL.
- Choose nourishing fluids such as milk or soup over water, coffee or tea.
- Do not give water jugs or bottled water.
- The standard Full Fluid diets provide approximately 1500 mL and the standard Clear Fluid diet provides approximately 1900 mL.
- Follow the guidelines below and adapt as needed to other fluid amounts ordered:

**Fluid Guidelines for Full Fluid Diets**

Amount Ordered	Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)	Total
<b>500 mL</b>	120 mL Milk	120 mL Milk	120 mL Milk 180 mL Soup	<b>540 mL</b>
<b>750 mL</b>	120 mL Milk 30 mL Milkers	120 mL Milk 180 mL Soup	120 mL Milk 180 mL Soup	<b>750 mL</b>
<b>1000 mL</b>	120 mL Milk 120 mL Juice 30 mL Milkers	120 mL Milk 180 mL Soup	120 mL Milk 180 mL Soup 120 mL Frozen dessert/ gelatin	<b>990 mL</b>
<b>1200 mL</b>	240 mL Milk 120 mL Juice	120 mL Milk 120 mL Juice 180 mL Soup	120 mL Milk 180 mL Soup 120 mL Frozen dessert/ gelatin	<b>1200 mL</b>

**Guidelines for Clear Fluids**

Amount Ordered	Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)	Total
<b>500 mL</b>	120 mL Juice	120 mL Juice	120 mL Juice 180 mL Broth	<b>540 mL</b>
<b>750 mL</b>	240 mL Juice	120 mL Juice 180 mL Broth	120 mL Juice 120 mL Gelatin	<b>780 mL</b>
<b>1000 mL</b>	240 mL Juice	120 mL Juice 180 mL Broth	120 mL Juice 180 mL Broth 120 mL Gelatin	<b>960 mL</b>
<b>1200 mL</b>	240 mL Juice	240 mL Juice 180 mL Broth	240 mL Juice 180 mL Broth 120 mL Gelatin	<b>1200 mL</b>
<b>1500 mL</b>	240 mL Juice 120 mL Gelatin	240 mL Juice 180 mL Broth 120 mL Gelatin	240 mL Juice 180 mL Broth 120 mL Gelatin	<b>1440 mL</b>

**Standard Portion Sizes**

Broth	180 mL
Chocolate milk	120 mL/250 mL
Coffee or tea	200 mL
Gelatin	120 mL
High calorie juice	120 mL
Ice cream	100 mL
Juice / Thick juice	120 mL
Milk / Thick milk	120 mL
Milker	10 mL
Milkshake / Thickened milkshake	120 mL
Instant breakfast	120 mL
Oral nutritional supplements	120 mL/237 mL
Popsicle	75 mL
Sherbet	100 mL
Soup/thickened soup	180 mL
Water jug	240 mL

## **Therapeutic Diet Types**

### **Fluid Modified Diets**

Diet Order:

**No Free Water (Revised: June 15, 2015)**

Menu Selection:

Regular/General or texture modified

Considerations:

- Provide diet as ordered.
- Do not send water jug on tray.
- Do not send thickened water on thickened fluid diets.
- Provide all other fluids, including juice, milk, hot beverages and soup, as per Diet Writing Guidelines.

## **Therapeutic Diet Types**

### **Fluid Modified Diets**

Diet Order:

**Push Fluids (Revised: Nov. 22, 2010)**

Considerations:

- 1500 mL of fluid is the standard amount of fluid provided on a meal tray.
- Water is also available on each ward.
- Do not add extra fluids unless the nursing unit makes a specific request.

## **Therapeutic Diet Types**

### **Diet for Food Allergies / Sensitivities / Intolerances**

Diet Order:

**Caffeine Free (Xanthine Free)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude all foods known to contain caffeine.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- Do not give the following foods or foods containing these ingredients:

Chocolate  
Chocolate flavouring  
Chocolate milk, hot chocolate  
Chocolate flavoured instant breakfast  
Chocolate pudding/cake/cookies  
Chocolate flavoured nutritional supplements  
Chocolate syrup  
Cocoa  
Coffee: caffeinated and decaffeinated  
Coffee flavouring  
Tea: caffeinated, decaffeinated and herbal teas containing caffeine  
Soft drinks/beverages with added caffeine

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**No Chocolate**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude all foods known to contain chocolate.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- Do not give the following foods or foods containing these ingredients:
  - Chocolate
  - Chocolate flavouring
  - Chocolate milk, hot chocolate
  - Chocolate flavoured instant breakfast
  - Chocolate pudding/cake/cookies
  - Chocolate flavoured nutritional supplements
  - Chocolate syrup
  - Cocoa

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Citrus Allergy**

Menu Selection:

Regular/General or texture modified

Purpose:

- **READ ALL FOOD LABELS CAREFULLY.**
- To exclude all foods known to contain citrus fruits.
- Do not give the following foods, or foods containing these ingredients:
  - Grapefruits, grapefruit juice
  - Kumquats
  - Lemons, lemon juice, lemonade
  - Limes, lime juice
  - Mandarin oranges
  - Oranges, orange juice
  - Tangerines

## **Therapeutic Diet Types**

### **Diet for Food Allergies / Sensitivities / Intolerances**

Diet Order:

**Corn Allergy**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude all foods known to contain corn products.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.** Corn is widely used in commercial food processing.
- Corn oil, corn sugar, corn syrup and corn alcohol are usually considered to be non-allergenic; however, if they are contaminated with a small amount of protein, they may cause an allergic reaction in an extremely sensitive person. Therefore foods containing these items are excluded from this diet.
- Do not give the following foods or foods containing these ingredients:
  - Baking powder
  - Caramel corn
  - Corn (alcohol, dextrose, flakes, flour, meal, oil, starch, sugar, sweetener, syrup)
  - Grits
  - Hominy
  - Maize
  - Masa harina
  - Nachos, tacos, tamales, tortillas
  - Popcorn
  - Starch (including corn starch, food starch, modified starch, vegetable starch, and starch from an unidentified source)
  - Vegetable (gum, paste, protein, starch)

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Egg Allergy (Revised: November 1, 2013)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude all foods known to contain egg and egg proteins.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- The proteins in egg white are the most frequent cause of egg allergy.
- Some egg yolk proteins may also cause egg allergy or may cross-react with the proteins in egg white. As well, it is almost impossible to separate egg whites and egg yolk. Therefore all egg products are excluded on this diet.
- All cooked and raw eggs are excluded on this diet.

Food Type	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except cheese)</b>	Milk, cream, buttermilk, sour cream, yoghurt	Eggnog Any milk drinks made with egg
<b>Breads and Cereals</b>	<b>Cereals:</b> Ready to eat cereals made without egg Regular Cream of Wheat® Plain oatmeal, Cream of Rice ® and other cooked cereals  <b>Breads and Pastries:</b> Bread, buns made <b>without</b> egg e.g. French or Italian bread	Instant Cream of Wheat®, instant oatmeal and flavoured oatmeal made with egg  Breads and other baked products with eggs including egg glaze  Commercial or homemade baked goods made with egg e.g. muffins, pancakes, waffles

Food Type	Foods Allowed	Foods Not Allowed
	<b>Others:</b> Egg free pasta Plain cooked grains Soda crackers	Commercial pasta (spaghetti, macaroni, egg noodles, etc)
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat, Fish, Poultry:</b> Plain, fresh, frozen or canned meat, poultry or fish  <b>Cheese:</b> All types <b>Eggs:</b> None	Meat, poultry and fish dishes made with egg as a binder or glaze, e.g. meat loaf, meatballs, hamburger, hotdogs, sausages, or loaves  Fish mixtures containing egg used to make imitation crab or lobster (eg: surimi)  Battered meat, fish or poultry  Eggs from all bird species Ingredients made from derivatives of eggs, eg: lysozyme Manufactured foods with ingredients indicating the presence of egg: albumin, albumen, conalbumin, dried egg solids, Egg Beaters™, egg powder, egg protein, egg white egg yolk, frozen egg, globulin, egg lecithin, lecithin (if source is not identified), levetin, lysozyme, ovalbumin, ovoglobulin, ovolactohydrolyze proteins, ovomacroglobulin, ovomucin, ovomucoid, ovotransferrin, ovovitellin, pasturized egg, powdered egg, silico-albuminate, Simplesse™ vitellin

Food Type	Foods Allowed	Foods Not Allowed
	<b>Alternates:</b> Pure legumes e.g. dried peas, beans, lentils, dals peanut butter tofu nuts and seeds	Glazed or coated nuts Nuts or seeds in baked goods made or glazed with egg
<b>Fruits and Vegetables</b>	Fruits and fruit juices  Vegetables and vegetable juices	Any fruit dish containing egg Fruit beverages containing egg Salads containing egg Vegetable dishes made with egg
<b>Soup</b>	Soups made with no egg containing products	Consommé clarified with egg white
<b>Fats and Oils</b>	Butter, cream, sour cream Gravy Lard Margarine Meat drippings Pure vegetable oils Vegetable shortening	Mayonnaise Salad dressings that list egg in any form as an ingredient Sauces made with egg e.g. Hollandaise, Béarnaise, Newburg Tartar sauce
<b>Desserts and Sweets</b>	Baked goods made <b>without</b> egg  Ice cream <b>without</b> egg  Sweets that do not contain egg  Sugar, honey, jam, jellies	Baking mixes containing egg  Commercial or homemade baked goods made with egg e.g. cakes, muffins, pastries  Desserts containing egg: custard, cream pies, puddings, some gelatine desserts  Commercial ice creams containing egg  Confectioneries containing egg e.g. marshmallows, meringue, mousse, soufflé
<b>Beverages</b>	Tea, herbal tea, coffee All carbonated beverages except root beer Coffee substitute (e.g. Postum™)	Chocolate drinks, eggnog, Ovaltine™, malted milk, root beer
<b>Other</b>	<b>Spices and Herbs</b> All	None

## **Therapeutic Diet Types**

### **Diet for Food Allergies / Sensitivities / Intolerances**

Diet Order:

**Fish Allergy**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude all foods known to contain fish.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- The antigens in different species of fish rarely cross-react, so it is usually necessary for the allergic person to avoid only the specific type of fish to which they are allergic.
- Fish and shellfish are not related. A person with an allergy to fin fish does not need to avoid shellfish.
- Fish oil may be contaminated, therefore a person allergic to fish should avoid fish oil from the fish species to which they are sensitive. If the fish species is not specified then all fish oil should be avoided. For this reason, all "fish oil" is excluded from this diet.
- Do not give the following foods or foods containing these ingredients:

Fish – all varieties including anchovies  
Fish oil – all varieties  
Fish sauce, fish flavouring  
Fish sticks, fish patties  
Roe, caviar  
Surimi  
Worcestershire sauce (if contains anchovies)

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:  
**No Gassy Foods**

Menu Selection:  
 Regular/General or texture modified

Purpose:  
 • To limit foods which may be gas producing for some people.

Considerations:

- This diet avoids foods that are commonly considered as gas-producing, including cruciferous vegetables and legumes.
- As tolerance for specific vegetables and legumes is very individual, especially when people are ill, this list will be used until individual tolerances are assessed.

Type of Food	Foods Allowed	Foods Not Allowed
Milk and Milk Products	All	None
Breads and Cereals	All	None
Meat, Fish, Poultry and Alternates	All, except those not allowed	Legumes and lentils Bean-containing dishes such as chili Tofu
Fruits and Vegetables	All fruits All vegetables except those not allowed	Broccoli, Brussels sprouts, cabbage, cauliflower, onion, sauerkraut
Soups	All, except those containing foods not allowed	Soups containing legumes, lentils, tofu, cruciferous vegetables
Fats and Oils	All	None
Desserts and Sweets	All	None
Beverages	All	None

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Gluten Free (Revised: November 1, 2013)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude all foods known to contain gluten for conditions including celiac disease and gluten intolerance.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- All foods made with any form of wheat, rye, barley, and oats contain gluten, and therefore are not allowed on this diet.
- Foods with vague ingredient listings that suggest they may contain wheat, rye, barley or oats are not allowed; e.g. starch, modified food starch, hydrolyzed plant or vegetable protein (HPP/HVP), seasonings, flavourings, dextrin, maltodextrin.
- To prevent cross-contamination:
  - Preparation surfaces must be thoroughly cleaned and sanitized before preparing gluten free foods.
  - Utensils must be thoroughly cleaned and sanitized before preparing or serving gluten free foods.
  - A separate toaster must be used to make gluten free toast. The toaster used for regular wheat toast cannot be used to make gluten free toast.
- Refer to site-specific product information lists.

Type of Food	Foods Allowed	Foods to Question	Foods Not Allowed
<b>Milk and Milk Products (except cheese)</b>	Milk, cream, buttermilk, plain yoghurt.	Flavoured yoghurt, frozen yoghurt	
<b>Breads and Cereals</b>	<b>Cereals – Hot</b> Puffed amaranth, cornmeal, cream of buckwheat, cream of rice, quinoa, rice flakes, soy flakes and soy grits	Rice and soy pablum	Cereals made from wheat, rye, triticale, barley and oats

Type of Food	Foods Allowed	Foods to Question	Foods Not Allowed
	<b>Cereals – Cold</b> Puffed (amaranth, buckwheat, corn, millet, rice), rice crisps or corn flakes (with no barley malt extract or barley malt flavouring), rice flakes and soy cereal	Rice and corn cereals	Cereals made with added malt extract or malt flavouring
	<b>Breads and Baked Products</b> Items made with amaranth, arrowroot, buckwheat, corn bran, corn flour, corn meal, cornstarch, flax, legume flours, mesquite flour, millet, Montina TM flour (Indian ricegrass), nut flours, potato flour, potato starch, quinoa, all rice, rice bran, rice flours, rice polish, sago, sorghum flour, soy flour, sweet potato flour, tapioca (cassava, manioc), taro, teff	Items made with buckwheat flour	Items made with wheat bran, wheat farina, wheat flour, wheat germ, wheat based semolina, wheat starch *, durum flour, gluten flour, graham flour, atta, bulgur, einkorn, emmer, farro, kamut, spelt, barley, rye, triticale, oat products (eg: oat bran, oat flour, oat groats, oat syrup, oatmeal, steel cut), malt malt extract, malt flavouring, malt syrup <u>Note:</u> *imported foods labeled “gluten-free” made with wheat starch
	<b>Pastas</b> Macaroni, spaghetti, and noodles from beans, corn, lentils, peas, potato, quinoa, rice, soy and wild rice	Buckwheat pasta	Pastas made from wheat, wheat starch and other ingredients not allowed (eg: orzo)

Type of Food	Foods Allowed	Foods to Question	Foods Not Allowed
	<b>Rice</b> Plain	Seasoned or flavoured rice mixes	
	<b>Miscellaneous</b> Corn tacos, rice tortillas, teff tortillas		Wheat flour tacos and tortillas, Matzoh, matzoh meal, matzoh balls, couscous, tabouli
	Plain rice crackers, rice cakes and popped corn cakes	Multi-grain or flavoured rice crackers, rice cakes and popped corn cakes	
<b>Meat, Fish, Poultry and Alternates</b>	Meat, fish, poultry (Plain - fresh or frozen)	Deli or luncheon meat (eg: bologna, salami), hot dogs, frankfurters, sausages, pates, meat and sandwich spreads, frozen patties (meat, chicken or fish), meatloaf, ham (ready to cook), dried meats (eg: beef jerky), seasoned flavoured fish in pouches, imitation fish products (eg: surimi), meat substitutes, meat product extenders	Fish canned in vegetable broth containing hydrolyzed wheat protein Frozen turkey based or injected with hydrolyzed wheat protein Frozen or fresh turkey with bread stuffing Frozen chicken breasts containing chicken broth (made with ingredients not allowed) Meat, poultry or fish breaded with ingredients not allowed
	<b>Cheese</b> Hard cheese, cream cheese, processed cheese, processed cheese foods, cottage cheese	Cheese sauces, cheese spreads, seasoned (flavoured) shredded cheese or cheese blends	
	<b>Eggs</b> Fresh, liquid, dried or powdered	Flavoured egg products (liquid or frozen)	

Type of Food	Foods Allowed	Foods to Question	Foods Not Allowed
	<b>Alternates</b> Lentils, dried peas, dried beans (e.g. black, chickpeas, navy, pinto, soy, white) plain tofu.  Plain nuts and seeds (chia, flax, sesame, pumpkin, sunflower)	Baked beans, flavoured tofu, tempeh, miso  Seasoned or dry roasted nuts, seasoned pumpkin or sunflower seeds, nut butters (e.g. almond, peanut)	Seitan
<b>Fruits and Vegetables</b>	<b>Fruits</b> Fruits and fruit juices	Dates, fruits with sauces	
	<b>Vegetables</b> Vegetables and vegetable juices	Vegetables with sauces, French-fried potatoes (especially where gluten-containing foods may be cooked in the same oil)	Scalloped potatoes (containing wheat flour)
<b>Soups</b>	Homemade broth, gluten-free bouillon cubes, cream soups and stocks made from ingredients allowed	Canned soups, dried soup mixes, soup bases and bouillon cubes	Soups made with ingredients not allowed, bouillon and bouillon cubes containing hydrolyzed wheat protein
<b>Fats and Oils</b>	Butter, margarine, lard, shortening, vegetable oil, salad dressings with allowed ingredients	Salad dressings, suet, cooking spray	Salad dressings made with ingredients not allowed
<b>Desserts and Sweets</b>	Ice cream, sherbet, whipped toppings, whipping cream, milk puddings, custard, gelatin	Cake icings and frostings	Bread pudding, ice cream made with ingredients not allowed (eg: cookie)

Type of Food	Foods Allowed	Foods to Question	Foods Not Allowed
	desserts, cakes, cookies, pies and pastries made with allowed ingredients  Gluten-free ice cream cones, wafers and waffles  Honey, jam, jelly, marmalade, corn syrup, maple syrup, molasses, sugar (brown and white), icing or confectioners sugar, marshmallows	Chocolates with wafers and cookies	crumbs), cakes, cookies, muffins, pies and pastries made with ingredients not allowed  Ice cream cones, wafers and waffles made with ingredients not allowed
Other Foods	<b>Beverages</b> Tea, instant or ground coffee (regular or decaffeinated), cocoa, soft drinks, Most non-dairy beverages made from nut, potato, soy and rice  <b>Snack Foods</b> Plain popcorn, nuts, soy nuts, potato chips, taco (corn) chips.  <b>Condiments/sauces</b> Plain pickles, relish, olives, ketchup, plain prepared mustard, pure mustard flour, tomato paste, pure herbs and spices, black pepper, salt, vinegars	Flavoured and herbal teas, flavoured coffees, coffee substitutes, hot chocolate mixes  Seasoned (flavoured): nuts, soy nuts, potato chips, taco (corn) chips  Seasoning mixes, specialty prepared mustards, prepared mustard flour, mustard pickles, salsa, curry	Cereal and malted beverages (eg: Ovaltine™ [chocolate malt and those with malt flavour] Postum™) Non-dairy beverages (nut, potato, soy and rice) made with barley malt extract, barley-malt flavouring or oats  Potato chips with ingredients not allowed  Soy sauce (made from wheat), teriyaki sauce (containing soy sauce made from wheat), malt vinegar, other sauces and

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Type of Food	Foods Allowed	Foods to Question	Foods Not Allowed
	<p>(apple cider, rice, balsamic, distilled white grape, rice or wine) gluten-free soy sauce, gluten-free teriyaki sauce, other sauces and gravies made with allowed ingredients</p> <p><b><i>Other</i></b></p> <p>Plain cocoa, pure baking chocolate, carob chips and powder, chocolate chips, monosodium glutamate (MSG), cream of tartar, baking soda, vanilla, pure vanilla extract, artificial (synthetic, imitation) vanilla extract, vanillin, yeast (active dry, autolyzed, baker's, nutritional, trula), xanthan gum, guar gum, artificial sweeteners</p>	<p>paste, Worcestershire sauce</p> <p>Baking powder</p>	<p>gravies made with wheat flour, hydrolyzed wheat protein and/or other foods not allowed</p> <p>Brewers yeast</p>

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet order:

**Low Lactose (Revised: June 13, 2023)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To reduce lactose in diet for individuals with insufficient intestinal lactase to digest lactose.
- To help manage lactose intolerance

Considerations:

- This diet is modified to reduce lactose content for individuals with lactose intolerance.
- Foods and beverages with less than 4 g of lactose per serving and yogurt are generally well tolerated.
- Follow the food list below; a dietitian may tailor the diet to a particular patient's tolerances.
- Limit food products containing milk, milk powder, milk solids, lactose and whey.
  - Allow cottage cheese, ice cream and custard if requested.
  - Allow instant breakfast made without milk if requested
  - Allow butter and regular margarine.
  - Allow mashed potatoes and scrambled eggs that have been made with milk.
- Give lactose free milk instead of regular milk as per meal pattern.
- Note: lactic acid, lactalbumin, lactate, casein and caseinate do not contain lactose and are allowed.
- Note: Lactulose is a drug and intolerance to this is not relevant to food.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Lactose free milk Non-dairy milk substitutes (e.g. soy milk products, soy-based infant formula, infant formulas containing hydrolyzed casein, cereal milks such as Rice Dream®) Yogurt; sour cream	Milk from all animal sources Chocolate milk Milkshakes and other sweetened milk beverages Instant breakfast prepared with milk Evaporated milk, condensed milk, powdered milk, buttermilk
<b>Breads and Cereals</b>	<b>Cereals:</b> Plain hot cereal without skim milk powder added All cold cereals	Oatmeal and cream of wheat with skim milk powder added

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Breads &amp; Pastries:</b>          All breads and baked goods made with small amounts of milk or cheese</p> <p><b>Others:</b>          Plain macaroni, spaghetti noodles          Rice noodles and pasta          Rice, congee          All crackers</p>	Baked products made with milk or skim milk powder as a main ingredient.
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat, Poultry and Fish:</b>          All</p> <p><b>Cheese:</b>          Hard cheese, processed cheese, cream cheese</p> <p><b>Eggs:</b>          All plain eggs; scrambled eggs</p> <p><b>Alternates:</b>          Legumes and lentils          Nuts, seeds, Peanut butter, nut butters, sesame tahini          Tofu</p>	Cottage cheese, ricotta cheese  Entrées where milk or skim milk powder is a main ingredient, such as macaroni and cheese or quiches
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>          All</p> <p><b>Fresh, Canned &amp; Dried Fruits:</b>          All</p> <p><b>Raw &amp; Cooked Vegetables:</b>          All vegetables, except those not allowed          Mashed potatoes</p>	Creamed vegetables  Scalloped potatoes
<b>Soups</b>	Stock soups	Cream soups
<b>Fats and Oils</b>	Butter, margarine Salad dressings	Gravies and sauces made with milk or other lactose containing products as a main ingredient (e.g. cheese sauce)
<b>Desserts and Sweets</b>	Desserts and baked goods made with small amounts milk or milk products (e.g. cakes, cookies) sherbet, gelatin desserts	All desserts, baked goods and sweets made with milk or other lactose-containing products as a main ingredient (e.g. pudding, custard, ice cream, cream pies, pumpkin pie)

Type of Food	Foods Allowed	Foods Not Allowed
	Honey, jam, jelly, marmalade, molasses, sugar, syrup	
Beverages	Coffee and tea Lactose free oral nutrition supplements	Hot chocolate, instant breakfast
Other	Herbs, spices and condiments Pure cocoa powder Liquid or powdered non-dairy cream Substitutes	

**Full Fluids:**

- Give lactose free milk at each meal.
- Give oral nutritional supplement at lunch and dinner.
- Follow the meal plan:

Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)
Juice	Juice	Juice
Plain hot cereal	Pureed soup or broth Ensure Plus Calories®	Pureed soup or broth Ensure Plus Calories®
Lactose free milk	Lactose free milk	Lactose free milk
Brown sugar	Gelatin	Sherbet
Sugar	Sugar	Sugar
Coffee	Tea	Tea

**Clear Fluids:**

- Send standard Clear Fluid meal pattern.

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Lactose Free (Revised June 13, 2023)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To eliminate lactose in diet for individuals who cannot tolerate any lactose.

Considerations:

- This is not a milk free diet. If a Milk Free diet is required, please refer to the diet writing guideline for Milk Allergy.
- Avoid all foods that contain milk, cheese, cream, milk powder, milk solids, cheese flavour, lactose, and whey.
- Note that *lactic acid, lactalbumin, lactate, casein and caseinate do not contain lactose and are allowed.*
- Refer to any site specific list of product information. **READ ALL FOOD LABELS CAREFULLY.**
- Give lactose free milk at all meals.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Lactose free milk Non-dairy milk substitutes (e.g. soy milk products, soy-based infant formula, infant formulas containing hydrolyzed casein, rice milk)	Milk and milk products from all animal Sources, unless lactose free Milkshakes and other sweetened milk beverages, unless lactose free Instant breakfast Evaporated milk, condensed milk, powdered milk, buttermilk, cream
<b>Breads and Cereals</b>	<b>Cereals:</b> Hot cereals if prepared without milk Cold cereals, served without milk <b>Breads &amp; Pastries:</b> Breads and baked goods made without milk or milk products	Commercial cereals containing milk or milk products  Commercial or homemade products containing milk or milk products

Type of Food	Foods Allowed	Foods Not Allowed
	<b>Others:</b> Plain macaroni, spaghetti noodles Rice noodles and pasta Rice, congee All crackers made without milk	
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat, poultry and fish:</b> All except those not allowed  <b>Cheese:</b> None <b>Eggs:</b> All eggs prepared without milk  <b>Alternates:</b> Legumes and lentils Tofu Nuts, seeds, peanut butter, nut butters, sesame tahini	Commercially prepared meats (e.g. hamburger patties) Processed meats Breaded or battered meats, poultry or fish  Cottage cheese, cream cheese, ricotta cheese, processed cheese or hard cheeses Commercial egg substitutes Eggs made with milk
<b>Fruits and Vegetables</b>	<b>Juices:</b> All <b>Fresh, Canned &amp; Dried Fruits:</b> All <b>Raw Vegetables:</b> All <b>Cooked Vegetables:</b> All vegetables prepared without milk or Butter or margarine Milk and butter-free or margarine-free mashed potatoes	Creamed vegetables Breaded or batter-coated vegetables Instant scalloped or instant mashed potatoes
<b>Soups</b>	Soups made from foods allowed	Cream or milk based soups Commercial soups containing milk solids or other lactose containing products
<b>Fats and Oils</b>	Milk free margarine Lard, vegetable oils, shortening Salad dressings and gravies made from foods allowed	Butter, regular margarine Salad dressings and mayonnaise containing cheese or milk products Commercial gravies or gravy mixes Cream sauces, cheese sauces

Type of Food	Foods Allowed	Foods Not Allowed
<b>Desserts and Sweets</b>	Desserts and baked goods made without milk or milk products Gelatin desserts, fruit ices Honey, molasses, sugar, syrups Jams, jellies, marmalades	All desserts, baked goods and sweets made with milk, cream or other lactose-containing products (e.g. custard, puddings, ice cream, sherbet, chocolate, caramel, cream pies, pumpkin pie) Commercially prepared cakes, cookies and doughnuts
<b>Beverages</b>	Coffee and tea Milk-free cereal beverages (e.g. Postum®) Lactose-free liquid nutritional supplements	Ovaltine®, Horlicks® Chocolate drinks
<b>Other</b>	Herbs, spices and condiments Pure cocoa powder Liquid or powdered non-dairy cream substitutes	Entrées prepared with milk or milk products (e.g. croquettes, hamburgers, pizzas) Commercial products containing cheese and cheese flavouring Quiches, milk containing egg dishes Sugar substitutes containing lactose (e.g. Equal®) Frozen or powdered artificial whipped toppings Lactose containing soy sauce

**Full Fluids:**

- Give lactose free milk at each meal.
- Give oral nutritional supplement at lunch and dinner.
- Follow the following meal plan:

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice	Juice	Juice
Milk free hot cereal	Broth	Broth
	Ensure Plus Calories®	Ensure Plus Calories®
Lactose Free milk	Lactose Free milk	Lactose Free milk
Brown sugar	Gelatin	Gelatin
Sugar	Sugar	Sugar
Coffee	Tea	Tea

**Clear Fluids:**

- Give standard Clear Fluid meal pattern.

## **Therapeutic Diet Types**

### **Diet for Food Allergies / Sensitivities / Intolerances**

Diet Order:

**Latex Allergy Associated Food Allergies, Latex Allergy (Revised: January 27, 2010)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To avoid specific foods that are identified as food allergies by patients who are allergic to natural rubber latex.

Considerations:

- Patients with latex allergies have different cross reactivity to foods. Foods that do not trigger an allergic reaction do not need to be avoided.
- Food allergies will be implemented as communicated to Food Services.
- If a latex allergy is ordered, but food allergies are not documented, Food Services will phone the nursing unit to obtain the patient's specific food allergies.
- Foods must not come in direct contact with latex gloves.

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Milk Allergy/Dairy Allergy (Revised: November 1, 2013)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude all foods known to contain milk or milk products.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- A milk free diet is NOT the same as a lactose free diet. Some items allowed on a lactose free diet are not allowed on a milk free diet.
- Give 120 mL soy milk at each meal.
- Lactic acid, lactate, lactylate are milk/dairy free and are allowed.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (including cheese)</b>	Soy milk and Soy beverages Coconut milk Nut Milk Rice Milk Milk substitutes Non-dairy creamers	Milk from all animals All cow's milk (whole, 2%, 1%, skim, Lactaid®, or other lactose free or lactose-reduced milk; acidophilus milk) All milk derivatives (cream, half and half, whipping cream, light cream, sour cream, milk powder, milk solids) All milk products (yogurt, cheese of all types) Ingredients derived from milk including: lactalbumin, lactoferrin, lactoglobulin, lactose, lactulose, ammonium/calcium/magnesium/potassium/ sodium caseinate, casein, hydrolysed casein, casein hydrolysate, rennet casein, whey, hydrolysed whey, whey hydrolysate, whey powder, whey protein, delactosed whey

Type of Food	Foods Allowed	Foods Not Allowed
<b>Breads and Cereals</b>	<p><b>Cereals:</b>                      Cooked, or ready to eat cereals without milk or milk products</p> <p><b>Breads &amp; Pastries:</b>                      Bagels, breads and baked goods made without milk or milk products</p> <p><b>Others:</b>                      Pasta without cheese or milk-containing sauce, soda crackers, grains, flours and starches</p>	<p>Cereals containing milk or milk products</p> <p>Baked products made with milk or milk products e.g. breads, crackers, scones, muffins, pancakes</p> <p>Commercial baking mixes containing milk or milk products</p>
<b>Meat, Poultry, Fish and Alternates</b>	<p><b>Meat, Poultry &amp; Fish:</b>                      Fresh or frozen meat, poultry or fish</p> <p>Canned fish without milk or milk products</p> <p>Kosher meats</p> <p><b>Eggs:</b>                      Egg and egg dishes made without milk or cheese</p> <p><b>Alternates:</b>                      Legumes e.g. dried beans, dried peas, lentils, soy bean products free from milk and milk products                      Milk-free casein-free tofu                      Peanut butter                      Nuts and seeds</p>	<p>Commercially prepared meat, poultry or fish that is:</p> <ul style="list-style-type: none"> <li>• Battered</li> <li>• Breaded</li> <li>• Creamed</li> </ul> <p>Commercially produced meat products containing milk or milk products e.g. meat loaf, hot dogs and sausages</p> <p>Any egg dish containing milk or milk products</p> <p>Any prepared with milk or milk products</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	<p><b>Fruit:</b>  Fruits and their juices</p> <p><b>Vegetables:</b>  Vegetables and their juices</p>	Any fruit with cream, milk or butter as additional ingredients, toppings or sauce  Vegetables prepared with milk or milk products such as: <ul style="list-style-type: none"> <li>• Butter added</li> <li>• Margarine added that is not milk-free or of unknown content</li> <li>• Creamed</li> <li>• Instant potatoes</li> <li>• Mashed with butter and/or milk</li> <li>• Scalloped</li> </ul>
<b>Soups</b>	Soups made with no milk containing products	Soups made with milk products including: cream soups, soups made with margarine containing milk or butter
<b>Fats and oils</b>	Gravy made without milk Milk-free margarine Whey-free margarine Meat dripping Vegetable oils Milk-free mayonnaise	Butter Cream Cream cheese Margarine containing whey or milk Salad dressings with milk ingredients Sour cream Whipped topping
<b>Desserts and Sweets</b>	Any desserts or sweets made from allowed ingredients Sugar, syrup, honey	Any desserts or sweets containing milk or milk products including ice cream Sugar substitutes containing lactose
<b>Beverages</b>	Clear coffee, tea and herbal tea	

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**MSG Restricted (Monosodium Glutamate Restricted) (Revised: June 15, 2015)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To avoid foods containing the ingredient monosodium glutamate (MSG) for those individuals with a sensitivity to MSG.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- Health Canada requires that MSG added to prepackaged foods must be declared on the list of ingredients of food labels, even when it is a component of flavouring preparations, spice mixtures, food flavour-enhancer preparations and other preparations or mixtures.
- Do not give foods containing Monosodium glutamate (MSG).

