TENNESSEE
DIVISION OF MENTAL RETARDATION SERVICES

BASIC NUTRITION AND DOCTOR PRESCRIBED DIETS

Resource Guide

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- Family members
- Advocates
- Independent Support Coordinators (ISCs)
- Long-term care provider agency representatives
- Representatives from TennCare
- Division of Mental Retardation Services (DMRS) Regional and Central Office staff

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INTRODUCTION

This resource guide provides general information and guidelines regarding basic nutrition and common doctor prescribed diets. It is the supplement to the foundational training entitled *Basic Nutrition and Doctor Prescribed Diets*, which was developed by the DMRS.

The intended use of this resource guide is as a reference tool for those responsible for supporting persons in the community with intellectual and developmental disabilities. This resource guide is divided into five main sections:

- Overview of Basic Nutrition
- Doctor Prescribed Diets
- Dietary Tools, Supports, and Guidelines
- When A Diet is Not Working
- Additional Nutrition Resources

Information sheets and forms that can be reproduced for use as tools and handouts are included throughout the guide and in the additional nutrition resources section. While this resource guide is intended to be used as a reference, a referral to a Registered Dietitian for consultation may be needed to address more complex nutritional issues and assist with follow-through of a diet.

Section I:

OVERVIEW OF BASIC NUTRITION

OVERVIEW OF BASIC NUTRITION

A healthy diet is one of the keys to a healthy lifestyle. Persons with intellectual and developmental disabilities require a healthy intake whether they are on a special diet or not, just as anyone. A healthy diet can help one to live an active lifestyle, maintain energy levels, and prevent health and medical problems. Those who support persons with developmental disabilities and mental retardation have the responsibility to assist with achieving and maintaining a good health status in life through sound nutrition.

Maintaining a good health status is easier than one might think. The pathway to good health is not the same for everyone and may change over time. It is best to take reasonable steps along the way to stay healthy or to achieve a better state of health rather than trying to take on too many changes at one time. Each reasonable step toward healthier living will add up and help you reach your health goals. The Food Guide Pyramid provides us with good direction in accomplishing this.

The Food Guide Pyramid

Finding the Right Steps for You

The Pyramid is a guideline of what we should eat each day and can assist us in choosing the healthy foods and appropriate portions with tips on physical activity. For good health you should eat a variety to foods from each food group every day. This will help you get the various nutrients that you need each day to stay healthy. These nutrients include carbohydrates, protein, fats, minerals, vitamins, fiber, and water.

The Pyramid is made up of five food groups plus oils and is shown in the picture above. The widths of the food groups vary and suggest how much food a person should choose from each group. The widths are a general guide and not exact proportions. Looking at the various widths from left to right, the food groups are discussed next.

Grains – Eat at least 3 ounces of whole grain bread, cereal, crackers, rice or pasta every day. Look for “whole” before the grain name on the list of ingredients. A 1-ounce portion is about 1 slice of bread, about 1 cup of breakfast (dry) cereal, or ½ cup of cooked rice, cereal, or pasta.

Vegetables – Eat more dark green and orange vegetables. Eat more dried beans and peas.

Fruits – Eat a variety of fruits. Choose fresh, frozen, canned, or dried fruits and go easy on fruits juices.

Oils – Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard.

Milk – Go low fat or fat free to keep your diet more heart healthy. If you don't or can't consume milk, choose lactose free products or other calcium sources such as fortified foods and beverages.

Meat and Beans – Choose low fat or lean meats and poultry. Trim visible fat from meat and remove skin from poultry. It is best to bake, roast, broil, or grill it. Vary your choices with more fish, beans, peas, nuts, and seeds.

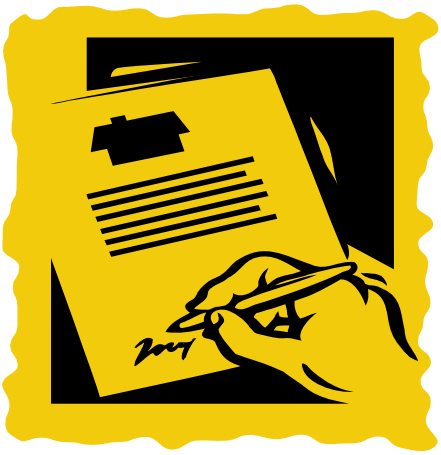
Food Intake Patterns

The suggested amounts of food to consume from the five food groups plus oils are listed below for some of the various calorie levels that are commonly used. A Registered Dietitian could assist you with determining personal calorie levels based on specific needs.

Calorie Level	**1400**	**1600**	**1800**	**2000**	**2200**
Fruits	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups
Vegetables	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups
Grains	5 oz	5 oz	6 oz	6 oz	7 oz
Meats & Beans	4 oz	5 oz	5 oz	5.5 oz	6 oz
Milk	2 cups	3 cups	3 cups	3 cups	3 cups
Oils	4 tsp.	5 tsp.	5 tsp.	6 tsp.	6 tsp.

Section II:

DOCTOR PRESCRIBED DIETS



DOCTOR PRESCRIBED DIETS

Persons with intellectual and developmental disabilities may require a special diet for many reasons. Nutrition-related problems may be identified by a doctor, staff, family, or others supporting the person and can result in a doctor prescribed diet. This means certain foods will need to be restricted or limited in the diet.

When there is a change in diet good communication is very important. Doctors may use different words when ordering a diet, for example portion control instead of weight loss, double portions instead of high calorie high protein, and ADA (American Diabetes Association) instead of Diabetes. In addition, someone may have more than 1 health issue and there may be 2 or more dietary restrictions, for example, low fat low salt or 1500 calorie low cholesterol. If you are unclear as to what the doctor has ordered, ask him or her for clarification. It's also helpful to ask the doctor what the reason for the diet is and what he expects. For example, does the doctor want the person to lose weight, lower his cholesterol or improve his blood sugar?

Communication between the person and those who support him or her is also very important. Reasons for the diet should be discussed and clearly communicated to the person, support staff and family and/or conservator before the diet is started. The additions or limitations in a person's diet should be clearly communicated to the person and all staff persons working with the person, so everyone involved understands the diet. Good communication helps to ensure that everyone is working together to improve and keep the person's overall health at the best level.

Food choices and food preferences of the person are important to their health. Even when on a doctor prescribed diet, a person should have the right to choose foods that he likes. It's important that the person be included when planning menus and those food preferences of the person are taken into consideration when planning for doctor prescribed diets. Although it's important to consider a person's food preferences efforts need to be made to offer foods that are allowed by the diet. Often a person's favorite food can be included in the diet just by changing the way it is prepared, for example grilling or baking chicken instead of frying. Staff need to be careful that their personal food preferences not limit or always influence what is purchased or served, and that they are supporting the person in following a diet in an effort to maintain the best state of overall health.

The following pages highlight diets that may be ordered by a doctor. For information needed on any doctor prescribed diet that is not addressed in this resource guide, contact your Regional Dietitian. For assistance in carrying out doctor prescribed diets, request the guidance of a Registered Dietitian.

*REGULAR DIET

A regular diet is for anyone not on a doctor prescribed diet and uses the My Pyramid and the Dietary Guidelines for Americans to help you prepare healthy meals. It includes the recommended servings listed on the My Pyramid . A regular diet is the diet for anyone not on a doctor prescribed diet. **The Regular diet in this resource guide is a diet that does not limit fat, salt, sugar, or other nutrients <u>and does not refer to the texture or consistency of the diet.</u>**

Dietary Guidelines for Americans
For Good Health

Aim For Fitness

- Try to keep a healthy weight
- Exercise each day

Build A Healthy Base

- Use the My Pyramid to make your food choices and tell you what the serving sizes of foods are to maintain good health.
- Pick a variety of grains daily, especially whole grains.
- Eat a variety of fruit and vegetables daily.
- Use appropriate precautions to keep food safe to eat.

Choose Sensibly

- Follow a diet that is low in fat, saturated fat and cholesterol.
- Look for beverages and foods that are low in sugar.
- Cut back on salt.

*__Regular diet__ noted here means no dietary restrictions, such as low fat, low salt, low sugar, etc. and provides access to a variety of foods/fluids. This should **NOT** be confused with the texture of the diet (size of food pieces).

WEIGHT GAIN DIET

KEY POINTS:
- Offer foods that are high in calories.
- Offer frequent meals or snacks.
- Offer larger portions or second servings if tolerated.
- Prepare foods and beverages in ways to increase protein and calories in the diet.
- Make homemade shakes or consider the use of commercial nutritional supplements such as Ensure.
- Make mealtime a pleasurable time.

If underweight, why is it important to gain weight?
People, who lose weight without trying, could be very sick. People who are underweight may not be getting enough nutrients to be healthy. A lack of nutrients may cause a person to be tired all the time, irritable and make it difficult for the body to fight off infections. Gaining weight can relieve stress on the body and help to replenish calorie and protein stores, preventing malnutrition.

How to gain weight?
To gain weight you must eat more food than your body will use as fuel. A diet high in calories and high in protein will help you gain weight. When trying to gain weight it's important to keep track of a person's weight.

- Follow the My Pyramid , but try to eat the recommended servings from the higher end of the serving ranges.
  - Grains----6 oz per day including 3 oz of whole grains
  - Vegetables----2 ½ cups per day
  - Fruits----2 cups per day
  - Milk----3 servings per day
  - Meat and Beans----2-3 servings per day
  - Fats, Oils, and Sweets----may need to be added to assist with weight gain

- Eat more often: 5-6 meals and snacks may be needed each day instead of 3 large meals. Eating more often keeps you from getting discouraged with trying to eat a big plate of food.
- If tolerated offer larger portions or second servings.
- Offer more calorie and nutrient-rich foods. Drink milk, milkshakes, instant breakfast drinks, juice, and nutritional supplements in place of some of the water, tea, coffee, and colas normally consumed.
- Limit the drinking of fluids at meals to save room for more food. Drink fluids 30 minutes before or after meals.

- Choose some foods with concentrated calories. Try dried fruits and fruits in heavy syrup. Add powdered milk to soups, casseroles, and fluid milk.
- Add high calorie condiments to foods such as sour cream, cheese, and cream sauces to increase calories without increasing the volume when you are unable to eat a lot at one time.
- If you can't get enough calories from your regular meals, try a commercial supplement or make your own high calorie, high protein shakes and snacks.
- Find ways to perk up your appetite by choosing foods that are colorful and eye catching. Make mealtime pleasant and relaxing. Keep your favorite foods handy.
- Take a longer time to finish a meal if needed, don't rush through the meal

Ways to increase calories and protein:

- Cottage Cheese and Cheese: Mix with or use to stuff fruits or vegetables, add to casseroles, use in gelatin or pudding type desserts, or add to pasta shells or manicotti.
- Milk: Add to water used in cooking or use in place of water in preparing foods such as hot cereal and soups.
- High Calorie, High Protein Milk: Blend any type of milk with dry skim milk powder using 1 cup dry powder for each quart of milk or 1 cup of any type milk plus 1/4 cup dry skim milk powder (1 cup milk plus 1/4 cup dry skim milk powder provides 220 calories and 18 grams of protein). Substitute this mixture for milk in beverages and in cooking whenever possible, and substitute for the water in soups, pudding mixes and use on cereals, gelatin, and stewed fruits.
- Powdered Milk: Add to meatloaf, breads, and muffins.
- Egg: Add chopped or hard-cooked eggs to salads, sandwiches, and vegetables.
- Ice Cream: Use in beverages such as sodas, milk drinks; may mix with cereals, fruit and gelatin. Blend or whip with bananas or other fruits and flavors.
- Sweetened Yogurt or Frozen Yogurt: Add to fruits and desserts, use to top cereal, and add to milk beverages and gelatin dishes.
- Peanut Butter: Mix with jelly or honey and spread on bread or toast, crackers or fruit.
- When eating out, pick foods with gravies or sauces on them. Add extra oils or butter to foods. Foods with cheese, sour cream, or fried foods will be higher in calories and good choices.

