

# Diet Guidelines:

## 2.2 Brief Summary of Provincial Diet Terminology and Guidelines

Not for Patient Distribution

DIET NAME	BRIEF DESCRIPTION
<b>Standard Adult Diets</b>	
Regular	Healthy diet (<3000 mg sodium, ≤35 % Kcal fat, ≤ 7 g saturated fat, 14 g fibre/ 1000 kcal). Medium (default) meal size: 1600-1800 kcal; Small meal size: 1200-1500 kcal; Large meal size: 1900-2100 kcal.
Maternal	Additional 350-450 kcal/day. Includes at least 3 servings of Milk and Alternatives daily.
Six Small Meals	Modification to a diet order to provide 3 small meals (1300 kcal) and 3 snacks with protein and a calorie containing beverage (500 kcal).
<b>Standard Pediatric Diets</b>	
Infant Pureed	A variety of pureed foods supplemented with infant formula or breast milk. For infants 6-9 months old.
Infant Minced	A variety of minced foods supplemented with infant formula, breast milk or whole cow's milk. For infants 10-12 months old.
Toddler	Soft, cut-up/diced, finger foods for children 1-4 years old. Toddler (aged 1-2 years): 800-1050 kcal; Toddler (aged 2-4 years): 1100-1250 kcal.
Pediatric	Healthy diet. Small meal size (for ages 4-8 years): 1200-1500 kcal; Regular meal size (for ages 9-13 years): 1500-1800 kcal; Large meal size (13+ years): 1800-2300 kcal.
<b>Cultural and Religious Modifications</b>	
Kosher Style	Excludes pork, and milk/dairy products are not served with meat. Follows general Kosher rules but <b>does not</b> provide all foods with Kosher certification.
Muslim Style	Excludes pork. Follows Halal rules but <b>does not</b> provide all foods with Halal certification.
No Beef	Excludes beef and beef by-products.
No Pork	Excludes pork and pork by-products.
Vegetarian Lacto-Ovo	Excludes meat, fish and poultry. Allows eggs and milk products.
Vegetarian - Vegan	Excludes meat, fish, poultry, eggs and milk products, as well as their by-products.
<b>Adverse Reactions to Food</b>	
Gluten Free	Excludes all sources of gluten and gluten containing foods (including wheat, oats, rye, barley and triticale). For patients with celiac disease.
Low Lactose	Significantly limits milk, milk products, and foods that contain a significant amount of lactose, the sugar found in milk. For patients with lactose intolerance. <b>Not for Milk Allergy.</b>
<b>Texture Modified Diets</b>	
Balanced Fluid	Nutritionally adequate fluids, including nutritional supplements, able to pass through a straw.
Finger Foods	"Ready-to-eat" foods that can be eaten without utensils (e.g., soup in a mug).
Easy to Chew	Softer texture foods that are easy to chew. For adults and children 4+ years old.
Dysphagia Soft	Soft, moist foods that are 1 cm diced, fork mashable or tender. For adults and children 1+ years old with chewing and swallowing difficulty.
Minced	Minced foods and soft breads. Order pureed breads separately if required for patient. For adults and children 1+ years old with chewing and swallowing difficulty.
Pureed	Pureed foods. For adults and children 1+ years old with chewing and swallowing difficulty.
<b>Modifications</b> (ordered in addition to a primary diet or diet texture order)	
Cut/Diced	Food is cut up into bite-sized pieces or pieces that are manageable to pick up. For patients needing assistance to cut foods.
No Mixed Consistencies	Excludes foods that have thin liquids and solids in the same mouthful or that release thin liquid when chewed. Usually ordered with Minced or Dysphagia Soft diets.
Pureed Bread Products	Pureed bread and bread products. Pasta, rice, barley and couscous are the texture of the primary diet order. Ordered in conjunction with Minced or Dysphagia Soft diets.
Thick Fluids: [specify] Nectar, Honey or Pudding	For patients requiring thicker fluids for control of drinking and to reduce aspiration. Fluids are thickened to a Nectar, Honey or Pudding consistency. Thin fluids are not allowed. Usually ordered in conjunction with Pureed, Minced or Dysphagia Soft diets.
Fluid Restricted	Limits visible fluids or high fluid foods provided for meals and snacks.
No fluid on tray	No fluids provided on tray.