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Peanut Allergy, Nut Allergy, Tree Nut Allergy (Revised: November 1, 2013)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude all foods known to contain nuts (peanuts and tree nuts).

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- Peanut allergy is one of the most common causes of anaphylactic reactions in children and adults; therefore, it is important that all sources of peanut be avoided. In addition, all nuts are excluded from this diet because of the risk of contamination.
- Although pure peanut oil is non-allergenic, there is a chance that the oil may be contaminated with peanut protein during the manufacturing process. Therefore foods containing peanut oil are excluded from this diet.
- The following items are not nuts and are allowed on this diet:  
 Coconut  
 Nutmeg  
 Water chestnuts

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except cheese)</b>	Cream Milk Yogurt Sour cream	Nut milks e.g. almond milk
<b>Breads and Cereals</b>	<b>Cereals:</b> Oatmeal Cream of Wheat® Ready-to-eat cereals without added oil or nuts	Ready-to-eat cereals with added oils and nuts

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Breads &amp; Pastries:</b>  Any breads, buns, or baked goods that are known to be free from nuts or nut oils</p> <p><b>Other:</b>  Pasta  Cooked grains</p>	Baked goods made with undisclosed sources of nuts, oil or shortening Baking mixes, commercial or homemade baked goods made with nuts, nut oils, or nut flours
<b>Meat, Poultry, Fish, and Alternates</b>	<p><b>Meat, Fish &amp; Poultry:</b>  All fresh or frozen meat, poultry or fish  Fish canned in broth, water or oils not from nuts</p> <p><b>Cheese:</b>  Cheese</p> <p><b>Eggs:</b>  All without restricted ingredients</p> <p><b>Alternates:</b>  All legumes except nuts  Tofu</p>	Meat, poultry or fish dishes made with nuts or nut oils, or undisclosed oils Fish canned in undisclosed oils Peanut or nut protein Vegetarian burgers and other meat substitutes unless nut-free  Cheese foods (e.g. sauces, spreads,) containing nuts or undisclosed ingredients  Egg dishes prepared with nuts or nut oils, or oils of unknown sources  All nut products including: <ul style="list-style-type: none"> <li>• Mixed nuts</li> <li>• Nut butters</li> <li>• Nut flours</li> <li>• Nut oils</li> <li>• Nut protein</li> </ul> Legume dishes containing nuts, nut oil, or oils of unknown sources

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Vegetables and Fruit</b>	<p><b>Fruit:</b>                      All fruit and fruit juices</p> <p><b>Vegetables:</b>                      All vegetables and their juices</p>	Fruit dishes containing nuts Fruit dishes made with oils or shortening of unknown sources  Salads with dressings containing unknown oils or nuts  Vegetables canned in undisclosed oils  Vegetable dishes with sauces containing nuts or nut oils, or oils from unknown sources
<b>Fats and Oils</b>	Butter Cream Gravy made with meat drippings Meat drippings Vegetable oils	All nut oils Margarine, unless source of oils is revealed and is nut free Salad dressings that contain oil from unknown sources
<b>Desserts and Sweets</b>	Ice cream, desserts and sweets with allowed ingredients Artificial sweeteners Molasses, maple syrup, sugar, honey Chocolate, cocoa	Any ice cream, desserts or sweets containing nuts or nut products
<b>Beverages</b>	Tea, herbal tea, coffee	
<b>Other Foods</b>	All pure herbs and spices Blends of herbs and spices without added oils	Seasoning with undisclosed ingredients

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

#### **Salicylate Restricted**

Menu Selection:

Regular/General or texture modified

Purpose:

- To reduce salicylate intake in the diet by eliminating foods with high levels of naturally occurring salicylates.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- Salicylates occur naturally in many foods. The main sources are fruits, vegetables, herbs, spices, condiments, nuts and seeds.
- Cereals and grains contain almost no salicylates, except for cornmeal. As well, plain dairy products, plain meats, fish, poultry and eggs are low in salicylates.

Food Type	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Plain milk, buttermilk  Yogurt  Cream, sour cream	Chocolate flavoured milk, milkshakes  Flavoured yogurt
<b>Breads and Cereals</b>	<b>Cereals:</b> Prepared breakfast cereals with allowed ingredients including oats and oatmeal, plain oat bran, Red River Cereal® All plain grains, their flakes and pure flour except cornmeal <b>Breads &amp; Pastries:</b> Plain bread, buns, biscuits made with allowed ingredients <b>Others:</b> Plain pasta Rice, General Foods Minute Rice® Plain crackers (e.g. Grossol Melba Toast®, RyVita®, Rye Krips®, Wasa® Light or Golden Crackers)	All others  Cornmeal  Products made with restricted items  All others  Crackers with colour, flavour or restricted ingredients ( <i>Read labels on all packaged crackers</i> )

Food Type	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat, Poultry and Fish:</b>                      All pure, fresh, frozen or canned meat, poultry or fish                      Processed meat made with allowed ingredients</p> <p><b>Cheese:</b>                      All plain uncoloured cream cheese, cheddar, mozzarella, cottage cheese, Quark®, ricotta                      Parmesan</p> <p><b>Eggs:</b>                      All eggs made with ingredients allowed</p> <p><b>Alternates:</b>                      Legumes: black-eyed beans*, brown beans*, brown lentils*, chickpeas*, garbanzo beans, green split peas*, lima beans*, mung beans*, red lentils*, soy beans*, yellow split peas                      100% natural peanut butter</p> <p>Nuts as listed, <b>only if fresh</b>: Brazil, cashew, hazelnuts / filberts, Macadamia, pecan, pine, pistachio, walnuts                      Dried poppy*, sesame, sunflower seeds</p>	<p>All processed meats, poultry or fish made with ingredients not allowed (e.g. spices)</p> <p>Prepared cheese foods, cheese slices, dips and spreads</p> <p>Any prepared egg products made with ingredients not allowed</p> <p>All others, including black beans, broad / fava beans, kidney beans, navy beans</p> <p>Peanut butter made with ingredients not allowed (e.g. Kraft® peanut butter)</p> <p>All nuts listed on allowed list but not served fresh (e.g. in baking)</p> <p><b>Any</b> nuts and seeds with spices or seasonings</p> <p>All other nuts and seeds not on the allowed list</p>
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>                      Pineapple juice</p> <p><b>Fresh, Canned and Dried Fruits:</b>                      Apples, Golden Delicious                      Bananas, fresh*                      Coconut, dry/desiccated                      Figs, fresh*                      Figs, kadota, canned                      Lemons, fresh                      Mangoes, fresh                      Papayas (pawpaw), fresh                      Passionfruits, fresh                      Pears, Bartlett, canned*</p>	<p>All others</p> <p>All fresh, canned or frozen fruits except those listed as allowed, including:                      Apples (except Golden Delicious)                      Apricots                      Berries, all                      Cherries                      Cranberries (including cranberry sauce)                      Dates</p>

Food Type	Foods Allowed	Foods Not Allowed
	<p>Pears, Packham, peeled, fresh*</p> <p>Pomegranates, fresh</p> <p>Rhubarb, fresh</p> <p><b>Raw and Cooked Vegetables:</b></p> <p>Bamboo shoots, canned*</p> <p>Beans, fresh, green</p> <p>Brussels sprouts, fresh</p> <p>Cabbage, green, fresh*</p> <p>Cabbage, red, fresh</p> <p>Carrots, fresh</p> <p>Cauliflower, fresh</p> <p>Celery, fresh*</p> <p>Corn, niblets, canned</p> <p>Corn on the cob</p> <p>Leeks, fresh</p> <p>Lettuce</p> <p>Mushrooms, fresh</p> <p>Onions, fresh</p> <p>Peas, green, fresh</p> <p>Potatoes, white, peeled, fresh</p> <p>Pumpkin, fresh</p> <p>Shallots, fresh</p> <p>Spinach, frozen</p> <p>Tomatoes, fresh</p> <p>Turnips, fresh</p> <p>Watercress, fresh</p>	<p>Grapefruits</p> <p>Grapes</p> <p>Mandarin oranges</p> <p>Melons, all</p> <p>Oranges</p> <p>Peaches</p> <p>Pineapple</p> <p>Plums</p> <p>Prunes</p> <p>Raisins/currants</p> <p>All fresh, canned or frozen vegetables, except those listed as allowed, including:</p> <p>Asparagus</p> <p>Broccoli</p> <p>Cucumber</p> <p>Eggplant</p> <p>Garlic</p> <p>Spinach, fresh</p> <p>Squash</p> <p>Sweet peppers</p> <p>Sweet potatoes/yams</p> <p>Zucchini</p>
<b>Soups</b>	All soups made with ingredients allowed	<p>All soups containing restricted ingredients</p> <p>Prepared or packaged soups</p>

Food Type	Foods Allowed	Foods Not Allowed
<b>Fats and Oils</b>	Butter, shortening and pure vegetable oils including canola, olive, sunflower, soy, and peanut oil Salad dressings made with allowed ingredients Lard and meat drippings Gravies made with allowed ingredients	Margarine  Prepared salad dressings with restricted food ingredients  Commercial gravies and sauces
<b>Desserts and Sweets</b>	Additive-free ice cream made with allowed ingredients  Desserts and baked products made with allowed ingredients Sugar, icing sugar, molasses, maple syrup, corn syrup Pure jams, jellies, marmalades and conserves made with allowed fruits and without added colour or flavour Plain artificial sweeteners	Other ice cream and frozen treats (e.g. sherbet) Flavoured gelatin Custard made with ingredients not allowed (e.g. flavouring) Prepared desserts, desserts containing commercial dessert fillings, icings, frosting, cake decorations, other confectionary Spreads with restricted foods Prepared or commercial candies Fruit peels, glacé fruit Honey, flavoured syrups
<b>Beverages</b>	Plain coffee Tetley® tea Twinings® teas: lemon-scented, Irish breakfast, English breakfast, orange pekoe Jasmine, rosehip, chamomile herbal tea Ovaltine® powder*	Flavoured coffee and coffee mixes All other teas not listed as allowed All drinks with colour, flavour or spices (e.g. fruit flavoured drinks from powder or concentrate, diet drinks and shakes) Meal replacement drinks
<b>Other</b>	All crackers, cereals and pasta dishes made with allowed ingredients Pizzas made with allowed ingredients Baking powder Baking soda, cream of tartar Distilled white vinegar Malt vinegar Black and green olives Baking chocolate Pure cocoa Plain gelatin	Pasta or rice dinners made with ingredients not allowed  All other vinegar with 'flavourings'  Prepared pickles Chocolate candies, sprinkles and syrup Whipped toppings, topping mixes

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Food Type	Foods Allowed	Foods Not Allowed
	<p>Relishes with allowed ingredients</p> <p>Pure vanilla extract</p> <p>Pure soy sauce made with allowed ingredients</p> <p>Vegemite® and Marmite®</p> <p>The following <b>fresh</b> herbs and seasonings: chili peppers (green, red and yellow), chives, coriander leaves, dill, garlic, ginger root, horseradish</p> <p>The following <b>dry</b> spices and herbs: allspice, basil, bay leaf, caraway, cardamom, chili (powder and flakes), cloves, fennel, nutmeg, sweet paprika, black and white pepper, saffron</p>	<p>Licorice, peppermints</p> <p>Other relishes</p> <p>Flavouring extracts</p> <p>Worcestershire sauce</p> <p>Mustard</p> <p>Seasoning salts</p> <p>Flavouring packages</p> <p>All other spices and herbs</p> <p>Any product labeled with 'spices'</p>

\* Contain no salicylates

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Shellfish Allergy**

Menu Selection:

Regular/General and texture modified

Purpose:

- To exclude all foods known to contain shellfish.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- Unrelated species of shellfish may cause an allergic reaction in a shellfish sensitized individual, therefore all species of shellfish are excluded from this diet (both crustaceans and molluscs/bivalves).
- It is unnecessary to avoid fish, as there is no biological relationship between shellfish and fish.
- Certified Kosher foods do not contain shellfish. They are safe to eat for a person with a shellfish allergy.
- Do not give the following foods or foods containing these ingredients:

#### Crustaceans

Crawfish/crayfish

Crab

Lobster

Prawn/Shrimp

Scampi

Surimi (reformed fish)

#### Molluscs (Bivalves)

Abalone

Calamari/Octopus/Squid

Clam, geoduck, quahog (hard-shelled clam)

Cockle

Mussel

Oyster, oyster sauce

Scallop

Snail (escargot)

Whelk

Winkle

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Sodium Benzoate Restricted**

Menu Selection:

Regular/General or texture modified

Purpose:

- To avoid foods containing the food additive sodium benzoate for those individuals with a sensitivity to sodium benzoate or benzoic acid.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY**
- Do not give foods or seasonings containing:
  - Benzoic Acid
  - Benzoyl
  - Benzoyl peroxide
  - Benzyl
  - Chocolate
  - Flavouring
  - Hydrolyzed lecithin or lecithin
  - Methyl p-hydroxybenzoate, Propyl-p-hydroxybenzoate
  - Parabens
  - Sodium benzoate

Food Type	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Milk, milkers, creamers Yogurt if free of restricted ingredients	Chocolate milk, all foods containing restricted ingredients (i.e. natural or artificial colours or flavours)
<b>Breads and Cereals</b>	<b>Cereals:</b> Cream of Wheat®, oatmeal Dry cereals free of restricted ingredients <b>Breads and Pastries:</b> Plain bread or bun <b>Others:</b> Plain rice or noodles	Processed foods containing restricted ingredients Bleached flour

<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat, Poultry and Fish:</b> Meats, poultry or fish free of restricted ingredients <b>Cheese:</b> Cheese except blue cheese <b>Alternates:</b> Legumes free of restricted ingredients 100% natural peanut butter	All containing restricted ingredients Pickled fish Cod  Blue cheese  Red beans, soy beans
<b>Fruits and Vegetables</b>	<b>Juices:</b> Plain juices  <b>Fresh and Canned Fruits:</b> Plain fruits except not allowed  <b>Raw and Cooked Vegetables:</b> Salads (no dressing) Plain vegetables	Juices prepared with flavouring or restricted ingredients Berries, prunes, peaches, nectarines, papayas Maraschino cherries All those prepared with flavouring or restricted ingredients (may include fruit sauces)
<b>Soups</b>	All soups made with ingredients allowed	All containing restricted ingredients
<b>Fats and Oils</b>	All except those containing ingredients not allowed	All containing restricted ingredients All containing hydrolyzed lecithin or lecithin (may include margarine and salad dressings)
<b>Desserts and Sweets</b>	Sugar, honey, Equal®, corn syrup, pure maple syrup	All containing natural or artificial colours or flavours and chocolate such as cakes, cookies, frozen desserts, icing, flavoured syrup, jams, jellies
<b>Beverages</b>	Coffee	Beverages containing artificial flavouring or colour Tea, chocolate beverages
<b>Other</b>	All except those containing ingredients not allowed	Cinnamon, nutmeg, cloves, anise, "seasonings", "spices" Soy sauce, other soy products Hydrolyzed lecithin or lecithin Chocolate Pickles

**Full Fluids:**

- Follow the standard Full Fluid diet but:
  - Give coffee at each meal.
  - Give milk at each meal and nourishment.
  - Only allow soup labelled as free of restricted ingredients.
  - Allow vanilla ice cream, plain or vanilla yogurt.
  - Allow juice with no artificial flavouring or colour.

**Clear fluids:**

- Follow the standard Clear Fluid diet but:
  - Allow clear juice with no artificial flavouring or colour.
  - Only allow clear broth labelled as free of restricted ingredients

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Soy Allergy (Revised: November 1, 2013)**

Menu Selection:

Regular/General and texture modified

Purpose:

- To exclude all foods known to contain soy products.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.** Soy is widely used in commercial food processing.
- Although pure soy oil and soy lecithin are non-allergenic, the refining process may not exclude all soy protein. Therefore all foods containing soy oil and soy lecithin are excluded from this diet.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except cheese)</b>	Milk Cream Yogurt and other milk products that do not contain soy	Milk or cream replacements unless the source is known not to be soy  Soy beverage Soy milk Soy yogurt
<b>Breads and Cereals</b>	Breads, buns, cakes, cookies, crackers, cereals and any grain product free from soy including soy oil and soy margarine	Baking mixes, cereals, breads and baked goods, and pancake mixes containing soy or oils from an unknown source  Soy flour Vegetable starch, unless source is not from soy

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat, Fish, &amp; Poultry:</b>          Fresh and frozen meat, poultry or fish</p> <p>Fish canned in water or in oil with the origin of the oil specified and is not soy</p> <p><b>Cheese:</b>          Cheese</p> <p><b>Eggs:</b>          All without restricted ingredients</p> <p><b>Alternates:</b>          Legumes except soy and tofu          Green beans and peas          Dried peas and beans          Lentils          Packaged plain nuts and seeds          Nut and seed oils and their butters e.g. peanut butter</p>	<p>Meat, poultry or fish with soy          Ground meat mixed with soy products in e.g. hamburgers, meat loaf          Processed meats e.g. wieners, sausages with soy products</p> <p>Tuna and other fish canned in soy oil or oil with unknown source</p> <p>Cheese substitutes          Soy cheese</p> <p>Egg dishes prepared with soy products</p> <p>Soy beans including edamame          All legume dishes containing soy or tofu          Bean mixtures (e.g. 12 bean soup)          Any oils or nuts of undisclosed origin          Nuts or mixes containing soy derivatives          Vegetarian meat replacers, Veggie burger          Hydrolysed plant protein (HPP), Hydrolysed vegetable protein (HVP), texturized vegetable protein (TVP), vegetable protein, unless the source is not from soy</p> <p>Soy protein, soy protein isolate</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	<b>Fruit:</b> Fresh, frozen or canned fruits and their juices  <b>Vegetables:</b> Fresh, frozen or canned vegetables and their juices	Fruit dishes, and canned fruit with soy products  All vegetable dishes made with soy or unknown ingredients
<b>Soups</b>	Soups made with no soy containing products	Soups made with products containing soy (e.g. Margarine, oils, or broth containing soy) Miso
<b>Fats and Oils</b>	Butter Cream Gravy made with meat drippings Vegetable, nut or seed oil with source specified	Soy oil Margarine unless sources of all oils are revealed and margarine is soy-free Salad dressings that contain soy oil or other oil from unknown sources Vegetable oil, and vegetable oil sprays that contain soy or oil from unknown sources
<b>Desserts and Sweets</b>	Artificial sweeteners Ice cream, desserts and sweets with allowed ingredients Molasses, maple syrup, sugar, honey, cocoa, jams and jellies	Ice cream, desserts and sweets unless all ingredients are soy free
<b>Beverages</b>	Tea, herbal teas Coffee	
<b>Other Foods</b>	Pure herbs and spices Blends of herbs, spices, without added oils	Sauces containing soy Seasoning packets with undisclosed ingredients Lecithin, MSG, stabilizers, and vegetable gum, unless the source is not from soy

## **Therapeutic Diet Types**

### **Diet for Food Allergies / Sensitivities / Intolerances**

Diet Order:

**No Spicy Foods**

Menu Selection:

Regular/General or texture modified

Purpose:

- To limit spicy foods.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- Avoids all foods containing chili powder, cayenne pepper including chili, spaghetti and meat sauce, and curry.
- As tolerance for spices is very individual, specific intolerances may be listed as well.

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:  
**Sulphite Restricted**

Menu Selection:  
 Regular/General or texture modified

Purpose:  
 • To exclude all foods known to contain sulfites.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- Sulphites are used as preservatives and to prevent food and beverages from discolouring.

Food Type	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Plain milk, cream, sour cream, yogurt and buttermilk	All prepared dairy products made with restricted ingredients
<b>Breads and Cereals</b>	<p><b>Cereals:</b>                      Cereals without dried fruits or coconut, including:</p> <ul style="list-style-type: none"> <li>• Puffed rice and wheat</li> <li>• Shreddies®</li> <li>• Shredded Wheat®</li> <li>• Cornflakes</li> <li>• Oats &amp; oatmeal</li> <li>• Plain Cream of Wheat®</li> </ul> <p><b>Breads and Pastries:</b>                      All bread, buns, biscuits, pasta made with pure flour and other allowed ingredients</p> <p><b>Others:</b>                      All pasta made with pure flour and other allowed ingredients                      Rice, all plain grains                      Crackers made with allowed ingredients</p>	All other cereals, including granola and muesli with dried fruits and/or coconut Instant Cream of Wheat® and oatmeal (with or without dried fruit and flavourings)  Commercially prepared biscuit dough, frozen pizza dough or pastry shells using ingredients not allowed  All crackers containing sulphites

Food Type	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>          All unprocessed, pure, fresh or frozen meats and poultry          Processed meats made with allowed ingredients</p> <p><b>Fish:</b>          All unprocessed, pure, fresh or frozen fish          Fished canned with water or water and salt only          Freshly caught crab, crayfish, lobster, prawns, shrimp, squid which has not had a sulphite wash</p> <p><b>Cheese:</b>          All plain cheese, ricotta, Quark®</p> <p><b>Eggs:</b>          All eggs prepared with allowed ingredients</p> <p><b>Alternates:</b>          All plain legumes          All plain nuts and seeds          100% natural peanut butter</p>	<p>All meats and poultry processed with ingredients not allowed</p> <p>Canned tuna with sulphites</p> <p>All processed crustaceans (e.g. crab, crayfish, lobster, prawns, shrimp, squid)</p> <p>Eggs prepared with ingredients not allowed</p> <p>Any nuts or seeds with ingredients not allowed</p>
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>          Frozen orange juice          All canned and bottled juices except those listed as not allowed</p> <p><b>Fresh or Frozen Fruits:</b>          All pure fresh or frozen fruits except those listed as not allowed</p> <p><b>Fresh, Frozen or Cooked Vegetables:</b>          All pure fresh and frozen vegetables and their juices, except those listed as not allowed</p>	<p>All other frozen juices          Grape, lime and lemon juice          Ciders</p> <p>Grapes          Frozen or prepackaged apple slices          Dried and glacé fruits          Maraschino cherries</p> <p>Pickled vegetables          Dried vegetables          Frozen mushrooms          Commercially peeled potatoes or processed sliced potatoes          Tomato paste, pulp, and puree (unless homemade)          All prepared vegetables with ingredients not allowed</p>

Food Type	Foods Allowed	Foods Not Allowed
<b>Soups</b>	All, made with allowed ingredients	All made with ingredients not allowed (e.g. dried vegetables)
<b>Fats and Oils</b>	Butter, shortening and margarine with no sulfites Vegetable oils with no sulfites Salad dressings made with allowed ingredients Lard and meat drippings Gravies made with allowed ingredients	All others
<b>Desserts and Sweets</b>	Ice cream made with allow ingredients Baked goods, e.g. cookies, pies etc. made with allowed ingredients  White sugar, icing sugar, honey, maple syrup, corn syrup Pure jams, jellies, marmalades and conserves made without added pectin or gelatin, and with allowed ingredients Plain artificial sweeteners Sweets made with allowed ingredients	Gelatin Any baked goods with dried or glacé fruits, molasses, coconut, dehydrated vegetables, commercial frozen apple slices, confectionary icing or cake decorations Brown sugar, molasses, glucose solids and syrup, dextrose (used in sweets) Jams or spreads containing ingredients not allowed Candies
<b>Beverages</b>	All beverages containing allowed ingredients	Beverages containing sulphites
<b>Other Foods</b>	All cereals and pasta dishes made with allowed ingredients All fresh, frozen or dried herbs and spices  Baking powder, baking soda, cream of tartar  Pure or distilled white vinegar Baking chocolate Pure cocoa	All packaged, canned, frozen and dried commercial pasta dishes All herb or spice mixes and seasoning packets with restricted ingredients (e.g. dehydrated vegetables ) Gelatin and pectin Sauces, seasonings and snack mixes containing restricted ingredients (e.g. dried vegetables) All other vinegars Chocolate candies, sprinkles and syrups Prepared pickles and relishes Ketchup

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Tartrazine and/or Azo Food Dye Restricted**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide foods to meet the energy and nutrient needs of patients who have an Azo food dye and/or tartrazine sensitivity while removing all sources of food Azo dyes/tartrazine used as food colouring from the diet.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY** to ensure that list of food ingredients do not include “food colour”, “food colour preparation”, “natural”, “synthetic”, “artificial” or “inorganic” food color, or indicate that “colour may be added”.
- Food dyes/tartrazine are used as food colouring agents to improve the appearance of foods.
- Food colours may be identified by their common names listed below. Please note this is not comprehensive list. Any uncertain food ingredient should be eliminated from the diet.

#### List of Some Names of Food Colours/Dyes Added to Foods

Allura Red  
Amaranth  
Brilliant Blue FCF  
Citrus Red #2  
Erythrosine  
Fast Green FCF  
Indigotine  
Ponceau SX  
Sunset Yellow FCF  
Tartrazine

Food Type	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Plain milk, buttermilk, cream Plain yogurt, sour cream	Chocolate flavoured milk Milkshakes, flavoured yogurt
<b>Breads and Cereals</b>	<p><b>Cereals:</b> Cereals without colour added including:</p> <ul style="list-style-type: none"> <li>• Oats &amp; oatmeal</li> <li>• Plain Cream of Wheat®</li> <li>• Puffed wheat</li> <li>• Puffed rice</li> <li>• Red River® Cereal</li> <li>• Shredded wheat</li> <li>• Shreddies®</li> </ul> <p><b>Breads &amp; Pastries:</b> Bread, buns, biscuits, made with pure flour and allowed ingredients</p> <p><b>Others:</b> Pasta made with pure flour and allowed ingredients Rice, all plain grains and their flakes General Foods Minute Rice® Crackers without colour added (e.g. Grissol Melba Toast®, RyVita Rye Krisp®, Wasa Light or Golden Crackers®) All crackers and cereals made without food colouring</p>	Commercial breakfast cereals with added colour Flavoured instant oatmeal Flavoured instant Cream of Wheat®  Commerically prepared products made with food colouring Most commercial baked goods Baking mixes <b>READ LABELS CAREFULLY</b> on all packaged pasta  Coloured pasta  Crackers with colour or flavour added
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat, Poultry and Fish:</b> All pure fresh, frozen or canned meats, poultry or fish Processed meats made without added colour</p> <p><b>Cheese:</b> All plain uncoloured cream cheese, cheddar, mozzarella, cottage cheese, Quark®, parmesan</p>	Commercially prepared meats, poultry and fish with added colour (e.g. fish pastes, fish roe, imitation crab, smoked fish) Processed meats with added colour Commercially prepared cheese foods, cheese slices, dips, spreads

Food Type	Foods Allowed	Foods Not Allowed
	<b>Eggs:</b> Eggs containing allowed ingredients <b>Alternates:</b> Plain legumes, nuts and seeds 100% natural peanut butter	Eggs prepared with ingredients with added colour Nuts or seeds with added colour All other peanut butter
<b>Fruits and Vegetables</b>	<b>Juices:</b> Pure frozen and canned fruit juices  <b>Fresh, Frozen and Canned Fruits:</b> Pure fresh, frozen or canned fruits  <b>Raw and Cooked Vegetables:</b> Pure fresh and frozen vegetables and their juices	Prepared fruit drinks Vegetable cocktails (V8®)  Fruit cocktail with maraschino cherries or additives Maraschino cherries Fruit peels, citrus peel, glacé fruits Vegetables in sauces and/or seasoning packages Prepared salads with commercial dressing
<b>Soups</b>	Soups made with ingredients allowed	All other soups made with ingredients containing food colour
<b>Fats and Oils</b>	Pure butter with no colour added Shortening Pure vegetable oils Salad dressings not made with 'flavour packages" or ingredients not allowed Lard and meat drippings Gravies made with no colour added	Butter with colour added, margarine Commercially prepared salad dressings with added colour Commercial sauces and gravies
<b>Desserts and Sweets</b>	Additive-free ice cream  Fruit dishes made without added colours  Baked products and desserts made without additives or ingredients not allowed (e.g. cookies, pies etc.) Sugar, honey, molasses Maple syrup, corn syrup Icing sugar	Frozen ice cream, sherbet, yogurt, dairy bars, ice milk, dairy treats with colour added Fruit flavoured gelatin (e.g. Jell-O®) Fruit dishes and preserves with colour Baked products/desserts made with ingredients not allowed (e.g. fruit peels, commercial icing, dessert fillings etc.) Flavoured syrups

Food Type	Foods Allowed	Foods Not Allowed
	Pure jams, jellies, marmalades and conserves made without added colour Plain artificial sweeteners	Spreads with restricted ingredients Commercial candies, chocolate candies
<b>Beverages</b>	Plain coffee and tea	Fruit-flavoured drink powders and concentrates All drinks with "flavour", "spices" or "colour" Diet drinks and shakes
<b>Other</b>	Cereals and pasta dishes made without food colours Baking powder, baking soda, cream of tartar Pure white cider or wine vinegar Baking chocolate Pure cocoa Plain gelatin  Pure soy sauce without added colour All pure fresh, frozen or dried herbs and spices Seasoning salts including turmeric, paprika and saffron	Pasta or rice dinners with colour or flavour packets (e.g. macaroni & cheese dinners) Pasta sauces unless additive-free All vinegars with 'flavourings' Prepared icings, frostings, cake decorations (e.g. cake sprinkles, whipped toppings) and other confectionary Commercial dessert fillings Commercial pickles, relishes and olives Some soy sauces Commercial ketchups Coloured chewing gum Commercial snacks that include ingredients with added colour Flavour packets Flavouring extracts

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Wheat Allergy (Revised: November 1, 2013)**

Menu Selection:

Regular/General and texture modified

Purpose:

- To exclude all foods known to contain wheat products.

Considerations:

- **READ ALL FOOD LABELS CAREFULLY.**
- A Wheat-Free diet is NOT the same as a Gluten-Free diet. A Gluten Free diet restricts many more foods than the Wheat-Free diet. Refer to the Diet Writing Guidelines Gluten-Free Diet for Celiac Disease, for restrictions on this diet.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except cheese)</b>	Milk, cream, buttermilk, yoghurt	Any milk products containing wheat (usually as a thickener), e.g. instant cocoa, hot chocolate mixes, malted milk
<b>Breads and Cereals</b>	Grains, cereals, flours and starches made with or derived from: amaranth, arrowroot, barley, buckwheat, chickpea, corn, lentil or pea flour (besan), kasha, millet, nut meal and flour (all types), oats, potato, quinoa, rice (all types), rye, sago, seed meal and flour, soy flour, tapioca	Grains, cereals, flours and starches made with or derived from: atta, bulgur, cereal extract, couscous, cracked wheat, durum, einkorn, emmer, farina, farro, "gluten enriched", graham, kamut, malt*, matzoh, seitan, semolina, spelt, triticale, triticum aestivum, triticum vulgare, wheat, Wheatena®, wheat bran, wheat germ, wheat berries

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Cereals:</b>                      Any cereal made from any grain on allowed list eg: oats, barley, rye, millet and corn, e.g. corn flakes, Cream of Rice™, Kenmei Rice Bran™, oatmeal, puffed amaranth, puffed millet, puffed rice, Rice Krispies™</p> <p><b>Breads and Pastries:</b>                      Items made from allowed flours and starches e.g. bread, muffins, cookies, pancakes, waffles and cakes made with allowed grain; cornmeal bread made without wheat flour, rice bread, rice and soy bread, rye bread (check – sometimes is a blend of rye and other flours)</p> <p><b>Pasta:</b>                      Pasta made from any grains on allowed list without added flour, e.g. bean vermicelli, brown rice pasta, buckwheat pasta, corn pasta, mung bean pasta, potato pasta, rice noodles and pasta, quinoa pasta, soy pasta</p> <p><b>Crackers and snacks</b>                      Crackers or snacks made from allowed grains e.g. corn chips/nachos/taco chips, potato chips, rice cakes, plain with seeds or with other allowed grains, rice crackers</p>	<p>Any cereal containing wheat, e.g. Cream of Wheat™, Miniwheats™, puffed wheat, Red River™, Shredded Wheat™, Weetabix™, Wheatena™, Wheatus™, granola and granola bars</p> <p>Any item made from restricted flours and starches: any regular white, 60% or whole wheat bread, buns, croissants, bagels; sourdough bread, bread crumbs, pancakes, waffles, etc. made with wheat or white flour; bran (unless from allowed grains), cracker meal</p> <p>Pasta made with wheat flour, including: carrot, egg noodles, spinach, vermicelli</p> <p>Crackers or snacks containing wheat, e.g. cheese crackers, graham crackers, matzoh, soda crackers</p>
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat, Poultry and Fish:</b> Plain, fresh, frozen or canned meat, poultry or fish	Meat dishes that may contain wheat e.g. battered, breaded, croquettes, meat loaves, meat

Type of Food	Foods Allowed	Foods Not Allowed
	<p>Meat, poultry or fish dishes prepared without wheat, wheat batters, or bread crumbs</p> <p><b>Cheese:</b> Cheese of all types</p> <p><b>Eggs:</b> Eggs and egg dishes prepared without wheat</p> <p><b>Alternates:</b> Legumes prepared without wheat Plain tofu Peanut butter Plain seeds and nuts</p>	<p>balls, patties, sausages, spreads, stuffing, wieners</p> <p>Cheese sauces, spreads</p> <p>Egg dishes containing wheat</p> <p>Legume dishes containing wheat, usually as a thickener Snack nuts and seeds with HVP, HPP, or MSG</p>
<b>Fruits and Vegetables</b>	<p>Fruits and fruit juices Vegetables and vegetable juices</p>	<p>Sprouted wheat</p> <p>Vegetables prepared with a dressing or garnish containing wheat</p>
<b>Fats and Oils</b>	<p>Pure vegetable, nut, and seed oils Butter, margarine, shortening Fish oils Homemade gravy, thickened with non-wheat starch (e.g.: corn, tapioca, arrowroot) Meat drippings Peanut and other pure nut and seed butters</p>	<p>Gravy thickened with wheat flour or starch*</p> <p>Salad dressings containing wheat (starch) as a thickener Sauces containing wheat (usually as a thickener) Wheat germ oil</p>
<b>Desserts and Sweets</b>	<p>Ice cream, sherbet Pudding Honey, molasses, sugar Jams, jellies</p>	<p>Cakes, muffins, cookies made with wheat or white flour Commercial pie fillings Fruit dishes containing wheat Fruit pies with a crust made from wheat flour or graham cracker All sweets containing wheat e.g. icing sugar*, marshmallows*</p>

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Beverages</b>	Regular tea, herbal tea, coffee Carbonated beverages, except root beer	Most cereal-based coffee substitutes e.g. Postum™ and Ovaltine™ Root beer
<b>Other</b>	Plain spices and herbs Tamari sauce	Bouillon cubes Seasoning mixes containing wheat, HVP*, HPP*, or MSG e.g. packaged soup, seasoning mixes, soya sauce

\*unless the product is specifically labelled "wheat free"

## Therapeutic Diet Types

### Diet for Food Allergies / Sensitivities / Intolerances

Diet Order:

**Yeast and/or Mold Restricted**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude as much as possible foods known to contain yeast and/or molds. Since allergies to molds are often related to fungi, this diet also eliminates fungi.