What if someone who needs to gain weight has a high cholesterol level?

For this type of person, it may be necessary to select foods low in fat, saturated fat, and cholesterol and provide larger portions as well as offer more frequent meals and snacks throughout the day. Because this type of situation can be more difficult, it's best to talk to the doctor and/or a Registered Dietitian.

WEIGHT LOSS DIET

KEY POINTS:
- Eat healthy, choosing foods low in calories, fat, and sugar.
- Eat smaller portions.
- Bake, broil, or grill instead of frying.
- Eat at least 3 meals each day.
- Drink plenty of water.
- Exercise.

Why is it important to lose weight?

Being over weight is unhealthy. Losing weight is one of the best ways to reduce your risk of developing problems. The dangers of being overweight include:

- Stroke
- Gallbladder disease
- Cancer
- Congestive heart failure
- Renal disease
- High cholesterol
- Diabetes
- Gout
- Cirrhosis of the liver
- Osteoarthritis
- High blood pressure
- Shortened life span
- Enlarged heart
- Sleep apnea
- Loss of mobility
- Bone spurs

How to lose weight?

To lose weight, you must burn more calories than you eat. A safe weight loss is slow and gradual and considered to be **no more than 2 pounds per week.**

Choose a healthy eating plan to lose weight. A healthy eating plan:
- Promotes a slow weight loss
- Includes the basic food groups from the My Pyramid
- Doesn't cut calories so low that you think you are starving
- Encourages eating at least 3 meals each day
- Is low in fat and encourages watching your portion sizes of the foods eaten.
- Reduces intake of foods with empty calories such as sweets and sugary drinks
- Increases fiber in the diet
- Encourages exercise (exercise burns calories and fat and helps control the appetite)
- Encourages drinking 8-10 glasses of water each day

FOOD GUIDE FOR WEIGHT LOSS DIET

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Grains: 1 serving is: ½ cup rice, potato, pasta, cooked cereal, ¾ cup dry cereal, 1 slice bread, ½ English muffin or bagel, 1-2 inch biscuit, 4-6 crackers		
• Whole grain or enriched breads, bagels, tortillas, English muffins, & dinner rolls. • Whole grain or enriched ready-to-eat cereals and cooked cereals like oatmeal, grits, and farina • Whole grain or enriched rice, spaghetti, macaroni, or other type of noodles • Pretzels, soda crackers, & rice cakes	• Biscuits, cornbread, muffins • Croissants, Danish, sweet rolls, doughnuts • Sugar-coated cereals, granola type cereals, cooked cereals with sugar added • High fat snacks, potato chips, tortilla chips • Foods prepared with gravies, cream sauces or cheese	• Look for low fat versions of bread products • Look for whole grain products that provide at least 2 grams of fiber per serving • Limit margarine, oils and fats when preparing pasta and rice dishes
Vegetables: 1 serving is: ½ cup cooked or 1 cup raw		
• All fresh, frozen, or canned vegetables, prepared without sugar; may be seasoned with a small amount of fat • Starchy vegetables include: white & sweet potatoes, green peas, corn, and winter squash and should be limited since they contain more calories	• Deep-fried vegetables • Vegetables prepared with meat grease, bacon, fat back, gravies • Vegetables with cream or cheese sauces	• Can season vegetables with spray margarine or small amounts of margarine or oil.
Fruits: 1 serving is : ½ cup canned fruit or juice, ¼ cup dried, 1 medium piece fresh fruit		
• All fresh, frozen, or canned fruits in their own juice and without added sugar • Dried fruits • Unsweetened fruit juices	• Fruit prepared with added sugar • Canned fruit in heavy syrup • Fruit juices with added sugar	• Drain and rinse canned fruit in lite, medium, or heavy syrup • Some dried fruit mixtures can be high in calories; eat in moderation • Limit intake of fruit juice due to calorie content

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Milk: 1 serving is: 1 cup milk, 1 cup yogurt, 1 ½ ounces cheese		
• Skim, ½%, or 1% milk • Low fat buttermilk • Low-fat or non-fat flavored yogurts without sugar added • Skim evaporated milk • Plain yogurt with fruit added • Low-fat cheese and cottage cheese	• Whole milk, 2% milk, chocolate milk • Cream, half and half, condensed milk • Whole milk sweetened yogurt • Regular cheese	• Chocolate milk can be low in fat but high in sugar • Use small amounts of cheese
Meat and Protein: 1 serving is: 2-3 ounces of chicken, fish, beef, pork; 1 egg , ½ ounce nuts, ¼ cup cooked dry beans or peas, ¼ cup tofu, or ¼ cup of tuna count as 1 ounce of protein		
• Lean cuts of beef and pork • Chicken and turkey without skin • All fresh, frozen, or canned fish and shellfish packed in water • Lean low fat deli and packaged meats • Eggs, egg substitutes • Dry beans and peas cooked without added fat • Tofu	• High fat meats such as fried and battered meats • Sausage patties and links, polish sausage, hot dogs • Packaged meats such as bologna and salami • Canned meats such as Spam, Vienna sausage • Convenience foods such as frozen and packaged meats, TV type dinners, and packaged foods such as "Hamburger helper	• Trim all fat from meat and remove skin from poultry. • Use low fat cooking methods such as baking, broiling, roasting, stir-frying and grilling. • If pan-frying use nonstick pan spray and a very small amount of oil • Prepare dry beans with butter buds and season with bouillon and herbs.
Fats and Oils: 1 serving is: 1 teaspoon regular margarine, mayonnaise, or oil, 1 Tablespoon regular salad dressing, low calorie margarine, or low calorie mayonnaise, 2 Tablespoons sour cream, low calorie salad dressing		
• Vegetable oils, soft tub margarine, non-stick pan sprays, fat-free liquid margarine, spray margarine or Butterbuds • Reduced fat mayonnaise, salad dressings, sour cream, and cream cheese • Liquid vegetable oils in small amounts	• Butter, stick margarine • Regular mayonnaise, salad dressings, sour cream, cream cheese • Shortening, lard, bacon, salt pork, and meat fat.	• Use all fats (regular, reduced fat, fat-free) in moderation

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
• **Sweets** Select low fat desserts and sweets and eat in moderation		
• Sugar-free beverages or beverages with artificial sweetener • Desserts, made with low fat ingredients, in small amounts • Frozen yogurt, sherbet, Italian Ice, Popsicles	• Regular desserts, such as cakes, pies, cookies • Sugar and Sweets such as candy, frosting, regular gelatin, honey, jam, jelly, molasses, regular soft drinks, sugar, and syrups.	• Artificial sweeteners sweetened ice tea • Honey and jelly, in small amounts, are good substitutes for butter on bread

Calorie Meal Plans

The table below shows sample meal plans for different calorie levels.

	1200	1500	1800	2000	2500	Other _____
Grains	3	6	7	8	10	
Vegetables	2-4	2-4	3-5	3-5	3-5	
Fruit	3	3	4	5	6	
Milk	2	3	3	3	3	
Meat and Protein	5 ounces	5 ounces	6 ounces	6 ounces	9	
Fats and Oils	3	3	4	5	6	

In addition to making the right food choices, it's also important to:

- Read food labels when shopping
- Eat 3 meals per day; try not to skip meals
- Use low fat cooking methods and added fats in small amounts
- Limit added fats and high fat foods
- Limit sugar and foods with high sugar content
- Increase flavor of foods with broth, bouillon, herbs, spices, butterbuds, mustard, lemon juice, vinegar, and condiments such as catsup, taco sauce, salsa and soy sauce
- Practice portion control by serving smaller portions and limiting second helpings
- Make healthy choices when eating out

LOW FAT LOW CHOLESTEROL DIET

KEY POINTS:
- Eat a variety of foods that are lower in fat and cholesterol.
- Use low fat dairy products.
- Maintain a healthy weight. Weight loss may help lower cholesterol, if you are overweight.
- Exercise can also help to lower cholesterol.

Where does cholesterol come from?
  - Saturated fats, trans fats and foods high in cholesterol can raise your cholesterol.
  - Saturated fats can be found in animal sources such as meats, egg yolks, and whole milk products as well as in cocoa butter, palm oil, and hydrogenated products such as shortening and stick margarine.
- Cholesterol is present in egg yolks, liver and some seafood.

Why do I need to eat less fat and cholesterol?
- Reducing intake of saturated fat, trans fat and cholesterol can help to lower the "bad" LDL cholesterol in the blood and reduce your risk of heart disease and other fat levels like triglycerides**.**
- High cholesterol and high triglyceride levels can lead to heart disease, heart attack and stroke.

How do you lower cholesterol?
- The first step to lowering cholesterol is cutting back on saturated fats and trans fats and limiting cholesterol to 300 milligrams each day in your diet. Eat a variety of foods that are lower in fat and cholesterol. The list of healthy foods below will help you to cut back on cholesterol in your diet.
- Use low fat cooking methods.
- If you are overweight, losing weight can help to reduce cholesterol.
- Exercise helps to lower cholesterol. Exercise about 20 minutes a day at least 3 times a week.

What are triglycerides and how do you manage them?
- Triglycerides are another type of fat in the blood stream and are derived from fats eaten in foods or made in the body from energy sources such as carbohydrates.
- If addition to the above guidelines for lowering cholesterol reduce your intake of alcohol and simple carbohydrates like sugar, candy, honey, and jelly.

