

IDAHO DIET MANUAL
FOR
HEALTH CARE FACILITIES

Tenth Edition - 2010

Prepared by



***Idaho
Dietetic
Association***

Approved By

**Idaho Department of Health and Welfare
Bureau of Facility Standards
Licensing and Certification**

Sixth Edition - 1985
Seventh Edition - 1990
Eighth Edition - 1998
Ninth Edition - 2005

TABLE OF CONTENTS

Diet Manual Approval Forms (5 years).....	v – ix
SECTION 1 <u>Introduction</u>	1
Acknowledgements.....	2
General Information.....	3
Summary of Most Frequently Ordered Diets.....	4
Liberalized Diet Orders.....	6
SECTION 2 <u>Regular Diets: Dietary Guidelines</u>	
Regular Diet (for Adults).....	7
Regular Diet for Older Adults.....	9
Diet for Pregnancy.....	10
Diet for Lactation.....	13
Diet for Adolescent Pregnancy and Lactation.....	13
Resources & Web Sites of Information for Pregnant Women.....	14
Diet for Infants.....	15
Diet for Children.....	16
Vegetarian Diets.....	18
SECTION 3 <u>Modified Diets</u>	
Clear Liquid Diet.....	21
Clear Liquid Diet – Tonsillectomy Variation.....	22
Full Liquid Diet.....	23
Fortified Full Liquid Diet.....	25
High Calorie, High Protein Diet.....	27
Transitional Diet or G.I. Soft Diet.....	29
Very Low Residue Diet.....	31
Low Residue Diet.....	33
Textured Altered Diets	
Mechanical Soft Diet.....	36
Pureed Diet.....	38
Dysphagia Diets.....	40
Dysphagia Stimulation Diet.....	41
National Dysphagia Diet.....	42
Thickened Liquids Diet.....	43
Finger Food Diet.....	44
SECTION 4 <u>Medical Nutrition Therapy for Diabetes</u>	
Summary of Diabetes.....	48
Goal of Nutrition Therapy - Diabetes.....	50
Nutrition Recommendations and Guidelines.....	50
Treatment Goals and Considerations – Diabetes.....	51

TABLE OF CONTENTS (Continued)

SECTION 4 Medical Nutrition Therapy for Diabetes (Continued)

- Meal Planning Approaches – Diabetes..... 52
 - Matching Approach to Client..... 52
 - Carbohydrate Counting..... 53
 - Carbohydrate Points..... 54
 - Eating Healthy with Diabetes..... 54
 - Exchanges..... 54
 - Fat Gram Counting..... 55
 - Food Choice Plan..... 56
 - MyPyramid Food Guidance System..... 56
 - Healthy Food Choices..... 56
 - Individualized Sample Menus..... 56
 - Month of Meals..... 57
 - Plate Method..... 57
 - Idaho Plate Method Format..... 59
 - Resources for Diabetic Meal Planning..... 60
 - References for Nutritional Therapy for Diabetics..... 61
- Management for Gestational Diabetes..... 62
 - Meal Planning Pointers for Gestational Diabetes..... 63
 - References for Nutrition Therapy for Gestational Diabetes.. 64
 - Resources for Gestational Diabetes Management..... 64
- Diabetic Liquid Meal Plan..... 65
- Diabetic Exchanges for Oral Nutritional Supplement..... 66
- Suggested Temporary Diabetic Meal Plans..... 67
 - Diabetic Exchange Using Varying Amounts of Milk..... 68
- Reduced Concentrated Sweets Diet..... 69
- Consistent Carbohydrate Diet..... 72
- Consistent Carbohydrate Clear/Full Liquid Meal Plan..... 74
- ADA 2008 Exchange List of Foods for Meal Planning..... 75

SECTION 5 Management of Disease States

- Coronary Artery Disease
 - Cardiac Diet..... 88
- Hypertension
 - Low Sodium Diet - General Directions..... 89
 - No Added Salt Diet (4-5 Gram)..... 91
 - Mild Sodium Restriction Diet (3-4 Gram)..... 92
 - Moderate Sodium Restriction Diet (2 Gram)..... 95
 - Strict Sodium Restriction Diet (1000 & 500 mg)..... 99
 - Sodium Content of Foods by Group..... 101
 - DASH Diet..... 106