Considerations:

- Do not give leftover food. Only freshly prepared food and beverages are allowed.
- Do not give dried fruits.
- Any food enriched with B vitamins should not be used because B vitamin supplements are often derived from yeast.

Food Type	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products</b>	Milk, buttermilk, cream Sour cream, yogurt	Sour milk
<b>Breads and Cereals</b>	<b>Cereals:</b> Oats and oatmeal Cereals not enriched with vitamins and without malt Puffed rice or wheat <b>Breads &amp; Pastries:</b> Any flour or grain (e.g. rice) not enriched with vitamins Any bread, buns or pita <b>not containing</b> yeast, sourdough starter, malt, or enriched flour <b>Others:</b> Plain unenriched pasta Matzoh bread and crackers Crisp rye crackers without yeast Rice cakes, plain rice crackers without Yeast	All others  Flour or grains enriched with vitamins, or any products made with flour or grains enriched with vitamins  Crackers made with enriched flour or malt

Food Type	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat, poultry and fish:</b>                      All fresh, frozen or canned meats, poultry or fish prepared without bread crumbs or ingredients not allowed</p> <p><b>Cheese:</b>                      Cottage cheese                      Ricotta cheese</p> <p><b>Eggs:</b>                      Eggs made with allowed ingredients</p> <p><b>Alternates:</b>                      Plain legumes                      Plain nuts and seeds</p>	Breaded or battered meats, poultry and fish Hamburger patties containing ingredients not allowed (e.g. bread crumbs) Luncheon meats, sausages  All others  Eggs prepared with ingredients not allowed Fermented legumes (e.g. fermented soy curd) Any nut products containing ingredients not allowed
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>                      All fresh, frozen or canned fruit and vegetable juices except those not allowed</p> <p><b>Fresh, Frozen and Canned Fruits:</b>                      All fresh, frozen or canned fruits except those not allowed</p> <p><b>Dried Fruits:</b>                      None</p> <p><b>Raw and Cooked Vegetables:</b>                      All fresh, frozen or canned vegetables except those not allowed</p>	Grape juice  Grapes  All including raisins  Mushrooms, sauerkraut, pickled vegetables Salads with vinegar based dressings
<b>Soups</b>	Soups made without commercial soup bases, using allowed ingredients	All other soups including soups made with soup bases and bouillon cubes
<b>Fats and Oils</b>	Butter, margarine, shortening Pure vegetable oils Salad dressings made with oil and lemon	Salad dressings made with vinegar or fermented products such as soy sauce

Food Type	Foods Allowed	Foods Not Allowed
	Lard and meat drippings  Gravies made without gravy base using allowed ingredients	Gravies made with meat sauces (e.g. Worcestershire sauce) Gravies made from gravy mix
<b>Desserts and Sweets</b>	Ice cream, sherbet, gelatin desserts, puddings made with allowed ingredients (e.g. no enriched flour) Sugar, jams, jellies, honey, and syrup packets	Baked goods made with enriched flour or other ingredients not allowed (e.g. bread pudding) Opened jams, jellies or syrups that has not been refrigerated Candies and candied fruits
<b>Beverages</b>	Freshly-brewed coffee	Tea, leftover coffee Malted milk drinks and any beverage containing malt
<b>Other</b>		Au gratin dishes, and all dishes prepared with ingredients not allowed, (e.g. bread coating, bread crumbs, bread stuffing) Quiches, omelettes with cheese Meat, poultry and fish dishes with sauces containing ingredients not allowed (e.g. marinated with ingredients listed below) Marmite®, Vegemite® and other foods containing yeast extract All types of vinegar and foods containing vinegar (e.g. pickles, ketchup, relishes) Meat sauces such as HP, Worcestershire, and barbecue sauces Soy sauce and other fermented oriental sauces such as black bean sauce Yeast

## Therapeutic Diet Types

### Gastric Modified Diet

Diet order:

**Anti-reflux Diet, Gastro-esophageal Reflux Diet**

Menu Selection:

Healthy Heart

Purpose:

- To minimize the reflux of gastric fluid into the esophagus.
- To omit foods which irritate the esophagus.

Considerations:

- Give lean meats and alternates (less than 3 grams of fat per 30 grams [1 ounce] portion).
- Mixed dishes must have less than or equal to 15 grams of fat per serving.
  - Limit added fats (e.g. butter, margarine) to 5 mL per meal.
  - Use low fat gravy.
- Limit spices.
- Avoid acidic foods especially citrus and tomato.
- Avoid foods made with chocolate and mint.
- Avoid fried foods.
- Give decaffeinated coffee at breakfast and weak tea (hot water & teabag) at lunch and dinner.
- Salt package allowed at each meal.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Skim or 1% M.F. milk (fluid or powdered) Calorie-reduced (1% M.F. or less) yogurt Reduced fat sour cream	Whole or 2% milk, 4% M.F. buttermilk, chocolate milk, milkshakes Regular or 2% yogurt Cream, sour cream
<b>Breads and Cereals</b>	<b>Cereals:</b> All except those not allowed <b>Breads &amp; Pastries:</b> Plain breads, rolls, bagels, pita bread English muffins, pita bread, tortilla, roti, chapati Pancakes, waffles, French toast	Granola and other high fat cereals  Muffins with more than 5g fat Other baked goods with more than 5g fat per serving (e.g. croissants, Danish pastries, sweet rolls, doughnuts)

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and poultry:</b>            Lean, trimmed meats with less than 3 g fat per 30 g serving.            Chicken or turkey without skin</p> <p><b>Fish:</b>            Fresh, frozen or water packed fish or shellfish</p> <p><b>Cheese:</b>            Cottage cheese            Reduced fat cheese (20% M.F. or less)</p> <p><b>Eggs:</b>            Hard cooked or scrambled eggs</p> <p><b>Alternates:</b>            Tofu            Legumes and lentils</p>	Breaded or fried meats, poultry Bacon, sausages, wieners Luncheon meats  Breaded or fried fish  Regular fat cheese, cream cheese  Fried eggs  Nuts, seeds Peanut butter
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>            All non-citrus fruit juices except pineapple            All vegetable juices except tomato</p> <p><b>Fresh &amp; Canned Fruit:</b>            All non-citrus fruit except avocados</p> <p><b>Dried Fruit:</b>            All</p> <p><b>Raw &amp; Cooked Vegetables:</b>            All plain fresh, frozen, and canned vegetables prepared without added fat, except those not allowed            Mashed potatoes            Scalloped potatoes (must count 5 mL toward fat allowance)</p>	Citrus juices Pineapple juice Tomato juice  Citrus fruits, pineapple Avocados  Tomatoes and tomato products Fried or creamed vegetables Gassy vegetables (e.g. broccoli, Brussels sprouts, cabbage, cauliflower, onion, sauerkraut)
<b>Soups</b>	Broth based soups made with allowed ingredients	Soups containing ingredients not allowed (e.g. cream soups, tomato based soups)
<b>Fats and Oils</b>	Butter, margarine, oil used in cooking limited to 5 mL per meal Low fat gravies Non-fat or low-fat dressings and Mayonnaise	Gravies, meat drippings Regular mayonnaise

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Desserts and Sweets</b>	Fresh, frozen or canned fruit Low fat desserts, frozen desserts, baked goods Puddings and mousses made with skim 1% or 2% milk Angel food cake, sponge cake	Desserts containing coconut, chocolate, peppermint or spearmint High fat desserts with more than 5 g fat per serving (e.g. mousses made with whipping cream, puddings made with whole milk, ice cream, pies, most cookies, most cakes, granola bars)
<b>Beverages</b>	Decaffeinated coffee Coffee substitute Weak tea (hot water & tea bag) Herbal tea except mint	Caffeine containing beverages Chocolate drinks  Mint tea
<b>Other</b>	Salt, black pepper Garlic Spices and herbs except those listed as not allowed	Chili sauces, chili powder, jalapeno peppers Peppermint, spearmint Tomato based sauces such as spaghetti sauce

## **Therapeutic Diet Types**

### **Healthy Heart Diets**

Diet order:

**Healthy Heart (Revised: May 30, 2022)**

Menu Selection:

Healthy Heart

Purpose:

- To improve lipoprotein and lipid levels in individuals with dyslipidemia.
- To reduce any nutrition-related risk factors of coronary heart disease.
- To help prevent and/or modify the progression of coronary heart disease.

Description of the Diet:

- Restricts total fat, saturated fat, and cholesterol:
  - Total of saturated and trans fat is limited to less than 7% of total energy intake.
  - Cholesterol is limited to 200 mg per day as averaged over a week.
- Restricts sodium to 2300 mg per day.
- Fibre content is 25 – 30 g per day

Considerations:

- Fruits and vegetables are encouraged:
  - 1 serving of fruit must be provided 3 times per day (at either meals or snacks) in place of juice or other dessert item.
  - In addition to potatoes (if they are served), 1 serving of vegetables must be provided at lunch (or the lighter meal), and 2 servings of vegetables must be provided at dinner (or the heavier meal). Provide a different variety of vegetables where possible.
- Limit whole eggs to 2 large or 3 medium eggs per week.
- Limit main lunch/dinner entrée (excluding side dishes) to 15 grams total fat, 4 grams saturated fat, 600 mg sodium, and 100 mg cholesterol per serving.
- Foods not allowed can be used as minor ingredients as long as nutrition parameters are met.
- Provide 150 – 180 grams (5 - 6 ounces) of lean meat, fish, poultry and alternates per day. Lean meats contain less than or equal to 3 grams of fat per 30 gram (1 ounce) portion.
- Limit added fats (e.g. oils in cooking, margarine, salad dressing) to 6 teaspoons (30 mL) per day.
  - Low fat, low salt gravy does not count as a fat choice.
  - Fat used in preparation, or as an ingredient in entrées, mixed dishes and baked goods, must be calculated into the daily meal pattern.
- Do not give salt package.
- Allow only one serving of soup per day (must contain less than 350 mg sodium per 180 ml serving). Cream soups made with skim milk powder are allowed.

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- Allow a maximum of 3 servings per week of non-fruit desserts. Non-fruit desserts or baked goods must contain no more than 5 g fat and less than 300 mg sodium per serving.
- Where snacks are not provided, meals should provide no more than the amounts of sodium listed below. Note that the amounts may be reversed between lunch and dinner:

- Breakfast: 700 mg
- Lunch (light meal): 700-900 mg
- Dinner (heavy meal): 700-900 mg

**Total not to exceed 2300 mg**

- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the sodium and fat may exceed what is allowed per day.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Skim or 1% M.F. milk (fluid or powdered) Calorie-reduced (1% M.F. or less) yogurt Evaporated skim milk 2% milker	Whole milk, 2% milk, 4% M.F. buttermilk, chocolate milk Yogurt made from 2% or whole milk Evaporated or condensed milk Half and half, whipping cream, sour cream, non-dairy creamer
<b>Breads and Cereals</b>	<b>Cereals:</b> All cereals except those as not allowed  <b>Breads &amp; Pastries:</b> Bread, rolls, bagels, pita bread, English muffins, pita bread, tortilla, roti, chapati  <b>Others:</b> Pasta noodles made without egg Rice Low-fat unsalted crackers Rice cakes Melba toast	Granola and other high fat cereals  Muffins with more than 5g fat Other baked goods with more than 5 g fat per serving (e.g. croissants, sweet rolls, Danish pastries, doughnuts)  Pancakes, waffles with more than 5g fat  Salted, high fat crackers e.g. cheese crackers, snack crackers

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>          Lean, trimmed meats with less than 3 g fat per 30 g portion          Chicken or turkey without skin</p> <p><b>Fish:</b>          All fresh, frozen or canned in water          Shellfish</p> <p><b>Cheese:</b>          Cottage cheese, 2% M.F. or less          Cheese, 7% M.F. or less          Cheese, 20 % M.F. or less, no more than twice a week</p> <p><b>Eggs:</b>          Whole eggs up to 2 large or 3 medium per week          Egg whites, egg substitutes, cholesterol free egg substitutes</p> <p><b>Alternates:</b>          Legumes (e.g. split peas, garbanzo or kidney beans, soybeans, lentils)          Tofu          Peanut Butter</p>	<p>High fat meats, organ meats, poultry skin          High fat cold cuts (e.g. bologna, salami)          Bacon, sausages, wieners          Ham, cured meats          Commercially breaded and fried meat, poultry</p> <p>Fish canned in oil          Commercially breaded and fried fish</p> <p>Regular cheese (cheddar, feta, parmesan, processed cheese slices, cream cheese)          Cheese, 20% M.F. more than twice a week</p> <p>Eggs in excess of 2 large or 3 medium whole eggs per week          Fried eggs</p>
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>          Unsweetened fruit juices          Sodium reduced vegetable juices</p> <p><b>Fruits &amp; Vegetables:</b>          Unsweetened, fresh, frozen or canned fruits and vegetables</p>	<p>Avocados, coconut and olives          Vegetables prepared in butter, cream or sauces          Commercially dried potatoes</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Soups</b>	Reduced sodium, reduced fat bouillon, consommé, broths and soups made with allowed ingredients	Soups made with cream, whole milk, or 2% milk Soups with more than 350 mg sodium per serving
<b>Fats and Oils</b>	Non-hydrogenated margarine  Vegetable oils Calorie-reduced, oil-free or mayonnaise-type dressings Reduced sodium, reduced fat gravies	Hydrogenated margarine Butter, lard, suet, shortening Coconut, palm, or palm kernel oil Salad dressings made with cheese or sour cream Regular gravies and gravy mixes
<b>Desserts and Sweets</b>	Fresh, frozen or canned fruits  Low fat desserts, frozen desserts, baked goods and candies in limited quantities  Puddings and mousses made with 1%, 2% or skim milk	High fat desserts with more than 5 g fat per serving (e.g. mousses made with whipping cream, puddings made with whole milk, ice cream, pies, most cookies, most cakes, granola bars)
<b>Beverages</b>	Coffee, tea, herbal tea, decaffeinated coffee  Grain based coffee alternative (e.g. Postum™) Pure cocoa	Beverages containing egg yolk, whole milk solids, coconut or palm oil (e.g. flavoured eggnog, regular hot chocolate, flavoured instant coffee)
<b>Sandwiches</b>	Sandwiches with allowed ingredients	Hot dog
<b>Other</b>	Condiments including ketchup, horseradish, relish, mustard, salsa, vinegar, herbs, Mrs Dash, spices  Sugar packet	Pasta made with high fat fillings e.g. tortellini  Rice or pasta prepared with cream, butter or cheese sauces Quiches, frittatas, tourtiere Entrées with pastry Soy sauce Pickles Salt package

### Full Fluids

- Give standard Full Fluids meal pattern with the following exceptions:
  - Give skim milk.
  - Give sherbet or low fat flavoured yogurt for dessert. Do not give custard, ice cream or puddings with greater than 5 g fat.
  - Do not give salt package or Mrs. Dash.
- Note: Strained cream soups are allowed.

### Clear Fluids

- Give standard Clear Fluids meal pattern with the following exception:
  - Do not give salt package or Mrs. Dash.

## **Therapeutic Diet Types**

### **Healthy Heart Diets**

Diet Order:

#### **Diet after Angioplasty**

Menu Selection:

Not applicable

Purpose:

- To provide appropriate finger foods for cardiac patients immediately post angioplasty.

Considerations:

- This diet is only used for the first meal after angioplasty.
- This diet restricts fat, sodium and caffeine.
- Finger foods are required as patients are lying down for their first meal after the angioplasty.
- Provide only the following foods, for one meal only:
  - 3x 120 mL Apple juice
  - 120 mL 1% or skim milk
  - 1 Sandwich (no ham, no cheese)
  - Fresh or drained canned fruit

## **Therapeutic Diet Types**

### **Mineral Modified Diets**

Diet Order:

**High Calcium (Revised: November 1, 2013)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a high calcium diet for individuals with or at risk for osteoporosis.

Descriptions of the Diet:

- Provides at least 1500 mg of calcium daily.

Considerations:

- Give 240 mL of milk with each meal.
  - Give 240 mL of calcium fortified soy beverage with each meal if patient or resident is intolerant to milk.
- Give a high calcium food (150 mg of calcium or more per serving) at each meal
  - examples: pudding, yogurt, custard, cheese portion.

## **Therapeutic Diet Types**

### **Mineral Modified Diets**

Diet Order:

**Calcium Restricted**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a maximum of 800 mg (20 mmol) calcium per day for individuals with calcium urolithiasis.

Considerations:

- Limit milk products to a total of two, 120 mL (1/2 cup) servings per day. Give 1 serving of milk at breakfast and 1 serving of cream soup or milk based dessert at lunch or dinner.
  - Examples of milk products are: milk, yogurt, cottage cheese, ice cream, sherbet, custard, pudding, cream, cream soups, calcium fortified soy beverage.
  - May substitute 1 cheese package (20g) for 120 mL serving milk product.
- Give one juice at breakfast, lunch and dinner.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as calcium content may exceed 800 mg per day.

Full Fluids:

- Give standard Full Fluids meal pattern with the following exceptions:
  - Give only 120 mL of milk per day. Give at Breakfast.
  - Give extra juice at lunch and dinner.

Clear Fluids:

- Give standard Clear Fluids meal pattern.

## Therapeutic Diet Types

### Mineral Modified Diets

Diet Order:

**Low Copper, Diet for Wilson's Disease**

Menu Selection:

Regular/General or texture modified

Purpose:

- To maintain optimal balance of copper in a patient with Wilson's Disease.

Description of Diet:

- Limit copper intake to 1-2 mg of copper per day.

Considerations:

- Limit organ meats, pork, shellfish, dried fruits, chocolate and whole grains.
- Do not give pork, lamb, dark poultry meat, soy.
- Limit the following vegetables to  $\frac{1}{2}$  cup (120 mL) total per day: beets, spinach, potato, tomato (including tomato sauce, tomato juice, and tomato based soups), broccoli and asparagus.
  - Ingredients for commercial vegetable mixes and mixed dishes must be checked to ensure that only allowed foods are provided.
  - Each  $\frac{1}{2}$  cup serving of commercial vegetable mixes containing broccoli counts as a  $\frac{1}{4}$  cup (60 mL) of broccoli.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the copper content may be too high.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk products except those not allowed Yogurt, plain, flavoured or with pieces of fruit Carob flavoured milk	Chocolate milk, instant breakfast Yogurt containing nuts and seeds Soy milk
<b>Breads and Cereals</b>	<b>Cereals:</b> Refined cooked cereals including Cream of Wheat®, oatmeal Refined cold cereals such as puffed rice, puffed wheat, cornflakes, Rice Krispies®, Special K®, Cheerios®	Whole grains Bran Bran cereals

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Breads &amp; Pastries:</b>                      Breads made from refined/white flour</p> <p><b>Others:</b>                      Pastas made from refined flour                      White rice                      Congee made with white rice</p>	Whole wheat, rye, pumpernickel bread
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>                      Beef, white poultry meat                      Wieners and cold cuts that do not contain pork</p> <p><b>Fish:</b>                      All except those not allowed</p> <p><b>Cheese:</b>                      Cottage cheese, cheese</p> <p><b>Eggs:</b>                      All types</p> <p><b>Alternates:</b>                      None allowed</p>	Ground meat containing pork and/or soy Pork, lamb, organ meats, dark poultry meat  Salmon, shellfish  Soy protein meat substitute (e.g. Beef Soy Chubb) Tofu Legumes and lentils Nuts and seeds, peanut butter
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>                      All except those containing foods not allowed                      Lemonade</p> <p><b>Fresh &amp; Canned Fruit:</b>                      All except those not allowed</p> <p><b>Dried Fruit:</b>                      None</p> <p><b>Raw &amp; Cooked Vegetables:</b>  <u>Limit the following to 120 mL (½ cup) per day</u>                      Beets, spinach, tomato products, broccoli, asparagus, potatoes</p> <p><b>Unlimited</b>                      All other vegetables except those not allowed</p>	Vegetable juice cocktail  Nectarines Avocados  All  Mushrooms Sweet potatoes, yams

Type of Food	Foods Allowed	Foods Not Allowed
<b>Soups</b>	All except those not allowed	Soups made from foods not allowed (e.g. pork, lamb, dark poultry meat, soy, shellfish, legumes)
<b>Fats and Oils</b>	All except those containing foods not allowed	Salad dressings containing nuts or seeds
<b>Desserts and Sweets</b>	Custard, ice cream, puddings, fruit based desserts made with allowed ingredients	Desserts containing chocolate, cocoa, nuts, seeds, raisins or other dried fruits
<b>Beverages</b>	Tea, coffee Coffee substitute	Soy based beverages Chocolate drinks
<b>Other</b>	Ketchup - limit to 1 package per day	Brewers yeast

#### Low Copper Diet Meal Pattern

Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)
Milk	Milk	Milk
Juice	Soup	Juice
Egg (or cheese or yogurt)	Beef, cheese, tuna, egg or white poultry meat sandwich on white bread	Beef, white meat poultry, or fish entrée
	Salad/allowed vegetable	Allowed vegetable
Cereal		Rice, potato or pasta
White toast		
Jam/jelly	Fruit	Dessert
Margarine		Margarine
Milker	Milker	Milker
Sugar	Sugar	Sugar
Brown sugar		
Coffee	Tea	Tea
Pepper	Pepper	Pepper

#### Full Fluids

- Give standard Full Fluids meal pattern with the following exception:
  - Do not give chocolate flavoured desserts or beverages.
  - Do not give soy beverages.

#### Clear Fluids

- Give standard Clear Fluids meal pattern.

## Therapeutic Diet Types

### Mineral Modified Diets

Diet Order:

**Low Iodine, Iodine Depletion, Iodine Restriction (Revised June 13, 2023)**

Menu Selection:

No Added Salt

Purpose:

- To provide a diet that is low in iodine.

Description of the Diet:

- Diet provides less than 50 micrograms of iodine per day.

Considerations:

- Limit iodized salt, foods prepared with iodized salt, dairy products, seafood, soy products:
  - Salt used in cooking is iodized (unless specified as non-iodized), and therefore must be minimized.
  - Limit dairy to  $\frac{1}{2}$  cup (120 mL) milk or 30 grams (1 ounce) cheese per day.
  - Allow milker with lunch and supper.
  - Avoid all chocolate or chocolate flavoured foods.
  - Avoid all soy products (including soy beverage, tofu, soy sauce).
  - Avoid all fish and seafood and cured meats such as ham and sausage.
- Limit whole eggs to 3 times per week.
- Avoid all soups and broths.
- Avoid all red, orange, or brown coloured processed foods.
- If a patient is having difficulty following the diet, the most important restrictions are on fish and seafood, and limiting dairy.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the iodine content may be too high.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	<p><b><u>Limit to 1 serving per day</u></b></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL milk, yogurt, cottage cheese</li> <li>• 30g cheese</li> </ul>	<p>Chocolate milk</p> <p>Any dairy in excess of <math>\frac{1}{2}</math> cup (120 mL)</p> <p>Soy milk</p> <p>Instant breakfast</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Breads and Cereals</b>	<p><b>Cereals:</b>                      Hot cereals except instant hot cereals                      Rice Krispies®, Shredded Wheat®</p> <p><b>Breads &amp; Pastries:</b>                      1 slice whole wheat bread per day</p> <p><b>Others:</b>                      Pasta, plain rice</p>	Instant hot cereals All other cold cereals  All other bread All other baked goods (e.g. muffins, cookies) Crackers
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>                      180 g (6 ounces) plain, salt-free fresh or frozen meats and poultry</p> <p><b>Fish:</b>                      None</p> <p><b>Cheese:</b>                      See Milk and Milk Products</p> <p><b>Eggs:</b>                      Limit to 3 egg yolks per week, egg whites unlimited</p> <p><b>Alternates:</b>                      Unsalted peanut butter                      Unsalted nuts                      Legumes and lentils, except those not allowed</p>	Cured meats such as ham or sausages Bacon  All fish and seafood  Regular peanut butter All soy products Red kidney beans, navy beans, pinto beans, cowpeas
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>                      Apple, orange, pineapple juices</p> <p><b>Fresh Fruit:</b>                      All except rhubarb</p> <p><b>Canned Fruit:</b>                      None</p> <p><b>Dried Fruit:</b>                      None</p> <p><b>Raw Vegetables:</b>                      All</p> <p><b>Cooked Vegetables:</b>                      All except those not allowed</p> <p>All skinless potatoes</p>	All other juices Lemonade  Rhubarb  All including maraschino cherries, fruit cocktail  All canned vegetables Lima beans Sauerkraut, pickles Potatoes with skin

Type of Food	Foods Allowed	Foods Not Allowed
<b>Soups</b>	None	
<b>Fats and Oils</b>	Salt free butter, salt free margarine Oils, salad dressings made with allowed ingredients Low fat low salt gravies	Regular butter, margarine, lard Commercial salad dressings  Gravies, gravy mixes
<b>Desserts and Sweets</b>	Honey, sugar, maple syrup	Ice cream, puddings, custard, mousses, gelatin Baked goods Jams, jellies Molasses, caramel of any kind Chocolate of any kind Red candies
<b>Beverages</b>	Coffee, tea  Nutritional supplements  Lower mainland tap water	Instant tea or coffee Soy beverages, Chocolate drinks Tang®
<b>Other</b>	Foods containing small amounts of egg or dairy	Egg based dishes (e.g. quiches, frittatas, custard) unless counted in the 3-egg allowed per week Condiments such as ketchup, relish, mustard, mayonnaise, soy sauce Iodized salt, sea salt, any food containing iodized or sea salt, Mrs Dash Pretzels, chips, corn chips Seaweed, kelp Products containing agar-agar or carrageen or algin alginates as a thickener (e.g. in salad dressings) Red dye #3, all red, orange, brown coloured processed foods

**Meal Plan for Solids**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice	Juice	Juice
Egg 3x per week	Plain meat or poultry	Plain meat or poultry
Allowed cereal	Rice, pasta or skinless potato	Rice, pasta or skinless potato
Toast	Vegetable	Vegetable
	Fresh fruit	Fresh fruit
Salt free margarine	Salt free margarine	Salt free margarine
Milk	Milker	Milker
Coffee	Tea	Tea
Sugar	Sugar	Sugar
Brown sugar		
Pepper	Pepper	Pepper
Honey		

**Full Fluids:**

- Give standard Full Fluids meal pattern with the following exceptions:
  - Limit milk to  $\frac{1}{2}$  cup (120 mL) per day; allow rice milk at lunch and dinner.
  - Allow milker with lunch and dinner.
  - No chocolate items.
  - No soy products.
  - No soups.
  - No salt package.
- Follow pattern below:

**Meal Plan for Full Fluids**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice	Juice	Juice
Milk	Rice milk	Rice milk
Hot cereal	Resource 2.0® or Ensure Plus Calories® (strawberry or vanilla)	Resource 2.0® or Ensure Plus Calories® (strawberry or vanilla)
	Milker	Milker
Coffee	Tea	Tea
Sugar	Sugar	Sugar
Brown sugar		

**Clear Fluids:**

- Give 2 allowed juice, coffee/tea and 1 sugar package at each meal.

## **Therapeutic Diet Types**

### **Mineral Modified Diets**

Diet Order:

**High Iron, Iron Rich (Revised: November 1, 2013)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To promote adequate intake of iron in individuals with increased iron requirements.

Description of the Diet:

- Provides both an iron rich food and an iron absorption enhancing food at each meal.

Considerations:

#### **Solids**

- Give an iron rich food at each meal.

#### **Iron Rich Foods:**

- Beef, pork, chicken and tuna
- Beans, peas or lentils
- Tofu
- Cereal (hot and cold)
- Spinach

- Give an iron absorption enhancing food at each meal.

#### **Iron Enhancing foods:**

- Orange Juice
- Oranges, strawberries, cantaloupe
- Tomatoes, broccoli, peppers

- Do not send coffee, tea or herbal tea with meals.

#### **Fluids**

- Give standard Full Fluid and Clear Fluid meal pattern.

## **Therapeutic Diet Types**

### **Mineral Modified Diets**

Diet Order:

**Moderate Phosphorus (800 – 1200 mg) (Revised: April 15, 2009)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a diet that is moderately low in phosphorus for individuals with high phosphate levels.

Description of the Diet:

- Provides 800-1200 mg (25 – 40 mmol) phosphorus per day.

Considerations:

- Limit milk products (including cheese) to 2 servings/day;
  - Examples of 1 serving: 120 mL milk, yogurt, cottage cheese, cream soup, pudding, ice cream; 30g (1 oz) cheese.
  - Do not give chocolate milk, instant breakfast, Ovaltine®
- Limit cheese and peanut butter to one serving every other day;
  - 1 serving = 30 g cheese, 1 package (15 mL) peanut butter.
- Do not give legumes and lentils.
- Do not give bran cereals (Bran Flakes, Raisin Bran, All Bran, granola), except
  - Allow up to 30 ml raw bran per day.
- Do not give bran muffins, dark rye and pumpernickel bread.
- Do not give desserts and baked goods containing chocolate, nuts or bran such as peanut butter cookies, blueberry bran muffin, chocolate cake.
- Do not give enhanced meats.
- If a resident/patient is requesting large or double portions do not implement and contact the dietitian as the phosphorus content may exceed 1200 mg per day.

#### **Full Fluids**

- Give standard Full Fluids meal pattern except:
  - Give 120 mL milk per meal.

#### **Clear Fluids**

- Give standard Clear Fluids meal pattern.

