



Name

Special Diets

Special Diets

Why would a patient be put on a Renal Diet?

- This diet is for a patient with acute renal failure, chronic renal failure, for patients on dialysis, and for patients with cirrhosis.

What are the foods avoided on the Renal Diet?

- Foods avoided on a renal diet are foods high in sodium, potassium, fluids, protein, calcium and phosphorus.
 - Some of the foods avoided are buttermilk, chocolate, milkshakes, luncheon meats, sausage, bacon, T.V. dinners, pizza, cheeses, caviar, salted fish, self-rising mixes, salted nuts, popcorn, chips, dried fruits, tomato juice, instant potatoes, pickles, dried peas, olives, bananas, and many other foods.
- Check your diet manual for specific foods to avoid and amounts allowed on the gram level of protein for the diet plan.

There are many diets used for many diagnosis some are very strict as a **500 milligram sodium** or a **1 gram sodium diet** to a more liberal diet as the **NAS (No Added Salt)** where a patient will receive a Regular diet with no salt packet on the tray.

Each diet is very important and we should be able to relate diagnosis to the diet plan for a particular diet.

Why do we have Therapeutic Diets ?

- We have therapeutic diets because different patients have different diagnosis and the diet normally depends on the diagnosis of the patient.
 - For example if a patient has a diagnosis of hypertension, **CHF** (*Congestive Heart Failure*), and edema you would put them on a cardiac or a 2 gram low sodium diet plan.
 - If a patient has a history of gout you would put them on a low purine diet plan. (Protein forms purines and purines form uric acid and uric acid builds up and makes crystals and this when gout starts in the big toe and moves to the joints of the body often thought of as arthritis).
 - For instance if a patient has a diagnosis of obesity or high blood sugar or is a **diabetic** then you would put them on a diabetic diet and the calorie level would depend on their weight, their IBW (Ideal Body Weight), and their calorie needs. What is your calorie needs to maintain your weight- take your weight and multiply it by 12 and this will give you the calories to maintain your weight. If you want to loose or gain weight then you add or take away 500 calories a day by 7 in week = **3500 calories and it takes 3500 calories to = 1 pound (lb)**.

What are some of the Therapeutic Diets ?

- 2 gram Sodium, Low Purine,
- 1200 calorie, 1500 calorie, 1800 calorie
- soft, mechanical soft, bland, full liquid, clear liquid,
- calcium restricted, potassium restricted
- 40 gram protein 2 gram sodium 2 gram potassium (for a renal/kidney patient)
- 1200 calorie hypoglycemic
- 50 gram fat diet, low cholesterol, low triglyceride, cardiacn diet, etc.....

Diet Description:

- **Low Cholesterol**
 - Use skim milk and 2 oz. meat at both lunch and **supper** meals.
 - Use all polyunsaturated fats as possible.
 - Use three eggs per week only.
 - All meats should be broiled, boiled, baked, roasted, stewed, or grilled.
 - **AVOID:** Fried Foods, Butter, Organ meats, etc... See and follow the diet Manual.

- **Bland**
 - **AVOID:** all Fried Foods, Chocolate, Coconut, High Fiber Fruits and Vegetables, any gas-forming foods, Berries, Carbonated Beverages, Hotdogs, and many other foods per Diet Manual.
 - Have 6 to 8 small meals daily verses 3 large meals daily.
 - Eat slowly and chew foods well.
 - Drink 6 to 8 glasses of water or fluid daily.
 - Rest before and after all meals.
 - Eat snacks throughout the day – eat light and not heavy meals.

- **Soft**
 - Often used for post operative patients or those recovering from a debilitating disease and unable to eat/tolerate solid food.
 - Used for Mild Gastrointestinal Problems.
 - **AVOID:** Fried Foods, Raisins, Nuts, Bologna, Sausage, Popcorn, etc.. per Diet Manual.