TABLE OF CONTENTS (Continued)

SECTION 5	Management of Disease States (Continued)	
	Kidney Disease and Liver Failure.	
	Renal Disease Diets (Dialysis & Acute Renal Failure).....	109
	Liver Failure Diet.....	111
	Low Protein Diets (40 – 60 Grams Protein).....	113
	Low Oxalate Diet.....	121
	Parkinson’s Disease Diet.....	122
	Nutritional Care of the Cancer Patient.....	124
	Nutritional Care for Patients with AIDS.....	128
	Neutropenic Diet or Safe Food Diet.....	131
	Nutritional Care for Wound Healing.....	134
	Nutritional Care for Bariatrics	
	Bariatric Regular Diet.....	136
	Bariatric Soft Diet.....	138
	Bariatric Full Liquid Diet.....	140
	Bariatric Clear Liquid Diet.....	142
SECTION 6	<u>Less Frequently Ordered Diets</u>	
	Low Cholesterol, Low Fat Diet.....	143
	Low Fat Diet.....	147
	Liberal Bland Diet.....	149
	Calorie Restricted Diets.....	150
	Potassium Restricted Diet.....	151
	High Potassium Diet.....	152
	High Fiber Diet.....	153
	Calcium Restricted Diet.....	154
	Low Purine Diet.....	156
	Ostomy Diet.....	158
	Dumping Syndrome and Post Gastrectomy Diet.....	159
	Six Small Feedings Diet.....	160
	Gluten Restricted Diet.....	161
	Lactose Free Diet.....	165
	Low Lactose Diet.....	167
	Tyramine Restricted Diet.....	168
	Bezoar Diet.....	170
	B.R.A.T. Diet.....	171
	Nutrition Management of Persons w/ Phenylketonuria (PKU)..	172
	Nutrition Management of Persons with Developmental Disabilities.....	174
	Nutrition Management of Persons with Psychiatric Disorders.	176
	Enteral Nutrition (Tube Feeding).....	178
	Enteral Nutrition Supplements.....	180

TABLE OF CONTENTS (Continued)

SECTION 7 <u>Appendices</u>	
Fortified Meal Program.....	182
Nutritional Step Protocol.....	184
2005 Dietary Guidelines (“MyPyramid”).....	186
Dietary Reference Intakes.....	187
Vitamins – Functions and Food Sources.....	193
Minerals – Functions and Food Sources.....	196
Median Height/Weight/Energy Intake.....	198
Energy, Protein and Fluid Needs Pediatric Patients.....	199
Guidelines for Calculating Fluid Requirements.....	200
Estimated Energy Needs and Weight Gain During Pregnancy.	202
Weight Gain & Calorie Recommendations During Pregnancy	203
Growth Charts: Boys Birth to 36 Months.....	204
Growth Charts: Boys 2-20 Years.....	209
Growth Charts: Girls Birth to 36 Months.....	214
Growth Charts: Girls 2-20 Years.....	219
HAMWI: Heights and Weights for Adults.....	224
Ideal Body Weight Calculator HAMWI Method.....	225
Basal Caloric Needs Calculations (BEE+).....	226
BMI Calculations.....	228
Percent Weight Calculations – Amputation.....	229
Food/Drug Interactions.....	230
Suggested Relief for Side Effects.....	231
Significant Laboratory Tests/Interpretations.....	232
Dietary Procedures Prior to Tests and Examinations.....	237
High Pyridoxine Containing Foods.....	239
Sodium, Potassium, Calcium, Phosphorus in Foods.....	240
Sodium and Potassium Content of Selected Foods.....	243
Table of Weights and Measures.....	244
Milligrams to Mill equivalents Conversion Chart.....	245
Adult TPN Calculation Guide.....	246
Commonly Used Medical Abbreviations.....	249
Commonly Used Medical Symbols.....	254
References.....	255