## Average Potassium Content of Common Foods

Revised: January 30, 2020

### Meat, poultry, fish and eggs

Low Potassium Average potassium/serving = 100 mg (2.5 mmol)	High Potassium High potassium (Average potassium/serving = 800 mg (20 mmol))
Beef, pork, lamb, veal, poultry, fish, organ meats	Legumes (dried peas, beans, lentils)
Egg, whole	1 large
Egg white	1/4 cup (60 mL)
Peanut butter	1 Tbsp (15 mL)

### Breads, cereals, rice and pasta

Low Potassium Average potassium/serving = 35 mg (1 mmol)	Medium Potassium Average potassium/serving = 160 mg (4mmol)	High Potassium Average potassium/serving = 320 mg (8mmol)
Bread, white, light rye, Italian	Muffin 1 (bran)	Bran cereals 1/2 cup (125 mL)
Bagel, bun, English muffin	Whole wheat bread 2 slice	Granola 3/4 cup (180 mL)
Tortilla, corn 2 6-inch (15 cm)		Gingerbread 1 piece
Tortilla, flour 1 6-inch (15 cm)	Gingerbread 1 piece	
Cereals, cooked 1/2 cup (120 mL)	Granola 3/4 cup (180 mL)	
Cereals, ready-to-eat 3/4 cup (180 mL)	Whole wheat bread 2 slices	
Rice, white or brown, cooked 1/2 cup (120 mL)		
Pasta, cooked 1/2 cup (120 mL)		
Egg noodles 1/3 cup (80 mL)		
Crackers 4		
Cookies 2 (without nuts/chocolate)		
Muffins 1 (blueberry, plain, banana)		

**Milk products**

<b>Low Potassium</b> <b>Average potassium/serving = 50 mg (1 mmol)</b>		<b>Medium Potassium</b> <b>Average potassium/serving = 185 mg (5 mmol)</b>		<b>High Potassium</b> <b>Average potassium/serving = 560 mg (14 mmol)</b>	
American	1 oz (28 g)	Milk (nonfat, low-fat, whole)	$\frac{1}{2}$ cup (120 mL)	Malted milk	1 cup (240 mL)
Cheddar	2 oz (56 g)	Chocolate Milk	$\frac{1}{2}$ cup (120 mL)	Ovaltine® (made with milk)	1 cup (240 mL)
Colby	1½ oz (42 g)	Buttermilk	$\frac{1}{2}$ cup (120 mL)		
Swiss	1½ oz (42 g)	Half-and-half	$\frac{1}{2}$ cup (120 mL)		
Cottage, low-fat	$\frac{1}{4}$ cup (60 mL)	Yogurt, plain or fruit flavoured	$\frac{1}{2}$ cup (120 mL)		
		Ice cream	$\frac{1}{2}$ cup (120 mL)		
		Sour cream	4 tsbp (60 mL)		

**Non-dairy products**

<b>Average potassium/serving = 80 mg (2 mmol)</b>	
Non-dairy frozen dessert	$\frac{1}{2}$ cup (120 mL)
Non-dairy dessert topping	$\frac{1}{2}$ cup (120 mL)
Liquid non-dairy creamer	$\frac{1}{2}$ cup (120 mL)

**Average Potassium Content of Fruits**

<b>Low potassium (0–100 mg) (0–2.5 mmol)</b>	<b>Medium potassium (101–200 mg) (2.5 – 5.0 mmol)</b>	<b>High potassium (201–350 mg) (5–9 mmol)</b>
Applesauce ½ cup /120 mL	Apple 1 small, 2½ in/ 7 cm diam	Apricots, 2 halves canned/ fresh
Blueberries ½ cup/120 mL	Apple juice ½ cup/120 mL	Apricots, dried 5
Cranberries 1 cup/240 mL	Apricot nectar ½ cup /120 mL	Banana ½ medium
Cranberry juice 1 cup /240 mL cocktail	Blackberries ½ cup/120 mL	Cantaloupe 1/8 small
Grape juice ½ cup /120 mL	Cherries ½ cup/120 mL	Dates ¼ cup /60 mL
Lemon ½	Figs, canned ½ cup/120 mL	Figs, dried 2 whole
Peach nectar ½ cup/120 mL	Fruit cocktail ½ cup/120 mL	Honeydew 1/8 small melon
Pears, canned ½ cup/120 mL	Grapes 15 small	Kiwifruit 1 medium
Pear nectar ½ cup /120 mL	Grapefruit ½ small	
	Mandarin oranges (fresh/canned) ½ cup /120 mL	Nectarine 1 small, 2 in / 5 cm diam
	Mango ½ cup	Orange juice ½ cup/120 mL
	Peaches, canned ½ cup/120 mL	Orange 1 small, 2½ in/ 7 cm diam
	Peach, fresh 1 small, 2 in/ 5 cm diam	Papaya ½
	Pear, fresh ½ medium	Pear, fresh 1 medium
	Pineapple, canned or fresh ½ cup/120 mL	Prune juice ½ cup/120 mL
	Plums, canned 1 medium or fresh	Prunes, dried 5 or canned
	Raisins 2 tbsp/30 mL	
	Raspberries ½ cup/120 mL	
	Rhubarb ½ cup/120 mL	
	Strawberries ½ cup/120 mL	
	Watermelon 1 cup/240 mL	

**Average Potassium Content of Vegetables**

Low potassium (0–100 mg) (0–2.5 mmol)		Medium potassium (101–200 mg) (2.5 – 5.0 mmol)		High potassium (201–350 mg) (5–9 mmol)	
Alfalfa sprouts	½ cup/120 mL	Asparagus	5 spears	Artichoke	½ cup/120 mL
Bamboo shoots, canned	½ cup/120 mL	Broccoli	½ cup/120 mL	Avocado	¼ whole
Beans, green or wax	½ cup (120 mL)	Cabbage, cooked	½ cup (120 mL)	Bamboo shoots, fresh,	½ cup/120 mL
Bean sprouts	½ cup/120 mL	Carrots, raw	1 small	Beet greens	¼ cup/60 mL
Cabbage, raw	½ cup/120 mL	Carrots, cooked	½ cup/120 mL	Beets	½ cup/120 mL
Chinese cabbage, raw	½ cup/120 mL	Cauliflower	½ cup/120 mL	Brussels sprouts	½ cup/120 mL
Chard, raw	½ cup/120 mL	Celery, raw	1 stalk	Celery, cooked	½ cup/120 mL
Cucumber, peeled	½ cup/120 mL	Corn (½ ear)	½ cup/120 mL	Chard, cooked	½ cup/120 mL
Endive	½ cup/120 mL	Eggplant	½ cup/120 mL	Chinese cabbage, cooked	½ cup/120 mL
Escarole	½ cup/120 mL	Kale (raw/cooked)	½ cup/120 mL	Kohlrabi	½ cup/120 mL
Lettuce, all varieties	1 cup/240 mL	Mushrooms, canned or fresh	½ cup/120 mL	Mushrooms, fresh, cooked	½ cup/120 mL
Water chestnut, canned	½ cup/120 mL	Mustard greens	½ cup/120 mL	Okra	½ cup/120 mL
Watercress	½ cup/120 mL	Onions	½ cup/120 mL	Parsnips	½ cup/120 mL
		Pepper, green	½ cup/120 mL	Pepper Red, yellow	½ cup/120 mL
		Peas, green	½ cup/120 mL	Potato, cooked	½ cup/120 mL
		Radishes	½ cup/120 mL	Potato chips	1 oz/ 30g , 14 chips
		Snow peas	½ cup/120 mL	Pumpkin	½ cup/120 mL
		Spinach, raw	½ cup/120 mL	Rutabagas	½ cup/120 mL
		Squash, summer	½ cup/120 mL	Spinach, cooked	½ cup/120 mL
		Tomato	½ medium	Sweet potato	½ cup/120 mL
		Turnip greens	½ cup/120 mL	Tomato	1 medium
		Turnips	½ cup/120 mL	Tomato juice,	½ cup/120 mL
				Tomato paste	2 Tbsp/30 mL
				Tomato puree	2 Tbsp/30 mL
				Tomato sauce	¼ cup/60 mL
				Vegetable juice cocktail,	½ cup/120 mL
				Winter squash	¼ cup/60 mL

### Beverages

Average potassium/serving = 80 mg (2 mmol)	Potassium-free
Coffee, tea                    1 cup (240 mL)	Carbonated beverages
	Lemonade
	Fruit drinks made from powdered crystals

### Other

Low potassium	High potassium
Salt, pepper, vanilla (and other flavourings), white vinegar, herbs, spices, cornstarch  White sugar, hard candies, gumdrops, jelly beans, marshmallows, jam, jelly, honey, gelatine, corn syrup, ice pops, cake (not chocolate or carrot), pies, crisps (without chocolate or high-potassium fruits)	Salt substitutes, low-sodium baking powder, meat extracts, dark brown sugar, chocolate, licorice, nuts, molasses, seeds, maple syrup, barbecue sauce, chili sauce, soy sauce, steak sauce, packaged sauce mixes, sweet and sour sauce, teriyaki sauce, Worcestershire sauce

Some items may appear on more than one list. This may be due to:

- 1) Portion size: e.g. 1 medium fresh pear is high in potassium but  $\frac{1}{2}$  of a medium fresh pear is medium potassium.
- 2) Preparation method: e.g.  $\frac{1}{2}$  cup cooked spinach is high potassium, but  $\frac{1}{2}$  cup raw spinach is medium potassium.

## **Therapeutic Diet Types**

### **Mineral Modified Diet**

Diet Order:

**High Potassium (Revised: November 1, 2013)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide additional potassium per day to individuals with increased potassium requirements.

Description of the Diet:

- Provides an additional 1500 mg Potassium per day.

Considerations:

- Add ½ cup (120mL) of orange juice at each meal.
- Give a minimum of two servings of high potassium fruit daily.
- Give potato at least once per day.
- Give whole grain products where possible.
- For juice, fruit and vegetables servings, refer to Average Potassium Content of Common Foods.

#### **Clear and Full Fluids**

- Give standard Clear Fluids/Full Fluids meal pattern with the following exception:
  - Replace one juice each meal with orange juice.

## **Therapeutic Diet Types**

### **Mineral Modified Diets**

Diet Order:

**Low Potassium (Revised: September 20, 2021)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a diet that is low in potassium for individuals with high blood potassium levels due to medications or chronic disease.

Description of the Diet:

- Provides less than or equal to 3000 mg (80 mmol) potassium per day.

Considerations:

- Potassium content is evenly distributed throughout the day.
- Do not give any high potassium foods from any category. Refer to Average Potassium Content of Common Foods for high, medium and low potassium foods.
- Allow whole wheat bread.
- Allow soya sauce, teriyaki sauce, barbecue sauce and sweet and sour sauce when used in recipes when daily total for potassium is less than 3000 mg per day.
- Give 2-3 servings of low or medium potassium fruit or juice per day. One cranberry juice may be given in addition to the allowed fruit/juice portions.
- Give 2 servings of low or medium potassium vegetables per day. Allow  $\frac{1}{2}$  medium tomato per day as 1 serving of vegetable.
- In addition to the 2 vegetable servings per day, mashed or boiled potatoes are allowed 3 times per week if potassium is less than 3000 mg for the day.
- Allow legume and lentil-based entrees with potassium content of less than 600 mg per serving, if daily total potassium is less than 3000 mg per day.
- Limit soup to one serving per day (soups may contain tomatoes or potatoes but must contain 300 mg or less potassium).
- Allow up to 2,  $\frac{1}{2}$  cup (120 mL) serving per day of milk to drink.
- Allow 3 milkers per day.
- If a resident/patient is requesting large or double portions do not implement and contact the dietitian as the potassium content may exceed 3000 mg per day.
- Follow the meal pattern below:

**Meal Plan**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
120 mL Milk		
Low/medium potassium juice	Soup (less than 300 mg potassium)	Cranberry juice
Cereal		1 - 2 servings plain rice, pasta or bread; potatoes allowed 3 times per week
Toast		
Egg or alternate	Entrée/sandwich	90 g (3 ounces) Meat, fish or poultry
	Low/medium potassium vegetable/salad	Low/medium potassium vegetable
	Low/medium potassium fruit	Non-fruit dessert or low/medium potassium fruit
Margarine	Margarine/salad dressing	Margarine
Jam/jelly		
Milker	Milker	Milker
Sugar	Sugar	Sugar
Brown sugar		
Coffee	Tea	Tea
Pepper	Pepper	Pepper

**Fluids:**

- Give standard Full Fluid or Clear Fluid meal pattern with the following exception:
  - Give only low and medium potassium juices.

## **Therapeutic Diet Types**

### **Mineral Modified Diets**

Diet order:

**High Sodium**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide additional sodium to patients with low blood pressure or who need to increase sodium intake due to medications taken.

Considerations:

#### **Solids**

- Give 2 salt packages at each meal.
- Provide 120 mL tomato juice at lunch and dinner.
- Select high sodium foods such as ham, bacon, sausages or processed cheese slice when on menu.
- Add other high sodium condiments at meals when appropriate, e.g. soy sauce, pickles, relish etc.

#### **Fluids**

- Give standard Full Fluid and Clear Fluid meal pattern with the following exceptions:
  - Give 2 salt packages at each meal.
  - Give tomato juice on full fluid diets.

## **Therapeutic Diet Types**

### **Mineral Modified Diets**

Diet order:

**No Added Salt (Revised: October 30, 2020)**

Menu Selection:

No Added Salt

Purpose:

- To limit the amount of sodium provided, to prevent accumulation of fluid and/or a net loss of excess body water.

Considerations:

- The No Added Salt diet will provide no more than 3000 mg of sodium per day.
- Do not give salt package.
- Allow only one serving of soup per day (must contain less than 350 mg sodium per 180 mL serving).
- Allow one baked good/pudding as dessert per day. Baked goods and desserts must contain less than 300 mg sodium per serving. The other desserts/snack can be fruit, ice cream or sherbet.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the sodium content may exceed 3000 mg per day.

**Fluids**

- Give standard Clear or Full Fluid meal pattern with the following exception:
  - Do not give salt package

## **Therapeutic Diet Types**

### **Mineral Modified Diets**

Diet order:

**2-gram Sodium (Revised: October 30, 2020)**

Menu Selection:

2 Gram Sodium

Purpose:

- To limit the amount of sodium provided, to prevent accumulation of fluid and/or a net loss of excess body water.
- To manage conditions such as ascites secondary to cirrhosis.
- To manage hypertension.
- To manage symptoms of heart failure.

Considerations:

- Diet provides a maximum of 2 grams of sodium per day.
- Sodium content will be evenly distributed throughout the day.
- Where snacks are not provided, meals should provide no more than the following amounts of sodium.
  - Breakfast: 200-300 mg
  - Lunch (light meal): 650-850 mg
  - Dinner (heavy meal): 650-850 mg

**Total not to exceed 2000 mg**

- Where snacks are provided, the sodium level at each meal must be less than listed in the table above.
- Do not give salt package.
- Give 1 serving of salt free hot cereal at Breakfast; allow dry cereal with 200 mg sodium or less per serving.
- Give only salt free salt free peanut butter, and low salt gravy.
- Give only sodium reduced cheese.
- Limit milk to drink and yogurt to four,  $\frac{1}{2}$  cup (120 mL) servings per day.
- Allow only one serving of soup per day (must contain less than 350 mg sodium per 180 mL serving).
- Allow up to 2 slices of bread per day.
- Allow one baked good/pudding as dessert per day. Baked goods and desserts must contain less than 200 mg sodium per serving. The other desserts/snack can be fruit, ice cream or sherbet.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the sodium content may exceed 2000 mg per day.

## Fluids

- Give standard Clear or Full Fluid meal pattern with the following exception:
  - Do not give salt package or Mrs. Dash.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Milk (limit to 16 oz or 480 mL daily, including yogurt), buttermilk (limit to 8 oz or 240 mL per week); eggnog Light, sour, and heavy cream	Malted milk, milkshake, chocolate milk;
<b>Breads and Cereals</b>	<b>Cereals:</b> Cooked cereal without added salt; low-sodium dry cereals including puffed rice, puffed wheat, and shredded wheat  <b>Breads &amp; Pastries:</b> Bread, rolls (maximum 2 servings regular bread/day); low sodium bread; muffins, cornbread and other baked goods with < 200 mg sodium per serving; unsalted crackers and breadsticks; low-sodium or homemade bread crumbs  <b>Others:</b> Waffles Rice, barley, noodles, spaghetti, macaroni, and other pastas cooked without salt; home-made bread stuffing	Instant hot cereals; other dry cereal; hot cereal with added salt  Breads, rolls, and crackers with salted tops; quick breads; self-rising flour and biscuit mixes; commercial bread crumbs or cracker crumbs  Pancakes Commercially prepared rice or pasta mixes; commercial bread stuffing
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat and Poultry:</b> Any fresh or frozen beef, lamb, pork, and poultry  <b>Fish:</b> Any fresh or frozen fish and shrimp; canned tuna or salmon, rinsed (or canned without salt)	Any smoked, cured, salted, koshered, pickled or canned meat or poultry including bacon, cold cuts, ham, hot dogs, sausage; frozen breaded meats  Any smoked, cured, salted fish including sardines, anchovies, crab, lobster, imitation seafood

Type of Food	Foods Allowed	Foods Not Allowed
	<b>Cheese:</b> Low sodium cheese including low-sodium ricotta and cream cheese; low sodium cottage cheese  <b>Eggs:</b> Eggs and egg substitutes <b>Alternates:</b> Dried peas and beans Tofu Salt free peanut butter	Regular hard and processed cheese, cheese spreads and sauces  Salted nuts
<b>Fruits and Vegetables</b>	<b>Juices:</b> All fruit juices; low-sodium, salt-free vegetable juices <b>Fresh Fruit:</b> All <b>Canned Fruit:</b> All <b>Dried Fruit:</b> Dried fruit processed without sodium containing compounds <b>Vegetables:</b> Fresh and frozen vegetables Low sodium canned vegetables  White or sweet potatoes	Regular vegetable or tomato juices  Fruits processed with salt or sodium containing compounds  Regular canned vegetables, sauerkraut, pickled vegetables, and others prepared in brine; frozen vegetables in sauces; vegetables seasoned with ham or bacon Commercially prepared potato mixes
<b>Soups</b>	180 mL serving of soup (<350 mg sodium) per day Low sodium commercially canned and dehydrated soups, broths, and bouillons; homemade broth and soups without added salt and made with allowed vegetables; cream soups within milk allowance	Regular canned or dehydrated soups, broths, or bouillon
<b>Fats and Oils</b>	Salt-free butter or margarine; vegetable oils; unsalted salad dressings, regular salad dressings limited to 1 Tbsp; low salt gravy	Regular butter or margarine Regular salad dressings containing bacon fat or bacon bits; snack dips made with instant soup mixes or processed cheese

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Desserts and Sweets</b>	One serving per day of baked goods/pudding (< 200 mg sodium per serving) as dessert; fruit, ice cream, sherbet. Desserts and sweets made with milk should be within allowance	Instant pudding mixes and cake mixes
<b>Beverages</b>	Coffee, tea, herbal tea Low sodium carbonated beverages	Commercially softened water used for drinking or cooking
<b>Other</b>	Frozen dinners (<500 mg sodium per serving)  Pepper, herbs, spices; vinegar, lemon or lime juice; hot pepper sauce; low-sodium soy sauce (1 tsp or 5 mL); low sodium condiments (ketchup, chili sauce, mustard); fresh ground horseradish; unsalted tortilla chips, pretzels, potato chips, popcorn, salsa (2 Tbsp or 30 mL)	Any seasoning made with salt including garlic salt, celery salt, onion salt, and seasoned salt; sea salt, rock salt, kosher salt; meat tenderizers; monosodium glutamate, teriyaki sauce; steak sauce, Worcestershire sauce, and most flavoured vinegars; canned gravy and mixes; regular condiments; salted snack foods; olives

## Therapeutic Diet Types

### Mineral Modified Diets

Diet order:

**1-gram Sodium (Revised: October 30, 2020)**

Menu Selection:

2 Gram Sodium

Purpose:

- To limit the amount of sodium provided, to prevent accumulation of fluid and/or a net loss of excess body water.
- To manage conditions such as ascites secondary to cirrhosis.
- To manage symptoms of heart failure.

Considerations:

- Diet provides a maximum of 1gram of sodium per day.
- Sodium content will be evenly distributed throughout the day.
- Where snacks are not provided, meals should provide no more than the following amounts of sodium. Note that the amount may be reversed between lunch and dinner.
  - Breakfast: 200 mg
  - Lunch (light meal): 200-450 mg
  - Dinner (heavy meal): 200-350 mg

**Total not to exceed 1000 mg**

- Where snacks are provided, the sodium level at each meal must be less than listed in the table above.
- Do not give salt package. Give 1 package Mrs. Dash at meals if appropriate.
- Give 2 servings of salt free hot cereal, puffed rice or puffed wheat at Breakfast.
- Give only salt free margarine, peanut butter, salad dressings and low salt gravy.
- Give only sodium reduced cheese.
- Limit milk to drink and yogurt to four,  $\frac{1}{2}$  cup (120 mL) servings per day.
- Allow only plain, roasted or baked meats, plain starch, plain vegetables.
- Allow up to one serving of low sodium soup per day (less than 50 mg sodium per 180 mL serving).
- Allow up to 2 slices of bread per day. Do not allow other baked goods.
- Give only fruit for dessert, no other desserts allowed.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the sodium content may exceed 1000 mg per day.
- See sample meal pattern below:

### Meal Plan

Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)
Juice		Juice
Egg or alternate	Entrée/sandwich	Plain roasted or baked meat
Salt free cereal x 2	Plain starch (if no sandwich given) Salad/vegetable	Plain starch Vegetable
Fruit	Fruit	Fruit
240 mL Milk	120 mL Milk Salt free margarine	120 mL Milk Salt free margarine
Coffee, milker, sugar	Tea, herbal tea, milker, sugar	Tea, herbal tea, milker, sugar
Brown sugar x 2		
Pepper	Pepper	Pepper
Mrs. Dash	Mrs. Dash	Mrs. Dash

#### Full Fluids

- Give standard Full Fluid meal pattern with the following exceptions:
  - Give salt free hot cereal at Breakfast.
  - Give only 120 mL milk at Breakfast.
  - Soups must have less than 200 mg sodium per 180 mL serving.
  - Do not give salt package or Mrs. Dash.

#### Clear Fluids

- Give standard Clear Fluid meal pattern with the following exception:
  - Broth must have less than 200 mg sodium per 180 mL serving.
  - Do not give salt package or Mrs. Dash.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Milk (limit to 16 oz or 480 mL daily, including yogurt), eggnog Nondairy cream (up to 1 oz or 28 g daily) Light, sour, and heavy cream	Malted milk, milkshake, chocolate milk, buttermilk
<b>Breads and Cereals</b>	<b>Cereals:</b> Cooked cereal without added salt; low-sodium dry cereals including puffed rice, puffed wheat, and shredded wheat	Instant hot cereals; other dry cereal; hot cereal with added salt

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Breads &amp; Pastries:</b>                      Bread, rolls (maximum 2 servings regular bread/day);                      Low-sodium bread, crackers, matzo, and melba toast</p> <p><b>Others:</b>                      Unsalted rice, barley, noodles, spaghetti, macaroni, and other pastas cooked without salt</p>	<p>Breads, rolls, and crackers with salted tops or made with regular baking powder or baking soda;                      No other baked goods</p> <p>Regular bread crumbs or cracker crumbs</p> <p>Commercially prepared rice or pasta mixes; commercial bread stuffing</p>
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b>                      Any fresh or frozen beef, lamb, pork, and poultry</p> <p><b>Fish:</b>                      Any fresh or frozen fish; low sodium canned tuna or salmon</p> <p><b>Cheese:</b>                      Low sodium cheese including low-sodium cottage cheese, ricotta, and cream cheese; regular yogurt</p> <p><b>Eggs:</b>                      Eggs</p> <p><b>Alternates:</b>                      Dried peas and beans                      Tofu                      Salt free peanut butter</p>	<p>Any smoked, cured, salted, koshered, pickled or canned meat or poultry including bacon, cold cuts, ham, hot dogs, sausage; frozen breaded meats</p> <p>Any smoked, cured, salted or canned fish including sardines, anchovies, all shellfish, imitation seafood</p> <p>Regular hard and processed cheese, cheese spreads and sauces</p> <p>Egg substitutes</p> <p>Salted nuts</p>
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>                      All fruit juices; low-sodium, salt-free vegetable juices</p> <p><b>Fresh Fruit:</b>                      All</p>	Regular vegetable or tomato juices

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Canned Fruit:</b> All</p> <p><b>Dried Fruit:</b> Dried fruit processed without sodium containing compounds</p> <p><b>Vegetables:</b> Fresh and unsalted frozen vegetables Low sodium canned vegetables</p> <p>White or sweet potatoes</p>	<p>Fruits processed with salt or sodium containing compounds</p> <p>Regular canned vegetables, sauerkraut, pickled vegetables, and others prepared in brine; frozen peas and lima beans, frozen mixed vegetables; all frozen vegetables in sauces; vegetables seasoned with ham or bacon</p> <p>Commercially prepared potato mixes</p>
<b>Soups</b>	<p>One serving of low sodium soup per day (&lt; 50 mg sodium per serving)</p> <p>Low sodium commercially canned and dehydrated soups, broths, and bouillons; homemade broth and soups without added salt and made with allowed vegetables; low sodium cream soups within milk allowance</p>	Regular canned or dehydrated soups, broths, or bouillon
<b>Fats and Oils</b>	Unsalted butter or margarine; vegetable oils; salt free salad dressings; low-sodium mayonnaise; low salt gravy	Salted butter and margarine; regular salad dressings containing bacon bits; snack dips made with instant soup mixes or processed cheese
<b>Desserts and Sweets</b>	<p>Give fruit for dessert</p> <p>Ice cream, pudding, and custard made with milk within allowance</p>	All other desserts
<b>Beverages</b>	Coffee, tea, herbal tea Low sodium carbonated beverages	Commercially softened water used for drinking or cooking

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Type of Food	Foods Allowed	Foods Not Allowed
Other	<p>Frozen dinners (&lt;150 mg sodium per serving)</p> <p>Salt substitute with physician's approval; pepper, herbs, spices; vinegar, lemon or lime juice; hot pepper sauce; low sodium condiments (ketchup, chili sauce, mustard); fresh ground horseradish; unsalted tortilla chips, pretzels, potato chips, popcorn, salsa (2 Tbsp or 30 mL)</p>	<p>Any seasoning made with salt including garlic salt, celery salt, onion salt, and seasoned salt; sea salt, rock salt, kosher salt; meat tenderizers; monosodium glutamate; regular and low-sodium soy sauce; barbecue sauce, teriyaki sauce; steak sauce, Worcestershire sauce; cooking wine or sherry; canned gravy and mixes; regular condiments including olives, horseradish, pickles, relish, catsup, mustard, and commercial salsa</p>

## **Therapeutic Diet Types**

### **Post-Surgical Diets**

Diet Order:

#### **Esophageal Surgery Diet (Revised: May 30, 2022)**

Menu Selection:

Dental Soft with Minced Meat only (unless pureed or fluid diets ordered, then use specified consistency)

Purpose:

- To provide soft, moist, easy to swallow foods to prevent obstruction or irritation after esophageal surgery such as esophagectomy, gastric pull-up or hiatus hernia repair or after a total gastrectomy
- To limit abdominal bloating and pain associated with gas.
- To decrease the chance of diarrhea, “dumping syndrome”, and discomfort after eating.
- To minimize weight loss.

Considerations:

- Give a standard Dental Soft Minced Meat only diet with the following exceptions:
  - Do not give bread, bread products (including toast and sandwiches) or rice unless specified by dietitian.
  - Do not give other baked products or crackers of any kind, including soda crackers, buns, scones, muffins, cakes, and pastries.
  - Give small portions at lunch and dinner.
- Limit foods such as chocolate, peppermint and citrus that may aggravate gastroesophageal reflux disease.
- Provide a Meat & Alternates serving at each meal.
- Fluids are limited to maximum of 500 mL per meal, with whole milk and soup chosen over coffee or tea.
  - Do not give water jug.
  - Give whole milk at all meals.
- Sugar and sweet foods are limited. Allow 2 packages of sugar at breakfast and 1 package of sugar at dinner; give sugar substitute if patient requests more.
- Give regular gravy and/or margarine for meat, potato, vegetable
- Do not give crushed pineapple or prunes. Do not give spinach unless pureed.
- Do not give cheese (unless grated or cooked).
- Do not give a straw.
- If resident/patient is requesting large or double portions, do not implement and contact the dietitian as the volume of food provided at meals may be too high.
- If supplements are ordered, do not send until checking with RD.
- Follow meal pattern:

**Esophageal Surgery Meal Pattern**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
	Soup	Soup
Cereal x 1		
Meat & Alternate choice	Small serving Entrée	Small serving Entrée
Fruit	Dessert/fruit	Dessert/fruit
250 mL Whole milk	120 mL Whole milk	120 mL Whole milk
180 mL Coffee		180 mL tea
Brown sugar x 1		Margarine
Sugar package x 1		Sugar package x 1
Salt, pepper	Salt, pepper	Salt, pepper

Nourishments:                    PM      Pudding, 120 mL Whole milk  
     HS      Canned fruit, yogurt

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk products, except those not allowed Yogurt, plain, flavoured or with pieces of fruit Instant breakfast	Milkshakes and other sweetened milk beverages (including chocolate milk) Yogurt with seeds or nuts.
<b>Breads and Cereals</b>	<b>Cereals:</b> Hot cereals Refined ready-to-eat cereals that become soft when soaked in liquid (e.g. cornflakes, Rice Krispies®, Special K®, Cheerios®, bran flakes) <b>Breads &amp; Pastries:</b> None <b>Others:</b> Pasta Congee	Any cereals with dried fruit, seeds or nuts (e.g. granola). Dry cereals that do not soften in liquid (e.g. shredded wheat, All Bran®) Pre-sweetened cereals  All bread, buns, bagels, toast, muffins, baked goods  Rice Moist stuffing/dressing
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat and poultry:</b> All if moist and minced (not more than 0.5 cm in diameter) Whole meatloaf	All others including whole meat patties, meatballs, Salisbury steak, whole sausages.

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Fish:</b>          Fish without bones</p> <p><b>Cheese:</b>          Cottage cheese          Hard cheese, grated or as an ingredient          Soft or processed cheese          Cheese spread</p> <p><b>Eggs:</b>          Minced or scrambled eggs          Soft omelette made with allowed foods          Minced egg salad</p> <p><b>Alternates:</b>          Smooth peanut butter            Soft cooked minced and/or moist legumes or lentils (e.g. baked beans)</p> <p>Tofu</p>	<p>Bacon (including cooked and crumbled as an ingredient)</p> <p>Battered, breaded or with bones (including canned salmon with mashed bones)</p> <p>Hard cheese unless grated or melted</p> <p>Fried eggs, hard cooked eggs</p> <p>Crunchy peanut butter          Nuts, seeds          Vegetarian patties</p> <p>Fried tofu</p>
<b>Fruits and Vegetables</b>	<p><b>Juices:</b>          All unsweetened non-citrus fruit juices including pineapple juice          All vegetable juices</p> <p><b>Fresh Fruit:</b>          Ripe bananas can be served whole          Avocados, cantaloupe, honeydew          Other raw fruit, if minced or mashed          Smooth pureed fruit sauces</p> <p><b>Canned Fruit:</b>          All, except those not allowed</p>	<p>Citrus fruits and juices</p> <p>Fresh orange, apple</p> <p>Crushed pineapple</p>

Type of Food	Foods Allowed	Foods Not Allowed
	<b>Dried Fruit:</b> None <b>Raw Vegetables:</b> None  <b>Cooked Vegetables:</b> All except those not allowed Scalloped or mashed potatoes Squash and yams may be left whole if soft and moist	All, including pureed prunes  Spinach, unless pureed Whole boiled, roasted, pan-fried Pom Pom potatoes, French fries
<b>Soups</b>	All made from allowed ingredients	All others
<b>Fats and Oils</b>	Smooth or pureed sauces, gravies, fats and oils	All others, including highly spiced dressings or sauces containing pepper or chili
<b>Desserts and Sweets</b>	Soft desserts (e.g. custard, puddings including tapioca pudding, mousses, whips, ice cream)	All baked goods, including cakes, cookies Desserts containing nuts, seeds, dried fruits, peppermint or spearmint Desserts with crusts or non-minced fruit (e.g. crisps, cobblers and betties) Bread pudding, rice pudding Jams, jellies, marmalades Honey, molasses Syrups, chocolates, candies
<b>Beverages</b>	Limit coffee/tea to 2 servings per day on solid diets Decaffeinated coffee/tea Herbal tea except peppermint tea	Caffeine containing beverages in excess of allowed amount Chocolate drinks Peppermint tea
<b>Sandwiches</b>	None	All
<b>Other</b>	Soft casseroles made with combinations of allowed foods in smooth sauces or gravies All meat and poultry in stews and casseroles must be minced	Potstickers, spring rolls Frittatas Entrées with pastry Chili sauce, chili powder

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Type of Food	Foods Allowed	Foods Not Allowed
	Crustless quiches Crustless tourtiere Minced frittatas made with allowed foods	

### Full Fluids

- Give standard Full Fluid meal pattern with the following exceptions:
  - Do not give a water jug.
  - Do not give straw.
  - Give whole milk instead of 2% milk.
- Nourishments:            PM      Pudding  
                                  HS      Fruit Yogurt

### Clear Fluids

- Give standard Clear Fluid meal pattern with the following exceptions:
  - Do not give a water jug.
  - Do not give a straw.

# Therapeutic Diet Types

## Post-Surgical Diets

**Diet Order:**

## Ileostomy Diet (Revised: January 30, 2020)

## Menu Selection:

Regular/General or texture modified

## Purpose:

- To provide a well-balanced diet for people with new or problematic ileostomies.
  - To prevent fluid and electrolyte imbalances and reduce excessive output.
  - To minimize the risk of intestinal obstruction.

