

TBRHSC ADULT DIET DEFINITIONS SUMMARY

NPO	<ul style="list-style-type: none"> • Nothing by mouth
Clear Fluids	<ul style="list-style-type: none"> • Clear juices, coffee, tea (sugar), broth, jello • Boost Fruit Beverage supplement standard at breakfast (lunch and dinner request only)
Full Fluids	<ul style="list-style-type: none"> • Clear Fluids plus milk, strained cream soup, pudding, smooth yogurt, ice cream, vegetable juices, cream of wheat • Ensure (request only)
Full	<ul style="list-style-type: none"> • Regular Diet
Pureed	<ul style="list-style-type: none"> • All foods blended smooth • For patients with chewing/swallowing difficulty
Pureed Thinned (Wired Jaw Diet)	<ul style="list-style-type: none"> • All foods blended smooth and thinned to allow passage through a straw/syringe
Minced	<ul style="list-style-type: none"> • Meat and vegetables ground, blended broth soup and regular cream soup, canned fruit • For patients with chewing/swallowing difficulty
Minced Dysphagia	<ul style="list-style-type: none"> • Minced Diet plus blended/strained soups, pureed fruit, no bread products • For patients with chewing/swallowing difficulty
Chopped	<ul style="list-style-type: none"> • Meat cut in bite sized pieces, canned fruit • For patients with difficulty cutting food.
Soft	<ul style="list-style-type: none"> • Full Diet except no raw fruits/vegetables • Soft cooked vegetables
Finger Foods	<ul style="list-style-type: none"> • Sandwiches; soup in mug; foods that do not require utensils
Tonsillectomy Full Fluids	<ul style="list-style-type: none"> • Full Fluids Diet but avoids any acidic fluids
Tonsillectomy Solids	<ul style="list-style-type: none"> • Minced Diet except no acidic or spicy foods or liquids
Fluid Restricted Diets No Fluids on Tray 800 mL (400 mL on tray) 1000 mL (600 mL on tray) 1500 mL (1100 mL on tray) 1800 mL (1400 mL on tray) 2000 mL (1600 mL on tray)	<ul style="list-style-type: none"> • Allows for 400 mL additional fluid to be provided with medications. • Standard Full Diet provides ~1750 ml fluid per 24 h. • Can be added to any diet texture
Anti-Reflux/GERD	<ul style="list-style-type: none"> • Low Fat, No Acidic, No Spicy Foods, No Chocolate type diet with decaffeinated beverages
BRAT (bananas, rice, applesauce, toast)	<ul style="list-style-type: none"> • Infrequently used for short-term treatment of diarrhea; nutritionally inadequate
Gluten-free	<ul style="list-style-type: none"> • Strict diet eliminating all sources of gluten protein including wheat, rye, barley and oats • For patients with Celiac Disease/Gluten intolerance
High Protein/High Calorie	<ul style="list-style-type: none"> • Full Diet plus full fat dairy products and high protein menu options (added Beneprotein powder)
Less Than 2 Gram Sodium	<ul style="list-style-type: none"> • No Added Salt Diet plus low sodium/salt-free alternatives • For patients with ascites, etc.
Long Term Care Menu (3 week	<ul style="list-style-type: none"> • Extended menu cycle to provide additional variety in meal