Diet: Description:

- **High Fiber**
 - Plenty of Fresh Fruits and Vegetables.
 - Given for patients with diverticulosis, chronic constipation, hemorrhoids, and those requiring daily catheters.
 - Foods High in Fiber: Bran, Whole Wheat/Grain Breads, Dried Fruits, all and any gas-forming foods as cabbage, Brussels, sprouts, coconut, nuts, Berries, etc... per Diet Manual.

- **Low Sodium**
 - This for a diagnosis of edema, CHF-congestive Heart failure, renal problems, liver problems, ascites, CVA, hypertension, and several other diagnoses.
 - **AVOID:** Salt, Bacon, Ham, Sausage, Chips, Nuts, Bologna, Cheese, Salted Crackers, Snack Foods, Mustard, Soy Sauce, many Sauces and Spices, per Diet Manual.

Diet Description

- **Clear Liquid**
 - Never use > 72 hours and should notify physician after patient has been on the diet 24 hours, nutritionally inadequate.
 - Encourage 6 or more feedings a day as tolerated.
 - If patient has nausea and vomiting, request salted broth and fruit juice at each meal to provide sodium and potassium replacement.
 - Foods to serve: Gatorade, Broth, Juices, Soft Drinks, Jell-O, Popsicles, etc... per Diet Manual.

- **Full Liquid**
 - Never use > 72 hours and notify Physician after 24 hours, nutritional inadequate.
 - Encourage 6 or more feedings a day as tolerated.
 - Need to increase milk products, High Protein Eggnog, Sugar, Cream of Wheat, Grits, Ice Cream, Sherbet, Puddings, Custard, Cream of Rice, Strained Oatmeal, Yogurt, Soups, Cream Soups, Hard Candy, anything that melts in your mouth, per Diet Manual.

- **Regular**
 - Patient may have any food or any amount of food that this person desires
 - May have small, double or triple portions per patient's preference.
 - There are no restrictions with this diet order.

Diet: Description:

- **Pureed**
 - Pureed is only a consistency change.
 - Follow the menus and if the menus state jelly, toast, etc...serve as stated on the menus, add sauces, gravies, and etc...to increase the palatability of the foods.
 - This is for a patient who has chewing or swallowing problems. May add thickener but all foods have to be Pureed or Blended.

- **Renal**
 - This is limited in foods high in sodium, potassium, phosphorus, protein and is usually limited in fluids.
 - The diet should be high in calories and extra fats to make up for the calories in protein.
 - Normally have 3 to 5 teaspoons of fat per meal. Need to melt and put on tray. Make sure patient is intaking the fat. This should be checked regularly (if the patient is not consuming then there will be weight loss.)
 - Fluids, this is usually measured by 24 hour urine output plus 500 to 750 cc/day added to get the total for the day.
 - Potassium (K+) – Foods to be avoided that are high in potassium are: oranges, bananas, potatoes. Do not serve unless dialyzed-soaked in water to remove the potassium- peel, dice, soak for 2 hours, drain and cook, drain and serve.

Diabetic Diets:

- These can range from 1000 calories per day to 3000 calories per day, but usually if a patient is on more than 2000 calories per day the physician will put the patient on a NCS diet plan.
- **NCS- No Concentrated Sweets-**
 - The patient can have any Food that is on a Regular diet except the patient cannot have sweet beverages and sweets but will get unsweet fruits for dessert, artificial sweetener will be used in the beverages and to sweeten all food. The patient may have any amount of the food that he or she wants, this includes fried foods, foods with gravies and sauces, etc.....
- **Diabetics**
 - ***Juvenile Diabetic*** is a diabetic who has had diabetes from childhood and is on insulin and also follows a diabetic diet with the caloric needs for the individual person/patient.
 - ***Adult On-Set Diabetes*** is a person who develops diabetes in adulthood, is usually due to heredity or due to being obese/overweight. This can be controlled by diet alone if the person/patient will stay on their diet plan.
 - ***Brittle Diabetic-*** is a diabetic who has been a Diabetic since childhood and the diabetes is controlled by diet (an individual diet for the patient/ for their needs), and also controlled by medication. (The blood sugar has a tendency to go up and down from hyperglycemia to hypoglycemia).
 - ***Gestational Diabetes-*** is when a woman is pregnant and has diabetes or blood sugar problems. It is normally during pregnancy and after the pregnancy is over they return to normal.