FOOD GUIDE FOR LOW FAT LOW CHOLESTEROL DIET

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Grains		
• Whole grain enriched breads, bagels, tortillas, English muffins, & dinner rolls. • Whole grain enriched ready-to-eat cereals and cooked cereals like oatmeal, grits, and farina • Whole grain enriched rice, spaghetti, macaroni, or other type of noodles • Waffles or pancakes made with low fat ingredients • Pretzels, low fat or fat free soda crackers, & rice cakes	• Breads prepared with eggs or cheese • Regular waffles or pancakes • Biscuits, cornbread, muffins • Croissants, Danish, sweet, rolls, doughnuts • Granola type cereals • High fat snacks, potato chips, tortilla chips • Egg noodles • Foods prepared with gravies, cream sauces or cheese	• Look for low fat versions of bread products; prepare pasta and rice dishes with low fat ingredients • Look for whole grain products that provide at least 2 grams fiber per serving
Vegetables		
• All fresh, frozen, or canned vegetables; may be seasoned with a small amount of allowed fat	• Deep-fried vegetables • Vegetables prepared with meat grease, bacon, fat back, gravies • Vegetables with cream or cheese sauces	• Season vegetables with spray margarine or small amounts of margarine or oil. • May need to limit starchy vegetables such as potatoes, green peas, and corn if weight loss needed.
Fruits		
• All fresh, frozen, and canned fruits • Dried fruits • Unsweetened fruit juices	• Eat avocados in small amounts due to high fat content.	• May need to drain and rinse canned fruit in lite, medium, or heavy syrup if weight loss needed. • Some dried fruit mixtures can be high in calories; eat in moderation
Milk		
• Skim, ½%, or 1% milk • Low fat buttermilk • Low-fat or non-fat flavored yogurts without sugar added • Skim evaporated milk • Plain yogurt with fruit added • Low-fat cheese and cottage cheese	• Whole milk, 2% milk, chocolate milk • Cream, half and half, condensed milk • Whole milk sweetened yogurt • Processed cheeses and regular cheese • Pimento cheese	• Chocolate milk can be low in fat but high in sugar

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Meat and Protein		
• Lean cuts of beef and pork • Chicken and turkey without skin • All fresh, frozen, or canned fish packed in water • Lean low fat deli and packaged meats • Egg whites or egg substitutes • Dry beans and peas cooked without added fat • Tofu	• High fat meats such as fried and battered meats • Sausage patties and links, polish sausage, hot dogs • Packaged meats such as bologna and salami • Canned meats such as Spam, Vienna sausage • Convenience foods such as frozen and packaged meats, TV type dinners, and packaged foods such as "Hamburger helper" • Limit shellfish, organ meats (liver, kidneys, heart, giblets) and egg yolks due to high cholesterol content	• Trim all fat from meat and remove skin from poultry • Use low fat cooking methods such as baking, broiling, roasting, stir-frying and grilling • If pan-frying use nonstick pan spray and a very small amount of oil • Prepare dry beans with butter buds and season with bouillon and herbs • Keep meat portions small (2-3 oz svg)
Fats, Oils, and Sweets		
• Canola, olive oil, vegetable oils • Soft tub margarine, non-stick pan sprays, fat-free liquid margarine, spray margarine, Butterbuds • Reduced fat mayonnaise, salad dressings, sour cream, and cream cheese • Liquid vegetable oils in small amounts • Desserts, made with low fat ingredients, in small amounts • Frozen yogurt, sherbet, Italian Ice, Popsicles	• Butter, stick margarines • Regular mayonnaise, salad dressings, sour cream, cream cheese • Shortening, lard, bacon, salt pork, and meat fat • Regular desserts, such as cakes, pies, cookies, and pastries • Limit sugar and sweets such as candy, frosting, regular gelatin, honey, jam, jelly, molasses, regular soft drinks, sugar, and syrups if weight loss needed or triglycerides are high	• Use artificial sweeteners or unsweetened beverages to reduce sugar and calories • Reduce foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet

In addition to making the right food choices, it's also important to:

• Read food labels when shopping • Use low fat cooking methods and added fats in small amounts • Choose foods low in saturated fat and cholesterol • Eat more fruits and vegetables • Limit portions of meat and offer meatless meals occasionally	• Increase flavor of foods with broth, bouillon, herbs, spices, butterbuds, mustard, lemon juice, vinegar, and condiments such as catsup, taco sauce, salsa, and soy sauce. • If weight loss needed, practice portion control by serving smaller portions and limiting second helpings • Make healthy choices when eating out • Limit sugars and sweets

LOW SALT DIET

KEY POINTS:
- Avoid foods high in salt and sodium.
- Use herbs and spices in cooking in place of salt.
- Prepare more foods from scratch instead of using convenience foods.
- Limit eating out at fast food places.
- Know which foods are good choices and poor choices.

Some facts about sodium:
- Salt is made up of 2 minerals sodium and chloride. Sodium is the part of salt that some people have to limit in the diet. Sodium is not salty! Chloride is the salty part of salt.
- Sodium is needed to help maintain the water balance in the body. A healthy body keeps this balance and will get rid of extra sodium. The average person eats 10 to 20 times more sodium than we need. Our body only requires 500 milligrams of sodium each day, which is less than 1/3 of a teaspoon of salt.
- Sodium is found in almost all foods. Salt is the major source of sodium in the diet.

Why should I limit salt?
- Excess sodium can draw fluid into the body and trap it there. The trapped fluid can cause a person's blood pressure to go up, or a person's hands, feet, or abdomen to swell.
- Fluid can also be trapped in the lungs causing difficulty breathing.
- Excess sodium causes the arteries to lose their elasticity. So the arteries become hard and rigid.
- A low salt diet is used in the treatment of diseases such as hypertension, cirrhosis, renal disease, heart disease, and respiratory diseases.

How do I cut back on salt?
- Most of the sodium in the diet comes from adding salt when food is prepared. Cutting back on the salt that is added to food will reduce the sodium in the diet.
- The nutrition labels on foods tell you how much sodium is in the food. If the sodium content is 400 milligrams or more per serving, then it is a high sodium food. Any word that has sodium in its name tells you that sodium is in the food. Below is a list of healthy food choices that will help you follow a low salt diet
- Limit eating out, since many foods are often prepared with salt and salty ingredients.

FOOD GUIDE FOR A LOW SALT DIET

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Grains		
• Breads and rolls without salted tops, muffins • Dry cereals without nuts, plain cooked cereals • Unsalted crackers and breadsticks • Plain rice and pastas • Low salt snack foods	• Breads, rolls, and crackers with salted tops • Quick breads, self-rising flour, and biscuit and cornbread mixes • Instant hot cereals • Seasoned rice, pasta, or stuffing mixes	• Prepare rice and pasta without salt; may use herbs and seasonings without salt to add flavor
Vegetables		
• All fresh, frozen, and low salt canned vegetables • Low salt and salt-free vegetable juices	• Regular canned vegetables and juices • Sauerkraut and pickled vegetables • Frozen vegetables with sauces • Seasoned potato and vegetable mixes	• May use low salt bouillon to flavor vegetables
Fruits		
• All fresh, frozen, and canned fruits • All fruit juices	• Dried fruits, processed with salt	
Milk, Yogurt, and Cheese		
• Limit milk to 2 cups per day • Yogurt • Most low-sodium cheeses including ricotta, cream cheese, Swiss cheese and cottage cheese	• Limit buttermilk to 1 cup per week • Malted and chocolate milk • Evaporated and condensed milk • Regular and processed cheese, cheese spread and sauces	
Meat and Protein		
• Any fresh or frozen beef, pork, poultry, and fish • Eggs and egg substitutes • Low-sodium peanut butter • Dry beans and peas prepared without salt	• Smoked, cured, salted, or canned meats, fish, or poultry • Shellfish • Ham, bacon, sausage • Packaged processed meats such as chipped beef, luncheon meats, hot dogs, sardines, and anchovies • Frozen breaded meats • Salted nuts • TV type dinners (unless low salt) • Canned and packaged meals such as "SpaghettiOs, "Hamburger helper" and macaroni and cheese	• Choose frozen dinners with less than 500 mg sodium per serving

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Fat, Oils, and Sweets		
• Low salt or unsalted butter, margarine, salad dressings, soups, soy sauce, condiments, and snack foods • Pepper, herbs, and spices, vinegar, lemon or lime juice • Low salt soft drinks	• Regular salad dressings • Regular and low salt soups • Gravy and sauce mixes • Olives • Salted snack foods • Salt, lite salt, MSG, herbs and spices with salt added • Cake mixes, and instant dessert mixes • Gatorade, sports drinks, and commercially softened waters	

In addition to making the right food choices, it's also important to:

• Read food labels when shopping • Instead of adding salt, increase flavor of foods with herbs, spices, seasonings without sodium, lemon juice, and vinegar • Salt can be omitted or reduced in most recipes	• Do not use convenience foods and packaged meats often • When eating out make healthy choices and ask that salt not be added to your food

DIABETIC DIET

KEY POINTS:

- Eat about the same amount of carbohydrate at meals and snacks each day.
- Eat about the same time each day for meals and snacks.
- Limit sugars and sweets.
- Reduce fat intake.
- Eat foods that are higher in complex carbohydrates and fiber, such has whole grain breads and cereals, dry beans, and fruits and vegetables.
- Read food labels.
- Limit use of “diabetic” or “fat free foods”, since some of them can be expensive and may contain too much salt and sugar.
- Exercise.

Healthy eating and Diabetes:

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy. When someone has diabetes his or her body has difficulty controlling blood sugar levels.

Having a good healthy diet is one of the most important ways to help control blood sugar, along with medication and exercise. A poor balance of foods, such as too much carbohydrate or too much fat, can cause poor blood sugar control and increase health problems. A good diet and exercise go hand and hand to improve your blood sugar levels. Good control of your blood sugar helps protect your health. Foods on a diabetic diet are divided into three main groups (carbohydrates, proteins, and fats). While each group is important for good health, carbohydrate is what has the greatest impact on blood sugar control. By following a meal plan a person’s intake of carbohydrate as well as calories should be consistent and constant.

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Important guidelines to know:

- Eat on time. Meals should be no more than 4-5 hours apart and should be eaten at the same time each day.
- Measure your foods to learn portion sizes. Eat all the food allowed, don’t eat more or less. Snacking between meals should be a planned part of your meal plan. Fruit is not a free food.
- Limit sugars and sweets. Avoid using a lot of “diabetic” or fat free foods” as they can be expensive and full of sugar and (empty) calories.
- Reduce fat intake.
- Increase fiber in diet by including more whole grain breads and cereals and fruits and vegetables.
- If you are overweight, losing weight can help control your blood sugar.
- Read the food labels. The total amount of carbohydrate on the nutrition label tells you how much carbohydrate (sugar) is in 1 serving.
- Exercise plays an important part in controlling blood sugar. Regular exercise also helps you to feel better physically and emotionally.

FOOD GUIDE FOR A DIABETIC DIET

The best results are achieved when a specific diabetic meal plan is followed. This assures that a consistent amount of carbohydrate is consumed each day. You may need to consult a Registered Dietitian for assistance.

