## St. Luke's Diets (reference sheet)

See online Diet Manual: Nutrition Care Manual (NCM)\* for full description where indicated.

	Diets (reference	sheet)	See online diet Manual. <b>Nutrition Care Manual (NCM)</b> Tor full description where indicated.
Cerner EMR Entry: (Search for "Diet")			Brief Description:
Diet-NPO			NPO: Nothing by mouth. No meals will be provided.
Diet-Clear Liquid			Clear Liquid diet*: Transitional diet. Foods transparent and liquid at body temperature (juice, gelatin, broth, coffee and
			tea are standard). Further restrictions are not recommended due to nutritional inadequacy of this diet.  Full Liquid diet*: Transitional diet. Liquids tray including cream/blendarized soup, cream of wheat cereal, milk, pudding.
Diet-Full Liquid			Further restrictions are not generally recommended due to inadequacy of vitamins, minerals and fiber.
Diet-Dysphagia 1 (Pureed)*			Pureed, cohesive foods in a pudding-like consistency. No coarse textures, raw fruits or vegetables are allowed.
Diet-Dysphagia 2 (Mechanical Soft)*			Ground meats. Foods that are moist, soft-textured and easily formed into a bolus.
Diet-Dysphagia 3 (Soft)*			A transition to a regular diet, adequate dentition and mastication are required. Hard, sticky or crunchy foods are eliminated
Diet-Infant Nutrition			For infants who are breastfeeding and/or infant formulas. Add in specific details for breastmilk or specific formula with amounts and additives as appropriate, may add special instructions for unique cases.
Diet-Regular			Regular diet: No restrictions within SLH menu.
Diet-Modified  RESTRICTIONS:  Alt Names/Non Specific			Note: Order Diet-Modified for any solid food diet that is not strictly "Regular", then add restrictions/modifers as needed.
(may select	RESTRICTIONS:		
more than one restriction - Use Ctrl key to multi-select)	Diabetic	Diabetic Precautions ADA Carbohydrate control	Will be interpreted with balanced carbohydrates 2000 kcal level if no calorie level is specified with consistent carbohydrate. Sugar substitute offered. For more specific Diabetic plans order a calorie level in addition to "Diabetic". See NCM also for Carbohydrate Counting and Diabetes*.
	Esophageal surgery diet*		No coarse or chewy texture foods, no carbonated or hot beverages. To prevent pain or complications post surgery.
	Gastric surgery diet*		Small meals and snacks are recommended. Limit of sugar containing foods, high-fat foods, fried foods and nuts. Drinks should be taken between meals. Soft, well cooked foods are allowed. Foods should contain less than 2 grams of fiber per serving. <b>Anti-dumping precautions</b> during post surgery recovery.
	GERD Diet*	Anti-reflux Diet Bland Diet	Caffeinated beverages are eliminated. Foods not recommended: peppermint, spearmint, chocolate, alcohol, pepper. High fat foods are limited.
	Gluten Free Diet*		Foods containing of wheat, barley, rye, malt and oats (unless gluten free) are eliminated for <b>Celiac Nutrition Therapy</b> * (suggest to clinical staff add gluten to the allergy table in Cerner).
	High Calorie		If ordered and not specified, dietitian to determine appropriate calorie level.
	High Fiber*		> 25 g/d fiber - High fiber foods encouraged. See High Fiber Nutrition Therapy*. Also useful for diverticulosis or IBS.
	Jaw Fracture Diet*		Foods and drinks that move easily through a straw are allowed.
	Kosher		Kosher prepared entrees available when needed. Pt. preferences for liberalized Kosher are honored.
	Lactose free*		Limits all foods containing lactose. If patients can tolerate some milk/lactose, order a Regular diet.
	Low Residue(Low Fiber)*	Low Fiber Diet	Low fiber diet per NCM. See also NCM for <i>Ileostomy Nutrition Therapy*</i> , <i>Colostomy Nutrition Therapy*</i> , <i>Diarrhea</i>
	Low Tyramine*	LOW I IDEI DIEL	Nutrition Therapy*, Crohn's or Ulcerative Colitis Nutrition Therapy*.  Avoid aged or fermented foods. See MAOI(Tyramine Restricted) Nutrition Therapy* in NCM.
	No Caffeinated beverages		Caffeinated beverages are restricted.
	No Carbonated beverages		
			Carbonated beverages are restricted
