

St. Luke's Diets (reference sheet)

See online Diet Manual: **Nutrition Care Manual (NCM)*** for 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.
Diet-Full Liquid		Full Liquid diet* : Transitional diet. Liquids tray including cream/blended soup, cream of wheat cereal, milk, pudding. 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		Note: Order <i>Diet-Modified</i> for any solid food diet that is <i>not</i> strictly "Regular", then add restrictions/modifiers as needed.
(may select more than one restriction - Use Ctrl key to multi-select)	RESTRICTIONS:	Alt Names/Non Specific
	Diabetic	Diabetic Precautions ADA Carbohydrate control
	Esophageal surgery diet*	
	Gastric surgery diet*	
	GERD Diet*	Anti-reflux Diet Bland Diet
	Gluten Free Diet*	
	High Calorie	
	High Fiber*	
	Jaw Fracture Diet*	
	Kosher	
	Lactose free*	
	Low Residue(Low Fiber)*	Low Fiber Diet
	Low Tyramine*	
	No Caffeinated beverages	
	No Carbonated beverages	
	No Pork	
	No red food or beverage	T&A Diet
	Peds < 3 Choking	Diet-Toddler
	Peditaric Gastro	Peds Gastro Diet
	Purine Restricted diet*	
	Renal Diet	
	Six small feedings	
	Vegan*	
	Vegetarian-Lacto*	
	Vegetarian-Lacto/Ovo	
	Vegetarian-Ovo*	
	OTHER MODIFIERS AND SPECIAL SERVICES:	
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*, Hypertriglyceridemia*, 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.

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