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
CARBOHYDRATES **Grains:** 1 carbohydrate serving is: ½ cup potato, rice, cooked cereal, ¾ cup dry cereal, 1 slice bread, ½ English muffin or bagel, 1-2 inch biscuit, 4-6 crackers, ½ cup starchy vegetables		
• Whole grain enriched breads, bagels, tortillas, English muffins, & dinner rolls. • Whole grain enriched ready-to-eat cereals and cooked cereals like oatmeal, grits, and farina without added sugar • Whole grain enriched rice, spaghetti, macaroni, or other type of noodles • Pretzels, soda crackers, & rice cakes • White or sweet potatoes, green peas, corn, winter squash, and dry beans and peas.	• Biscuits, cornbread, muffins • Croissants, Danish, Sweet rolls, doughnuts • Sugar-coated cereals, granola type cereals, cooked cereals with sugar added, • High fat snacks, potato chips, tortilla chips • Foods prepared with cream sauces or cheese • French fries, vegetables that are buttered, fried, creamed or in sauces • Vegetables prepared with meat grease, bacon, fat back, gravies	• Look for cereals that have 2 or more grams of fiber per serving • Limit margarine, oils and fats when preparing pasta and rice dishes
CARBOHYDRATES **Vegetables:** 1 serving is: ½ cup cooked, 1 cup raw. If you eat 1 ½ cups of cooked or 3 cups or raw vegetables, count as 1 carbohydrate serving.		
• All fresh, frozen, or canned vegetables, prepared without sugar and seasoned with a small amount of fat	• Vegetables that are buttered, fried, creamed or in sauces • Vegetables prepared with meat grease, bacon, fat back, gravies	• May season vegetables with spray margarine or small amounts of oil.
CARBOHYDRATES **Fruits:** 1 carbohydrate serving is: ½ cup canned fruit, ½ cup juice, ¼ cup dried, 1 medium piece fresh fruit		
• Fresh, frozen, or canned fruits in own juice and without added sugar • Dried fruits • Unsweetened fruit juices	• Fruit prepared with added sugar • Canned fruit in lite, medium, or heavy syrup • Fruit juices with added sugar	• Some dried fruit mixtures can be high in calories; eat in moderation • Drink juice in small amounts due to sugar content

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
CARBOHYDRATES **Milk:** 1 carbohydrate serving is: 1 cup milk , 1 cup yogurt		
• Skim, ½%, or 1% milk • Low fat buttermilk • Low-fat or non-fat flavored yogurts without sugar added • Skim evaporated milk • Plain yogurt with fruit added • Low-fat cheese and cottage cheese	• Whole milk, 2% milk, chocolate milk • Cream, half and half, condensed milk • Whole milk sweetened yogurt • Regular cheese	• Chocolate milk can be low in fat but high in sugar • Use small amounts of cheese
Meat and Protein: 1 serving is: 2-3 ounces of chicken, fish, beef, pork; 1 egg , ½ ounce nuts, 1 ounce cheese, ¼ cup cooked dry beans or peas, ¼ cup tofu, or ¼ cup of tuna count as 1 ounce of protein		
• Lean cuts of beef and pork • Chicken and turkey without skin • All fresh, frozen, or canned fish and shellfish packed in water • Lean low fat deli and packaged meats • Eggs, egg substitutes • Dry beans and peas cooked without added fat • Tofu	• High fat meats such as fried and battered meats • Sausage patties and links, polish sausage, hot dogs • Packaged meats such as bologna and salami • Canned meats such as Spam, Vienna sausage • Convenience foods such as frozen and packaged meats, TV type dinners, and packaged foods such as "Hamburger helper	• Trim all fat from meat and remove skin from poultry. • Use low fat cooking methods such as baking, broiling, roasting, stir-frying and grilling. • If pan-frying use nonstick pan spray and a very small amount of oil • Prepare dry beans with butter buds and season with bouillon and herbs.
Fats, Oils and Other Carbohydrates: 1 serving is: 1 teaspoon regular oil, mayonnaise, 1 Tablespoon regular salad dressing, low calorie margarine, low calorie mayonnaise, 2 Tablespoons sour cream, low calorie salad dressing		
• Vegetable oils, soft tub margarine, non-stick pan sprays, fat-free liquid margarine, spray margarine or Butterbuds • Reduced fat mayonnaise, salad dressings, sour cream, and cream cheese • Liquid vegetable oils in small amounts	• Butter, stick margarine • Regular mayonnaise, salad dressings, sour cream, cream cheese • Shortening, lard, bacon, salt pork, and meat fat.	• Use all fats (regular, reduced fat, fat-free) in moderation

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Other Carbohydrates—Eat in moderation as part of meal plan.		
• Low fat low sugar desserts, frozen yogurt, sherbet, ice cream can be included in meal plan as carbohydrate serving	• Regular desserts, such as cakes, pies, cookies, pastries, frostings, regular gelatin • Sugar and sweets such as candy, frosting, regular gelatin, honey, jam, jelly, molasses, regular soft drinks, sugar, and syrups • Regular soft drinks, Kool-Aid, sweetened beverages	• May use artificial sweeteners • Free foods include sugar-free Popsicles, sugar free Jell-O, sugar free beverages, and other beverages with artificial sweetener

Diabetic Meal Plans

The table below shows sample diabetic meal plans for different calorie levels.

	1200	1500	1800	2000	2500	Other _____
Grains	3	6	7	8	10	
Vegetables	2-4	2-4	3-5	3-5	3-5	
Fruits	3	3	4	5	6	
Milk and Yogurt	2	3	3	3	3	
Meat and Protein	5 ounces	5 ounces	6 ounces	6 ounces	9	
Fats and Oils	3	3	4	5	6	

In addition to making the right food choices, it's also important to:

• Read food labels when shopping • Use artificial sweeteners instead of sugar • Use low fat cooking methods and added fats in small amounts • Limit foods with high fat and sugar content • Know the amounts of food allowed by meal plan. Eat a certain amount of carbohydrate at each meal each day according to your meal plan	• Increase flavor of foods with broth, bouillon, herbs, spices, butterbuds, mustard, lemon juice, vinegar, and condiments such as catsup, taco sauce, salsa and soy sauce • Practice portion control by serving smaller portions and limiting second helpings • Make healthy choices when eating out • Contact Registered Dietitian as needed for assistance

CARBOHYDRATE (CHO) COUNTING

A Carbohydrate = A Carbohydrate = A Carbohydrate

EXCHANGES:	GRAMS OF CHO:
Bread	15
Fruit	15
Milk	12
Vegetables	5

1 Bread = 1 Fruit = 1 Milk = 3 Vegetables

- Eat the same amount of CHO at the same time each day
- Have a good protein source each time you eat such as a met or dairy food
- Meat and fat have no CHO, therefore the allotted portions can be moved around
- It is recommended that you still get at least 3 servings of vegetables and 2 servings of fruit each day
- Eat less fat to decrease your risk of developing heart disease
- Fiber in foods may help to lower your blood glucose and blood cholesterol levels
- Eat the right amount of calories to help you reach and stay at a healthy weight
- Use salt and sodium in moderation to remain healthy
- Eat less sugar because it is only a source of “empty calories” and adds no vitamins or minerals to your diet

MAKING ADJUSTMENTS:

This table can help you count the carbohydrate choices using the information you have available on food labels:

Carbohydrate Choices	Target Total Grams of Carbohydrate	Range of Total Grams of Carbohydrate
1	15	8 - 22 Grams
2	30	23 - 37 Grams
3	45	38 - 52 Grams
4	60	53 - 65 Grams

You can make adjustment when you use more fiber: When there are 5 grams of fiber or more per serving, subtract these grams of fiber from the total grams of CHO to determine how much CHO is available.

GASTROESOPHAGEAL REFLUX DISEASE (GERD) DIET

•

KEY POINTS:
- Gastroesophageal reflux disease or GERD is also called heartburn or reflux.
- Choose foods that are lower in fat and cut back on fried foods.
- Cook low fat by baking, broiling, grilling, and roasting.
- If you are overweight, losing weight helps reduce the symptoms of GERD.
- Sit up for 30 minutes to an hour after eating.
- Don't eat right before bedtime.
- Raise the head of the bed 4-8 inches to keep you from having GERD while sleeping

Why is a GERD diet important?
- Gastroesophageal Reflux Disease (GERD) happens when food and stomach acid come back up into the esophagus. GERD is also called heartburn or reflux.
- GERD can be caused by the muscle at the end of the esophagus getting weak and this allows the food and stomach acid to splash back up into the esophagus.
- Heartburn, indigestion, chest discomfort, hoarseness, cough, and at times shortness of breath may be signs of GERD.
- A number of things including some foods may cause GERD.

FOOD GUIDE FOR GERD DIET

These foods may need to be restricted:
- Fatty or fried foods
- High fat dairy products
- Chocolate, peppermint, spearmint
- Citrus fruits and juices
- Caffeine
- Carbonated beverages.

The following foods may be helpful:
- Low fat high protein foods (lean meats with less than 3 grams of fat, water packed tuna)
- 1% or less fat dairy products (low fat cheese or yogurt).
- Low fat carbohydrates (bread, cereal, pasta, crackers)
- Foods with calcium such as low fat milk, low fat yogurt, sherbet

ADDITIONAL TIPS FOR CONTROLLING GERD

- Eat small meals 5-6 times a day.
- Sit up for 30 minutes to an hour after eating.
- Don't bend over or pick up heavy things after eating.
- Don't eat right before bedtime.
- Raise the head of the bed 4-8 inches.
- Wear clothes that are loose and comfortable.
- Lose weight if overweight and exercise at least 3 times a week for at least 20-30 minutes.
- Cut back or stop smoking.
- Cut back on chewing gum and hard candy, which can cause air to be swallowed and increase reflux.

HIGH FIBER DIET

KEY POINTS:

- Include at least 3 ounces (servings) of whole-grains each day.
- Add foods high in fiber such as fresh fruits and vegetables, whole grain breads and cereals.
- Drink at least 8-10 (8 ounce) cups each day.
- Add unprocessed bran or whole grain cereals such as All Bran or Bran Buds to low fiber foods such as yogurt.
- Read the food labels. Look for foods with at least 2 grams of fiber per

Why is eating more fiber important?

- Fiber is important to the body to help prevent constipation
- Fiber can help to lower cholesterol
- Fiber may reduce risk of some kinds of cancer
- Fiber can help with blood sugar control
- Fiber can assist with weight loss

How do I increase fiber in the diet?

- A person should eat 20-35 grams of fiber each day.
- Increase the fiber in your diet gradually.
- Add unprocessed bran or a high fiber cereal such as All Bran to low fiber foods such as yogurt or other dry and cooked cereals.
- Along with increasing fiber try to drink at least 8 cups of water every day.

FOOD GUIDE FOR HIGH FIBER DIET

To increase fiber, include these foods in your daily meal plan
Grains
Look for whole grain or whole wheat as the first ingredient and look for grain products with at least 2 grams of fiber or more per serving. • Whole grain breads, muffins, bagels, rye bread, whole wheat crackers • Whole grain or bran cereal such as: All Bran, Bran Buds, Raisin Bran, 100% Bran, Oat Bran, grits, oatmeal • Whole wheat pasta, brown rice • Sweet potatoes, corn, peas, white potatoes with skin on
Vegetables
• All vegetables: especially celery, asparagus, broccoli, cabbage, carrots, cauliflower, squash, greens, green pepper, onions, tomatoes.
Fruits
• All fruit: especially apples, bananas, berries, oranges, peach, pear, grapefruit, raisins, prunes

Milk
• Yogurt with fresh fruit, grain or bran cereals, nuts, and seeds added
Meat and Protein
• All beans and peas: especially kidney, lima, pinto • All nuts and seeds: especially almonds, cashews, walnuts, sunflower
Snacks and Desserts
• Whole wheat pretzels, popcorn or trail mix made with dried fruit, nuts, and seeds. • Cakes, breads, and cookies made with oatmeal, fruit, bran and nuts.