	No Pork	T0 4 D'. (	No pork containing foods
	No red food or beverage Peds < 3 Choking	T&A Diet	May be used for post surgical such as tonsilectomy per MD discression. Red colored food/beverages are eliminated.
		Diet-Toddler	See Toddler Nutrition Therapy* age appropriate foods to be a choking hazzard as defined by the AAP.
	Peditaric Gastro	Peds Gastro Diet	Diarrhea Nutrition Therapy for Children* per the Pediatric NCM
	Purine Restricted diet*		May be indicated if elevated blood uric acid. Limit alcohol, gravy and some protein foods. See NCM for full description. No food is completely avoided.
	Renal Diet		Renal diets if not specified will be interpreted as 1200 mg phosphorus, 60 mEq potassium, 2 gm sodium. Renal diet should not be ordered if all of these restrictions are not needed. Restrictions should be <i>individualized</i> if CKD, HD, AKI pe
	Six small feedings		Three small meals plus snacks will be arranged per dietitian and preference. May be appropriate for <i>Underweight Nutrition Therapy*</i> or <i>Pulmonary NutritionTherapy*</i> . Also indicated along with the Gastric Surgery Diet.
	Vegan*		No animal products including no dairy, eggs or yeast.
	Vegetarian-Lacto*		No meat, fish or poultry but will consume dairy products.
	Vegetarian-Lacto/Ovo		Will consume dairy and eggs, but no meat, fish or poultry
	Vegetarian-Ovo*		No meat, fish or poultry except will consume egg products. Note, vegetarian diets are usually a preference and if the
	OTHER MODIFIERS AND SPECIAL SERVICES:		patient can order from the menu it may be advised to enter a "Regular" diet.
	Calories		Select calorie level available from list: 1000 up to 4000. (1800-2400 kcal most common range) Interpreted as 40% CHO consistent distribution
	Fluids / Thickened Liquids		Select fluid restriction and/or thickened liquid consistency from list. Shows breakdown of nursing and diet allowance. Foods/beverages that are liquid at room temperature are counted in fluids. (Use Ctrl key to multi-select)
	Sodium		Select from 1.5 gm, 2 gm(88meq), 3 gm, 4 gm or No Added Salt. Low Sodium will be interpreted as No Added Salt if not specified.
	Fat/Cholesterol		Select from list: 25 gm to 100 gm when appropriate. Low Fat and/or Low Cholesterol for heart healthy or gastrointestinal is interpreted as < 35% of calories from fat, or 20-25 g/meal.
	Potassium		Select from list: 40 meq to 120 meq/d. (Generally not less than 60 meq)
	Protein		Select from list: 40 gm to 120 gm/d. (generally not less than 60 g)
	Phosphorus		Select from list: 600 mg to 1200 mg/d. (generally not less than 800mg)
	Special Services		Add special tray needs such as, disposable dishes, No straws, Suicide precautions, MD order for alcohol, or if a patient needs foods pre-opened and cut when delivered. For those not able to order meals enter "Not eligible for room service", and for those with meal medication alerts, enter "Nurse alert for room service tray". (Use Ctrl key to multi select.)
Common Diet Examples:			
Low Fat, Low Cholesterol, NAS			Order as: Diet-Modified, Low fat and/or low cholesterol, No Added Salt. Used for Hypercholesterolemia*, Hypertrigliceridemia*, Coronary Artery Bypass Graft* and Myocardial infarction* nutrition therapies. Often referred to as "Heart Healthy" or "Cardiac" Diet. See the online NCM for Heart Healthy Eating Nutrition Therapy*.
1800 kcal, Diabetic, NAS			Order as: Diet-Modified, Diabetic, 1800 kcal, No Added Salt
60 meq K+, 88 meq Na+, 800 mg phosphorus			Order as: Diet-Modified, 2gm(88meq) sodium, 60 meq potassium, 800 mg phosphorus
Regular diet with a 1500 ml fluid restriction			Order as: Diet-Modified, 1500 ml fluid=(240/tray, 780/nursing)

See the NCM for evidence based nutrition guidelines for other specific disease states.

Consult the dietitian for further patient specific nutrition recommendations.

When possible, keep diets liberalized for hospitalized patients to encourage adequate intake.

<sup>\*\*\*</sup>Do not enter restrictions on the comments tab. The comments tab notations will not be interfaced/processed for correct food delivery.