#### **Considerations:**

## Solids

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All	
<b>Breads and Cereals</b>	<p><b>Cereals:</b> All except those not allowed</p> <p><b>Breads &amp; Pastries:</b> White, whole wheat, rye or sourdough bread Pancakes, waffles, French toast</p> <p><b>Others:</b> Pasta, rice, congee</p>	Red River® cereal, granola Cereals containing bran, nuts, seeds or dried fruits  Breads containing bran, nuts, seeds or dried fruits (e.g. multigrain and pumpernickel breads, bran muffins)  All others
<b>Meat, Fish, Poultry and Alternates</b>	<p><b>Meat and Poultry:</b> All except those not allowed Skinless sausages</p> <p><b>Fish:</b> All boneless fish Canned salmon with mashed bones</p> <p><b>Cheese:</b> All</p> <p><b>Eggs:</b> All</p> <p><b>Alternates:</b> Smooth peanut butter, mushy lentils (e.g. dahl, hummus) Tofu</p>	Meat or poultry breaded with ingredients not allowed  Fish breaded with ingredients not allowed  Whole nuts and seeds of any kind Other whole legumes and lentils
<b>Fruits and Vegetables</b>	<p><b>Juices:</b> All except prune juice</p> <p><b>Fresh Fruit:</b> Ripe bananas, ripe avocado, sliced ripe strawberries, raspberries, pureed mango, diced cooked dates, melons</p> <p><b>Canned Fruit:</b> Applesauce, apricots, peaches, pears, mandarin oranges</p> <p><b>Dried Fruit:</b> None</p> <p><b>Raw Vegetables:</b> None</p>	Prune juice  Fruit skins, blueberries, blackberries, coconut pieces, cherries, rhubarb, apple, orange, grapes, and mangoes  Pineapple, fruit cocktail, tropical fruit salad  All  All

Type of Food	Foods Allowed	Foods Not Allowed
	<b>Cooked Vegetables:</b> <u><b>Must be well cooked:</b></u> Carrots, turnips, pureed mushrooms, minced broccoli, minced cauliflower, remove skins from: potatoes, yams, squash, sweet potatoes <b>Cooked and diced:</b> bell peppers, onions, zucchini, celery	Bean sprouts, Brussels sprouts, cabbage, celery, corn, green beans, wax beans lima beans, peas, sauerkraut, spinach, whole and pieces of mushroom, okra
<b>Soups</b>	Stock soups made with allowed vegetables  Cream soups with allowed vegetables or strained, broths, pureed soups	All others
<b>Fats and Oils</b>	All	
<b>Desserts and Sweets</b>	All, except those not allowed  All jams, jellies, marmalades, honey, syrups, white and brown sugar	Desserts containing dried fruit, pineapple, or nuts and seeds the size of or larger than sunflower seeds
<b>Beverages</b>	All	
<b>Other</b>	Soft casseroles, quiches, frittatas and omelettes made with allowed ingredients	Casseroles and other entrees containing ingredients not allowed.  Curries or spicy foods

### Fluids

- Give standard Full or Clear Fluid meal patterns with the following exception:
  - Do not give prune juice.

## **Therapeutic Diet Types**

### **Post-Surgical Diets**

Diet Order:

**Bariatric Surgery Diet (Post – Operative) (Revised June 13, 2023)**

Menu Selection:

Special

Purpose:

- To provide 3 to 6 small meals per day to patients after laparoscopic bariatric surgery, in order to minimize risk of complications.

Considerations:

- This diet is primarily used at Richmond Hospital. Some items are not available at other sites.
- Give small portions at breakfast, lunch, and dinner.
- Fluids are NOT to be consumed within 30 minutes before or after solid food.
  - Provide water as per site protocol.
- Fluids provided on tray may be used by patient to thin out their food items (i.e. hot cereal, soup) to a runny consistency as the food product may thicken over time, given the patient's meal speed is significantly lowered.
- Juice is diluted 1:1 with water.
- Do not give straws.
- Do not provide anything containing caffeine.
- Do not give condiments containing added sugar (i.e. regular jam).
- Limit added fats to 15-20 mL (3-4 tsp) per day.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the volume of food provided at meals may be too high.
- Post op diet progression for bariatric patients is highly variable based on individual patient tolerance.
- Follow the meal patterns below:

**Bariatric Surgery Meal Pattern – Clear Fluids**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
120mL Diet Gelatin	1x Broth	1x Broth
1x Diluted Apple Juice	120mL Diet Gelatin	120mL Diet Gelatin
	1x Diluted Apple Juice	1x Diluted Apple Juice

**Bariatric Surgery Meal Pattern – Full Fluids**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
1x Fat Free Plain Yogurt	120mL Strained Cream Soup	120mL Strained Cream Soup
120 mL Skim Milk	120 mL Skim Milk	120 mL Skim Milk
1x Protein Powder	1x Protein Powder	1x Protein Powder

**Bariatric Surgery Meal Pattern – Pureed**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
1x Fat Free Plain Yogurt	120mL Pureed Soup	60mL Pureed Meat or Fish
1x Applesauce	120 mL Skim Milk	60mL Pureed Vegetable
1x Protein Powder	1x Protein Powder	60mL Pureed Starch
	1x Hot Water	1x Hot Water

**Bariatric Surgery Meal Pattern – Dental Soft**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
120mL Oatmeal	½ serving Dental Soft Entrée	½ serving Dental Soft Entrée
120 mL Skim Milk	120 mL Skim Milk	120 mL Skim Milk
1x Protein Powder		

**Bariatric Surgery Meal Pattern – Regular/General**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
120 mL Skim milk	½ serving Entrée	½ serving Entrée
1 Egg	120 mL Skim Milk	120 mL Skim Milk
1 Toast or 120mL Oatmeal		
1 Peanut Butter		

Nourishments:

<u>Clear Fluids</u>	PM	none unless requested by Dietitian
	HS	none unless requested by Dietitian
<u>Full Fluids</u>	PM	120 mL Resource Diabetic
	HS	120 mL Resource Diabetic
<u>Pureed &amp; Minced</u>	PM	120mL Cottage Cheese, 1x Applesauce
	HS	120 mL Resource Diabetic
<u>Dental Soft &amp; Regular/General</u>	PM	1 Cheese package, 2 soda cracker packages, 120 mL skim milk
	HS	120 mL Resource Diabetic

**Summary of Foods Allowed and Not Allowed (Bariatric Full Fluids)**

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Skim, 1%, or lactose free milk Unsweetened fortified soy beverage Smooth, plain fat-free yogurt (no fruit bits) Cottage cheese: 2% milk fat or less	All others
<b>Breads and Cereals</b>	Plain oatmeal, plain cream of wheat	All others
<b>Meat, Fish, Poultry and Alternates</b>	None	All
<b>Fruits and Vegetables</b>	None	All others
<b>Soups</b>	Strained cream soups Broth	All others
<b>Desserts and Sweets</b>	Custard Diet Gelatin	All others
<b>Beverages</b>	Calorie-free, non-carbonated drinks Sugar free or artificially sweetened drinks Decaf coffee or tea, including herbal tea Diluted juice	All others
<b>Other</b>	Protein powder Resource Diabetic	Caffeine, all forms of added sugar including honey and syrups

**Summary of Foods Allowed and Not Allowed (Bariatric Pureed)**

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Skim, 1%, or lactose free milk Unsweetened fortified soy beverage Smooth, plain fat-free yogurt (no fruit bits) Custard Cottage cheese: 2% milk fat or less	All others
<b>Bread and Cereals</b>	Plain oatmeal, plain cream of wheat Soda crackers (unsalted) or melba Toast	Pureed pasta, rice, bread, noodles, or muffins
<b>Meat, Fish, Poultry and Alternates</b>	Pureed chicken, turkey, pork or fish Pureed legumes such as beans, split peas, and lentils Poached or moist scrambled eggs Pureed vegetable protein (i.e. ground soy)	Pureed beef Cheese
<b>Fruits and Vegetables</b>	Mashed potato, sweet potato or yam Canned fruit in juice, pureed Pureed cooked vegetables (i.e. green beans, carrots, parsnips, peas, cauliflower)	All raw vegetable and fruits
<b>Soups</b>	Pureed soups Broths	All others
<b>Desserts and sweets</b>	Diet gelatin	All others
<b>Beverages</b>	Calorie-free, non-carbonated drinks Sugar free or artificially sweetened drinks Decaf coffee or tea, including herbal tea Diluted juice	All others
<b>Other</b>	Protein powder Resource Diabetic Artificial sweeteners Mustard Pepper Mrs. Dash, no-salt seasonings	Caffeine Sugar, honey, syrup, jam Ketchup, barbecue, tartar, sweet and sour or teriyaki sauce

**Summary of Foods Allowed and Not Allowed (Bariatric Dental Soft & Bariatric Regular)**

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Skim, 1% or lactose free milk Unsweetened fortified soy beverage Low fat, sugar free yogurt; plain or flavored Cottage cheese: 2% milk fat or less	Chocolate milk Sweetened yogurt Sour cream
<b>Breads and Cereals</b>	Whole wheat and white bread and toast Plain oatmeal, plain cream of wheat Cold cereal Flatbreads: pita, tortilla, naan, roti, Rice cakes Crackers	Pasta and rice Sugary breads, cereals Breads with nuts or dried fruit (like raisin bread), croissants French toast, pancakes, waffles Perogies
<b>Meat, Fish, Poultry and Alternates</b>	Skinless chicken and turkey Lean red meat Fish or seafood, moist cooked (not dry) Canned fish in water without added salt or sauces Eggs cooked without added fat Soft cooked or canned beans, peas, lentils; tofu; edamame (soy beans); hummus; Unsalted nut/seed butter Cheese: 20% milk fat or less	Nuts and seeds (allowed with Bariatric Regular Diet) Chicken tenders (battered and fried) Pork chops, dry roasts, bacon Smokies, hot dogs, sausages Deep fried fish or seafood Poultry skin, chicken wings; bacon; Pepperoni, luncheon meat, bologna, salami Cheese with more than 20% milk fat, Cheese sauces
<b>Fruits and Vegetables</b>	Unsweetened applesauce Fruit canned in juice Plain sweet potatoes/yams Cooked fresh, frozen, or canned vegetables Avocado Olives	Raw fruits and vegetables (allowed with Bariatric Regular Diet) Canned fruit in syrup Dried fruits, fruit leather or fruit rollups Vegetables in cream or cheese sauces Battered or fried vegetables French fries or hash browns
<b>Soups</b>	All	None
<b>Fats &amp; Oils</b>	All	None
<b>Desserts and Sweets</b>	Diet gelatin	All others
<b>Beverages</b>	Calorie-free, non-carbonated drinks; Sugar free or artificially sweetened drinks	All others

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Type of Food	Foods Allowed	Foods Not Allowed
	Decaf coffee or tea, including herbal tea Diluted juice	
Other	Protein powder Resource Diabetic Artificial sweeteners Mustard Pepper Mrs. Dash, no-salt seasonings	Caffeine Sugar, honey, syrup, jam Ketchup, barbecue, tartar, sweet and sour or teriyaki sauce

## **Therapeutic Diet Types**

### **Post-Surgical Diets**

Diet Order:

**Post Gastric Surgery Diet (Revised: May 30, 2022)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To prevent and minimize the symptoms that may occur after gastric surgery: feeling full, dumping syndrome and weight loss.
- To provide small, frequent, nutrient dense meals.

Considerations:

- Limit sweet foods. Refer to the table for foods allowed and not allowed.
  - Do not give sugar package. May provide sugar substitute if requested by patient.
- Provide a Meat and Alternates serving at each meal and nourishment.
- Give regular portions at breakfast.
- Give small portions at lunch and dinner.
- Fluids are limited to  $\frac{1}{2}$  cup (120 mL) per meal, with whole milk and soup chosen over water, coffee, tea or juice.
  - Do not give water jug.
  - Give whole milk at all meals and nourishments
- Limit fruit juice on solid food diets to  $\frac{1}{2}$  cup (120 mL) per day.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the volume of food provided at meals may be too high.
- Nourishments:

<u>Regular &amp; Dental Soft</u>	PM	1 Cheese package, 2 soda cracker packages, 120 mL whole milk
	HS	$\frac{1}{2}$ Sandwich, 120 mL whole milk

<u>Minced</u>	PM	Custard or pudding, 120 mL whole milk
	HS	$\frac{1}{2}$ Minced sandwich, 120 mL whole milk

<u>Pureed</u>	PM	Pudding, 120 mL whole milk
	HS	Custard, 120 mL whole milk

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages, except those not allowed (whole milk preferred) Yogurt, plain or flavoured	Milkshakes and other sweetened milk beverages (including chocolate milk, instant breakfast) Yogurt with nuts or seeds
<b>Breads and Cereals</b>	<b>Cereals:</b> Plain hot or dry cereal  <b>Breads &amp; Pastries:</b> All except those not allowed <b>Others:</b> Pasta, rice, congee	Cereals containing dried fruits Presweetened cereals (e.g. granola, frosted flakes)  Breads containing dried fruits Muffins containing dried fruits or icing
<b>Meat, Fish, Poultry and Alternates</b>	All	
<b>Fruits and Vegetables</b>	<b>Juices:</b> All unsweetened fruit juices (Note: On solid food diets limit fruit juice to $\frac{1}{2}$ cup or 120 mL per day) <b>Fresh Fruit:</b> All <b>Canned Fruit:</b> All, except those not allowed <b>Dried Fruit:</b> None <b>Vegetables:</b> All	Sweetened fruit juices Lemonade Fruit drinks  Canned fruit packed in heavy syrup All
<b>Soups</b>	All	
<b>Fats and Oils</b>	All	
<b>Desserts and Sweets</b>	Puddings, custard, vanilla ice cream (includes bread pudding, rice pudding, tapioca pudding) Plain cookies (e.g. digestives, social teas) Sugar substitute	Sherbet Pastries, sweet baked goods and desserts (e.g. cakes, cookies, crisps, cobblers, betties) White or brown sugar, honey, jams, jellies, marmalades, syrups, molasses Chocolates, candies

Type of Food	Foods Allowed	Foods Not Allowed
<b>Beverages</b>	Coffee, tea Nutritional supplements	Chocolate drinks Sweetened beverages
<b>Other</b>	All casseroles except those not allowed Quiches	Mixed dishes or casseroles made with sweet sauces (e.g. sweet and sour pork) Sweet sauces and glazes

### Full Fluids

- Give the standard Full Fluid meal pattern with the following exception:
  - Do not give sugar package.

### Clear Fluids

- Give the standard Clear Fluid meal pattern with the following exception:
  - Do not give sugar package.

## **Therapeutic Diet Types**

### **Post-Surgical Diets**

Diet Order:

**Tonsils and Nasal Diet (Revised: February 1, 2019)**

Menu Selection:

Dental Soft, unless a softer texture is ordered

Purpose:

- To minimize discomfort and risk of bleeding after tonsil or nasal surgery.
- To avoid red liquids in order to eliminate confusion about bleeding.

Considerations:

- Give the standard Dental Soft diet with the following exceptions:
  - Do not give citrus, tomato or pineapple of any kind.
  - Do not give spicy foods (see No Spicy Foods Diet Writing Guideline)
  - Do not give red gelatin, red popsicles, cranberry juice, or other red beverages.
  - Do not give hot tea, coffee, milk or soup.
  - Do not give dry, crumbly foods: e.g., dry cereal, toast, muffins, waffles, French toast, bread crust, rice, French fries, potato wedges, crackers, rice cakes, cookies, cakes, pastry, cobblers, battered or breaded meat, fish or poultry, grilled sandwiches.
- Hot cereal is allowed.

## Therapeutic Diet Types **Post-Surgical Diets**

Diet Order:

**Post-Surgical Transition Diet (Revised: March 22, 2021)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide an easy to digest diet for patients following post gastrointestinal surgery.
- To increase intake of calories and protein immediately post-surgery.
- To provide small, frequent meals.

Considerations:

- Not appropriate for patients post gastrectomy, upper gastrointestinal surgery, head/neck or bariatric surgery.

Solids:

- Low fibre – provide less than or equal to 15 grams of fibre per day.
- Give small portions.
- Give soup with lunch and dinner.
- Allow curries only if requested by patient.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian.
- Provide HS Nourishment: 120 mL milk, 1 cheese package, 2 soda cracker packages.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All	
<b>Breads and Cereals</b>	<p><b>Cereals:</b>                      Cornflakes, Rice Krispies®                      Plain oatmeal</p> <p><b>Breads &amp; Pastries:</b>                      White, whole wheat, rye or sourdough bread                      Pancakes, waffles, French toast</p>	Red River® cereal Cereals containing bran, nuts, seeds or dried fruits Breads or baked goods containing bran, nuts, seeds or dried fruits (e.g. multigrain and pumpernickel breads, bran muffins)

Type of Food	Foods Allowed	Foods Not Allowed
	<b>Others:</b> Pasta, Rice, congee	Brown rice All others
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat and Poultry:</b> All except those not allowed Skinless sausages <b>Fish:</b> All boneless fish Canned salmon with mashed bones <b>Cheese:</b> All <b>Eggs:</b> All <b>Alternates:</b> Smooth peanut butter Tofu	Meat or poultry breaded with ingredients not allowed  Fish breaded with ingredients not allowed  Nuts and seeds the size of or larger than sunflower seeds, even in baked goods or other dishes Legumes and lentils
<b>Fruits and Vegetables</b>	<b>Juices:</b> All except prune juice <b>Fresh Fruit:</b> Ripe bananas, melons, peeled apples, orange or grapefruit sections with membranes removed  <b>Canned Fruit:</b> Applesauce, apricots, peaches, pears, mandarin oranges,  <b>Dried Fruit:</b> None <b>Raw Vegetables:</b> None <b>Cooked Vegetables:</b> <b><u>Must be well cooked:</u></b> Squash, carrots, turnips, minced broccoli, minced cauliflower, potatoes, yams, sweet potatoes, Cooked <u>and</u> diced: bell peppers, mushrooms, onions, zucchini, celery Tomatoes as sauce	Prune juice  Raw fruits with membranes, seeds or tough skins (eg. kiwi, grapes, berries, pineapple, coconut)  Pineapple, tropical fruit salad, fruit cocktail  All  All  Vegetables with thick skins or membranes (eg. corn, peas, lima beans) Stringy vegetables (eg. brussels sprouts, cabbage, celery, spinach) Whole mushrooms Potatoes, yams or sweet potatoes with skin Coleslaw, sauerkraut

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Soups</b>	Broths and stock soups with allowed ingredients Strained cream soups Pureed soups	All others
<b>Fats and Oils</b>	All	
<b>Desserts and Sweets</b>	All, except those not allowed All jams, jellies, marmalades, honey, syrups, white and brown sugar	Desserts containing dried fruit, pineapple, or nuts and seeds the size of or larger than sunflower seeds
<b>Beverages</b>	All	
<b>Other</b>	Soft casseroles, quiches, frittatas and omelettes made with allowed ingredients	Casseroles and other entrees containing ingredients not allowed. Curries

## **Therapeutic Diet Types**

### Preferences and Other Restrictions

#### Diet Order: **Kosher Diets**

##### Purpose:

- To provide foods to meet the energy and nutrients needs of patients observing Jewish dietary laws.

##### General Considerations:

- The degree to which the kosher dietary laws are followed depends on the individual patient or resident. The following diets are available:
  - Strict Kosher
  - Kosher (separate meat and dairy)
  - No Pork/Shellfish
- To determine which kosher diet is required for the first meal, Food Services will phone the nursing unit to clarify how strictly the patient adheres to the kosher dietary laws.
- The Food Service Supervisor or dietitian will visit patients requesting kosher diets in order to obtain food preferences and determine how strictly they follow kosher dietary laws. The following questions may be asked:
  1. Will you eat vegetarian items prepared in a non-kosher kitchen?
  2. Will you eat meat prepared in a non-kosher kitchen?
  3. Will you eat off our plates?
  4. Will you eat eggs served without the shell (e.g. scrambled, omelettes, poached)?
  5. Will you eat dairy and meat at the same meal?
  6. Will you eat salads and salad type sandwich fillings made with salad dressing? (Salad dressing is not kosher).
  7. Will you accept hot water in a styrofoam cup from a non-kosher kitchen?
- If required, Food Services will arrange for kosher entrées to be provided at lunch and dinner. As much notice as possible is preferred, as the kosher entrées may need to be ordered and/or thawed and reheated.
- If nursing, Food Services and/or dietitian are unable to determine which kosher diet is required, implement Kosher Diet (Separate Meat and Dairy) until this is clarified.

## Therapeutic Diet Types Preferences and Other Restrictions

Diet Order:

**Strict Kosher (Revised June 13, 2023)**

Menu Selection:

Regular/General or texture modified

Mark as "Paper and plastic only"

Mark "Do not unwrap entrée"

Considerations:

- Individually packaged and processed foods must be certified "Kosher". The following symbols on the product label indicate that the product is "Kosher": **COR, U, MK, BCK, K**.
- The symbol **WK** is a kosher designation, but is controversial and is not accepted as kosher by all individuals adhering to strict kosher diet laws. Allow unless specified otherwise.
- Individuals adhering to strict kosher diet laws will not accept foods prepared in a non-kosher kitchen.
- Kosher entrées must remain wrapped until they reach the patient.
- Provide only disposable dishes and cutlery.

Food Type	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (includes Cheese)</b>	Individually packaged Island Farms® milk, including chocolate milk	All dairy products at meals containing meat/poultry Yogurt and cottage cheese, unless individually packaged and certified kosher Cheese Creamers, milkers
<b>Breads and Cereals</b>	Individually packaged dry cereals  Melba toast and soda crackers, if individually packaged and certified kosher	All others, including individually packaged Peak Freans® and Christie® cookies
<b>Meat, Fish, Poultry and Alternates</b>	Kosher entrées from certified kosher kitchens	Kosher entrees containing meat/poultry at meals containing dairy products All others, including individually packaged peanut butter

Food Type	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	Individually packaged Fairlee® juices Raw, whole, unpeeled, uncut fruits and vegetables	All others
<b>Soups</b>	Kosher soups from certified kosher kitchens	Kosher soups containing meat/poultry at meals containing dairy products All non-kosher soups
<b>Fats and Oils</b>	None	All
<b>Desserts and Sweets</b>	Individually packaged Jell-O® pudding at meals containing dairy products Sugar packets Equal® packets Olde Style®, Kraft® and Smuckers® individually packaged jams and jellies  Old Style® syrup	Log Cabin® syrup  All others
<b>Beverages</b>	Individually packaged and certified kosher tea, herbal tea, and instant coffee Carnation® Hot Chocolate in package All oral nutritional supplements in cans/tetrapaks at meals containing dairy products e.g. Ensure Plus Calories® Resource 2.0® Isosource 1.0 HP, Isosource 1.2®, IsosourceFibre 1.2® Boost Fruit Beverage® Novasource Renal®	All others, including regular coffee, tea, hot water from non-kosher kitchen  All oral nutritional supplements at meals containing meat/poultry
<b>Other</b>	Individually packaged Heinz® ketchup, mustard and relish Individually packaged GFS brand salt, pepper Individually packaged Mrs. Dash®	All others

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Food Type	Foods Allowed	Foods Not Allowed
	Other individually packaged products if certified kosher	

#### **Meal Pattern for Solids**

Breakfast	Lunch & Dinner
Fairlee® juice	Fairlee® juice
1 Box dry cereal	Kosher entrée and Kosher soup
240 mL Island Farms® milk	
1 Whole piece of fresh fruit (e.g. apple, orange, banana)	1 Whole piece of fresh fruit (e.g. apple, orange, banana)
Instant coffee, sugar package	Tea (English Breakfast or herbal), sugar Package
Brown sugar	Salt, pepper

#### **Meal Pattern for Full Fluids**

Breakfast, Lunch & Dinner
Fairlee® juice
Island Farms® milk
Individual portion Jell-O® pudding
Instant Coffee or Tea (English Breakfast or herbal), sugar package

#### **Meal Pattern for Clear Fluids**

Breakfast, Lunch & Dinner
Fairlee® juice
Instant Coffee or Tea (English Breakfast or herbal), sugar package

## Therapeutic Diet Types Preference and Other Restrictions

Diet order:

**Kosher (Separate Meat and Dairy) (Revised June 13, 2023)**

Menu Selection:

Regular/General or texture modified

Considerations:

- Do not give dairy products (e.g. milk, cream soups, butter and desserts containing milk) at meals containing meat/poultry.
- Do not give pork or shellfish, or products derived from them.
  - No products containing gelatin, as it may be pork based (e.g. Jello®, mousses, yogurt made with gelatin).
- “Pareve” foods may be served with either meat/poultry **or** dairy, with the exception of fish which cannot be served with meat/poultry
  - Pareve foods are considered neutral foods (i.e. not meat/poultry, not dairy). They include fish (with fins and scales), eggs, fruit, vegetables, grains and non-dairy beverages.
- Patients on this diet will accept meat/poultry and dairy products prepared in a non-kosher kitchen.

Food Type	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (including Cheese)</b>	All milk, milkers, creamers Island Farms® chocolate milk Milkshakes, instant breakfast Cheese, cottage cheese Soy milk, Rice milk	All milk and milk products at meals containing meat/poultry Yogurt with gelatin
<b>Breads and Cereals</b>	<b>Cereals:</b> All <b>Breads &amp; Pastries:</b> Bread, toast Muffins and loaves made in-house <b>Others:</b> Noodles Rice	English muffin  Soda crackers, graham crackers, arrowroots, digestive biscuits

Food Type	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat and Poultry:</b> Plain beef, poultry <b>Fish:</b> Fish, breaded fish, at meals containing dairy products <b>Eggs:</b> All <b>Alternates:</b> Legumes and lentils Tofu	Pork, pork products Breaded or coated meats Fish, breaded fish, at meals containing meat/poultry Shellfish  Peanut butter portions
<b>Fruits and Vegetables</b>	<b>Juices:</b> All <b>Fresh Fruit:</b> All <b>Canned Fruit:</b> All <b>Raw Vegetables:</b> All except those not allowed <b>Cooked Vegetables:</b> Plain cooked vegetables	Salads with dressing  Mashed potatoes, scalloped potatoes at meals containing meat/poultry
<b>Soups</b>	Vegetarian broth Vegetarian soups made with milk, butter or margarine, at meals containing dairy products	Chicken broth, beef broth Vegetarian soups made with milk, butter or margarine, at meals containing meat/poultry
<b>Fats and Oils</b>	All vegetable oils Butter, margarine and individually portioned salad dressing at meals containing dairy products	Butter, margarine and individually portioned salad dressings at meals containing meat/poultry
<b>Desserts and Sweets</b>	Jell-O® Pudding, ice cream, sherbet, custard, at meals containing dairy products Sugar, Equal® Jams, jellies, honey, syrups	Instant puddings Jell-O® Gelatin containing products
<b>Beverages</b>	All Oral nutritional supplements at meals containing dairy products	Oral nutritional supplements at meals containing meat/poultry

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Food Type	Foods Allowed	Foods Not Allowed
Other	Vegan entrees Lacto-ovo vegetarian entrées, tuna salad, salmon salad, at meals containing dairy products Salt, pepper, Mrs. Dash Ketchup, relish, mustard	All entrées containing both meat/poultry and dairy products Lacto vegetarian entrées, tuna salad, salmon salad at meals containing meat/poultry

#### Meal Pattern for Solids

Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)
Juice or Fruit	Juice or milk	Juice
240 mL Milk	Vegetarian soup	
Egg, cheese	Cottage cheese and fruit plate, vegetarian entrée, or fish or egg sandwich	Plain baked/breaded fish or plain meat/poultry
Cereal		Rice, boiled/baked potato
Whole wheat toast	Salad, individually portioned dressing	Cooked vegetable
Jam/jelly	Dessert or fruit	Fruit
Margarine		
Coffee, milker, sugar	Tea, milker, sugar	Tea, sugar
Brown sugar		
Salt, pepper	Salt, pepper	Salt, pepper

#### Meal Pattern for Full Fluids

Breakfast	Lunch & Dinner
Juice	Juice
Hot cereal	Pureed soup (vegetarian) or vegetable broth
240 mL Milk	120 mL Milk
	Ice cream, sherbet, custard, or Jell-O® pudding
Coffee, milker, sugar	Tea, milker, sugar
Brown sugar	
Salt	Salt

#### Meal Pattern for Clear Fluids

Breakfast	Lunch & Dinner
Juice x 2	Juice x 2
	Vegetable broth
Coffee, sugar	Tea, sugar
	Salt

## **Therapeutic Diet Types** **Preferences and Other Restrictions**

Diet Order:

**Kosher (No Pork/Shellfish)**

Menu Selection:

Regular/General or texture modified

Considerations:

- Do not give pork or shellfish, or products derived from them.
  - No products containing gelatin, as it may be pork based (e.g. Jello®, mousses, yogurt made with gelatin).

## **Therapeutic Diet Types**

### **Preferences and Other Restrictions**

Diet Order:

**Halal (New: September 20, 2021)**

Menu:

Regular/General

Purpose:

- To provide foods to meet the energy and nutrients needs of patients observing Islamic dietary law.

General Considerations:

- The degree to which the Halal diet is followed depends on the individual patient or resident.
- The term halal is used for foods which are considered lawful.
- There are halal foods that are permitted and haram foods that are prohibited, as well as defined food preparation practices.
- Notable foods common in North America that are considered prohibited on the Halal diet are:
  - Animal foods: pork and its by-products, and other animals (beef, chicken, turkey, lamb) not slaughtered according to Islamic Law (slaughtering must be completed by a Muslim familiar with Islamic slaughtering practices, in accordance with Islamic law.)
  - Beverages: alcohol
  - Food additives: ingredients derived from prohibited animal foods and alcohol
- If it cannot be determined if a food is halal or haram, that food, called **mashbooh**, is forbidden.
- Halal-certified foods are called **zhabiba**.
- The Food Service Supervisor or Dietitian will visit patients requesting the Halal diet in order to obtain food preferences and determine how strictly they follow the diet. The following questions may be asked:
  - What foods do you eat?
  - What foods do you avoid?
  - Do you consume non-Halal-certified meat and poultry?
  - Will you eat items prepared where non-Halal foods are produced?
- If required, Food Services will arrange for Halal-certified entrées to be provided at lunch and dinner. **As much notice as possible is preferred, as the Halal entrées may need to be ordered and/or thawed and reheated.**
- Read all food labels carefully.

Food Type	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (includes Cheese)</b>	Milk, Soymilk  Yogurt without gelatin or other non-halal ingredients  Cheeses made without rennet or enzymes from animal origin  Frozen desserts made with halal ingredients	Cheeses or cheese products made with rennet or animal enzymes  Other dairy foods made with haram or mashbooh ingredients
<b>Breads and Cereals</b>	Bread, rolls, and other baked goods made with halal ingredients  Oatmeal, cream of wheat  Cold cereal made with halal ingredients  Rice	Bread and grain products made with haram or mashbooh ingredients
<b>Meat, Fish, Poultry and Alternates</b>	Halal-certified (zhabihah) beef, lamb, and poultry  Fresh, frozen, or canned seafood  Eggs  Nuts and seeds, peanut butter  Tofu  Meat alternatives, such as veggie burgers and meatballs based on plant protein  Legumes, such as dried beans, lentils, or peas  Halal-certified entrées	Pork, bacon, ham and all products containing pork  Non-halal certified (zhabihah) beef, lamb and poultry.

Food Type	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	Fresh, frozen, canned or dried vegetables and fruit 100% fruit juice	Vegetables or fruits prepared with haram or mashbooh ingredients
<b>Soups</b>	Soups made with halal ingredients such as vegetables, pasta, or seafood	All soups containing haram or mashbooh ingredients
<b>Fats and Oils</b>	Vegetable oils  Margarine and butter made with halal ingredients	Lard  Fats and oils with haram or mashbooh ingredients
<b>Desserts and Sweets</b>	All, except those not allowed	Desserts and sweets with haram or mashbooh ingredients
<b>Beverages</b>	Coffee, tea, water, all others made with halal ingredients	
<b>Other</b>	Prepared foods, including soups, casseroles, salads, baked goods, and snacks made from halal ingredients	Haram or mashbooh additives including the following if from an unknown or non-halal source: rennet, gelatin, enzymes (lipase, pepsin), natural/artificial flavors, food colour, glycerin, glycerides (monoglycerides and diglycerides), modified milk ingredients, whey, lecithin, cysteine, fatty acids or fatty acid esters, vanilla extract, polysorbates, sodium lauryl sulfate, stearates (glycerol, magnesium, potassium, and sodium; stearic acid, sorbitan monostearate, propylene glycol monostearate), and vitamin A  Foods made with alcohol as an ingredient such as wine sauces

### Meal Plan

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice or Fruit	Juice or milk	Juice or milk
Milk	Soup	
Breakfast protein (egg, cheese, or yogurt)	Main entrée (Vegetarian, fish, or halal certified meat)	Main entrée (Vegetarian, fish, or halal certified meat)
Cereal x 2	Side starch/grain	Side starch/grain
	Salad or hot vegetable	Hot vegetable
	Dessert or fruit	Dessert or fruit
Coffee, milker, sugar	Tea, milker, sugar	Tea, milker, sugar
Brown sugar x 2		
Pepper	Pepper	Pepper

## **Therapeutic Diet Types**

### **Preferences and Other Restrictions**

Diet Order:

**No Beef**

Menu Selection:

Regular/General or texture modified.