In addition to making the right food choices, it's also important to:

• Read food labels checking for foods high in fiber • Include whole grain breads and cereals, fruits, and vegetables each day • Include dry beans and peas	• Include high fiber snacks such as fresh vegetables, fruit or popcorn • Drink plenty of fluids each day • Exercise regularly • Make healthy choices when eating out

HOW TO MANAGE CONSTIPATION

KEY POINTS:

- Add foods high in fiber to the diet; fresh fruit and vegetables, whole grain cereals and breads.
- Drink lots of water and liquids, at least 8-10 (8 ounce) cups each day.
- Water is the best source of fluid. Limit beverages that contain caffeine such as soft drinks and coffee.
- Include physical activity everyday.

Important information:

➔ Most adults lose about 2 1/2 quarts (10 cups) of water each day. To keep the correct amount of water in the body, you need to replace the water every day.

➔ Constipation can be caused by:
- Not drinking enough water and other liquids.
- Not getting enough exercise.
- Medications
- A diet low in fiber
- Poor muscle tone (Down Syndrome) or high muscle tone (Cerebral palsy).
- Taking too many laxatives.

➔ Side effects of being constipated can include dehydration, impaction, bowel obstruction, and increased seizures.

➔ The best constipation management is:
- Eating foods high in fiber
- Drinking plenty of water
- Exercising each day

Ways to decrease constipation:

1. Drink at least 8 to 10 (8 ounce) cups of water and liquids each day. Most of the liquids that you drink, should be water.
   - Add extra water:
     - When it is hot
     - When you are sick
     - When your diet is high in fiber
   - Caffeine should be limited because it causes the body to lose water.
   - Hot beverages such as warm juices, hot lemonade, or even hot water will sometimes stimulate a bowel movement.
2. Eat at about the same time each day and do not skip meals.
3. Eat a diet that is high in fiber. High fiber foods include whole grain breads and cereals, fruits and vegetables (raw is best but canned or cooked can be used), dried fruits, and dry beans.
4. Add daily exercise since this helps with bowel regularity.
5. Get plenty of sleep.
6. Allow enough time for a bowel movement

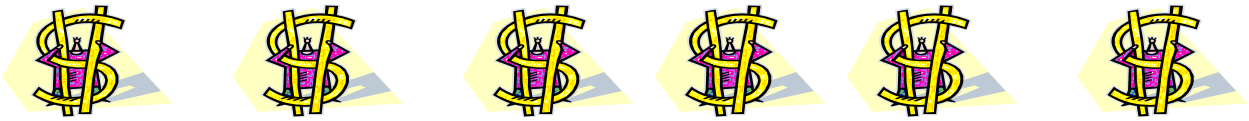
Section III:

DIETARY TOOLS, SUPPORTS, AND GUIDELINES

DIETARY TOOLS, SUPPORTS AND GUIDELINES

To successfully plan, prepare and follow a doctor prescribed diet as well as practice healthy eating habits, you need the right tools. In the sections to follow you will find information and guidelines on food budgeting, how to plan menus, grocery shopping and reading food labels, and meal preparation. Additional tools in this resource guide include food safety and food preparation, proper food storage, and tips on eating away from home.

When supporting a person who is following a doctor prescribed diet, it's important that you be able to check and assess if the person is making progress, therefore a provider checklist is included to assist with increasing compliance. Additional nutrition resources including sample menus and grocery lists can be found the second section, entitled Additional Nutrition Resources.



FOOD BUDGETING TIPS

KEY POINTS:

- Make a grocery list and stick with it.
- Compare prices
- Stock up on store specials
- Plan purchases carefully from meat and protein group. Certain cuts of meat save money.
- Prepare more foods from scratch and use less convenience foods.
- Buy in bulk (or larger amounts) and cook just the amount needed.
- For lunches buy lunch items and snacks in large portions and divide into single servings.
- To avoid food waste use leftovers in meals for the next day.

Following these budget tips can help you save money:

1. Make a list of foods needed based on your menus and stick with it.

2. Shop at a store that gives you the best price and quality for products you typically buy.

3. Avoid shopping when you're tired, hungry, or rushed. You may end up spending more money or fail to purchase needed items.

4. Unit pricing can help to find best buys. The unit price is on the shelf edge, directly below or above the item. Compare the unit price (cost per ounce, pound, or pint) of foods.

5. Use grocery receipts to help keep track of food costs.

6. Look for specials in the newspaper ads for the stores where you shop. Use coupons for products you usually buy.

7. Stock up on store specials such as day-old bread, in reasonable amounts. Keep in mind the sell-by-date and length of storage time on quality, flavor, texture, and nutritional value.

8. Buy store brand and generic items. They usually cost less than name brands, but taste as good and generally have the same nutritional value.

9. Plan purchases from the Meat/Protein group first, since the largest share of food dollars goes for meats.
   - Look for specials at the meat counter and buy cuts of meat on sale.
   - Buy chuck or bottom round roast instead of sirloin. These cuts usually cost less.

- If you have the time buy whole chickens and cut them into serving size pieces, otherwise buy chicken already cut up.
- Consider the price per serving. (A serving usually is 2-3 ounces and should provide approximately 20 grams of protein).
- Substituting dry beans and peas for meat, poultry, or fish will reduce cost.

10. Salad bars and pre-packaged salad ingredients can be costly. Buy only those items you need in small amounts. Pick up basic ingredients----lettuce, cabbage, peppers, tomatoes, celery, carrots, cucumbers, onions----in the produce section of the store.

11. Instead of packing single servings of canned fruit, chips, puddings, gelatin, and snacks in lunches, buy these foods in larger amounts and portion out into single servings.

12. Compare fresh, frozen, and canned foods to see which is cheapest. Large bags of frozen vegetables are often bargains and you can cook just the amount you need. Buy what's on special and what's in season.

13. Nonfat dry milk is the least expensive way to buy milk. Mix it several hours ahead and refrigerate it so it can get cold before drinking. Buying fresh milk in large containers (½ to 1 gallon) generally costs less than quarts, however occasionally stores will sell quarts of milk cheaper.

14. Bulk foods (or foods sold in large amounts) can be lower in price than similar foods sold in packages or individual servings plus you can cook just the amount you need.

15. Some foods such as packaged mixes, canned vegetables, and frozen juice concentrates are good buys, while frozen dinners, vegetables with seasonings and sauces, and fancy baked goods, may be expensive. Most convenience foods cost more than the home-prepared versions.

16. Make as many dishes as possible from scratch. Cooking fresh meats and vegetables or making casserole dishes instead of pre-prepared foods saves money.

17. Food waste is often overlooked as a factor in food costs. To cut down on food waste:

- Buy and prepare food according to menus.
- When shopping purchase perishables last (salad ingredients, frozen vegetables, meats, and dairy products) in amounts that can be used before they begin to spoil or lose their nutritional value.
- Cook large amounts and freeze in single portion servings for re-heating for another meal.
- Use leftovers in other meals…for example, if ½ can of green beans is used for supper, the other ½ can be added to a salad the next day.
- Plan to return home right after shopping in order to keep foods from spoiling.

Some think that doctor prescribed diets are more expensive. Often times the opposite is true. Healthier diets recommend less packaged and convenience foods with more home cooked foods in the right portion sizes, which saves money.

MENU PLANNING

KEY POINTS:
- Involve the person you are supporting in planning menus.
- For menus to be healthy and well-balanced, each meal should contain a food from each food group.
- Portions of foods on menus should be adjusted to meet each person's calorie needs.
- Think of variety in planning menus…include different foods to provide different colors and textures.
- Menus for doctor prescribed diets should be in compliance with diet.
- Menus should include foods the person likes and exclude foods disliked, food allergies and foods not well tolerated.
- To make food preparation easier, prepare menu items in advance.

Why plan menus?
1. Improves compliance to doctor prescribed diets
2. Intake of calories and nutrients are likely to be more consistent making for a healthier intake.
3. Saves money and helps to control the food budget
4. Saves time and effort because you have foods that you need on hand and make fewer trips to the grocery store.
5. Makes grocery shopping easier and more efficient, because you have a list that is based on the menu.

Who should be involved in menu planning?
- The person (so that food preferences can be included and food dislikes, intolerances, allergies, and restrictions can be excluded)
- Agency staff
- Family members
- A Registered Dietitian's services if needed

How do I plan healthy menus?
1. Use menu planning form to plan menus. (See menu form on page 36)
2. The MyPyramid should serve as a foundation when planning menus, for any type of diet. Each meal should contain a food from each food group:
   - Grain
   - Vegetables (can be added to omelet at breakfast)
   - Fruits
   - Milk
   - Meat and Beans
   - Beverages—Menus should specify beverages served at meals such as milk, juice, and/or water

3. Use added fats (soft tub margarine, mayonnaise, sour cream, gravies, oils, etc.) in moderation. Use low fat versions for weight management and low fat, low cholesterol diets.

4. Use sweets and sugar, which include desserts, cookies, candies, sugar, jelly, syrups, regular soft drinks and high sugar drinks, in moderation.

5. Variety of foods should be included daily in every diet in order to provide different colors and textures of foods and fluids. This makes mealtime more enjoyable.

6. Menus for doctor prescribed diets should exclude foods not allowed on that specific diet yet be healthy and well-balanced. For example, ham should not be included on a low salt menu and fried chicken should not be included on a low fat menu.

7. Take advantage of freezing single portion meals to use when short on time. Add a salad and/or healthy dessert choice and a beverage to balance the meal.

8. Involving the person in the preparation of meals with supervision can be an opportunity for learning more about nutrition and healthy eating.

9. Dividing preparation of menu items among staff can make mealtime easier. (For example the main entrée might be prepared by one staff person while another staff person prepares the side items such as salad, vegetable, and dessert.)

10. Plan ahead and make menu items in advance, so they are ready to cook and serve. This will save time.

11. Make mealtime enjoyable by setting the table with colorful place mats, dishes, glasses or cups and flatware. Turn off the television and radio so the mealtime experience is enjoyable.

So what if I need to make changes or substitutions in the menus?

1. Changes in menus and substitutions can occur for a variety of reasons, such as:
   - To include food preferences
   - To exclude food intolerances and food allergies
   - When a person dislikes a menu item or requests something else
   - When a menu item or beverages is unavailable

2. Any changes in menus should be in compliance with the doctor prescribed diet and/or texture of the diet.

3. When foods and beverages are substituted, write them in on that day's menus. You may also want to record menu changes, the date, reason for change, and what was substituted.

4. When changing the menu make sure an appropriate substitution is made for whatever item or items are deleted.

MENU

Meals	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Meat/protein Grain Fruit Milk Beverage							
LUNCH Meat/Protein Grain Vegetable(s) Fruit Milk Beverage							
DINNER Meat/Protein Grain Vegetable(s) Fruit Milk Beverage							
SNACK							

*This is a sample. Will need to reproduce on 8 1/2 x14 paper.

GROCERY SHOPPING

KEY POINTS:
- Use menus to make a grocery list.
- Check cupboards, refrigerator and freezer to see what is needed.
- Check food labels.
- Shop the "outer perimeter of the grocery store". More fresh foods and fewer convenience and processed foods are found in these areas.
- Store foods promptly and properly after shopping to maintain quality and freshness.
- Shop for foods that are allowed on a doctor prescribed diet.