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<b>Therapeutic Diets</b> ( <i>may be ordered along with Pediatric or Toddler diets except when otherwise stated</i> )	
Chyllothorax - Adult	Low in long chain fats (<10g) but high in carbohydrate and protein. Use for <2 weeks.
Chyllothorax - Pediatric	Low in long chain fats (<5g) but high in carbohydrate and protein.
Diabetic	For adults with Type 1 or 2 diabetes. Distributes carbohydrate across 3 meals and standard HS snack, limits simple carbohydrates and provides artificial sweetener. Three meal size options - Small: 1300-1599 kcal; Medium: 1600-1899 kcal; Large: 1900-2200 kcal. Meets Heart Healthy diet guidelines.
Diabetic - Pregnancy	For pregnant or post-partum women with Type 1, 2 or gestational diabetes. Provides 2000-2200 kcal in 3 meals and 3 snacks/day with the same criteria as Diabetic diet.
Diabetic - Pediatric	For children with Type 1 or 2 diabetes. Ordered by calorie level (1000-2800 Kcal, in 200 kcal increments) to provide 3 meals and 3 snacks and individualized as required.
Low Fat	<50 g of fat/day divided evenly between the 3 meals.
High Fibre	10 g/day fibre added to Regular diet (Not suitable for infants or toddlers)
Low Fibre	Limits total fibre to <10 g per day, mainly provided as soluble fibre. Excludes foods that may cause blockage, diarrhea, and/ or flatulence. Suitable for patients post-ostomy.
Heart Healthy	Provides diet <35% of kcals from fat, <7% kcals from saturated fats, <1% of kcals from trans fats, <3000 mg sodium and <300 mg cholesterol per day.
High Protein High Calorie	A modification added to a primary diet order to provide additional protein and fat and carbohydrate kcals through nutrient dense foods. Supplements may be added.
Ketogenic	Diet individualized to provide large amounts of fat and protein in comparison to carbohydrate to promote ketosis and seizure control.
Metabolic	Diet individualized for modifications required for inborn errors of metabolism.
Low Oxalate	Restricts foods very high or high in oxalates (e.g., vegetables such as beets or spinach), provides 2 cups milk/day and <2300 mg sodium/day.
Low Phosphorus - 9-18 yrs	<1200 mg phosphorus/day
Low Phosphorus -1-8 yrs	<500-650 mg phosphorus/day
Low Potassium - Adult	<2300 mg potassium/day. For patients 13+ years old and adults.
Low Potassium - 5-13 yrs	<1800 mg potassium/day
Low Potassium -1-4 yrs	<1400 mg potassium/day
Low Sodium 2000 mg – Adult and Pediatrics	<2000 mg sodium/day. For children 4+ years and adults.
Low Sodium -1-4 yrs	<1500 mg sodium/day. For children >1 and <4 years old. Calorie level and foods as per Toddler diet guidelines.
Low Tyramine	Limits foods high in tyramine. For persons receiving Monoamine Oxidase Inhibitor (MAOI) medication
<b>Renal Diets:</b>	
Renal - Hemodialysis	Diet provides approximately 2000 kcal, 90 g protein, <2300 mg sodium, <2300 mg potassium, <1200 mg phosphorus, and <1000 mL fluid per day in 3 meals and evening snack.
Renal - No Dialysis	Diet provides 1800 kcal, 60-75 g protein, <2300 mg sodium, <2300 mg potassium and <1200 mg phosphorus per day in 3 meals per day. For persons renal disease who are not on hemodialysis or peritoneal dialysis.
Renal - Peritoneal Dialysis	Diet provides 1800 kcal, 90 g protein, <2300 mg sodium, <1200 mg phosphorus and <1000 mL fluid per day with no potassium restriction in 3 meals and evening snack.
<b>Surgical Diets:</b>	
Clear Fluids	Clear, low-fibre fluids that are easily digested. Not nutritionally adequate; use <48 hours.
Clear Fluids Diabetic	Clear fluid diet that provides only the carbohydrate portion of the diet, and provides meal plans for Toddler and Pediatric diabetic patients, Not nutritionally adequate.
Clear Fluids Renal	Clear fluid diet that restricts sodium, potassium, phosphorus and fluid to <1000 mL (if no snacks provided) per day. Not nutritionally adequate.

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<b><i>Surgical Diets (continued):</i></b>	
Full Fluids	Low fibre diet of pureed fruit, soups and fluids that are easily digested. Not nutritionally adequate; use <72 hours.
Full Fluid Bariatric	Low fibre diet of easily digested full fluids restricted in volume for post-bariatric surgery.
Full Fluids Diabetic	Full fluid diet that provides only the carbohydrate portion of the diet, and provides meal plans for Toddler and Pediatric diabetic patients, Not nutritionally adequate.
Full Fluid Renal	Full fluid diet that restricts sodium, potassium, phosphorus and fluid to <1000 ml (if no snacks provided) per day. Not nutritionally adequate.
Post-Gastrectomy	Diet of 3 meals and 3 snacks limiting simple carbohydrates, fluids and caffeine and providing soft moist foods to prevent dumping syndrome and to promote healing.
Post-Surgical Transition	Short-term diet following gastrointestinal surgery (once solid foods/fluids by mouth are allowed) that provides a variety of foods in small volumes to allow self-selection.
Upper GI Surgery	Moist, soft texture foods that will not mechanically irritate the GI tract served in small meals. Excludes: foods producing gas, carbonated beverages and sources of caffeine.
<b>Test Diets</b>	
Low Iodine	Iodine content in food is limited to less than 50 mcg per day for 10 days prior to and until the end of the day on which the radioactive iodine injection is given.
MIBI or Cardiolite Scan	Eliminates caffeine for 24 hours before and for the duration of the test. A caffeine free meal or snack with >5 grams of fat is consumed after the radioactive injection.
Urine for 5-HIAA	For 48 hours before and for the duration of the urine collection, foods and beverages containing serotonin or an excess of tryptophan are eliminated.
Urine for Vanilla Mandelic Acid (VMA), Homovanillic Acid, Metanephrines and Catecholamines	For 48 hours before and for the duration of the urine collection, foods and beverages containing vanilla, banana and caffeine are eliminated.
High Fat (Fecal Fat) Test Diet	For adults provides 100-120 g of fat per day expecting consumption of 75-100 g of fat per day. Children follow their regular diet with modifications to increase fat intake. Followed for 2 days before and during stool collection. A calorie count and fat intake should be done in conjunction with the diet to indicate actual fat intake.