Special Diets

It is important to never try and go below 1,000 calories any patient or client because this is too low. How do we know how many calories we need?

Your kilocalories are figured based on your IBW range.

- **IBW for Female** –
 - First five ft. = 100lbs.
 - every inch after = 5 lbs. per inch + or – 10%
 - Example: 5'5 = 125 +/- 10% (112-138).
- **IBW for Male** –
 - First five ft. = 106lbs.
 - every inch after = 6 lbs. per inch + or – 10%
 - Example: 5'5 = 136 +/- 10% (122-150).
- $IBW \times 12 =$ **calories needed for IBW.**
- $Weight (actual) \times 12, 14 \text{ or } 16 (activity) =$ **calories to maintain your weight at what it presently is.**
- 3500 calories= 1lb. (500 calories x 7 day per week = 3500 calories).
- If you decreased your diet by 500 calories per day you will loose 1 lb. per week.

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Low Residue/Low Fiber Diet:

- Limited to 2 cups of milk per day on the low residue diet plan.
- **AVOID** gas forming foods with low fiber or low residue diet plan.
 - Example: Broccoli, black-eyed peas, cauliflower, fresh peaches, fresh apples, berries, scupadines, whole kernel corn, etc...
- This may be used for patients after intentional or rectal surgery, in colitis, dysentery, irritable bowel disorder, or patients with gastrointestinal (GI) disorder/obstruction.
- Also try to avoid foods with seeds as tomatoes and these diets are also often used when a person has diverticulosis and diverticulitis.
 - **Diverticulosis** – healing of the colon, often high fiber foods after colon starts to heal
 - **Diverticulitis**- inflammation of the colon and this when the low residue/low fiber diet is used to prevent bleeding and try to avoid all foods with seeds.

Important Facts to remember when serving therapeutic diets:

- Make sure the correct amount is served.
- Make sure the correct foods are served.
- All utensils; dishes are clean on the tray.
- Be nice and courteous to all patients/clients.
- Condiments should be on all trays as stated on the menus.
- No chipped, broken, or stained china.
- Smile and have a good attitude when working with the patient.
- Tray should be attractive w/garnishes to make a colorful tray.
- Don't get bread soggy by putting in a vegetable or another food/gravy, etc...
- Serve the diet as written on the menu; follow the menu by the physician's order.

Special Diets

Quiz: (True or False)

1. A patient should not be on a clear liquid diet > 24 hours.
2. A patient should not be on a full liquid diet more than 72 hours.
3. A clear liquid diet may include anything you can see through.
4. A full liquid diet may have any food that will melt in your mouth.
5. A regular diet may have any amount of food by the patient's food preferences.
6. Pureed should be served oatmeal in place of bread. Oatmeal is easier to eat and is tastier.
7. A food high in potassium is dialyzed potatoes.
8. Patients on renal diets may have force fluids.
9. Phosphorus is limited in the renal diet.
10. Soft diet may have fried foods if tolerated.
11. The Bland diet should eat 6 to 8 small servings daily.
12. A NCS sweets diet should be used for a nursing home patient that is a brittle diabetic.
13. Diverticulosis is inflammation of the colon and is on a low residue/low fiber diet plan.
14. Juvenile diabetic is a diabetic from childhood and is on insulin and diet control in blood pressure.
15. Gestational diabetes is during pregnancy and the blood sugar usually returns to normal after the pregnancy.
16. 3,500 calories = 1 lb. weight gain or loss.
17. $\text{Weight} \times 12 = \text{calories to maintain your weight}$.
18. NAS= No Added Salt and is a Regular diet without salt packet on the tray. The food is cooked with salt.
19. NAS is a Regular diet without a salt packet on the person's tray and is a No Added Salt Diet.
20. A Low Fat Diet can have eggs daily if not specified.
21. A Pureed Diet is a consistency change only and there has to be a diet order with the Pureed portion of the diet.
22. A renal patient can have potatoes as long as they are dialyzed.