A trip to the grocery store can be confusing. Use the guidelines below to help make grocery shopping easier. Small changes in your shopping habits may make it easier to prepare healthy meals.

Before shopping:
- Use Grocery Shopping tracking form. (see form on page 41)
- Use menu to develop a grocery list. (see sample menus and grocery lists). Check cupboards, refrigerator and freezer to see what foods you need, and make a list of food items.
- Check recipes for ingredients you may need.
- Plan food purchases to keep amounts of fat, sugars, and sodium moderate.
- Shop on days when foods are freshest and most plentiful.
- Shopping time can be reduced by arranging your list in the same sequence as the aisles of the store.

While shopping:
- Shop the "outer perimeter" of the grocery store. Although there are healthy food choices throughout the grocery store, more fresh foods and fewer convenience and processed foods are found here.
- Read food labels.
- Check sell-by date, expiration or use-by date or pack date to assure you're buying fresh food.
- Refer to Food Budgeting section for guidelines on reducing food costs.

After shopping:
- Store foods promptly and properly to maintain their nutritive value and quality.
- Place newer foods in the back of the refrigerator, freezer, and cabinet shelves, so older foods will be used first.
- Use perishable foods in a timely manner to avoid food waste.

Making Healthy Food Selections

The following foods are considered healthy food choices for most doctor prescribed diets. When shopping refer to sections on specific diet and real labels to make sure they are good food choices.

Grains

- Whole grain or whole wheat bread, higher fiber breads listing the first ingredient as whole grain, whole wheat, stone ground wheat, whole meal, cracked wheat, or rye flour. Look for whole grain breads that provide at least 2 grams of fiber per slice.
- Rolls, pita bread, medium-size bagels, corn and flour tortillas, French bread, English Muffins. Look for whole grain versions of these items.
- Regular or quick-cooking brown rice, whole grain pasta, or egg-free noodles. If using rice and pasta mixes, use only ½ of the seasoning packet to reduce the sodium content.
- Cooked and ready-to-eat cereals with at least 3 grams of fiber and 2 grams or less fat per serving. Compare sizes and calories on cereal labels.

Crackers/Cookies/Snacks: Look for 3 grams of fat or less per serving.

- Crackers: Graham crackers, saltines or unsalted soda crackers, oyster, melba toast, rusks, whole-wheat crackers, bread sticks, rye krisp, zwieback
- Cookies: Animal crackers, ginger snaps, fig bars, vanilla wafers, gingerbread cookies, graham crackers. Health Valley, Entemann's, and Snack Wells have a variety of low fat cookies, cakes, and pastries.
- Snacks: Rice cakes, salted or unsalted pretzels, baked chips, dried fruit, light microwave popcorn

Fruits and Vegetables

- All fruits and vegetables are good choices since they all contain different nutrients and can be good sources of fiber.
- Choose deep green, yellow and orange vegetables for vitamins A, C, and folic acid.
- Choose darker salad greens such as romaine, red leaf, endive, or Bibb over iceberg lettuce for more nutrition.
  <u>For variety include fresh, frozen, and canned fruits and vegetables.</u>
- Fresh- Cook and prepare with little or no fat. Flavor with seasonings and herbs as desired.
- Frozen- look for those without added fat or sauces unless low fat.
- Canned fruits packed in their own juice or water. Fruits in syrup can be drained and rinsed.
- Fruit juice- look for 100% pure juice, either canned or frozen concentrate.
- Canned vegetables- if on salt restriction can purchase unsalted or drain regular canned vegetables and rinse well

Milk and Milk Products

- Fat-free or skim or 1% low fat milk
- Low fat buttermilk
- Powdered fat free milk (non-fat dry milk)
- Low fat chocolate milk (contains more sugar and calories)
- Evaporated skim milk
- Low fat, fat free or fruit yogurt with 100 calories or less per serving.
- Lower fat cheeses made with fat-free or part skim milk, with less than 3 grams of fat per ounce, low fat cottage cheese, fat-free or low fat Ricotta cheese
- Non-fat nondairy creamer

Meat and Beans

- Select lean meats and trim all visible fat: Beef- flank, round (all cuts), Sirloin (all cuts), Tenderloin (all cuts) chuck roast, rump roast, lean stew meat, well trimmed, at least 85% lean ground beef Pork- Loin chops, tenderloin, lean ham Lamb- leg, loin (all cuts), chops, shank Veal- all except other than ground.
- Check label on turkey sausage and bacon since they are not always lower in fat. Limit high fat meats such as ribs, corned beef, sausage, and bacon.
- Select grades of meats have less fat than Choice or Prime grades
- Fish: Fresh or frozen fish and shellfish without breading and added fat, canned fish in water
- Poultry: Remove skin from poultry, fresh ground turkey meat
- Dry beans and peas: Cook yourself or buy canned and rinse well.
- Egg whites or egg substitutes; go easy on egg yolks (limit eggs due to high cholesterol content)
- Deli meats: Sliced roast beef, turkey and lean ham are good low-fat choices
- Packaged meats: 95% fat-free, fat-free hot dogs and kielbasa sausage. Check label on turkey and chicken hot dogs since they are not always less fat than beef franks.

Processed, packaged meats are generally very high in sodium. Healthy Choice meats are generally lower in sodium.

Fat, Oil and Dressings

- Use cooking oils in place of butter, stick margarines, and meat fats, such as Canola, olive oil, and vegetable oils, low in saturated fat, such as corn, sunflower, peanut, soybean and safflower oil
- Non-stick cooking sprays
- Soft, tub "light" margarines with 6 grams or less total fat and no more than 1 gram saturated fat per tablespoon. Look for one with no trans fatty acids.
- Butter flavored granules for seasoning vegetables, potatoes and popcorn
- Spray or fat-free liquid margarines
- Light or fat-free cream cheese and light or fat-free sour cream
- Reduced-fat or fat-free salad dressings
- Light or fat-free mayonnaise, fat-free tartar sauce

Beverages

- Decaffeinated coffee and tea
- Sugar-free drinks (Kool-aid), diet soft drinks and drink mixes such as Crystal Light
- 100% fruit juices and vegetables juices (limit on weight loss/diabetic diet)
- Flavored bottled water (sugar free for those on weight loss/diabetic diet**)**
- Skim or low 1% low-fat milk

Miscellaneous

- Dessert suggestions: Sherbet, sorbet, low fat frozen yogurt, ice milk, Italian ice, fruit and juice bars, popsicles, gelatin (also comes in sugar-free form), pudding or custard made with skim or 1% milk, angel food cake with fresh or canned fruit.
- Soups- Healthy Choice, Campbell's Healthy Request, and Health Valley.
- All types of candy should be eaten in moderation. Low fat choices are jelly beans, gum drops, hard candies, marshmallows, maple sugar, peppermint patty, candied fruits, chuckles candy, lifesavers, and products made by Healthy choice and Simple Pleasures.
- Condiments that add flavor but little fat and few calories include all types of vinegar, lemon juice, mustard, catsup, barbecue sauce, horseradish, light soy sauce, bouillon cubes and granules, salsa, chutney, low-sugar jams and jellies, pancake syrup, chocolate syrup, honey, and sweet or dill pickles. Check the label of these items for sodium if on a low salt diet.
- Seasonings: natural herbs and seasonings. Avoid seasoned, onion, and garlic salts, smoke salt, lemon pepper, and Lite salt if on low salt diet

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Grocery Shopping Tracking Form

Date: _____ Individual(s): _____ Staff: _____

Amount provided for groceries: _____ (Check –____ Foodstamps – _____Cash-_____)
Amount spent for groceries: _____ Date Funds were received _____
Attach receipt(s) to this form.

Individual information

Involved in shopping?
__ Yes __ No
If yes, how?
__Helped with list
__Pushed cart
__Put items in cart
__Showed likes
__Place items on
__Paid for items
__Talked with others
.__Help load vehicle
__Other_____

Shopping List Categories:

Grain Products
_____
_____
_____
_____
_____
_____

Crackers, Cookies, Snacks
_____
_____
_____
_____
_____
_____

Fruits and Vegetables
_____
_____
_____
_____
_____
_____

Meat, Fish and Dry beans/peas
_____
_____
_____
_____
_____

Milk Products
_____
_____
_____
_____
_____

Fat, Oil and Dressings
_____
_____
_____
_____
_____

Beverages (coffee, tea, juice, etc.)
_____
_____
_____
_____
_____

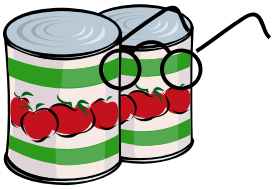
Frozen Products
_____
_____
_____
_____
_____

Other
_____
_____
_____
_____
_____

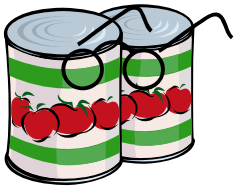
Personal items
_____
_____
_____
_____

Cleaning supplies
_____
_____
_____
_____

Item(s) purchased but not planned for:
_____
_____
_____
_____



READING FOOD LABELS



Reading food labels can help you make wiser food choices.

KEY POINTS:

- Food labels can help you to find out how many calories and how much fat and sodium a food contains.
- Check serving size. The information is based on one serving.
- If you eat twice the serving size, the food provides twice as many calories, fat, sodium, and other nutrients listed.

Nutrition Facts

Reading the Nutrition Facts labels on packaged foods can help you to compare the fat, sodium, calories and other nutrients in similar products.

Using the sample Nutrition Facts label on the next page, use the following steps when reading food labels:

1. Check the serving size on the label. The example is 1 cup.
2. Look at the number of servings in the product. The example has 2 servings.
3. Look at the calories in a serving size. This product has 90 calories per serving.
4. Look at the total fat. This example has 3 grams of fat per serving.
5. Look at the saturated fat and cholesterol. This example has no saturated fat or cholesterol. Healthy choices have less than ½ the total fat as saturated fat.
6. Look at the milligrams of sodium. This example has 300 mg per serving. Healthy choices contain 400 mg or less per serving.
7. Look at the total carbohydrate. This example has 13 grams per serving. Carbohydrates and sugar are the same thing. The only time a product is sugar free is when the total carbohydrate is 0.
8. Look at the fiber content. This product provides 3 grams per serving.
9. Look at the total protein. This example has 3 grams of protein per serving. When looking at labels on meats or protein food choices, a serving should provide approximately 14 to 21 grams per serving.
10. Remember if you eat 2 servings, the calories, fat, protein, and other nutrients will double. If one consumed 2 servings of the sample product, it would provide: 180 calories, 6 grams of total fat, 600 milligrams of sodium, 26 grams of carbohydrate, 6 grams of fiber and 6 grams of protein.
11. At the bottom of a Nutrition Facts label you will see a section on Percent Daily Values. The values listed are based on a 2000 calorie per day diet. Your daily values may be higher or lower depending on your calorie needs. Based on the label below, this product provides 5% of fat, 0% of saturated fat and cholesterol, 13% of sodium, 4% of total carbohydrate, and 12% of dietary fiber based on a 2000 calorie diet.