Purpose:

- To exclude all foods known to contain beef or veal products.

Considerations:

- Because of religious beliefs, some people may choose to avoid all foods containing beef, veal or products made from beef or veal.
- Do not give products containing gelatin, as it may be beef based (e.g. Jell-O®, mousses or yogurt made with gelatin). Jell-O® pudding is allowed.
- Do not give baked products containing beef tallow.
- Do not give soups, gravies and casseroles containing beef base/broth.
- Do not give the following foods or foods which contain these ingredients:

Beef  
Beef base/broth  
Beef tallow  
Hamburger  
Veal  
Gelatin

## **Therapeutic Diet Types**

### **Preferences and Other Restrictions**

Diet Order:

**No Pork**

Menu Selection:

Regular/General or texture modified

Purpose:

- To exclude all foods known to contain pork or pork products.

Considerations:

- Because of religious beliefs, some people may choose to avoid all foods containing pork or products made from pork.
- Do not give products containing gelatin, as it may be pork based (e.g. Jell-O®, mousses or yogurt). Jell-O® puddings are allowed.
- Do not give baked products containing lard.
- Do not give soups, gravies and casseroles that contain pork base/broth.
- Do not give the following foods or foods containing these ingredients:

Bacon  
Ham  
Lard  
Pork  
Sausage  
Wieners, hot dogs  
Gelatin

## **Therapeutic Diet Types** **Preferences and Other Restrictions**

Diet Order:  
**Vegetarian**

Menu Selection:  
Regular/General or texture modified

General Considerations:

- If the type of vegetarian diet is not specified, give a lacto-ovo vegetarian diet.
  - All other specifications, such as a vegetarian diet that allows fish, no eggs, etc., are to be managed as food preferences.
- 

Diet Order:  
**Vegetarian, Lacto-ovo Vegetarian**

Menu selection:  
Regular/General or texture modified

Purpose:

- To provide a diet that excludes all meat, poultry, fish, and products derived from them.

Considerations:

- Do not give meat, poultry and fish, or products derived from them:
    - No products containing gelatin (e.g. Jell-O®, mousses or yogurt with gelatin).
    - Sauces containing animal products (e.g. Caesar dressing with anchovies, Thai fish sauce, recipes using Worcestershire sauce or oyster sauce).
  - All soups and gravies must be prepared using a vegetable base (no beef /chicken base).
  - Allow dairy products and eggs.
- 

Diet Order:  
**Vegan**

Menu Selection:  
Regular/General or texture modified

Purpose:

- To provide a diet that excludes all foods containing animal products.

Considerations:

- In addition to lacto-ovo restrictions (meat, poultry, fish and products derived from them – see Lacto-ovo Vegetarian Diet), avoid eggs, egg products, and dairy products.
- Do not give honey.
- Give legumes, lentils, soy and tofu based entrées.
- Give calcium fortified soy milk at each meal.
- Give peanut butter portion at breakfast.

## **Therapeutic Diet Types** **Preferences and Other Restrictions**

Diet Order:

**Asian Food Preference (New: April 15, 2009)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide Asian food items to patients/residents upon request.

Considerations:

- Asian preference is defined as a preference for Chinese cuisine.
- The goal is to provide an Asian entrée on each menu day. If an Asian entrée is not available, provide roast meat with gravy, rice, and hot vegetable.
- Serve hot entrees with a hot vegetable.
- Serve rice or noodles with a hot entrée, whenever appropriate.
- Provide congee if requested.
- Provide soya sauce if requested.
- Unless specified otherwise, follow the meal pattern below.

**Asian Food Preference Meal Pattern**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Juice	Menu soup	Juice
Fruit	Hot entrée	Hot entrée
Hot cereal	Hot vegetable	Hot vegetable
Entrée	Rice or noodles	Rice or noodles
Toast/muffin/waffle/pancake	Menu dessert/fruit	Menu dessert/fruit
Milk	Milk	Milk
Coffee	Tea	Tea
Milker	Milker	Milker
Sugar	Sugar	Sugar
Brown Sugar		
Salt	Salt	Salt
Pepper	Pepper	Pepper

## **Therapeutic Diet Types**

### **Protein Modified Diets**

Diet Order:

**High Protein**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a minimum of 10 additional grams of protein for individuals requiring additional protein but who do not need extra calories from other sources.

Considerations:

Solids:

- Give standard meal pattern.
- Give the following nourishments:

PM	120 mL 2% milk
HS	½ Sandwich and 120 mL 2% milk

Full Fluids:

- Give standard Full Fluids meal pattern.
- Give the following nourishments:

PM	120 mL 2% milk
HS	120 mL 2% milk and pudding

Clear Fluids:

- Give standard Clear Fluids meal pattern.

## **Therapeutic Diet Types**

### **Protein Modified Diets**

Diet Order:

**Low Protein Diet, Restricted Protein Diet**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a diet that is limited in protein to minimize progression of nephrotic syndrome and liver disease, and for patients with metabolic disorders. (For patients with progressive, chronic kidney disease, see Renal Diet Writing Guidelines.)

General Considerations:

- If a low or restricted protein diet is ordered, check with nursing unit to determine if a protein level was ordered. If no level was ordered, implement a 60 gram protein restriction until the dietitian assesses the patient.
- Follow the standard meal patterns below unless the dietitian provides a meal pattern or additional information.
- Can be difficult to meet caloric requirements, therefore choose nutrient dense options where possible. Give high calorie canned fruit and juice.
- See the following pages for specific guidelines for the 60 grams and 40 grams protein restricted diets.
- See Metabolic Diets for protein restrictions less than 40 grams.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the protein content may exceed the amount allowed.

## **Therapeutic Diet Types**

### **Protein Modified Diets**

Diet Order:

**60 gram Protein Restriction (Revised: June 15, 2015)**

Menu Selection:

Regular/General or texture modified

Considerations:

- Give 1 serving of meat and alternate (1 peanut butter/cheese/egg) at breakfast. Give 60 gram (2 ounce) serving at lunch and dinner.
- Milk to drink is limited to  $\frac{1}{2}$  cup (120 mL) per day on solid food diets. Give whole milk.
- Do not give cream soups, except on Full Fluid diet. Soups without cream, milk, meat or alternates are allowed.
- Breads and cereals are limited to 5 servings per day (potatoes and rice are considered a Bread & Cereal serving on this diet).
  - Give only these cereals at Breakfast: Cheerios®, Rice Krispies®, corn flakes, plain hot cereal (not fortified)
  - Give only plain potatoes or regular mashed potatoes; do not give scalloped potatoes.
- Vegetables are limited to 3 servings per day.
- Fruit and fruit juices are unlimited.
- Give fruit or menu dessert at lunch and dinner. Do not give milk based desserts.
- Added sugars and fats are unlimited; give according to pattern below unless directed otherwise.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the protein content may exceed 60 g per day.
- Follow meal pattern below/on next page:

**Meal Pattern for 60 Gram Protein Diet**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
High calorie juice	High calorie juice	High calorie juice
	Broth	Broth
1 Svg Meat & Alternates (1 peanut butter/cheese/egg)	60 g (2 ounce) Meat & Alternates	60 g (2 ounce) Meat & Alternates
1 Allowed cereal	2 Breads/cereals	120 mL (½cup) Plain rice or potato
1 Slice bread/muffin		
	1 Vegetable/salad	1 Vegetable
Fruit	Fruit or non-milk based dessert	Fruit or non-milk based dessert
120 mL Whole milk		
Margarine	Margarine and/or salad dressing (if appropriate)	Margarine
Jam/jelly (if appropriate)		60 mL Gravy (if appropriate)
Coffee	Tea	Tea
Sugar	Sugar	Sugar
Creamer	Creamer	Creamer
Brown sugar	Salt, pepper (if appropriate)	Salt, pepper (if appropriate)
Salt, pepper (if appropriate)		

**Full Fluids**

- Give standard Full Fluid meal pattern with the following exceptions:
  - Give 120 mL whole milk at each meal in place of 2% milk.
  - Give high calorie juice in place of regular juice at each meal.

**Clear Fluids**

- Give standard Clear Fluid meal pattern diet with the following exception:
  - Give high calorie juices in place of regular juices at each meal.

## Therapeutic Diet Types **Protein Modified Diets**

Diet Order:

**40 gram Protein Restriction (Revised: June 15, 2015)**

Menu Selection:

Regular/General or texture modified

Considerations:

- Meat and alternates are limited to a 30 gram (1 ounce) serving at lunch, and a 30 gram (1 ounce) serving at dinner.
- Do not give cream soups, except on Full Fluid diets. Soups without cream, milk, meat or alternates are allowed.
- Breads and cereals are limited to 5 servings per day (potatoes and rice are considered a Breads & Cereal serving on this diet).
  - Give only these cereals at Breakfast: Cheerios®, Rice Krispies®, corn flakes, plain hot cereal (not fortified)
  - Give only plain potatoes or regular mashed potatoes; do not give scalloped potatoes.
- Vegetables are limited to 2 servings per day.
- Fruit and fruit juices are unlimited.
- Give fruit or non-milk based dessert at lunch and dinner. Do not give milk based desserts.
- Added sugars and fats are unlimited; give according to meal pattern below unless directed otherwise.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as the protein content may exceed 40g per day.

**Meal Pattern for 40 Gram Protein Diet**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
High calorie juice	High calorie juice Broth	High calorie juice Broth
1 Allowed cereal	30 g (1 ounce) Meat & Alt	30 g (1 ounce) Meat & Alt
1 Bread/muffin	1 Breads/cereals	240 mL Plain rice/potato
	1 Vegetable/salad	1 Vegetable
High calorie canned fruit	Fruit or non-milk based dessert	Fruit or non-milk based dessert
Margarine	Margarine and/or salad dressing (if appropriate)	Margarine
Jam/jelly		60 mL Gravy
Coffee	Tea	Tea
120 mL Whole milk	15 mL Non-dairy creamer	15 mL Non-dairy creamer
Sugar, brown sugar	Sugar	Sugar
	Salt, pepper (if appropriate)	Salt, pepper (if appropriate)

**Full Fluids**

- Give standard Full Fluid meal pattern with the following exceptions:
  - Give 120 mL whole milk at each meal in place of 2% milk.
  - Give high calorie juice in place of regular juice at each meal.

**Clear Fluids**

- Give standard Clear Fluid meal pattern with the following exception:
  - Give high calorie juices in place of regular juices at each meal.

## **Therapeutic Diet Types**

**Protein Modified Diets**

**Metabolic Diseases Diets**

Diet Order:

**Phenylketonuria (PKU) Diet (Revised: June 15, 2015)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a diet that is low in phenylalanine and protein to meet the nutritional requirements of Phenylketonuric patients.

Description:

- Diet provides less than 10 grams protein per day from foods:
  - The Meat & Alternatives and Milk & Milk Products are eliminated from this diet.
  - The diet consists of mostly fruits and vegetables, with small amounts of regular starches.

Considerations:

- Low Phenylalanine Medical formula should be brought in by the patient's family, or ordered from BC Metabolic Nutrition Program (phone: 604-875-2034). Note that the medical formula provides a fair amount of these patients' caloric requirements, and all of their protein requirements.
- **Do not give Aspartame, Nutrasweet® or Equal® as they are sources of phenylalanine.**
- Provide the meal pattern outlined below unless modified by the dietitian.
  - Allow 2 plain starch servings plus one slice rice bread per day – see Meal Pattern. They should be spread throughout the day (potatoes are considered starches – see Breads and Cereals in Summary of Foods Allowed & Not Allowed).
  - Fruits and juices are unlimited.
    - Provide high calorie fruit and juice at all meals.
  - Limit vegetables (excluding potatoes – see above) to 2 servings per day.
    - No broccoli, corn, peas, spinach, or commercial vegetable mixes.
- Added sugars and fats are unlimited.
- If the patient will be admitted/on this diet for more than 2-3 days, low protein foods (e.g. pasta, bread) will have to be ordered by food services, or brought in by the patients' caregiver.
- Follow meal pattern below/on next page:

**Meal Pattern for Phenylketonuria (PKU) Diet**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
High calorie juice	High calorie juice	High calorie juice
Rice Krispies® - individual portion	1 slice rice bread	120 mL (½ cup) plain potato, rice or pasta
	1 Vegetable serving	1 Vegetable serving
High calorie fruit	High calorie fruit	High calorie fruit
	Popsicle	Popsicle
120 mL Rice milk	15 mL Non-dairy creamer	15 mL Non-dairy creamer
	Milk-free margarine	Milk-free margarine
15 mL Non-dairy creamer	Jam	
Coffee	Tea	Tea
Sugar x 2	Sugar	Sugar

**Summary of Foods Allowed & Not Allowed for Phenylketonuria (PKU) Diet**

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (includes Cheese)</b>	None except rice milk	All others, including soy milk
<b>Breads and Cereals</b>	Limit to 2 servings "Cereals" and "Others" and 1 slice rice bread per day Examples of 1 serving: <b>Cereals:</b> <ul style="list-style-type: none"> <li>1 portion (21 grams) Rice Krispies® at breakfast</li> </ul> <b>Others:</b> <ul style="list-style-type: none"> <li>120 mL (1/2 cup) plain potato, rice, pasta</li> </ul> <b>Breads &amp; Pastries:</b> <ul style="list-style-type: none"> <li>1 slice rice bread daily</li> </ul>	"Cereals" and "Others" in excess of 2 servings per day; rice bread in excess of 1 slice per day  All other cereals  <i>1 serving (120 mL) milk free hot cereal allowed on Full Fluid diet only</i>  Mashed potatoes, scalloped potatoes  All other breads
<b>Meat, Fish, Poultry and Alternatives</b>	None	All, including eggs, tofu, nuts, seeds, nut butters, legumes, etc.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	<b>Juices:</b> All Lemonade <b>Fresh, Canned &amp; Dried Fruits:</b> All <b>Raw or Cooked Vegetables:</b> <u><b>Limit to 2 servings per day</b></u> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul>	Broccoli, corn, peas, spinach, commercial vegetable mixes
<b>Soups</b>	Vegetarian broth-based soups only (without any Meat and Alternates - including legumes and lentils - or Milk Products)	All others
<b>Fats and Oils</b>	Milk-free margarine All oils Oil and vinegar salad dressings Miracle Whip®	Butter, regular margarine Creamy salad dressings Mayonnaise Gravies
<b>Desserts and Sweets</b>	Popsicles Candies White or brown sugar, honey, jams, jellies, marmalades Cool Whip®, icing	Ice cream, sherbet Custard, puddings All gelatin products All baked goods including cakes, cookies Desserts sweetened with aspartame
<b>Beverages</b>	Coffee, tea  Rice milk	Drinks sweetened with aspartame  Chocolate drinks  Soy beverages  Nutritional supplements other than the metabolic formula
<b>Other</b>	Non-dairy creamer (e.g. Coffee Rich®, Coffee mate®)  Spices and condiments including sweet and sour sauce, cranberry sauce, mustard, relish, vinegar, ketchup  Specialty low protein products	Any food containing egg or dairy  Soy sauce  Aspartame/Nutrasweet®/Equal® containing foods

**Full Fluids:**

- Follow meal pattern below:

**Meal Pattern for PKU Full Fluids**

<b>Breakfast</b>	<b>Lunch and Dinner</b>
High calorie juice	High calorie juice
120 mL Hot cereal (milk free)	120 mL Broth
	Popsicle
Coffee	Tea
15 mL Non-dairy creamer	15 mL Non-dairy creamer
Sugar	Sugar

**Clear Fluids:**

- Give standard Clear Fluid meal pattern with the following exception:
  - Give high calorie juice in place of regular juice at all meals.

## **Therapeutic Diet Types**

**Protein Modified Diets**

**Metabolic Diseases Diets**

Diet Order:

**Metabolic 10 gram Protein Diet (Revised: June 15, 2015)**

Menu Selections:

Regular/General or texture modified

Purpose:

- To provide a diet that is low in protein and high in calories, to meet the nutritional needs of metabolic patients (Urea cycle disorders, methylmalonic acidemia, propionic academia, homocysteineuria, MSUD, etc) admitted for metabolic crisis or high ammonia. The diet must be high in calories to prevent catabolism.

Description:

- Provides 10 grams protein daily.
  - Meat & Alternatives and Milk & Milk Products are eliminated from this diet.
  - The diet consists of mostly fruits and vegetables, with small amounts of regular starches.
  - Can be difficult to meet caloric requirements.

Considerations:

- Metabolic Medical formula should be brought in by the patient's family or ordered from BC Metabolic Nutrition Program (phone: 604-875-2034).
- Provide the meal pattern outlined below unless modified by the dietitian.
  - Allow 2 plain starch servings plus 1 slice rice bread per day – see Meal Pattern. They should be spread throughout the day (potatoes are considered starches – see Breads and Cereals in Summary of Foods Allowed & Not Allowed).
  - Fruits and juices are unlimited.
    - Provide high calorie fruit and juice at all meals.
  - Limit vegetables (excluding potatoes – see above) to 2 servings per day.
    - No broccoli, corn, peas, spinach, or commercial vegetable mixes.
- Added sugars and fats are unlimited.
- If the patient will be admitted/on this diet for more than 2-3 days, low protein foods (e.g. pasta, bread) will have to be ordered by food services or brought in by the patient's caregiver.
- Follow the meal pattern below/on next page:

**Meal Pattern for 10 Gram Protein Diet**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
High calorie juice	High calorie juice	High calorie juice
Rice Krispies® - individual portion	1 slice rice bread	120 mL (½ cup) plain potato, rice or pasta
	1 Vegetable servings	1 Vegetable servings
High calorie fruit	High calorie fruit	High calorie fruit
	Popsicle	Gelatin
120 mL Rice milk	15 mL Non-dairy creamer	15 mL Non-dairy creamer
	Milk-free margarine	Milk-free margarine
15 mL Non-dairy creamer	Jam	
Coffee	Tea	Tea
Sugar x 2	Sugar	Sugar

**Summary of Foods Allowed & Not Allowed on 10 Gram Protein Diet**

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (includes Cheese)</b>	None except rice milk	All others, including soy milk
<b>Breads and Cereals</b>	<u>Limit to 2 servings "Cereals" and "Others" and 1 slice rice bread per day</u> Examples of 1 serving: <b>Cereals:</b> <ul style="list-style-type: none"> <li>1 portion (21 grams) Rice Krispies® at breakfast</li> </ul> <b>Others:</b> <ul style="list-style-type: none"> <li>120 mL (1/2 cup) plain potato, rice, pasta</li> </ul> <b>Breads &amp; Pastries:</b> <ul style="list-style-type: none"> <li>1 slice rice bread daily</li> </ul>	"Cereals" and "Others" in excess of 2 servings per day; rice bread in excess of 1 slice per day  All other cereals  <i>1 serving (120 mL) milk free hot cereal allowed on Full Fluid diet only</i>  Mashed potatoes, scalloped potatoes  Whole wheat bread
<b>Meat, Fish, Poultry and Alternatives</b>	None	All, including eggs, tofu, nuts, seeds, nut butters, legumes, etc.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	<b>Juices:</b> All Lemonade <b>Fresh, Canned &amp; Dried Fruits:</b> All <b>Raw &amp; Cooked Vegetables:</b> <u>Limit to 2 servings per day</u> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul>	Broccoli, corn, peas, spinach, commercial vegetable mixes
<b>Soups</b>	Vegetarian broth based soups only (without any Meat and Alternates - including legumes and lentils - or Milk Products)	All others  <i>Cream soups allowed on Full Fluid diet only</i>
<b>Fats and Oils</b>	Milk-free margarine All oils and salad dressings including creamy salad dressings Miracle Whip®	Butter, regular margarine  Mayonnaise Gravies
<b>Desserts and Sweets</b>	Popsicles Candies <u>1 serving gelatin per day</u> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL</li> </ul> White or brown sugar, honey, jams, jellies, marmalades Cool Whip®, icing	Ice cream, sherbet Custard, puddings All baked goods including cakes, cookies
<b>Beverages</b>	Coffee, tea Rice milk	Chocolate drinks  Soy beverages  Nutritional supplements other than the metabolic formula
<b>Other</b>	Non-dairy creamer (e.g. Coffee Rich®, Coffee mate®,)  Spices and condiments including sweet and sour sauce, cranberry sauce, mustard, relish, vinegar, ketchup	Any food containing egg or dairy  Soy sauce

Type of Food	Foods Allowed	Foods Not Allowed
	Specialty low protein products	

**Full Fluids:**

- Follow meal pattern below:

**Meal Pattern for 10 Gram Protein Full Fluids**

Breakfast	Lunch and Dinner
High calorie juice	High calorie juice
120 mL Hot cereal	120 mL Cream soup
	Popsicle
Coffee	Tea
Milker	Milker
Sugar	Sugar

**Clear Fluids:**

- Give standard Clear Fluid meal pattern with the following exception:
  - Give high calorie juice in place of regular juice at all meals.

## **Therapeutic Diet Types**

**Protein Modified Diets**

**Metabolic Diseases Diets**

Diet Order:

**Metabolic 20 gram Protein Diet (Revised: June 15, 2015)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a diet that is low in protein and high in calories, to meet the nutritional needs of metabolic patients (Urea cycle disorders, methylmalonic acidemia, propionic acidemia, homocysteineuria, MSUD, etc) admitted for metabolic crisis or high ammonia. The diet needs to be high in calories to prevent catabolism.

Description:

- Provides 20 grams protein daily.
  - Meat & Alternatives are eliminated from this diet.
  - The diet consists of mostly fruits and vegetables, with small amounts of regular starches.
  - Can be difficult to meet caloric requirements.

Considerations:

Metabolic Medical formula should be brought in by the patient's family or ordered from BC Metabolic Nutrition Program (phone: 604-875-2034).

- Provide the meal pattern outlined below unless modified by the dietitian.
  - Allow one 120 mL (1/2 cup) serving per day of milk.
  - Allow 3 plain starch servings plus 3 slices rice bread per day – see Meal Pattern. They should be spread throughout the day (potatoes are considered starches – see Breads and Cereals in Summary of Foods Allowed & Not Allowed).
  - Fruits and juice are unlimited.
    - Provide high calorie fruit and juice at all meals
  - Limit vegetables (excluding potatoes – see above) to 4 servings per day.
    - No broccoli, corn, peas, spinach, commercial vegetable mixes.
- Added sugars and fats are unlimited.
- If the patient will be admitted/on this diet for more than 2-3 days, low protein foods (e.g. pasta, bread) will have to be ordered by food services or brought in by the patient's caregiver.
- Follow meal pattern below/on next page:

**Meal Pattern for 20 Gram Protein Diet**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
High calorie juice	High calorie juice	High calorie juice
Rice Krispies® - individual portion	120 mL (1/2 cup) plain potato, rice or pasta	120 mL (1/2 cup) plain potato, rice or pasta
1 slice rice bread	1 Slice rice bread	1 Slice rice bread
	2 Vegetable servings	2 Vegetable servings
High calorie fruit	High calorie fruit	High calorie fruit
	Popsicle	Sherbet/gelatin
120 mL 2% Milk	15 mL Non-dairy creamer	15 mL Non-dairy creamer
Margarine	Margarine	Margarine
Jam	Jam (if appropriate)	
Coffee	Tea	Tea
Sugar x 2	Sugar	Sugar

**Summary of Foods Allowed & Not Allowed for 20 Gram Protein Diet**

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (includes Cheese)</b>	Rice milk <b><u>Limit milk or soy milk to 1 serving per day</u></b> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul>	Milk and soy milk in excess of 120 mL per day All other milk products
<b>Breads and Cereals</b>	<b><u>Limit to 3 servings "Cereals" and "Others" and 3 slices rice bread per day</u></b> Examples of 1 serving:  <b>Cereals:</b> <ul style="list-style-type: none"> <li>• 1 portion (21 grams) Rice Krispies® at breakfast</li> </ul> <b>Others:</b> <ul style="list-style-type: none"> <li>• 120 mL (1/2 cup) plain potato, rice, pasta</li> </ul> <b>Breads &amp; Pastries:</b> <ul style="list-style-type: none"> <li>• 3 slices rice bread daily</li> </ul>	"Cereals" and "Others" in excess of 3 servings per day; rice bread in excess of 3 slices per day  All other cereals  <b><i>1 serving (120 mL) milk free hot cereal allowed on Full Fluid diet only</i></b>  Mashed potatoes, scalloped potatoes  Whole wheat bread
<b>Meat, Fish, Poultry and Alternatives</b>	None	All, including eggs, tofu, nuts, seeds, nut butters, legumes, etc.
<b>Fruits and Vegetables</b>	<b><i>Juices:</i></b> All	

Type of Food	Foods Allowed	Foods Not Allowed
	Lemonade <b>Fresh, Canned &amp; Dried Fruits:</b> All <b>Raw &amp; Cooked Vegetables:</b> <u>Limit to 4 servings per day</u> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul>	Broccoli, corn, peas, spinach, commercial vegetable mixes
<b>Soups</b>	Vegetarian broth based soups only (without any Meat and Alternatives - including legumes and lentils - or Milk Products)	All others  Cream soups allowed on Full Fluid diet only
<b>Fats and Oils</b>	Butter, margarine, oils, salad dressings Mayonnaise, Miracle Whip®	Gravies
<b>Desserts and Sweets</b>	Popsicles Candies <u>Limit to 1 serving per day</u> of sherbet, gelatin or jellied fruit <ul style="list-style-type: none"> <li>• 1 serving = 120 mL</li> </ul> White or brown sugar, honey, jams, jellies, marmalades Cool Whip®, icing	Ice cream <i>1 serving per day ice cream allowed on Full Fluid diet only</i>  Custard, puddings  No baked goods unless approved by dietitian
<b>Beverages</b>	Coffee, tea	Chocolate drinks Nutritional supplements other than the metabolic formula
<b>Other</b>	Non-dairy creamer (e.g. Coffee Rich®, Coffee mate®)  All spices and condiments (e.g. sweet and sour sauce, cranberry sauce, mustard, relish, vinegar, ketchup) Specialty low protein products	

**Full Fluids:**

- Follow meal pattern below:

**Meal Pattern for 20 Gram Protein Full Fluids**

<b>Breakfast</b>	<b>Lunch and Dinner</b>
High calorie juice	High calorie juice
180 mL Hot cereal (milk free)	180 mL Cream soup
120 mL Whole milk	Ice cream/sherbet
Coffee	Tea
Milker	Milker
Sugar	Sugar

**Clear Fluids:**

- Give standard Clear Fluid meal pattern with the following exception:
  - Give high calorie juice in place of regular juice at all meals.

## **Therapeutic Diet Types**

**Protein Modified Diets**

**Metabolic Diseases Diets**

Diet Order:

**Metabolic 30 gram Protein Diet (Revised: May 30, 2022)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a diet that is low in protein and high in calories, to meet the nutritional needs of metabolic patients (Urea cycle disorders, methylmalonic acidemia, propionic acidemia, homocysteineuria, MSUD, etc) admitted for metabolic crisis or high ammonia. The diet needs to be high in calories to prevent catabolism.

Description:

- Provides 30 grams protein daily.
  - Meat & Alternatives are eliminated from this diet.
  - Can be difficult to meet caloric requirements.

Considerations:

- Metabolic Medical formula should be brought in by the patient's family or ordered BC Metabolic Nutrition Program (phone: 604-875-2034).
- Provide the meal pattern outlined below unless modified by the dietitian.
  - Allow one 120 mL (½ cup) serving per day of milk.
  - Allow 5 plain starch servings plus 2 slices rice bread per day – see Meal Pattern. They should be spread throughout the day (potatoes are considered starches – see Breads and Cereals in Summary of Foods Allowed & Not Allowed).
  - Fruits and juices are unlimited.
    - Provide high calorie fruit and juice at all meals.
  - Limit vegetables (excluding potatoes – see above) to 4 servings per day.
    - No broccoli, corn, peas, spinach, commercial vegetable mixes.
- Added sugars and fats are unlimited.
- If the patient will be admitted/on this diet for more than 2-3 days, low protein foods (e.g. pasta, bread) will have to be ordered by food services or brought in by the patient's caregiver.
- Follow meal pattern below/on next page:

**Meal Pattern for 30 Gram Protein Diet**

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
High calorie juice	High calorie juice	High calorie juice
Rice Krispies® - individual portion	120 mL (1/2 cup) plain potato, rice or pasta	240 mL (1 cup) plain potato, rice or pasta
1 slice toast	1 slice rice bread	1 slice rice bread
	2 Vegetable choices	2 Vegetable choices
High calorie fruit	High calorie fruit	High calorie fruit
2% Milk	15 mL Non-dairy creamer	15 mL Non-dairy creamer
	Popsicle	Ice cream/sherbet/gelatin
Margarine	Margarine	Margarine x 2
Jam		
Coffee	Tea	Tea
Sugar x 2	Sugar	Sugar

**Summary of Foods Allowed & Not Allowed on 30 Gram Protein Diet**

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (includes Cheese)</b>	Rice milk <u>Limit milk or soy milk to 1 serving per day</u> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul>	Milk and soy milk in excess of allowed amounts All other milk products
<b>Breads and Cereals</b>	Limit to 5 servings "Cereals" and "Others" and 2 slices rice bread per day Examples of 1 serving: <b>Cereals:</b> <ul style="list-style-type: none"> <li>• 1 portion (21 grams) Rice Krispies® at breakfast</li> </ul> <b>Others:</b> <ul style="list-style-type: none"> <li>• 120 mL (1/2 cup) plain potato, rice, pasta</li> </ul> <b>Breads &amp; Pastries:</b> <ul style="list-style-type: none"> <li>• 2 slices rice bread daily</li> </ul>	"Cereals" and "Others" in excess of 5 servings per day; rice bread in excess of 2 slices per day All other cereals <i>1 serving (120 mL) milk free hot cereal allowed on Full Fluid diet only</i> Mashed potatoes, scalloped potatoes Whole wheat bread
<b>Meat, Fish, Poultry and Alternatives</b>	None	

Type of Food	Foods Allowed	Foods Not Allowed
<b>Fruits and Vegetables</b>	<b>Juices:</b> All Lemonade <b>Fresh, Canned &amp; Dried Fruits:</b> All <b>Raw &amp; Cooked Vegetables:</b> <u><b>Limit to 4 servings per day</b></u> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul>	Broccoli, corn, peas, spinach, commercial vegetable mixes
<b>Soups</b>	Vegetarian broth based soups only (without any Meat and Alternatives - including legumes and lentils - or Milk Products)	All others  <i>Cream soups allowed on Full Fluid diet only</i>
<b>Fats and Oils</b>	Butter, margarine, oils, salad dressings Mayonnaise, Miracle Whip®	Gravies
<b>Desserts and Sweets</b>	Popsicles Candies <u><b>Limit to 1 serving per day</b></u> of ice cream, sherbet, gelatin or jellied fruit <ul style="list-style-type: none"> <li>• 1 serving = 120 mL</li> </ul> White or brown sugar, honey, jams, jellies, marmalades Cool Whip®, icing	Custard, puddings  No baked goods unless approved by dietitian
<b>Beverages</b>	Coffee, tea	Chocolate drinks Nutritional supplements other than the metabolic formula
<b>Other</b>	Non-dairy creamer (e.g. Coffee Rich®, Coffee mate®)  Spices and condiments including sweet and sour sauce, cranberry sauce, mustard, relish, vinegar, ketchup, soy sauce, broth Specialty low protein products	Foods containing egg or dairy in excess of allowed amounts

## **Therapeutic Diet Types**

### **Renal Diets**

Diet Order:

**Renal (No Dialysis) (Revised: September 20, 2021)**

Menu Selection:

Renal Menu

Description of Diet:

- Sodium Maximum 2300 mg/day, (100 mmol)
- Potassium Maximum 3000 mg/day, (80 mmol)
- Phosphorus 800 – 1200 mg/day, (25 mmol – 40 mmol)
- Protein 50 to 60 grams/day
- Fluid No restriction

Considerations:

- This diet will be used when a renal diet is ordered without other specifications:
  - Renal diets vary for Renal Diabetic (No Dialysis), Hemodialysis (HD), HD Diabetic, Peritoneal Dialysis (PD) and PD Diabetic. Refer to the Diet Writing Guidelines for each of these diets.
  - Renal transplant diets do not require restrictions and should therefore use a Regular/General Menu.
- Follow the Meal Pattern for Renal Diet (No Dialysis) for providing meals and snacks.
- A summary of type and amount of foods allowed is listed after the meal pattern.
- For juice, fruit and vegetables servings, refer to Average Potassium Content of Common Foods.
- Do not give salt package.
- Efforts should be made to minimize providing foods that contain phosphorus based additives. Do not give instant puddings or meats containing phosphorus based additives.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as sodium, potassium, phosphorus or protein content may be too high.