Special Diets

23. Renal diets need to avoid foods high in potassium even at the beginning of dialysis when they are K⁺ wasting.
24. A low sodium diet is considered 2 gram unless otherwise noted.

Answers:

1. A patient should not be on a clear liquid diet > 24 hours. **True**
2. A patient should not be on a full liquid diet more than 72 hours. **True**
3. A clear liquid diet may include anything you can see through. **True**
4. A full liquid diet may have any food that will melt in your mouth. **True**
5. A regular diet may have any amount of food by the patient's food preferences. **True**
6. Pureed should be served oatmeal in place of bread. Oatmeal is easier to eat and is tastier. **False**
7. A food high in potassium is dialyzed potatoes. **False**
8. Patients on renal diets may have force fluids. **False**
9. Phosphorus is limited in the renal diet. **True**
10. Soft diet may have fried foods if tolerated. **False**
11. The Bland diet should eat 6 to 8 small servings daily. **True**
12. A NCS sweets diet should be used for a patient that is a brittle diabetic. **False**
13. Diverticulosis is inflammation of the colon and is on a low residue/low fiber diet plan. **False**
14. Juvenile diabetic is a diabetic from childhood and is on insulin and diet to control the blood pressure. **False**
15. Gestational diabetes is during pregnancy and the blood sugar usually returns to normal after the pregnancy. **True**
16. 3,500 calories = 1 lb. weight gain or loss **True**
17. Weight x 12 = calories to maintain your weight. **True**
18. NAS= No Added Salt and is a Regular diet without salt packet on the tray. The food is cooked with salt. **True**
19. NAS is a Regular diet without a salt packet on the person's tray and is a No Added Salt Diet. **True**
20. A Low Fat Diet can have eggs daily if not specified. **True**

Special Diets

21. A Pureed Diet is a consistency change only and there has to be a diet order with the Pureed portion of the diet. **True**

22. A renal patient can have potatoes as long as they are dialyzed. **True**

23. Renal diets need to avoid foods high in potassium even at the beginning of dialysis when they are K+ wasting. **False**

24. A low sodium diet is considered 2 gram unless otherwise noted. **True**

Special Diets

Education Record for Dietary Department

Date: _____ Time: _____ Instructor: _____

Title: Special Diets

Persons in Attendance-sign below- all employees***

A synopsis of the in-service includes:

Special items covered in the meeting, plus the quiz: This month goes over the special therapeutic diets that are used, the Physician prescribes and the food service follows as best they can depend the patient and how well they follow their prescribed diet plan. The diets that are gone over are: *Regular, Soft, Low Sodium, Renal, Diabetic* going over the different types of diabetes- *Juvenile, Brittle, and Adult-onset: Low fat/ Cholesterol, Bland, etc...* and all of these are based on the Diet Manual or we have a policy and procedure for. Also we have gone over several foods to avoid and to add on the diets with examples to make it simpler.

Signatures:

1: _____	11. _____
2: _____	12. _____
3: _____	13. _____
4: _____	14. _____
5: _____	15. _____
6: _____	16. _____
7: _____	17. _____
8: _____	18. _____
9: _____	19. _____
10: _____	20. _____

Responses and Comments:

CERTIFICATE

1 HOUR ON -SPECIAL DIETS

CERTIFICATE FOR: _____

DATE: _____

TITLE: SPECIAL DIETS

BY: FOOD FITNESS FIRST, INC. TM

SIGNATURE: _____

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