Regular Diet

General Guidelines to Good Nutrition
- Eat a balanced diet, choose from a variety of foods from the food pyramid.
- Keep your calories at a level that allows you to maintain a healthy weight.
- Reduce your intake of total dietary fat, saturated fat, and cholesterol.
- Eat more foods high in complex carbohydrates and fiber and fewer foods in simple carbohydrates or sugar.
- Use salt and foods high in salt and sodium sparingly.
- Drink alcoholic beverages in moderation, if at all.

Low Residue Diet
For patients experiencing constipation or other bowel difficulties. This diet may lower the risk of colon cancer.
- Consists of 20-35 grams of fiber/day.
- Should include fruits and vegetables, whole wheat breads, bran cereals, dry beans, and peas.
- Drink plenty of liquids.

Renal / Potassium Restricted / Renal Diabetic Diets
For patients with kidney problems. While on a renal diet, your diet may limit one or more of the following:
- Protein - found in eggs, meat, and dairy products (milk and cheese).
- Sodium - found in cured meats (bacon, ham), and other highly processed foods.
- Potassium - high in some fruits and vegetables.
- Phosphorous - found in milk, nuts, chocolate, and cola.
- Fluids or foods, which are fluid at room temperature.
- No Concentrated sweets - simple sugars will be restricted.

NPO
NPO is Latin meaning nil per os, or nothing per mouth. A patient is NPO if they are having surgery, tests, procedures, or unable to tolerate any food by mouth.

Clear Liquid Diet
Used before medical test, before and after surgery. Menu items include: apple, cranberry, and grape juice, gelatin, broth, fruit ice, coffee and tea.

Full Liquid Diet
Used when solid food is not tolerated or desired. Menu items include: milk, juices, coffee, tea, soups, hot cereal, puddings, and ice cream.

Dysphagia Diet
For patients with difficulty swallowing, liquids will be thickened to an appropriate consistency (Nectar or Honey). In addition, foods may be modified to the appropriate consistency (Pureed or Mechanical Soft). Avoid foods that are fluid at room temperature.

Fat & Cholesterol Controlled/No Added Salt Diets
For patients with heart disease or at risk for heart disease.
- Limits total fat to less than 10 grams a day.
- Foods omitted include: skins of fresh fruits and vegetables, whole wheat bread, bran cereal, dried beans, and peas.
- Includes low-fat, cooked vegetables, such as beets, carrots, squash, green beans, wax beans, and skinless white potatoes.

Sodium-Restricted: No Added Salt Diet
For patients experiencing high blood pressure, congestive heart failure, or fluid retention.
- Limits sodium to 4 grams a day.
- No salt packet on tray.

Sodium-Restricted: 2 Gram Sodium Diet
For patients experiencing high blood pressure, congestive heart failure, or fluid retention.
- No bacon, sausage or hard cheeses.
- Only low-sodium soups.
- No salt packet on tray.
- Food prepared with no salt.
- No cured or smoked canned meats.

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Fat & Calorie Controlled Diets
For patients with gull bladder disease and others whose bodies have trouble using fat.
- Limits the total amount of fat and oil (butter, margarine, salad dressing, gravies, cream) in the diet. For example, no fried foods or potato chips.
- May have lean meats, nonfat milk, and low-fat desserts.
- May use salt, pepper, and sugar, wheat bread, bran cereals, dry beans and peas.

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Reorienting to a Healthier You
- Be sure to stay within your daily calorie needs.
- Eat a balanced diet, choose from a variety of foods from the food pyramid.
- Keep your calories at a level that allows you to maintain a healthy weight.
- Reduce your intake of total dietary fat, saturated fat, and cholesterol.
- Be physically active for at least 30 minutes most days of the week.
- Drink plenty of liquids.
- Make most of your fat sources from fish, nuts, and vegetable oils.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

For a 2,000-calorie diet, you need the amounts above from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

GRAINS
Make half your grains whole.

VEGETABLES
Vary your veggies.

FRUITS
Focus on fruits.

MILK
Get your calcium-rich foods.

MEAT & BEANS
Go lean with protein.

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Carbohydrate Controlled / Diabetic / No Concentrated Sweets / Calories Controlled Diets
For patients who may have difficulty controlling their blood sugar levels or weight. Carbohydrate foods have the greatest effect on your blood sugar and need to be balanced in your diet. Foods that contain carbohydrate are starches such as breads, cereals, potatoes, pasta, rice, and dry beans, milk and yogurt, fruits and juices, sugars and desserts.

While on this diet, you will receive sugar substitute in place of sugar on your tray. Your meal plan is also limited in fat and / or the amount of food allowed will be determined by the calorie level ordered by your doctor. It is important that you control portion sizes, eat a variety of foods, and eat at a regular time.

You will be served:
- Lean fat dairy products, sauces, salad dressings and mayonnaise.
- Lean meat or meat substitutes.

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