cycle)	items
Low Fat	<ul style="list-style-type: none"> • Restriction of 50 g fat per day; low fat or fat-free items as available • For patients with pancreatitis or acute cholecystitis
Low Lactose	<ul style="list-style-type: none"> • Restricts dairy products and provides Lactaid milk
Low Oxalate	<ul style="list-style-type: none"> • Restricts foods high in oxalates (Spinach, nuts, black tea, etc) • For patients with calcium oxalate kidney stones
Low Phosphorous	<ul style="list-style-type: none"> • Restricts foods high in phosphorous (Dairy, whole wheat grains, etc.) • For patients with renal disease/hyperphosphatemia
Low Potassium (50-60mmol/d)	<ul style="list-style-type: none"> • Restricts foods high in potassium (Oranges, bananas, tomatoes; provides double-boiled potatoes, etc) • For patients with renal disease/hyperkalemia
Low Residue/Fibre	<ul style="list-style-type: none"> • Restricts high fibre foods (fruit/vegetables with skins, whole wheat items, etc) • For patients with bowel obstruction, diarrhea, or new ileostomies
Low Salicylates	<ul style="list-style-type: none"> • Restricts high salicylate foods • For patients with salicylate sensitivity
MAOI (Low Tyramine)	<ul style="list-style-type: none"> • Restricts high tyramine foods (Aged/mature cheeses, fermented sausage, soups and gravies containing meat extracts, etc) • For patients receiving MAOIs
No Acidic Foods	<ul style="list-style-type: none"> • Restricts citrus, tomato products and vinegars • For patients with mouth sores or intolerances
No Added Salt (3-5 gram)	<ul style="list-style-type: none"> • Restricts high sodium foods; provides salt substitute • For patients with hypertension, CHF, etc.
Diabetic/No Added Sugar	<ul style="list-style-type: none"> • Restricts simple sugars • For patients who require a diabetic diet
No Caffeine	<ul style="list-style-type: none"> • Restricts all caffeine-containing foods and beverages
No Food Colouring	<ul style="list-style-type: none"> • Restricts all items containing artificial colour • For patients with intolerance
No Fried Foods/Greasy Foods	<ul style="list-style-type: none"> • Restricts all fried foods
No Gassy Foods	<ul style="list-style-type: none"> • Restricts gas-producing vegetables (beans, cabbage, broccoli, cauliflower, etc)
No Spicy Foods	<ul style="list-style-type: none"> • Restricts all highly-seasoned items; no pepper or tomato based sauces
No Sulphites	<ul style="list-style-type: none"> • Restricts food items with high amounts of naturally occurring sulphites or added sulphites • For patients with allergy
Post-Bariatric Surgery	<ul style="list-style-type: none"> • NASug, Small Portions, Low Fat type diet with limited bread products and protein supplementation standard • Patient must be instructed to consume fluids 30 minutes ac/pc meals
Post-Gastrectomy	<ul style="list-style-type: none"> • NASugar, Anti-Reflux type diet • Patient must be instructed to consume fluids 30 minutes ac/pc meals

RAB (rice, applesauce, banana)	<ul style="list-style-type: none"> • Restricted to 3 items high in soluble fibre for short-term management of diarrhea; nutritionally inadequate
Small Portions	<ul style="list-style-type: none"> • ½ servings entrees • Snacks to be added manually if requested
Vegan (no animal products)	<ul style="list-style-type: none"> • Strict vegetarian menu excluding all animal derived foods.
Vegetarian (Lacto-ovo vegetarian)	<ul style="list-style-type: none"> • Animal products restricted except for milk products and eggs
Pescatarian (Lacto-ovo vegetarian + fish and seafood)	<ul style="list-style-type: none"> • Animal products restricted except for milk products, eggs and fish
Thin Fluids (regular)	<ul style="list-style-type: none"> • Standard beverages such as milk, tea, juice and any solids that melt to liquid ie. Ice cream, jello; all diets default to standard Thin Fluids unless otherwise specified. **Thickened fluid consistency may be specified via swallow assessment (SLP)
Nectar Thick Fluids (slightly thick)	<ul style="list-style-type: none"> • All liquids thickened to consistency similar to tomato juice. Solids that melt to thin consistency restricted; canned fruit drained; no dry cereals; soups blended.
Honey Thick Fluids (thick)	<ul style="list-style-type: none"> • All liquids thickened to liquid honey consistency. Solids that melt to thin consistency restricted; canned fruit drained; no dry cereals; soups blended.
Pudding Thick Fluids (extra thick)	<ul style="list-style-type: none"> • All liquids thickened to pudding consistency. Solids that melt to thin consistency restricted; canned fruit drained; no dry cereals; soups blended.
Low Iodine Diet	<ul style="list-style-type: none"> • 2g Sodium Restriction + No Food Colouring • Nutrition and Food Services will further customize the diet to exclude Milk/Milk Products, Fish/Shellfish, Soy and Eggs. • This diet may be required for patients undergoing Iodine ablation therapy for thyroid CA.
Ready Meals	<ul style="list-style-type: none"> • CHOPPED diet • Packages/containers are opened on tray prior to tray delivery

***The above diet orders may be implemented in conjunction with each other, however a “texture/primary diet order” (Clear Fluids, Full, etc) must always be specified.*

- “Cardiac” or “Heart Healthy Diet” is not considered a diet order, please specify from above list (ie. **Low Fat, No Added Salt**).
- “Renal Diet” is not considered a diet order please specify from above list according to individual lab values (ie. **Sodium Restriction, Low Potassium, Low Phosphorous, Fluid Restriction**)
- “Post-Esophagectomy Diet” and “Fundoplication or Nissen Fundoplication Diet” are not considered diet orders please specify from above list (ie. **Minced, Anti-Reflux, Small Meals**). In comments section write in ‘no bread products.’ **NO ADDED SUGAR** diet order only to be implemented if signs of dumping syndrome present.