SAMPLE NUTRITION FACTS LABEL:

NUTRITION FACTS

Serving Size 1 cup (228g)
Servings per Container 2

Amounts Per Serving

Calories **90** **Calories from Fat 30**

% Daily Value*

Total Fat **3g**	**5%**
Saturated Fat 0g	**0%**
Cholesterol **0g**	**0%**
Sodium **300mg**	**13%**
Total Carbohydrate **13g**	**4%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein **3g**	
Vitamin A 80%	**Vitamin C 60%**
Calcium 4%	**Iron 4%**

***Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.**

	Calories	**2,000**	**2,500**
Total Fat	**Less than**	**65g**	**80g**
Sat Fat	**Less than**	**20g**	**25g**
Cholesterol	**Less than**	**300mg**	**300mg**
Sodium	**Less than**	**2,400mg**	**2,400mg**
Total Carbohydrate		**300g**	**375g**
Dietary Fiber		**25g**	**30g**

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

MEAL PREPARATION

A healthful eating plan includes preparing foods in a healthy way. Instead of frying, try the following. There are many good simple cookbooks available to help you with cooking healthy**.**

KEY POINTS

- Use cooking methods that require little or no fat.
- Try different recipes from cookbooks that are healthy but are simple to prepare.
- When following recipes use ingredients that have little or no fat.
- Season foods with little or no salt. Use natural herbs and salt-free seasonings.

Healthy Cooking Methods

Cooking Method	Description of cooking method
Broil or Grill	Food is placed in a baking dish on a rack in the oven or placed on an outdoor grill so fat drips away from the food.
Bake	Placing food in a baking pan or on a baking sheet in the oven. This is a great way to “oven-fry” chicken, pork chops and fish with little or no added fat.
Braise or Stew	Food is browned in a skillet on top of the stove and then cooked using varying amounts of liquid at low heat for a long period of time. Great for lean meats, such as round or flank steak.
Poach	Food, often chicken or fish, is immersed in simmering liquid. Keeps food moist and tender without adding the fat.
Roast	A rack is used so the meat or poultry doesn’t sit in its own fat drippings. Oven set around 350 to avoid searing. Baste with fat-free liquids like broths, tomato juice, or lemon juice.
Saute	Cooking food in an uncovered skillet over high heat, using nonstick vegetable spray, a small amount of broth or liquids, or a tiny bit of oil.
Steam	Cook in a basket over simmering water. No added fat is necessary.
Stir-fry	Cooking food in a Chinese wok with a minimum amount of fat. Food is cooked over high heat while constantly moving the food to prevent burning/sticking.
Microwave	Needs no extra fat. You can reduce fat content by placing it between paper towels while it cooks.
Crock pot	Food is cooked very slowly over a period of several hours in a crock pot or slow cooker.

Recipes

People often learn to cook by first following recipes. Don't feel you need to be an expert cook to prepare tasty healthy foods. By following steps outlined in recipes you can cook almost anything. Recipes can show you exactly how to prepare and cook specific foods. Look for easy to follow but healthy cookbooks such as the American Heart Association and the American Diabetes Association cookbooks.

Recipe modification: Recipes can be modified to decrease fat, salt, and calories without losing flavor. Below are some common modifications that reduce fat, calories, and salt.

Instead of this……	**Try this……**
1 cup whole milk	1 cup of skim milk
1 whole egg	¼ cup egg substitute or 2 egg whites
1 cup heavy cream	1 cup evaporated skim milk
1 cup sweetened condensed milk	1 cup light or fat-free sweetened condensed milk
1 cup sour cream	1 cup plain nonfat yogurt, 1 cup blended low-fat cottage cheese, or 1 cup reduced fat or fat-free sour cream
1 cup regular mayonnaise	1 cup plain nonfat yogurt, 1 cup reduced fat or fat-free mayonnaise or 1 cup blended low-fat cottage cheese
1 oz regular cheese	1 oz low-fat cheese or non-fat cheese
1 oz chocolate	3 tablespoons Cocoa Powder + 1 tablespoons oil
1 oz. cream cheese	1 oz low fat or fat-free cream cheese
½ cup oil	½ cup applesauce, mashed banana or plain yogurt
2 Tablespoons oil	2 tablespoons wine or broth
1 cup walnuts, chopped	1 cup raisins, ½ cup walnuts, or ½ cup Grape Nut Cereal
1 cup sugar	Slowly reduce sugar in recipe by ¼ to ½. Use cinnamon, nutmeg, or vanilla for sweetness. Sprinkle sugar on top to enhance sweetness.
Salt	Omit (except in yeast breads). Add seasoning and herbs not contained salt.
1 cup flour	Use ½ cup all purpose flour and ½ cup whole wheat
1 cup shortening	¾ cup vegetable oil

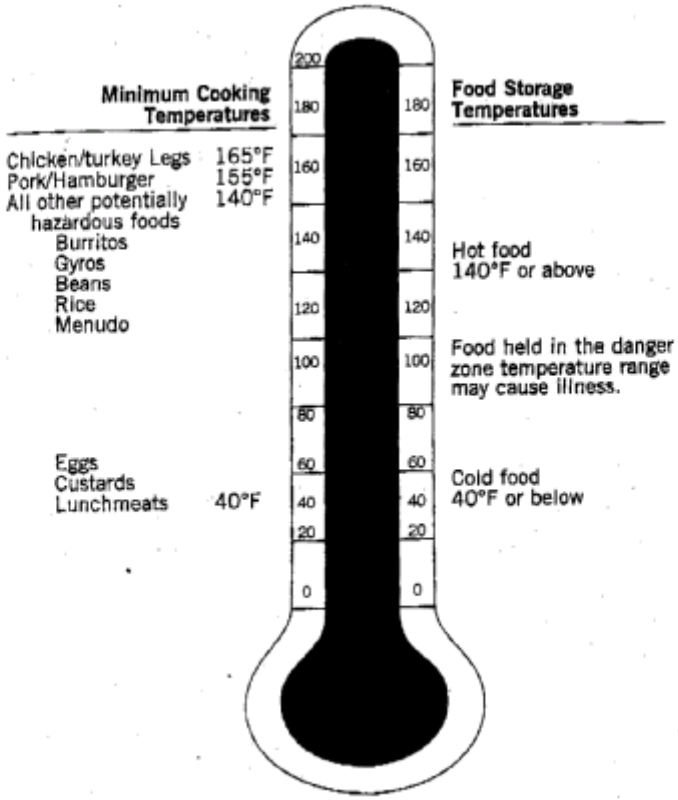
- Wash your hands with soap before and after handling food and using the restroom.
- Wash the working surface and work areas often.
- It is best to use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Use separate cutting boards for fresh produce and raw meat, poultry, and fish or wash cutting board before using for another food item.
- Throw out cutting boards that become excessively worn or develop hard-to-clean grooves.
- Marinate food items in the refrigerator, NOT ON THE COUNTER. Do not reuse marinades.
- Wash fruits and vegetables with cool tap water before eating.
- Never taste food while cooking until it has reached a safe internal temperature and is done.
- Use a clean utensil each time you choose to taste food that you are cooking, otherwise you will contaminate the food.
- Never partially cook food and expect to finish it later. This will increase the risk of bacterial growth.
- Do not use raw or partially cooked eggs unless you use egg substitutes.
- All meats should be thoroughly cooked before serving.
- When using the microwave, stir and rotate food during cooking to ensure even heating. Cover the food to prevent splattering.
- Use paper towels or clean cloths to wipe up kitchen surfaces or spills. Wash cloths in the hot cycle of your washing machine.

THE DANGER ZONE

Bacteria multiply rapidly between 40 and 140ºF.

To keep food out of this “danger zone,” keep cold food cold and hot food hot.

Never leave food in the danger zone over 2 hours.



THAWING FOODS PROPERLY

There are ONLY 4 acceptable ways to thaw foods.

- Refrigerator at 40ºF or less
- Under cold running water at a temperature of 70ºF or lower
- Microwave oven, if the food will be cooked immediately after thawing
- As part of the cooking procedure, as long as the product meets the required minimum internal cooking temperature

PLEASE NOTE:
Any other way of thawing food is unacceptable. Never thaw foods on the counter, in the sink or in any other environment other than the above. These methods can lead to bacterial contamination of food and sickness!!!

Keep all foods safe and at the right temperature!

PROPER FOOD STORAGE

Proper ways to store food in the freezer:

- Freezer temperatures should be checked on a regular basis. To ensure food safety, temperatures of freezers should be kept at 0-20ºF.
- Place food in air-tight container such as plastic container or zip-lock bags or freezer bags tightly sealed.
- Label and date food when placed in the freezer. When the food is removed from the freezer and placed in the refrigerator it should be re-dated.
- Do not keep foods in the freezer for a long period of time because food can become freezer-burned, taste odd, and lose some of its nutritional value.
- Freeze only appropriate portions in one container because once the food is thawed, it must be cooked before refreezing.
- Never store warm food that you wish to freeze in direct contact with other frozen foods, as this may cause partial thawing.

Proper ways to store food in the refrigerator:

- Refrigerator temperatures should be checked on a regular basis. To ensure food safety, temperatures of refrigerators should be kept at <41ºF
- Food should be covered, labeled, and dated
- All food should be used prior to expiration dates or discarded upon expiration dates
- Follow the “use by,” “keep refrigerated,” and “safe handling” information on packages.
- Refrigerate meat, fish, and poultry on the bottom shelf to prevent juices from coming in contact with other foods.

Proper ways to store food in the pantry:

- Do not purchase or store canned goods that are dented, cracked, or bulging. This could be a warning sign that dangerous bacteria may be growing in the can. You can not always smell this once the can is opened.
- Store dry goods in a cool, dry area. All dried and canned goods should be used in a timely manner.
- Once packages are opened, reseal and make sure they are airtight to ensure freshness and prevent bugs from getting into the food item. Be sure to label properly.
- Keep all packaged foods free any contamination, insects, or rodents. Check pantry areas on a regular basis.
- Never store any food items with cleaning supplies.
- If foods are removed from their original container, make sure the food items are always labeled for safety reasons. There are foods items that look like cleaning supplies.

FOOD STORAGE CHART

Follow "sell-by" dates, "use by" dates, "keep refrigerated" and "safe handling" information on packages to keep food safe.

