



### 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 with colon problems and a need to rest the part of the large intestine that normally digests fiber.*

- Limits fiber 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-fiber, cooked vegetables, such as beets, carrots, squash, green beans, wax beans, and skinless white potatoes.

### High Fiber 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:*

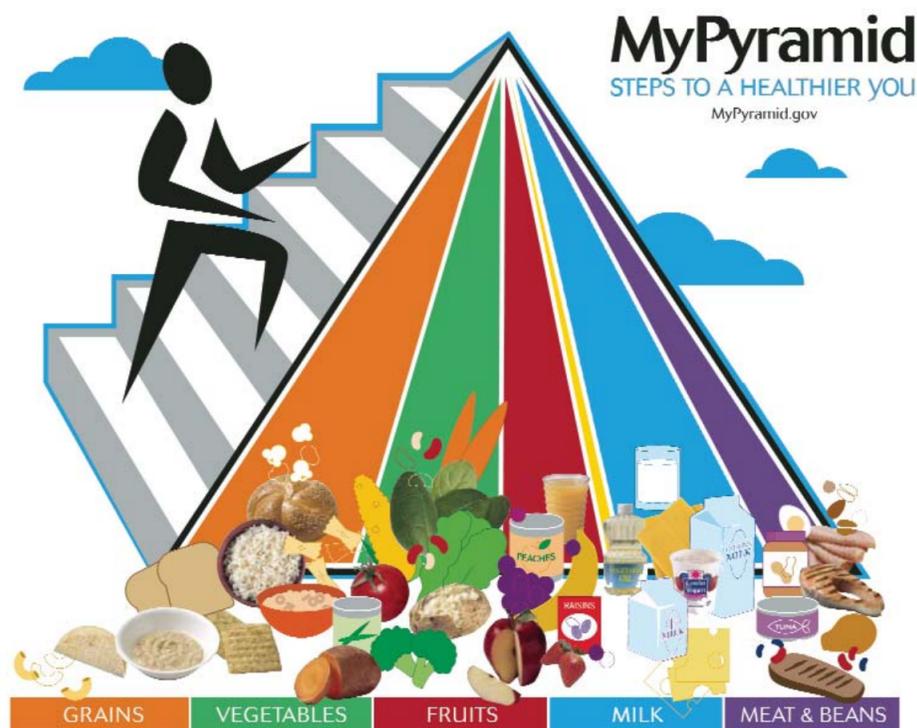
- Protein - found in eggs, meat, and dairy products (milk and cheese).
- Sodium - found in cured meats (bacon, ham), and other highly processed foods.
- Potassium - high in some fruits and vegetables.
- Phosphorus - found in milk, nuts, chocolate, and colas.
- Fluids or foods, which are fluid at room temperature.
- No Concentrated sweets - simple sugars will be restricted.

### Soft / Mechanical Soft / Pureed Diets

*For patients with difficulties chewing and/or swallowing foods. Meats are chopped, ground and/or pureed. Foods are soft and easy to chew and swallow.*

### Bland Diet

*Restricted in heavily seasoned foods, fried foods and raw fruits and vegetables. No pepper packets and no caffeine will be served on your tray.*



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
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day  1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta  Eat 6 oz every day	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens  Eat more orange vegetables like carrots and sweet potatoes  Eat more dry beans and peas like pinto beans, kidney beans, and lentils  Eat 2 1/2 cups every day	Choose fresh, frozen, canned, or dried fruit  Go easy on fruit juices  Eat 2 cups every day	Go low-fat or fat-free when you choose milk, yogurt, and other milk products  If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages  Get 3 cups every day; for kids aged 2 to 8, it's 2	Choose low-fat or lean meats and poultry  Bake it, broil it, or grill it  Vary your protein routine - choose more fish, beans, peas, nuts, and seeds  Eat 5 1/2 oz. every day

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](http://MyPyramid.gov).

### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

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Center for Nutrition Policy and Promotion  
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### 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 (Cardiac/Healthy Heart Diet)

*For patients with heart disease or at risk for heart disease.*

- Limits total fat to less than 35% of total calories with emphasis on monounsaturated fats such as olive oil, canola oil and nuts.
- Limits sodium to 2-4 grams per day.
- Certain high-fat items are omitted, such as bacon, sausage, ham, donuts, and biscuits & gravy.
- No salt packet on tray.

### Fat Controlled Diet

*For patients with gall 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 breads, bran cereals, dry beans and peas.

### Sodium-Restricted: No Added Salt Diet

*For patients experiencing high blood pressure, congenital heart problems, 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.

### Carbohydrate Controlled / Diabetic / No Concentrated Sweets / Calorie 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:*

- Low fat dairy products, sauces, salad dressings and mayonnaise.
- Lean meat or meat substitutes.