**Meal Pattern for Renal Diet (No Dialysis)**

Type of Food	Breakfast	Lunch (Light Meal)	PM	Dinner (Heavy Meal)	HS	Total
Milk Products	120 mL Milk					1-2
Breads & Cereals	2	2		1-2	1	6-7
Meat & Alternates	1 (30 g)	2 (60 g)		2 (60 g) 3 times/week		5 0-1
Potato						
Vegetables		1 Low/medium potassium vegetable		1 Low/medium potassium vegetable		2
Fruits	1 Low/medium potassium juice	1 Low/medium potassium fruit	1 Low/medium potassium fruit			1 Juice 2 Fruit
Desserts				1		1
Soup		1				1
Fats	√	√		√		
Milker	1	1		1		3
Sugar	√	√		√		
Coffee/tea	√	√		√		
Pepper	√	√		√		
Mrs. Dash	√	√		√		
Jam/jelly	√					

Nourishments: PM Low/medium potassium fruit  
HS Plain cookies or other plain baked goods

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (include Cheese)</b>	<p><b><u>Limit to 1- 2 servings per day</u></b></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL milk, yogurt, cottage cheese, cream soup, puddings, ice cream</li> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p>Allow 3 milkers daily</p>	Chocolate milk Instant breakfast Ovaltine Processed cheese
<b>Breads and Cereals</b>	<p><b><u>Limit to 6-7 servings per day</u></b></p> <p><u>All, except those listed as not allowed</u></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL rice, pasta</li> <li>• 1 slice bread (white, whole wheat, light rye)</li> <li>• 1 muffin</li> <li>• 4 plain cookies, crackers</li> </ul> <p><u>In addition to the above limit, may allow 30 mL raw bran per day.</u></p>	Bran Flakes, Raisin Bran, All Bran®, Granola, Instant hot cereals  Raisin bread, dark rye and pumpernickel  Bran muffin, banana muffin Muffins, cornbread, scones and other baked goods with > 300 mg sodium per serving Salted crackers

Type of Food	Foods Allowed	Foods Not Allowed
Meat, Fish, Poultry and Alternates	<p><b><u>Limit to 5 servings per day</u></b></p> <p><b>Meat, Poultry, Fish:</b>          All except those not allowed             <ul style="list-style-type: none"> <li>• 1 serving = 30 g (1 oz)</li> </ul> <b>Cheese:</b> <ul style="list-style-type: none"> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p><b>Cheese, if given, must also count as 1 serving of Milk Products</b></p> <p><b>Eggs:</b>          All             <ul style="list-style-type: none"> <li>• 1 serving = 1 egg</li> </ul> <b>Alternates:</b>          Tofu and peanut butter:             <ul style="list-style-type: none"> <li>• 1 serving tofu= 75 mL (1/3 cup)</li> <li>• 1 serving peanut butter =15 mL (1 package); <i>Limit to every other day</i></li> </ul>         Legume and lentil-based entrees with less than 600 mg potassium per serving     </p></p>	Processed and canned meats (e.g. ham, bacon, sausages, corned beef, frozen breaded meat and fish)
Fruits and Vegetables	<p><b>Juices:</b></p> <p><b><u>Limit to 1 serving per day</u></b> of low to medium potassium juices</p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)                      apple, grape, cranberry juice</li> </ul> <p><b>Fruits:</b></p> <p><b><u>Limit to 2 servings per day</u></b> of low to medium potassium fruits</p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul> <p><u>In addition</u> to 2 servings fruit per day, may allow up to 2 packages per day of applesauce</p> <p><b>Vegetables:</b></p> <p><b><u>Limit to 2 servings per day</u></b> of low to medium potassium vegetables</p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul>	Nuts and seeds except peanut butter as specified in foods allowed <p>High potassium choices          e.g. orange juice, prune juice          tomato juice, vegetable juice</p> <p>High potassium choices          e.g. apricots, oranges, bananas, fresh pears, prunes, honeydew, cantaloupe, mango, nectarine, kiwifruit          Dried fruits, fruitlax</p> <p>High potassium choices          e.g. Spinach, squash, sweet potato, rutabagas</p>

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Potatoes:</b>  <u><b>Limit to 0-1 servings per day</b></u></p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup) or 1 medium potato</li> </ul> <p>In addition to the above vegetable limit, potatoes (mashed, boiled) may be given <u>3 times per week</u> if potassium remains less than 3000mg for the day</p> <p><b>Tomatoes:</b>  As part of the above vegetable limit, allow <math>\frac{1}{2}</math> medium tomato per day</p> <ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> medium tomato = 1 serving</li> </ul>	Baked potatoes, roast potatoes  Refer to the lists of "Average Potassium Content of Fruits" and "Average Potassium content of Vegetables" for a complete list of low, medium and high potassium juices, fruits & vegetables.
Soups	<p><u><b>Limit to 1 serving per day</b></u> of cream or broth based soups with less than 350 mg sodium and less than 300 mg potassium per serving</p> <p><u>Cream soup, if given, must also count as 1 serving of Milk Products</u></p> <p>Note: Soups with tomato or potato are allowed if less than 350 mg sodium and less than 300 mg potassium per serving</p>	Soups with more than 350 mg of sodium or more than 300 mg potassium per serving  Soups made with legumes or lentils
Fats and Oils	All	None
Desserts and Sweets	<p><u><b>Allow 1 non-fruit dessert per day</b></u> (may substitute 1 serving of allowed fruit for this non-fruit dessert, which will allow a maximum of 3 fruit per day)</p> <p>Cakes (no chocolate, no nuts), jello, popsicles, sherbet, orange cake with orange icing</p> <p><u>Ice cream and puddings</u> are allowed but <u>must also count as 1 serving of Milk Products</u></p> <p>Jams, jellies, marmalade, honey, sugar</p>	High potassium choices, including desserts made with nuts, seeds, dried fruit, bran, chocolate (i.e. pumpkin pie, banana muffins/loaves, carrot cake, peanut butter cookies, oatmeal raisin cookies, blueberry bran muffin, chocolate cake)  Desserts containing more than 300 mg sodium
Beverages	Coffee substitute Tea, coffee, water	Chocolate flavoured beverages

Type of Food	Foods Allowed	Foods Not Allowed
<b>Other</b>	1 package of ketchup, relish or mustard per day Mrs. Dash Non-dairy creamer	Casseroles and other dishes made with foods not allowed Main entrees with > 700 mg sodium per serving

**Full Fluids:**

- Give standard Full Fluids meal pattern with the following exceptions:
  - Limit fluid milk to 120 mL per meal.
  - Give only low and medium potassium juices (apple, grape, cranberry).
  - No chocolate desserts.
  - Do not give salt package or Mrs. Dash.
- Follow pattern below:

Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)
Juice (Low/medium potassium)	Juice (Low/medium potassium)	Juice (Low/medium potassium)
Hot cereal	180 mL pureed soup	180 mL pureed soup
120 mL Milk	120 mL Milk	120 mL Milk
	Dessert	Dessert
Coffee	Tea	Tea
Milker	Milker	Milker
Sugar x 2	Sugar	Sugar

**Clear Fluids:**

- Give standard Clear Fluids meal pattern with the following exceptions:
  - Give only low and medium potassium juices (apple, grape, cranberry).
  - Do not give salt package or Mrs. Dash.

## **Therapeutic Diet Types**

### **Renal Diets**

Diet Order:

**Renal Diabetes (No Dialysis) (Revised: September 20, 2021)**

Menu Selection:

Renal Menu

Description of Diet:

- Sodium Maximum 2300 mg/day, (100 mmol)
- Potassium Maximum 3000 mg/day, (80 mmol)
- Phosphorus 800 – 1200 mg/day, (25 mmol – 40 mmol)
- Protein 70 grams/day
- Fluid No restriction
- Carbohydrate Consistent amount of carbohydrates is provided at each meal

Considerations:

- This diet will be used when a renal diabetes diet is ordered without other specifications:
  - Renal diets vary for Renal (No Dialysis), Hemodialysis (HD), HD Diabetes, Peritoneal Dialysis (PD) and PD Diabetes. Refer to the Diet Writing Guidelines for each of these diets.
  - Renal transplant diets do not require restrictions and should therefore use a Regular/General Menu; diabetes renal transplant diets should use the Diabetes Menu.
- Dietary guidelines for diabetes are liberalized on Renal Diabetes diets
- A summary of type and amount of foods allowed is listed after the meal pattern.
- For juice, fruit and vegetables servings, refer to Average Potassium Content of Common Foods
- Do not give sugar package. Give sugar substitute with cereal and hot beverages.
- Do not give salt package.
- Efforts should be made to minimize providing foods that contain phosphorus based additives. Do not give instant puddings or meats containing phosphorus based additives.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as sodium, potassium, phosphorus or protein content may be too high.

**Meal Pattern for Renal Diabetes Diet (No Dialysis)**

Type of Food	Breakfast	Lunch (Light Meal)	PM	Dinner (Heavy Meal)	HS	Total
Milk Products	120 mL Milk					1-2
Breads & Cereals	2	2-3		2	1	7-8
Meat & Alternates	1 (30 g)	2 (60 g)		2 (60 g)	1 (30g)	6
Potato				3 times/week (counts as 1 serving Breads & Cereals)		0-1
Vegetables		1 Low/medium potassium vegetable		1 Low/medium potassium vegetable		2
Fruits	1 Low/medium potassium fruit	1 Low/medium potassium fruit	1 Low/medium potassium fruit			3 Fruit
Desserts				1		1
Soup		1 (counts as 1 serving Breads & Cereals – except broth)				1
Fats	1-2	1-2		1-2	1	4-7
Milker	1	1		1		3
Sugar substitute	✓	✓		✓		
Coffee/tea	✓	✓		✓		
Pepper	✓	✓		✓		
Mrs. Dash	✓	✓		✓		
Diet jam/jelly	✓					

Nourishments: PM      Low/medium potassium fruit  
 HS      ½ sandwich made with 30g (1 ounce) of meat, fish,  
           poultry, egg (or cheese within the guideline of every other day)

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products <u>(include Cheese)</u></b>	<p><b><u>Limit to 1- 2 servings per day</u></b></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL milk, yogurt, cottage cheese, cream soup, puddings, ice cream</li> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p>Allow 3 milkers daily</p>	Chocolate milk Instant breakfast Ovaltine Processed cheese
<b>Breads and Cereals</b>	<p><b><u>Limit to 7-8 servings per day</u></b></p> <p><u>All, except those listed as not allowed</u></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL rice, pasta</li> <li>• 1 slice bread (white, whole wheat, light rye)</li> <li>• 1 muffin</li> <li>• 4 plain cookies, crackers</li> <li>• 120 mL soup</li> <li>• 120 mL potato, <math>\frac{1}{2}</math> medium potato</li> </ul> <p><u>In addition to the above limit, may allow 30 mL raw bran per day</u></p>	Bran Flakes, Raisin Bran, All Bran®, Granola, Instant hot cereals  Raisin bread, dark rye and pumpernickel  Bran muffin, banana muffin  Muffins, cornbread, scones and other baked goods > 300 mg sodium per serving  Salted crackers
<b>Meat, Fish, Poultry and Alternates</b>	<p><b><u>Limit to 6 servings per day</u></b></p> <p><b><i>Meat, Poultry, Fish:</i></b>  All except those not allowed <ul style="list-style-type: none"> <li>• 1 serving = 30 g (1 oz)</li> </ul> <b><i>Cheese:</i></b> <ul style="list-style-type: none"> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <u>Cheese, if given, must also count as 1 serving of Milk Products</u>  <b><i>Eggs:</i></b>  All <ul style="list-style-type: none"> <li>• 1 serving = 1 egg</li> </ul> <b><i>Alternates:</i></b>  Tofu and peanut butter <ul style="list-style-type: none"> <li>• 1 serving tofu= 75 mL (1/3 cup)</li> <li>• 1 serving peanut butter =15 mL (1 package); <i>Limit to every other day</i></li> </ul> </p>	Processed and canned meats (e.g. ham, bacon, sausages, corned beef, frozen breaded meat and fish)  Nuts and seeds except peanut butter as specified in foods allowed

Type of Food	Foods Allowed	Foods Not Allowed
	Legume and lentil-based entrees with less than 600 mg potassium per serving	
Fruits and Vegetables	<p><b>Juices:</b>  <u>Limit to 1 serving per day</u> of low to medium potassium juices                     <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup) apple, grape, cranberry juice</li> </ul> <p><b>Fruits:</b>  <u>Limit to 2 servings per day</u> of low to medium potassium fruits                     <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul> <p><b>Vegetables:</b>  <u>Limit to 2 servings per day</u> of low to medium potassium vegetables                     <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup)</li> </ul> <p><b>Potatoes:</b>  <u>Limit to 0-1 servings per day</u> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (1/2 cup) or 1 medium potato</li> </ul>                     In addition to the above vegetable limit, potato (mashed, boiled) may be given <u>3 times per week</u> if potassium remains less than 3000 mg for the day.                      On Renal Diabetes Diets, 1 serving of potato <u>must also count as 1 serving of Breads &amp; Cereals</u> <p><b>Tomatoes:</b>                      As part of the above vegetable limit, allow <u>½ medium tomato per day</u> <ul style="list-style-type: none"> <li>• <u>½ medium tomato = 1 serving vegetable</u></li> <li>• </li> </ul> </p></p></p></p></p>	Orange juice, prune juice Tomato juice, vegetable juice  High potassium choices (i.e. oranges, bananas, prunes, honeydew, cantaloupe) Dried fruits, fruitlax  Spinach, squash  Baked potatoes, roast potatoes, commercially prepared potato mixes  Refer to the lists of "Average Potassium Content of Fruits" and "Average Potassium content of Vegetables" for a complete list of low, medium and high potassium juices, fruits & vegetables.
Soups	<p><u>Limit to 1 serving per day</u> of cream or broth based soups with less than 350 mg sodium and less than 300 mg potassium per serving</p> <p><u>All soups (except clear broths) must count as 1 serving of Breads &amp; Cereal</u></p>	Soups with more than 350 mg of sodium or more than 300 mg potassium per serving Soups made with legumes or lentils

Type of Food	Foods Allowed	Foods Not Allowed
	<u>Cream soup, if given, must count as 1 serving of Milk Products and 1 serving of Breads &amp; Cereals</u>  Note: Soups with tomato or potato are allowed if less than 350 mg sodium and less than 300 mg potassium per serving	
<b>Fats and Oils</b>	All	None
<b>Desserts and Sweets</b>	<u>Allow 1 non-fruit dessert per day</u> (may substitute 1 serving of allowed fruit for this non-fruit dessert, which will allow a maximum of 3 fruit per day) Must contain less than or equal to 20g carbohydrate per serving Cakes (no chocolate, no nuts), jello, popsicles, sherbet <u>Ice cream and puddings</u> are allowed but <u>must also count as 1 serving of Milk Products</u> Diet jam/jelly, sugar substitute	High potassium choices (i.e. pumpkin pie, banana muffins/loaves, carrot cake, peanut butter cookies, oatmeal raisin cookies, blueberry bran muffin, chocolate cake, desserts made with dried fruits)  Desserts containing more than 300 mg sodium  Jams, jellies, marmalades, honey, sugar
<b>Beverages</b>	Coffee substitute Tea, coffee Water	Chocolate flavoured beverages
<b>Other</b>	1 package of ketchup, relish or mustard per day Mrs. Dash Non-dairy creamer	Casseroles and other dishes made with foods not allowed Main entrees with > 700 mg sodium per serving

**Full Fluids:**

- Give standard Full Fluids meal pattern with the following exceptions:
  - Limit fluid milk to 120 mL per meal.
  - Give only low and medium potassium juice (apple, grape, cranberry).
  - No chocolate desserts
  - Do not give sugar package, give sugar substitute
  - Do not give salt package or Mrs. Dash
- Follow pattern below:

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice (Low/medium potassium)	Juice (Low/medium potassium)	Juice (Low/med potassium)
Hot cereal	180 mL Pureed soup	180 mL Pureed soup
120 mL Milk	120 mL Milk	120 mL Milk
	Dessert	Dessert
Coffee	Tea	Tea
Milker	Milker	Milker
Sugar substitute x 2	Sugar substitute	Sugar substitute

**Clear Fluids:**

- Give standard Clear Fluids meal pattern with the following exceptions:
  - Give only low and medium potassium juice (apple, grape, cranberry).
  - Do not give sugar package, give sugar substitute.
  - Do not give salt package or Mrs. Dash.

## **Therapeutic Diet Types**

### **Renal Diets**

Diet Order:

**Renal Hemodialysis (HD) (Revised: September 20, 2021)**

Menu Selection:

Renal HD Menu

Description of Diet:

- Sodium              Maximum 2300 mg/day, (100 mmol)
- Potassium            Maximum 3000 mg/day, (80 mmol)
- Phosphorus          800 – 1200 mg/day, (25 mmol – 40 mmol)
- Protein              80 to 90 grams/day
- Fluid                1 Litre/day, no water jug

Considerations:

- This diet will be used when a renal hemodialysis diet is ordered without other specifications:
  - Renal diets vary for Renal (No Dialysis), Renal Diabetic (No Dialysis), Hemodialysis (HD) Diabetic, Peritoneal Dialysis (PD) and PD Diabetic. Refer to the Diet Writing Guidelines for each of these diets.
  - Renal transplant diets do not require restrictions and should therefore use a Regular/General Menu.
- A summary of type and amount of foods allowed is listed after the meal pattern.
- For juice, fruit and vegetables servings, refer to Average Potassium Content of Common Foods.
- Do not give salt package.
- Efforts should be made to minimize providing foods that contain phosphorous based additives. Do not give instant puddings or meats containing phosphorus based additives.
- Count the following pourable (at room temperature) fluids as part of a fluid restriction: juice, milk, tea, coffee, coffee substitute, soup, water, gelatin, ice cream, sherbet, popsicles, ice, thickened fluids and nutritional supplements.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as sodium, potassium or phosphorus content may be too high.

**Meal Pattern for Hemodialysis (HD) Diet**

Type of Food	Breakfast	Lunch (Light Meal)	PM	Dinner (Heavy Meal)	HS	Total
Milk Products	120 mL Milk					1-2 (120 mL)
Breads & Cereals	2	2-3		1	2	Minimum 7-8
Meat & Alternates	1 (30 g)	2 (60 g)		3 (90 g)	2 (60g)	8
Potato				3 times/week		0-1
Vegetables		1 Low/medium potassium vegetable		1 Low/medium potassium vegetables		2
Fruits	1 Low/medium potassium juice	1 Low/medium potassium fruit	1 Low/medium potassium fruit			120 mL Juice 2 Fruit
Desserts				1		1
Soup		120 mL				120 mL
Fats	√	√		√	√	
Milker	1	1		1		3
Sugar	√	√		√		
Coffee/tea	200 mL	200 mL		200 mL		600 mL
Pepper	√	√		√		
Mrs. Dash	√	√		√		
Jam/jelly	√					

Nourishments:

PM      Low/medium potassium fruit

HS      Whole sandwich made with 60g (2 ounces) of meat, fish, poultry, egg  
(or cheese within the guideline of every other day)

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (include Cheese)</b>	<p><b><u>Limit to 1-2 servings per day</u></b></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL milk, yogurt, cottage cheese, cream soup, puddings, ice cream</li> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p>Allow 3 milkers daily</p>	<p>Chocolate milk Instant breakfast Ovaltine Processed cheese</p>

Type of Food	Foods Allowed	Foods Not Allowed
Breads and Cereals	<p><b><u>Minimum 7-8 servings per day</u></b></p> <p><u>All, except those listed as not allowed</u></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL rice, pasta</li> <li>• 1 slice bread (white, whole wheat, light rye)</li> <li>• 1 muffin</li> <li>• 4 plain cookies, crackers</li> </ul> <p><u>In addition to the above limit, may allow 30 mL raw bran per day</u></p>	<p>Bran Flakes, Raisin Bran, All Bran®, Granola, Instant hot cereals</p> <p>Raisin bread, dark rye and pumpernickel</p> <p>Bran muffin, banana muffin</p> <p>Muffins, cornbread, scones and other baked goods with &gt; 300 mg sodium per serving</p> <p>Salted crackers</p>
Meat, Fish, Poultry and Alternates	<p><b><u>Limit to 8 servings per day</u></b></p> <p><b><i>Meat, Poultry, Fish:</i></b>          All except those not allowed             <ul style="list-style-type: none"> <li>• 1 serving = 30 g (1 oz)</li> </ul> <b><i>Cheese:</i></b> <ul style="list-style-type: none"> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p><u>Cheese, if given, must also count as 1 serving of Milk Products</u></p> <p><b><i>Eggs:</i></b>          All             <ul style="list-style-type: none"> <li>• 1 serving = 1 egg</li> </ul> <b><i>Alternates:</i></b>          Tofu and peanut butter             <ul style="list-style-type: none"> <li>• 1 serving tofu= 75 mL (1/3 cup)</li> <li>• 1 serving peanut butter =15 mL (1 package); <i>Limit to every other day</i></li> </ul> <p>Legume and lentil-based entrees with less than 600 mg potassium per serving</p> </p></p>	<p>Processed and canned meats (e.g. ham, bacon, sausages, corned beef, frozen breaded meat and fish)</p> <p>Nuts and seeds except peanut butter as specified in foods allowed</p>
Fruits and Vegetables	<p><b><i>Juices:</i></b>  <b><u>Limit to 1 serving per day</u></b> of low to medium potassium juices             <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (½ cup)</li> <li>apple, grape, cranberry juice</li> </ul> <b><i>Fruits:</i></b>  <b><u>Limit to 2 servings per day</u></b> of low to         </p>	<p>Orange juice, prune juice          Tomato juice, vegetable juice</p> <p>High potassium choices (i.e. oranges,</p>

Type of Food	Foods Allowed	Foods Not Allowed
	<p>medium potassium fruits</p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (<math>\frac{1}{2}</math> cup)</li> </ul> <p><u>In addition</u> to 2 servings fruit per day, may allow up to 2 packages per day of applesauce</p> <p><b>Vegetables:</b></p> <p><u>Limit to 2 servings per day</u> of low to medium potassium vegetables</p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (<math>\frac{1}{2}</math> cup)</li> </ul> <p><b>Potatoes:</b></p> <p><u>Limit to 0-1 servings per day</u></p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (<math>\frac{1}{2}</math> cup) or 1 medium potato</li> </ul> <p><u>In addition</u> to the above vegetable limit, potato (mashed, boiled) may be given <u>3 times per week</u> if potassium remains less than 3000 mg for the day</p> <p><b>Tomatoes:</b></p> <p>As part of the above vegetable limit, allow <math>\frac{1}{2}</math> medium tomato per day</p> <ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> medium tomato = 1 serving vegetable</li> </ul>	<p>bananas, prunes, honeydew, cantaloupe)  Dried fruits, fruitlax</p> <p>Spinach, squash</p> <p>Baked potatoes, roast potatoes, commercially prepared potato mixes</p> <p>Refer to the lists of "Average Potassium Content of Fruits" and "Average Potassium content of Vegetables" for a complete list of low, medium and high potassium juices, fruits &amp; vegetables.</p>
Soups	<p><u>Limit to 1 serving per day</u> of cream or broth based soups with less than 350 mg sodium and less than 300 mg potassium per serving</p> <p><u>Cream soup, if given, must also count as 1 serving of Milk Products</u></p> <p>Note: Soups with tomato or potato are allowed if less than 350 mg sodium and less than 300 mg potassium per serving</p>	<p>Soups with more than 350 mg of sodium or more than 300 mg potassium per serving</p> <p>Soups made with legumes or lentils</p>
Fats and Oils	All	None
Desserts and Sweets	<p><u>Allow 1 non-fruit dessert per day</u> (may substitute 1 serving of allowed fruit for this non-fruit dessert, which will allow a maximum of 3 fruit per day)</p> <p>Cakes (no chocolate, no nuts), jello,</p>	High potassium choices, including desserts made with nuts, seeds, dried fruit, bran, chocolate (i.e. pumpkin pie, banana muffins/loaves, carrot cake,

Type of Food	Foods Allowed	Foods Not Allowed
	popsicles, sherbet, orange cake with orange icing <u>Ice cream and puddings</u> are allowed, but <u>must also count as 1 serving of Milk Products</u> Jams, jellies, marmalade, honey, sugar	peanut butter cookies, oatmeal raisin cookies, blueberry bran muffin, chocolate cake). Desserts containing more than 300 mg sodium
<b>Beverages</b>	Coffee substitute Tea, coffee	No water jug Chocolate flavoured beverages
<b>Other</b>	1 package of ketchup, relish or mustard per day Mrs. Dash Non-dairy creamer	Casseroles and other dishes made with foods not allowed Main entrees with > 700 mg sodium per serving

Full Fluids:

- Give standard Full Fluids meal pattern with the following exceptions:
  - Limit fluid milk to 120 mL per meal.
  - Give only low and medium potassium juice (apple, grape, cranberry).
  - Give only 120 mL soup at lunch and dinner.
  - Give only 120 mL tea or coffee per meal.
  - No chocolate desserts.
  - Do not give salt package or Mrs. Dash.
  - Do not give water jug or additional water.
- Follow pattern below:

Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)
Juice (Low/medium potassium) Hot cereal 120 mL Milk  120 mL Coffee Milker Sugar x 2	Juice (Low/medium potassium) 120 mL Pureed soup 120 mL Milk Dessert 120 mL Tea Milker Sugar	Juice (Low/medium potassium) 120 mL Pureed soup 120 mL Milk Dessert 120 mL Tea Milker Sugar

Clear Fluids:

- Give standard Clear Fluids meal pattern with the following exceptions:
  - Give only 1 juice per meal. Give only low and medium potassium juice (apple, grape, cranberry).
  - Do not give salt package or Mrs. Dash.
  - Do not give water jug or additional water.

## **Therapeutic Diet Types**

### **Renal Diets**

Diet Order:

**Renal Hemodialysis (HD) Diabetes (Revised: September 20, 2021)**

Menu Selection:

Renal HD Menu

Description of Diet:

- Sodium Maximum 2300 mg/day, (100 mmol)
- Potassium Maximum 3000 mg/day, (80 mmol)
- Phosphorus 800 – 1200 mg/day, (25 mmol – 40 mmol)
- Protein 80 to 90 grams/day
- Fluid 1 Litre/day, no water jug
- Carbohydrate Consistent amount of carbohydrates is provided at each meal

Considerations:

- This diet will be used when a hemodialysis diabetes diet is ordered without other specifications:
  - Renal diets vary for Renal (No Dialysis), Renal Diabetes (No Dialysis) Hemodialysis (HD), Peritoneal Dialysis (PD) and PD Diabetes. Refer to the Diet Writing Guidelines for each of these diets.
  - Renal transplant diets do not require restrictions and should therefore use a Regular/General Menu; diabetes renal transplant diets should use the Diabetes Menu.
- Dietary guidelines for diabetes are liberalized on Hemodialysis Diabetes diets.
- A summary of type and amount of foods allowed is listed after the meal pattern.
- For juice, fruit and vegetables servings, refer to Average Potassium Content of Common Foods.
- Do not give sugar package. Give sugar substitute with cereal and hot beverages.
- Do not give salt package.
- Efforts should be made to minimize providing foods that contain phosphorus based additives. Do not give instant puddings or meats containing phosphorus based additives.
- Count the following pourable (at room temperature) fluids as part of a fluid restriction: juice, milk, tea, coffee, coffee substitute, soup, water, gelatin, ice cream, sherbet, popsicles, ice, thickened fluids and nutritional supplements.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as sodium, potassium or phosphorus content may be too high.

**Meal Pattern for Hemodialysis Diabetes Diet**

Type of Food	Breakfast	Lunch (Light Meal)	PM	Dinner (Heavy Meal)	HS	Total
Milk Products	120 mL Milk					1-2 (120mL)
Breads & Cereals	2	2-3		1-2	2	7-9
Meat & Alternates	1 (30 g)	2 (60 g)		3 (90 g)	2 (60g)	8
Potato				3 times/week (counts as 1 serving Breads & Cereals)		0-1
Vegetables		1 Low/medium potassium vegetable		1 Low/medium potassium vegetable		2
Fruits	1 Low/medium potassium fruit	1 Low/medium potassium fruit	1 Low/medium potassium fruit			3 Fruit
Desserts				1		1
Soup		120 mL (counts as 1 serving Breads & Cereals – except broth)				120 mL
Fats	1-2	1-2		1-2	1	4-7
Milker	1	1		1		3
Sugar substitute	✓	✓		✓		
Coffee/tea	200 mL	200 mL		200 mL		600 mL
Pepper	✓	✓		✓		
Mrs. Dash	✓	✓		✓		
Diet jam/jelly	✓					

Nourishments:

PM      Low/medium potassium fruit

HS      Whole sandwich made with 60g (2 ounces) of meat, fish, poultry, egg (or cheese within the guideline of every other day)

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products <u>(include Cheese)</u></b>	<p><b><u>Limit to 2 servings per day</u></b></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL milk, yogurt, cottage cheese, cream soup, puddings, ice cream</li> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p>Allow 3 milkers daily</p>	<p>Chocolate milk Instant breakfast Ovaltine Processed cheese</p>

Type of Food	Foods Allowed	Foods Not Allowed
Breads and Cereals	<p><b><u>Limit to 7-9 servings per day</u></b></p> <p>All, except those listed as not allowed</p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL rice, pasta</li> <li>• 1 slice bread (white, whole wheat, light rye)</li> <li>• 1 muffin</li> <li>• 4 plain cookies, crackers</li> <li>• 120 mL soup</li> <li>• 120 mL potato, <math>\frac{1}{2}</math> medium potato</li> </ul> <p><u>In addition</u> to the above limit, may allow 30 mL raw bran per day</p>	<p>Bran Flakes, Raisin Bran, All Bran®, Granola, Instant hot cereals</p> <p>Raisin bread, dark rye and pumpernickel</p> <p>Bran muffin, banana muffin</p> <p>Muffins, cornbread, scones and other baked goods with &gt; 300 mg sodium per serving</p> <p>Salted crackers</p>
Meat, Fish, Poultry and Alternates	<p><b><u>Limit to 8 servings per day</u></b></p> <p><b>Meat, Poultry, Fish:</b> All except those not allowed</p> <ul style="list-style-type: none"> <li>• 1 serving = 30 g (1 oz)</li> </ul> <p><b>Cheese:</b></p> <ul style="list-style-type: none"> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p><b>Cheese, if given, must also count as 1 serving of Milk Products</b></p> <p><b>Eggs:</b> All (1 serving = 1 egg)</p> <p><b>Alternates:</b> Tofu and peanut butter</p> <ul style="list-style-type: none"> <li>• 1 serving tofu= 75 mL (1/3 cup)</li> <li>• 1 serving peanut butter =15 mL (1 package); <i>Limit to every other day</i></li> </ul> <p>Legume and lentil-based entrees with less than 600 mg potassium per serving</p>	<p>Processed and canned meats (e.g. ham, bacon, sausages, corned beef, frozen breaded meat and fish)</p> <p>Nuts and seeds except peanut butter as specified in foods allowed</p>
Fruits and Vegetables	<p><b>Juices:</b></p> <p><b><u>Limit to 1 serving per day</u></b> of low to medium potassium juices</p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (<math>\frac{1}{2}</math> cup)</li> </ul> <p>apple, grape, cranberry juice</p>	<p>Orange juice, prune juice</p> <p>Tomato juice, vegetable juice</p>

Type of Food	Foods Allowed	Foods Not Allowed
	<p><b>Fruits:</b>  <u>Limit to 2 servings per day</u> of low to medium potassium fruits</p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (½ cup)</li> </ul> <p><b>Vegetables:</b>  <u>Limit to 2 servings per day</u> of low to medium potassium vegetables</p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (½ cup)</li> </ul> <p><b>Potatoes:</b>  <u>Limit to 0-1 servings per day</u></p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (½ cup) or 1 medium potato</li> </ul> <p>In addition to the above vegetable limit, potato (mashed, boiled) may be given <u>3 times per week</u> if potassium remains less than 3000 mg for the day</p> <p>On Hemodialysis <u>Diabetes</u> Diets, 1 serving of potato <u>must also count as 1 serving of Breads &amp; Cereal</u></p> <p><b>Tomatoes:</b>  As part of the above vegetable limit, allow ½ medium tomato per day</p> <ul style="list-style-type: none"> <li>• ½ medium tomato = 1 serving vegetable</li> </ul>	<p>High potassium choices (i.e. oranges, bananas, prunes, honeydew, cantaloupe)  Dried fruits, fruitlax</p> <p>Spinach, squash</p> <p>Baked potatoes, roast potatoes, commercially prepared potato mixes</p>
Soups	<p><u>Limit to 1 serving per day</u> of cream or broth based soups with less than 350 mg sodium and less than 300 mg potassium per serving</p> <p><u>All soups (except clear broths) must count as 1 serving of Breads &amp; Cereal</u></p> <p><u>Cream soup, if given, must count as 1 serving of Milk Products and 1 serving of Breads &amp; Cereals</u></p> <p>Note: Soups with tomato or potato are allowed if less than 350 mg sodium and less than 300 mg potassium per serving</p>	<p>Soups with more than 350 mg of sodium or more than 300 mg potassium per serving</p> <p>Soups made with legumes or lentils</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Fats and Oils</b>	All	None
<b>Desserts and Sweets</b>	<u>Allow 1 non-fruit dessert per day</u> (may substitute 1 serving of allowed fruit for this non-fruit dessert, which will allow a maximum of 3 fruit per day) Must contain less than or equal to 20g carbohydrate per serving Cakes (no chocolate, no nuts), jello, popsicles, sherbet <u>Ice cream and puddings are allowed but must also count as 1 serving of Milk Products</u> Diet jam/jelly, sugar substitute	High potassium choices (i.e. pumpkin pie, banana muffins/loaves, carrot cake, peanut butter cookies, oatmeal raisin cookies, blueberry bran muffin, chocolate cake, desserts made with dried fruits)  Desserts containing more than 300 mg sodium  Jams, jellies, marmalades, honey, sugar
<b>Beverages</b>	Coffee substitute Tea, coffee	No water jug Chocolate flavoured beverages
<b>Other</b>	1 package of ketchup, relish or mustard per day Mrs. Dash Non-dairy creamer	Casseroles and other dishes made with foods not allowed Main entrees with > 700 mg sodium per serving

Full Fluids:

- Give standard Full Fluids meal pattern with the following exceptions:
  - Limit fluid milk to 120 mL per meal.
  - Give only low and medium potassium juice (apple, grape, cranberry).
  - Give only 120 mL soup at lunch and dinner.
  - Give only 120 mL tea or coffee per meal.
  - No chocolate desserts.
  - Do not give salt package or Mrs. Dash.
  - Do not give sugar package, give sugar substitute.
  - Do not give water jug or additional water.
- Follow pattern below:

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice (Low/medium potassium)	Juice (Low/medium potassium)	Juice (Low/medium potassium)
Hot cereal	120 mL Pureed soup	120 mL Pureed soup
120 mL Milk	120 mL Milk	120 mL Milk
	Dessert	Dessert
120 mL Coffee	120 mL Tea	120 mL Tea
Milker	Milker	Milker
Sugar substitute x 2	Sugar substitute	Sugar substitute

**Clear Fluids:**

- Give standard Clear Fluids meal pattern with the following exceptions:
  - Give only 1 juice per meal. Give only low and medium potassium juice (apple, grape, cranberry).
  - Do not give salt package or Mrs. Dash.
  - Do not give sugar package, give sugar substitute.
  - Do not give water jug or additional water.

