

Sample: Colour Coded Special Diet Cards

Colour coded diet cards/labels or diet binders can be used to identify the special diets of residents. This can help the process of providing the right diet to the right resident. Each diet type can be given a different coloured sticker. For example, all residents on a diabetic diet would have a **blue** sticker on their diet card/label.

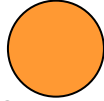
If the resident is on more than one type of diet, the diet card/label could have more than one coloured sticker for each diet type. For example, a resident on a Diabetic and Pureed Diet could have a **blue** sticker and a **lime green** sticker. Please refer to the examples below.

Diet card/labels should have a protective covering such as a plastic sleeve or laminating to protect against spills or damage. The diet card/label must be updated when changes are made to the diet. Below are examples using colour coded diet card/labels. They should be displayed in a common area so staff can easily access them.

- Diabetic Diet (**blue**)
- Renal Diet (**white**)
- High Protein-High Calorie Diet (**red**)
- Dysphagia Soft Diet (**pink**)
- Minced Diet (**orange**)
- Pureed Diet (**lime green**)
- Gluten-free Diet (**green**)
- Mildly Thick fluids (Nectar) (**teal**)
- Moderately Thick fluids (Honey) (**brown**)
- Extremely Thick fluids (Pudding) (**black**)

Example 1: Minced Diet with Regular Fluids

Name: Mr. X
Room #: 425
Diet: Minced Diet
Fluids: Regular
Snacks: Twice Daily (PM, HS)
Food Allergy: No Known Allergies
Food Restrictions: None



Special Instructions:

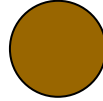
May include information on feeding assistance such as "needs help to open cans/bottles".

Include any special instructions



Example 2: Pureed and Diabetic Diet with Mildly Thick Fluids (Honey)

Name: Mrs. Z
Room #: 125
Diet: Diabetic Diet, Pureed Diet
Fluids: Mildly Thick (Honey)
Snacks: Twice Daily (PM, HS)
Food Allergy: No Known Allergies
Food Restrictions: None



Special Instructions:

May include information on feeding assistance such as "needs help to open cans/bottles".