## **Therapeutic Diet Types**

### **Renal Diets**

Diet Order:

**Renal Peritoneal Dialysis (PD) (Revised: September 20, 2021)**

Menu Selection:

Renal PD Menu

Description of Diet:

- Sodium            Maximum 2300 mg/day, (100 mmol)
- Potassium        No restriction
- Phosphorus      800 – 1200 mg/day, (25 mmol – 40 mmol)
- Protein           80 to 90 grams/day
- Fluid             No restriction

Considerations:

- This diet will be used when a peritoneal dialysis diet is ordered without other specifications:
  - Renal diets vary for Renal (No Dialysis), Renal Diabetic (No Dialysis), Hemodialysis (HD), HD Diabetic, and Peritoneal Dialysis Diabetic. Refer to the Diet Writing Guidelines for each of these diets.
  - Renal transplant diets do not require restrictions and should therefore use a Regular/General Menu.
- A summary of type and amount of foods allowed is listed after the meal pattern.
- Do not give salt package.
- Efforts should be made to minimize providing foods that contain phosphorus based additives. Do not give instant puddings or meats containing phosphorus based additives.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as sodium or phosphorus content may be too high.

**Meal Pattern for Peritoneal Dialysis (PD) Diet**

Type of Food	Breakfast	Lunch (Light Meal)	PM	Dinner (Heavy Meal)	HS	Total
Milk Products	120 mL Milk					1-2
Breads & Cereals	2	2-3		1	2	Minimum 7-8
Meat & Alternates	1 (30 g)	2 (60 g)		3 (90 g)	2 (60g)	8
Potato				√		No limit
Vegetables		1		1		No limit
Fruits	Juice	Fruit	Fruit			No limit
Desserts				1		1
Soup		1				1
Fats	√	√		√	√	
Milker	1	1		1		3
Sugar	√	√		√		
Coffee/tea	√	√		√		
Pepper	√	√		√		
Mrs. Dash	√	√		√		
Jam/jelly	√					

Nourishments:

PM      Fruit

HS      Whole sandwich made with 60g (2 ounces) of meat, fish, poultry, egg (or cheese within the guideline of every other day)

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (include Cheese)</b>	<p><b><u>Limit to 1- 2 servings per day</u></b></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL milk, yogurt, cottage cheese, cream soup, puddings, ice cream</li> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p>Allow 3 milkers daily</p>	<p>Chocolate milk Instant breakfast Ovaltine Processed cheese</p>
<b>Breads and Cereals</b>	<p><b><u>Minimum 7-8 servings per day</u></b></p> <p>All, except those listed as not allowed</p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL rice, pasta</li> <li>• 1 slice bread (white, whole wheat, light rye)</li> <li>• 1 muffin</li> <li>• 4 plain cookies, crackers</li> </ul> <p><u>In addition to the above limit, may allow 30 mL raw bran per day</u></p>	<p>Bran Flakes, Raisin Bran, All Bran®, Granola, Instant hot cereals</p> <p>Raisin bread, dark rye and pumpernickel</p> <p>Bran muffin, banana muffin Muffins, cornbread, scones and other baked goods with 300 mg sodium per serving Salted crackers</p>

Type of Food	Foods Allowed	Foods Not Allowed
<b>Meat, Fish, Poultry and Alternates</b>	<p><b><u>Limit to 8 servings per day</u></b></p> <p><b>Meat, Poultry, Fish:</b> All except those not allowed</p> <ul style="list-style-type: none"> <li>• 1 serving = 30 g (1 oz)</li> </ul> <p><b>Cheese:</b></p> <ul style="list-style-type: none"> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p><b>Cheese, if given, must also count as 1 serving of Milk Product</b></p> <p><b>Eggs:</b> All</p> <ul style="list-style-type: none"> <li>• 1 serving = 1 egg</li> </ul> <p><b>Alternates:</b> Tofu and peanut butter</p> <ul style="list-style-type: none"> <li>• 1 serving tofu= 75 mL (1/3 cup)</li> <li>• 1 serving peanut butter =15 mL (1 package); <i>Limit to every other day</i></li> </ul> <p>Legume and lentil-based entrees with less than 600 mg potassium per serving</p>	Processed and canned meats (e.g. ham, bacon, sausages, corned beef, frozen breaded meat and fish)
<b>Fruits and Vegetables</b>	<p><b>Juices:</b> <b><u>No limit</u></b></p> <p><u>All, except those listed as not allowed</u></p>	Commercially prepared potato mixes
<b>Soups</b>	<p><b><u>Limit to 1 serving per day</u></b> of cream or broth based soups with less than 350 mg sodium</p> <p><b><u>Cream soup, if given, must also count as 1 serving of Milk Products</u></b></p>	<p>Soups with more than 350 mg of sodium per serving.</p> <p>Soups made with legumes or lentils</p>
<b>Fats and Oils</b>	All	None
<b>Desserts and Sweets</b>	<p><b><u>Allow 1 non-fruit dessert per day</u></b> (may substitute 1 serving of fruit for this non-fruit dessert)</p> <p>Cakes (no chocolate, no nuts), jello, popsicles, sherbet, orange cake with orange icing</p> <p><u>Ice cream and puddings are allowed</u></p>	Desserts containing chocolate, nuts, seeds, bran (i.e. chocolate cake, peanut butter cookies, blueberry bran muffins)

Type of Food	Foods Allowed	Foods Not Allowed
	but <u>must also count as 1 serving of Milk Products</u> Jams, jellies, marmalade, honey, sugar	Desserts containing more than 300 mg sodium
<b>Beverages</b>	Coffee substitute Tea, coffee Water	Chocolate flavoured beverages
<b>Other</b>	1 package of ketchup, relish or mustard per day Mrs. Dash Non-dairy creamer	Casseroles and other dishes made with foods not allowed Main entrees with > 700 mg sodium per serving

**Full Fluids:**

- Give standard Full Fluids meal pattern with the following exceptions:
  - Limit fluid milk to 120 mL per meal.
  - No chocolate desserts.
  - Do not give salt package or Mrs. Dash.
- Follow pattern below:

Breakfast	Lunch (Light Meal)	Dinner (Heavy Meal)
Juice	Juice	Juice
Hot cereal	180 mL Pureed soup	180 mL Pureed soup
120 mL Milk	120 mL Milk	120 mL Milk
	Dessert	Dessert
Coffee	Tea	Tea
Milker	Milker	Milker
Sugar x 2	Sugar	Sugar

**Clear Fluids:**

- Give standard Clear Fluids meal pattern with the following exception:
  - Do not give salt package or Mrs. Dash.

## **Therapeutic Diet Types**

### **Renal Diets**

Diet Order:

**Renal Peritoneal Dialysis (PD) Diabetes (Revised: September 20, 2021)**

Menu Selection:

Renal PD Menu

Description of Diet:

- Sodium Maximum 2300 mg/day, (100 mmol)
- Potassium No restriction
- Phosphorus 800 – 1200 mg/day, (25 mmol – 40 mmol)
- Protein 80 to 90 grams/day
- Fluid No restriction
- Carbohydrate Consistent amount of carbohydrates is provided at each meal

Considerations:

- This diet will be used when a peritoneal dialysis diabetes diet is ordered without other specifications:
  - Renal diets vary for Renal (No Dialysis), Renal Diabetes (No Dialysis), Hemodialysis (HD), HD Diabetes, and Peritoneal Dialysis (PD). Refer to the Diet Writing Guidelines for each of these diets.
  - Renal transplant diets do not require restrictions and should therefore use a Regular/General Menu; diabetes renal transplant diets should use the Diabetes Menu.
- Dietary guidelines for diabetes are liberalized on Peritoneal Dialysis Diabetes diets.
- A summary of type and amount of foods allowed is listed after the meal pattern.
- Do not give sugar package, give sugar substitute.
- Do not give salt package.
- Efforts should be made to minimize providing foods that contain phosphorus based additives. Do not give instant puddings or meats containing phosphorus based additives.
- If a resident/patient is requesting large or double portions, do not implement and contact the dietitian as sodium or phosphorus content may be too high.

**Meal Pattern for Peritoneal Dialysis (PD) Diabetes Diet**

Type of Food	Breakfast	Lunch (Light Meal)	PM	Dinner (Heavy Meal)	HS	Total
Milk Products	120 mL Milk					1-2
Breads & Cereals	2	2-3		1-2	2	7-9
Meat & Alternates	1 (30 g)	2 (60 g)		3 (90 g)	2 (60g)	8
Potato				✓ (counts as Breads & Cereals servings)		No limit
Vegetables		✓		✓		No limit
Fruits	1 Fruit	1 Fruit	1 Fruit			3 Fruit
Desserts				1		1
Soup		1 (counts as 1 serving Breads & Cereals – except broth)				1
Fats	1-2	1-2		1-2	1	4-7
Milker	1	1		1		3
Sugar substitute	✓	✓		✓		
Coffee/tea	✓	✓		✓		
Pepper	✓	✓		✓		
Mrs. Dash	✓	✓		✓		
Diet jam/jelly	✓					

Nourishments: PM      Fruit

HS      Whole sandwich made with 60g (2 ounces) of meat, fish,  
poultry, egg (or cheese within the guideline of every other day)

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (include Cheese)</b>	<p><b><u>Limit to 1- 2 servings per day</u></b></p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL milk, yogurt, cottage cheese, cream soup, puddings, ice cream</li> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p>Allow 3 milkers daily</p>	Chocolate milk Instant breakfast Ovaltine Processed cheese
<b>Breads and Cereals</b>	<p><b><u>Limit to 7-9 servings per day</u></b></p> <p>All, except those listed as not allowed</p> <p>Examples of 1 serving:</p> <ul style="list-style-type: none"> <li>• 120 mL rice, pasta</li> <li>• 1 slice bread (white, whole wheat, light rye)</li> </ul>	Bran Flakes, Raisin Bran, All Bran®, Granola, Instant hot cereals Raisin bread, dark rye and pumpernickel Bran muffin, banana muffin

Type of Food	Foods Allowed	Foods Not Allowed
	<ul style="list-style-type: none"> <li>• 1 muffin</li> <li>• 4 plain cookies, crackers</li> <li>• 120 mL soup</li> <li>• 120 mL potato, <math>\frac{1}{2}</math> medium potato</li> </ul> <p><u>In addition</u> to the above limit, may allow 30 mL raw bran per day</p>	Muffins, cornbread, scones and other baked goods with $> 300$ mg sodium per serving  Salted crackers
<b>Meat, Fish, Poultry and Alternates</b>	<p><b><u>Limit to 8 servings per day</u></b></p> <p><b>Meat, Poultry, Fish:</b> All except those not allowed</p> <ul style="list-style-type: none"> <li>• 1 serving = 30 g (1 oz)</li> </ul> <p><b>Cheese:</b></p> <ul style="list-style-type: none"> <li>• 30 g (1 oz) cheese, <i>limit to every other day</i></li> </ul> <p><b>Cheese, if given, must also count as 1 serving of Milk Products</b></p> <p><b>Eggs:</b> All</p> <ul style="list-style-type: none"> <li>• 1 serving = 1 egg</li> </ul> <p><b>Alternates:</b> Tofu and peanut butter</p> <ul style="list-style-type: none"> <li>• 1 serving tofu = 75 mL (1/3 cup)</li> <li>• 1 serving peanut butter = 15 mL (1 package); <i>Limit to every other day</i></li> </ul> <p>Legume and lentil-based entrees with less than 600 mg potassium per serving</p>	Processed and canned meats (e.g. ham, bacon, sausages, corned beef, frozen breaded meat and fish)
<b>Fruits and Vegetables</b>	<p><b>Juices:</b> <b><u>Limit to 1 serving per day</u></b></p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (<math>\frac{1}{2}</math> cup)</li> </ul> <p><b>Fruits:</b> <b><u>Limit to 2 servings per day</u></b></p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (<math>\frac{1}{2}</math> cup)</li> </ul> <p><b>Vegetables:</b> <b><u>No Limit</u></b></p> <p><b>Potatoes:</b> All, except those listed as not allowed</p> <ul style="list-style-type: none"> <li>• 1 serving = 120 mL (<math>\frac{1}{2}</math> cup) or 1 medium potato</li> </ul> <p>On PD <u>Diabetes</u> Diets, 1 serving of potato <u>must also count as 1 serving of Breads &amp; Cereal</u></p>	Commercially prepared potato mixes

Type of Food	Foods Allowed	Foods Not Allowed
	<b><u>Tomatoes: No limit</u></b>	
<b>Soups</b>	<u>Limit to 1 serving per day</u> of cream or broth based soups with less than 350 mg sodium <u>All soups (except clear broths) must count as 1 serving of Breads &amp; Cereal</u> <u>Cream soup, if given, must count as 1 serving of Milk Products and 1 serving Breads &amp; Cereal.</u>	Soups with more than 350 mg of sodium per serving. Soups made with legumes or lentils
<b>Fats and Oils</b>	All	None
<b>Desserts and Sweets</b>	<u>Allow 1 non-fruit dessert per day</u> (may substitute 1 serving of fruit for this non-fruit dessert) Must contain less than or equal to 20g carbohydrate per serving Cakes (no chocolate, no nuts), jello, popsicles, sherbet <u>Ice cream and puddings</u> are allowed but <u>must also count as 1 serving of Milk Products</u> Diet jam/jelly, sugar substitute	Desserts containing chocolate, nuts, seeds, bran (i.e. chocolate cake, peanut butter cookies, blueberry bran muffins) Desserts containing more than 300 mg sodium Jams, jellies, marmalades, honey, sugar
<b>Beverages</b>	Coffee substitute Tea, coffee Water	Chocolate flavoured beverages
<b>Other</b>	1 package of ketchup, relish or mustard per day Mrs. Dash Non-dairy creamer	Casseroles and other dishes made with foods not allowed Entrees with > 700 mg sodium per svg

**Full Fluids:**

- Give standard Full Fluids meal pattern with the following exceptions:
  - Limit fluid milk to 120 mL per meal.
  - No chocolate desserts.
  - Do not give sugar package, give sugar substitute.
  - Do not give salt package or Mrs. Dash.
- Follow pattern below:

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice	Juice	Juice
Hot cereal	180 mL Pureed soup	180 mL Pureed soup
120 mL Milk	120 mL Milk	120 mL Milk
	Dessert	Dessert
Coffee	Tea	Tea
Milker	Milker	Milker
Sugar substitute x 2	Sugar substitute	Sugar substitute

**Clear Fluids:**

- Give standard Clear Fluids meal pattern with the following exceptions:
  - Do not give sugar package, give sugar substitute.
  - Do not give salt package or Mrs. Dash.

## Therapeutic Diet Types **Test Diets**

Diet Order:

### **Fat Free Test Diet**

Menu Selection:

Healthy Heart

Purpose:

- To provide a diet with minimal fat content in preparation for abdominal ultrasound examination.

Considerations:

- Give only plain cooked, no fat, or minimally fat containing foods.
- Do not allow margarine, gravy or sauces.
- Salt package allowed at each meal.
- Follow the meal pattern below:

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
Juice		Juice
	Broth	Broth
Skim milk	Skim milk	Skim milk
Cold cereal	Fat free chicken or turkey sandwich	Baked fish or baked skinless poultry
Dry toast/rice cake		Plain potato, rice or pasta
	Salad with vinegar/lemon wedge	Vegetable
Fruit	Fruit	Fruit
Coffee	Tea	Tea
Milker	Milker	Milker
Sugar	Sugar	Sugar
Brown sugar		
Salt	Salt	Salt
Pepper	Pepper	Pepper
Jam/honey		

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	Skim milk Skim milk yogurt	All other dairy products
<b>Breads and Cereals</b>	<b>Cereals:</b> Cream of Wheat®, oatmeal Dry cereals <b>Breads &amp; Pastries:</b> Bread <b>Others:</b> Plain rice Plain noodles	Granola  Muffins, loaves Pastries  Buttered noodles Fried rice, fried noodles
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat &amp; Poultry:</b> Skinless white poultry cooked without added fat <b>Fish:</b> Plain baked white fish cooked without added fat Canned tuna packed in water <b>Cheese:</b> Skim milk cottage cheese <b>Eggs:</b> Egg whites <b>Alternates:</b> Legumes and lentils prepared without added fat	All other meat and poultry  All other fish  Cheese, cream cheese, 2% milk fat cottage cheese Whole eggs  Peanut butter
<b>Fruits and Vegetables</b>	<b>Juices:</b> All <b>Fresh, Canned &amp; Dried Fruits:</b> All, except those not allowed <b>Raw &amp; Cooked Vegetables:</b> All if served or prepared without added fat Plain baked potatoes without skin Boiled potatoes	  Avocados, coconut  Salads with dressing except vinegar Vegetables in sauce Scalloped potatoes, mashed potatoes made with milk and margarine

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Type of Food	Foods Allowed	Foods Not Allowed
<b>Soups</b>	Plain broth	All other broth and cream soups
<b>Fats and Oils</b>	None	All
<b>Desserts and Sweets</b>	Sherbet, gelatin, popsicles Jams, jellies, honey, sugar, syrups	All others
<b>Beverages</b>	Coffee, tea Boost Fruit Beverage®	Non dairy milk substitutes All oral nutrition supplements except Boost Fruit Beverage®
<b>Other</b>	Salt, pepper Ketchup, mustard, relish, vinegar	Mayonnaise

Full Fluids:

- Give standard Full Fluid meal pattern with the following exceptions:
  - Give skim milk at each meal.
  - Give broth as soup, do not allow any other soup.
  - Give gelatin for dessert, do not allow any other dessert.

Clear fluids:

- Give standard Clear Fluid meal pattern.

## **Therapeutic Diet Types**

### **Test Diets**

Diet Order:

**Fatty Snack/MIBI Scan**

Menu Selection:

Not applicable

Purpose:

- To provide 2 high fat snacks prior to patient receiving MIBI scan.

Considerations:

- These 2 snacks are sent together, but are divided equally and given as 2 separate snacks to a patient before 2 same-day MIBI scans.
- Each snack provides at least 20 grams of fat.
- Previous diet is resumed for next meal.
- Restrict caffeine for 24 hours prior to test.
- For Regular/General, Dental Soft, Minced, Minced & Pureed diets, send only the following:
  - 2 x muffin
  - 2 x margarine pat
  - 2 x regular cheese package or 2 x peanut butter portion
  - 4 x 120 mL whole milk (for lactose intolerant, send 1 x 237 mL tetra Resource 2.0)
  - Napkin and plastic knife
- For Pureed and Full Fluid diets, send only the following:
  - 6 x ice cream
  - 4 x 120 mL whole milk
  - Napkin and plastic spoon
  - For lactose intolerant, send only 2 x 237 mL tetra Resource 2.0
- For Clear Fluid diet, send only the following:
  - 2 x 237 mL tetra Boost Fruit Beverage®
- For patients on enteral feeds, send only the following:
  - 2 x 120 mL Resource 2.0

## **Therapeutic Diet Types**

### **Test Diets**

Diet Order:

**Test Diet for Occult Blood Sampling (Revised: September 23, 2009)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To avoid false positive test results related to intake of peroxidase rich foods such as red meat.

Considerations:

- Red meats (i.e. beef, lamb, liver) are not given for 3 days before and during stool collection period.
- This is a temporary diet. If patient is still on this diet at day 4, call unit clerk to check if diet is still needed.

## **Therapeutic Diet Types**

### **Test Diets**

Diet Order:

**Serotonin Test Diet, 5-Hydroxy Indoleatic Acid (5-HIAA) Test Diet**

Menu selection:

Regular/General or texture modified

Purpose:

- To avoid foods containing serotonin that may give false positive results on urinalysis for 5-hydroxy indoleacetic acid (5-HIAA).
- Diet should be followed for 3 - 4 days prior to test.

Considerations:

- Do not give the following fruits:
  - Bananas
  - Kiwi fruits
  - Pineapple
  - Plums
- Do not give the following vegetables:
  - Avocados
  - Eggplant
  - Tomatoes
- Do not give the following nuts:
  - Pecans
  - Walnuts

## **Therapeutic Diet Types**

### **Test Diets**

Diet Order:

**Swallowing Assessment Tray (Revised: May 14, 2012)**

Menu Selection:

Not applicable

Purpose:

- To provide a sample of different food textures and fluid thickness for a swallowing therapist to use during a swallowing assessment.

Description:

- Give 2 teaspoons and 1 knife.
- Give food items specified by the swallowing therapist.
- If no food items are specified, provide the following:
  - 1 Digestive biscuit cookie
  - ½ Minced sandwich
  - 1 Serving canned fruit (do not drain)
  - 1 Serving pureed fruit
  - 120 mL Honey thick fluid (if available at that facility)
  - 120 mL Nectar thick fluid (if available at that facility)

- If other items are required by the Swallowing therapist, they must be specified.

## **Therapeutic Diet Types**

### **Other Diets**

Diet Order:

**BRAT Diet (Revised: November 1, 2013)**

Menu Selection:

Special

Purpose:

- To reduce stool bulk and decrease stool transit time.

Considerations:

- Diet consists of only white toast, bananas, applesauce and rice.
- Diet is intended for short-term use only and is nutritionally inadequate.
- Follow the meal plan below unless otherwise specified.
- Do not give toast on a pureed diet.
- Water to drink is allowed. Send water jug as per facility protocol.

<b>Breakfast</b>	<b>Lunch (Light Meal)</b>	<b>Dinner (Heavy Meal)</b>
	Rice	Rice
White toast	White toast	White toast
Banana half	Banana	Banana
Applesauce	Applesauce	Applesauce

## **Therapeutic Diet Types**

### **Other Diets**

Diet Order:

**Monoamine Oxidase Inhibitor (MAOI) Diet, Low Tyramine Diet (Revised: March 22, 2021)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a low tyramine diet to prevent adverse reactions associated with consuming foods high in tyramine while receiving MAOI therapy.

Considerations:

- Fermented foods and improper food handling or storage can increase tyramine production from bacteria, however, hospital food safety protocols and portions of tyramine containing foods served in hospital do not provide sufficient amounts of tyramine to elicit an adverse reaction – no additional diet restrictions are required.
- Tyramine intake of at least 30mg per meal is needed to elicit a response.
- There is limited data on tyramine content of foods but foods known to contain Tyramine, such as aged cheeses, fermented foods (e.g., soy sauce) and aged cured, preserved or pickled meats or fish, if provided, are not in excess amounts with Tyramine ranges of 1.5-6.0 mg per serving.

## **Therapeutic Diet Types**

### **Other Diets**

Diet Order:

**Moderate Vitamin K**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a diet consistent in Vitamin K content for patients on blood thinning medication such as Coumadin or Warfarin.

Considerations:

- Do not give spinach as a hot vegetable, spinach salad or spinach quiche. Small amounts in vegetable soup or other vegetable mixtures are allowed.

## **Therapeutic Diet Types**

### **Other Diets**

Diet Order:

**Oxalate Restricted Diet (Revised: November 1, 2013)**

Menu Selection:

Regular/General or texture modified

Purpose:

- To provide a diet limited in oxalate, to reduce the risk of kidney stone formation in susceptible individuals.

Considerations:

- Give 2 x juice and 1 x milk with each meal.
- Give a maximum of 3 servings of meat, fish, poultry per day.
- Do not give salt package
- Do not give the following foods:

Beans  
Beets  
Chocolate  
Peanuts  
Nuts  
Rhubarb  
Soybeans/Tofu/Soy based meat substitutes  
Spinach  
Tea, herbal tea (black)  
Wheat bran

## **Therapeutic Diet Types**

### **Other Diets**

Diet Order:

**Purine Restricted Diet (Revised: November 1, 2013)**

Menu Selection:

Healthy Heart Menu

Purpose:

- To provide a diet limited in purine to decrease blood and urinary uric acid in individuals with hyperuricemia, gouty arthritis, or urinary uric acid lithiasis.

Considerations:

#### **Solids**

- Give skim or 1% milk, low fat yogurt, low fat cheese
- Give maximum of 3 servings daily of meat, fish, poultry or alternates.

#### **Full Fluids**

- Give the standard Full Fluids meal pattern with the following exceptions:
  - Give skim milk or 1% in place of 2% milk.
  - Note that strained cream soups are allowed.

#### **Clear Fluids**

- Give the standard Clear Fluids meal pattern.

## Therapeutic Diet Types

### Other Diets

Diet Order:

#### **Seclusion Room Trays**

Menu Selection:

Regular/General or texture modified

Menu must be headed "Paper Dishes", and "No Cutlery"

Purpose:

- To limit potentially dangerous items from the meal trays of patients who may harm themselves or others.

Considerations:

- Give finger foods that can be eaten without cutlery.
- Give all gravies, sauces and syrups in a separate container on the side.
- Do not give:
  - Hot beverages.
  - Meat with bones.
  - Whole apples or oranges.
- Use paper dishes and trays.
- Do not send cutlery.
- Do not include foil custard cups and pastry shells.

Type of Food	Foods Allowed	Foods Not Allowed
<b>Milk and Milk Products (except Cheese)</b>	All fluid milk and milk beverages	Yogurt
<b>Breads and Cereals</b>	<b>Cereals:</b> None <b>Bread &amp; Pastries:</b> Bread, toast Muffins, loaves, scones Croissants, pastries Waffles, pancakes, French Toast Tortilla, roti, chapati <b>Others:</b> Rice cakes, crackers	Hot or cold cereals
<b>Meat, Fish, Poultry and Alternates</b>	<b>Meat, poultry and fish:</b> Roast meats or boneless poultry, boneless chops, meatballs	Chicken legs or drumsticks served on the bone

Type of Food	Foods Allowed	Foods Not Allowed
	Patties cut into strips or chunks Bacon strips, sausages, wieners Chicken fingers or nuggets Breaded fish, fish sticks <b>Cheese:</b> Hard cheese, processed cheese slices <b>Eggs:</b> Hard cooked eggs <b>Alternates:</b> Peanut butter	Chops served with bones  Fish with bones  Cottage cheese  Soft, scrambled or poached eggs
<b>Fruits and Vegetables</b>	<b>Juices:</b> All <b>Fresh Fruit:</b> All, except those not allowed <b>Canned Fruit:</b> Drained canned fruits <b>Dried Fruit:</b> All, except those not allowed <b>Raw Vegetables:</b> Must be in easy to pick up pieces (e.g. carrot and celery sticks, baby carrots, tomato wedges, cucumber slices/sticks) <b>Cooked Vegetables:</b> Cooked broccoli, cauliflower, carrots, green beans. Boiled or baked potatoes French fries, Pom Pom potatoes	Whole apples and oranges  Canned fruits with juice Applesauce Stewed prunes  All salads with dressings Coleslaw  Creamed corn, niblet corn, diced carrot, peas Mashed vegetables  Mashed or scalloped potatoes
<b>Soups</b>	None	All
<b>Desserts and Sweets</b>	Cakes, gelatin cubes, squares, bars, cookies, tarts	Puddings, custard, ice cream, sherbet Crisps, cobblers, betties and pies Fruit or cream tarts with foil pastry shell
<b>Beverages</b>	All cold beverages	All hot beverages, including tea, coffee
<b>Sandwiches</b>	All Burgers, hot dogs	

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## Glossary

<b>Term</b>	<b>Definition</b>
<b>Acidic Food</b>	Refers to the following foods and food items containing these foods: citrus fruits and juices, pineapple and pineapple juice, tomato and tomato products
<b>Choice</b>	Term that refers to a serving size outlined in "Beyond the Basics"
<b>Cookies, plain</b>	Includes digestives, social teas, arrowroots, shortbread and un-iced sugar cookies
<b>Cut Up</b>	As used in the texture modified diet "Cut Up", refers to foods with a maximum diameter of 1.5 cm
<b>Diced</b>	Small 0.5 cm cubes
<b>Entrée</b>	Food items served as the main plate; includes meat and meat alternates (e.g. meat, poultry, fish, eggs and legumes), starch, vegetables, sandwiches, salad plates. Does not include side salad
<b>Finely Chopped</b>	As used in the texture modified diet "Fine Chop", refers to foods with a maximum diameter of 0.5 to 1.0 cm
<b>Gravy/Sauce, extra or double</b>	Standard portion of gravy/sauce x 2
<b>Gravy/Sauce on the Side</b>	Gravy/sauce is placed in a separate container on the tray, to allow patients/residents to add as they wish
<b>High calorie fruit</b>	120 mL canned fruit with 30 mL carbohydrate module (e.g. Polycal®) added
<b>High calorie juice</b>	120 mL juice with 30 mL carbohydrate module (e.g. Polycal®) added
<b>Minced</b>	As used in the texture modified diet "Minced", refers to foods with a maximum diameter of 0.5 cm
<b>Mixed Consistency</b>	Any food that contain items with distinctly different textures (e.g. soup with pieces of meat, rice, pasta or vegetable; cold cereal with milk; congee with pieces of vegetable or meat; fruit in juice or syrup)
<b>Mixed Dish</b>	Entrée with protein, starch and/or vegetable combined in a single dish (e.g. casseroles)
<b>Nourishment</b>	Food, beverage, or oral nutritional supplement prescribed to a patient/resident between meals
<b>Oral Nutritional Supplement</b>	Commercial food product designed to be a meal replacement or to provide supplemental nutrition to a patient/resident
<b>Portion, double</b>	Double portions of entrée (as previously defined), with standard portion of soup, side salad, dessert and beverages

<u>Term</u>	<u>Definition</u>
<b>Portion, large</b>	1½ portions of entrée (as previously defined), with standard portion of soup, side salad, dessert and beverages
<b>Portion, small</b>	½ portion of entrée (as previously defined), with standard portion of soup, side salad, dessert and beverages
<b>Pudding, fortified</b>	Super pudding or commercially prepared supplemental pudding (e.g. Boost pudding) that provides enhanced protein and/or calories compared to regular pudding
<b>Pureed</b>	As used in the texture modified diet “Pureed”, refers to foods in a smooth, pudding-like consistency
<b>Serving</b>	Term that refers to a serving size as outlined in Canada's Food Guide, or a standard portion
<b>Snack</b>	Non-prescribed foods offered between meals. In residential facilities the afternoon snack will be a nutritious item consisting of at least one food group and the evening snack must contain at least two food groups. Snacks are routinely offered in psychiatry and maternity units.
<b>Strained soup</b>	Soup put through a sieve or a strainer (before blending) to remove all solid food particles, producing a smooth, homogenous flavoured soup (may be cream based)
<b>Water jug</b>	Water provided to patients/residents with their meal tray(s) or between meals