FOOD ITEM	REFRIGERATOR (40º)	FREEZER (0º)
Canned Products	Opened- 3 to 4 days	-------
Eggs, Fresh	4 to 5 weeks	Don't Freeze
Egg Substitute, opened	3 days	Don't Freeze
Egg Substitute, unopened	10 days	1 year
Dairy Products:		
Milk (Fluid)	1 week	3 months
Reconstituted dry non-fat milk	1 week	Don't freeze
Cottage Cheese	1 week	Don't Freeze
Cheese (hard types)	6 months (tightly covered)	6 months
Cheese (soft types)	7 to 10 days	6 months
Butter	1 to 3 months	6 to 9 months
Margarine	4 to 5 months	12 months
Yogurt	1 to 2 weeks	1 to 2 months
Mayonnaise	2 months	Don't Freeze
Ice Cream	-------	3 months
Vegetables (fresh):		
Leafy	7 days (unwashed)	Don't Freeze lettuce Greens - 10 to 12 months if blanched or cooked
Potatoes, onions	7 to 30 days	2 months (if cooked)
Tomatoes	2 to 3 days	8 months (if cooked)
Green Beans	3 to 4 days	8 months (if cooked)
Most others	1 to 7 days	
Fresh Fruits	7 days unwashed	--------
Frozen Fruits	------	Up to 1 yr.
Fresh Fish	1 to 2 days	6 months
Shellfish	1 to 2 days	3 to 6 months
Poultry	1 to 2 days	9 months
Beef	3 to 5 days	6 to 12 months
Hamburger, stew meat, ground meat	1 to 2 days	3 to 4 months
Pork:		
Chops	3 to 5 days	4 to 6 months
Ham, Fully Cooked	3 to 5 days	1 to 2 months
Ham, Canned	6 to 9 months (unopened)	Don't Freeze
Bacon	1 week	1 month
Sausage	1 to 2 days	1 to 2 months
Deli Meats and Cold Cuts		
Luncheon Meats, opened	3 to 5 days	1 to 2 months
Luncheon Meats, unopened	2 weeks	1 to 2 months
Hotdogs, opened	1 week	1 to 2 months
Hotdogs, unopened	2 weeks	1 to 2 months
Tuna or Chicken Salad	3 to 5 days	Don't freeze
Leftovers:		
Cooked Meats and Meat Dishes	3 to 4 days	2 to 3 months
Cooked Poultry, and Fish	3 to 4 days	4 to 6 months
Cooked Vegetables	3 to 4 days	2 to 3 months
Egg Dishes	3 to 4 days	2 to 3 months
Soups and Stews	3 to 4 days	2 to 3 months
Gravy and Meat Broth	1 to 2 days	2 to 3 months

FDA and USDA website – www.foodsafety.gov

EATING AWAY FROM HOME

KEY POINTS:

- Eat out in moderation
- Select foods that are baked, grilled, broiled, poached, or steamed instead of fried.
- Ask that salad dressings and other fats be served on the side and ask if they have low fat dressings.
- Use small amounts of added fats, such as butter, margarine, sour cream and salad dressing.
- For beverages order water with lemon, tea sweetened with artificial sweetener, or a diet drink.
- Order small portions (for example a small hamburger instead of a jumbo, small fries instead of super-size)
- Ask that a "to-go" box be brought with your meal so that ½ the portions can be taken home for another meal.
- For dessert order a fruit-based dessert, sherbet, yogurt, fruit, or split a dessert with others.

How can I help people make healthy choices when eating away from home?

Restaurants

- Select dishes that are broiled, grilled, roasted, steamed, poached, baked, stir-fried, or garden fresh instead of breaded or fried
- Select fish, chicken or lean meat instead of fatty, fried entrees
- Ask how food is prepared…Is it salted?, Is butter or margarine added?
- Choose low fat dressings, small amounts of oil and vinegar, or lemon juice for salads
- Ask that butter, sauces, sour cream, salad dressings and whipped cream be served on the side
- Healthy dessert choices include fresh fruit, sorbets, angel food cake. If ordering a regular dessert, order 1 serving and share
- Ask if you can substitute another food such as fruit or vegetables to replace the one offered, such as fries
- Try "meatless" meals or vegetarian dishes
- Ask which foods on menu are considered low fat healthy choices.
- Order child-sized or half portions if available
- Share a meal with a friend
- Request a to-go box at the time your meal is served and place ½ the meal in the to-go box to take home
- Skip the appetizers or creamy soups and begin your meal with broth-based soups like minestrone or gazpacho
- If peanuts, bread, or tortilla chips are served, take a small portion and ask for them to be removed.
- At salad bar, limit high fat items like cheese, creamy dressings, chopped eggs, croutons, olives bacon bits, and mayonnaise based salads like potato salad.
- Take the skin off poultry and cut visible fat from meat

- Pass on all-you-can-eat specials, buffets, and unlimited salad bars if you tend to eat too much.
- Good beverage choices include skim milk, diet drinks, unsweetened tea with or without artificial sweetener, and water with or without lemon.
- For people on reduced sodium diets request that food be prepared without salt.

Fast food restaurants

- Generally, good choices in fast food restaurants include a small hamburger, grilled chicken, grilled chicken salads, small subs with lean meats, and baked potatoes with a side salad or soup. Add a small order of French fries or tater tots, if desired, a side salad with low fat dressing, and a diet drink or water without significantly increasing fat and calories.
- Select small portions such as a child's meal or small hamburger and small order of fries.
- Choose low fat dressings for salads
- Request mayonnaise, tartar sauce or dressing be omitted from sandwiches
- When ordering baked potato, ask for butter, sour cream, and cheese on the side and use in small amounts
- Use condiments such as mustard, catsup, and meat sauces in moderation if on a low salt diet
- Order diet soft drinks or water for a beverage

Sack lunches and picnics

- Include ice pack in lunch boxes or place in refrigerator.
- Prepare food from home instead of taking fast foods
- Good choices for sandwiches include water-packed chicken or tuna, lean ham and roast beef, turkey, chicken, low fat or fat free bologna or hot dogs
- Tossed salads, three-bean salad, fruit salad
- Add lettuce, pickles and tomatoes to sandwiches and prepare with low fat mayonnaise and/or mustard.
- Raw vegetables with low fat dip
- Fresh or canned fruit
- Low fat or fat free yogurt
- Low fat cookies, puddings and brownies
- Baked or low fat chips or pretzels
- Skim milk, bottled water or diet drinks

PROVIDER CHECKLIST

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Use the following checklist to assist with increasing compliance to doctor prescribed diets and to assure food safety.

❖ Doctor prescribed diets

_____ Menus are developed according to doctor prescribed diet.
_____ Menus are implemented.
_____ Menu substitution list is available and being implemented.
_____ Excessive substitutions to the menus are not made.
_____ Recipes are available or being used.
_____ Consistent availability of foods to provide meals as stated on the menus
_____ Snacks and other foods offered are consistent with the diet order and nutrition care plan.
_____ Emergency food supply available and consistent with prescribed diet.
_____ Adequate amounts of tableware and necessary kitchen equipment available.
_____ Person is making progress towards their nutritional goals.

❖ Food Safety

_____ Kitchen equipment working properly.
_____ Good overall kitchen sanitation.
_____ Perishable foods properly refrigerated, such as meat thawing in the refrigerator and not on the counter or in the sink.
_____ Foods prepared, served and stored at acceptable safe temperatures.
_____ Food is properly stored, labeled, covered, dated, etc.
_____ Proper hand washing is used during meal preparation and serving meals
_____ Absence of Insect and rodent infestations
_____ Compliance to dining plans or mealtime guidelines which lead to safe eating practices and availability of appropriate adaptive equipment in working order and good repair.
_____ Mealtimes are in a quiet relaxing and calm environment and are a pleasant experience for the person.

❖ Now that you have completed the checklist, how did you do?

1. Are you in compliance with the doctor prescribed diet?
2. Did you identify any areas of concern?
3. What action plan should be developed to correct your areas of concern?
4. Is staff training needed?
5. Is a referral to a Registered Dietitian needed?

Section IV:

WHEN A DIET IS NOT WORKING

WHEN A DIET IS NOT WORKING

After implementing the diet and trying to follow it you may discover the diet is just not working. This could mean many things such as:

- The person is unhappy with the diet
- The person is resistant to following a diet
- The person is not making progress and the desired outcome is not being achieved
- Not all staff have been trained on the person's diet

Because there may be a lot of reasons why a diet is not working it is important to assess the situation before giving up. This section can help you to identify areas that need improvement.

KEY POINTS:

- Some times diets may just not work for certain people.
- We should never give up too easily because our goal should be to stay healthy.
- It may take a while to get the person used to a change in diet.
- Ask for help. You may not be able to do this all alone.

Helping people change their lifestyle is very hard, and changing their diet is especially challenging. For some people, making a change in diet may be a big change in their lifestyle. At first, it may be that the person just does not want to follow the diet. You should try to find out why he does not want to follow the diet. The support staff should discuss this issue with the person. The person may see the diet as taking away favorite foods and taking away choices that are made day to day. The person may feel that others are telling him what he can eat. He may be served foods that he never ate or liked before and does not want to start eating now.

There may be simple things that can be done to get the person to follow the diet. Sometimes it may take a while to get the person use to a change in the diet. It may also take a while to get him to switch unhealthy foods for healthy foods most of the time. The staff should be willing to take one step at a time. It is o.k. to take little steps. After all, we all have our own preferred foods, and we know how long it may take to change these habits.

The staff should also be ready to work hard to help the person to reach the goal of following the diet. Too many times we tend to give up too soon. We should continue to offer positive words and try to work with the person for a while. Changes for the better in a diet do not happen very fast. We should be patient, but consistent.

To assist you and the person to identify areas in need of improvement, answer the 20 questions on the following page.

When a diet is not working ask yourself the following questions:

Question	YES	NO
1. Has the person been told why he or she is on a special diet?		
2. Have I talked to the person about why the diet is important and why it would be helpful?		.
3. If I were asked to go on this diet would I have a good attitude?		
4. Have I talked to the person about what they would like to eat?		
5. Do I understand the diet and am I offering the correct foods?		
6. Am I trying to include the person's favorite foods?		
7. Have I included the person in menu planning, grocery shopping, and/or meal preparation?		
8. Have different cooking methods and different seasonings, allowed by the diet, been tried to increase the flavor of the foods?		
9. Are meals presented in an appetizing way and served in a pleasant and calm atmosphere?		
10. Have I really encouraged the person to try to follow the diet and eat healthy foods?		
11. If the person is the only one at home on a diet, is he/she o.k. with that?		
12. Are other people in the home avoiding eating foods in front of the person that he/she can no longer have because of the diet?		
13. Do I set a good example and show a positive attitude towards the person's diet?		
14. Have I discussed other choices in a reasonable way?		
15. Am I trying to make diet changes slowly, just one at a time?		
16. Have I tried to get the person interested in good health by looking at healthy food pictures or going to a nutrition class?		
17. Does the person have a good appetite?		
18. Is the person free of mouth pain and dental problems?		
19. Does the person feel well?		
20. Have I asked for help from the home manager and other agency staff?		

A **"NO"** answer to any of the questions can help you to identify areas that need improvement. If you answered **"YES"** to all of the above questions and the diet still is not working, following the steps outlined on the next page, "How to Help the Person Follow a Doctor Prescribed Diet", may assist you.

ADDITIONAL GUIDELINES TO HELP THE PERSON FOLLOW A DOCTOR PRESCRIBED DIET

Those who support the person (both natural and paid supports) have the responsibility of helping the person we serve to make healthy lifestyle choices. This includes making healthy food choices. When efforts have been made to support the person in following a doctor prescribed diet, and the person continues to show signs of not wanting to follow a diet, try taking these steps.

1. First assess the situation by answering the 20 questions in the section "When A Diet is Not Working." This can help the person and those who support him or her to see the accomplishments that have been made and to come up with other ideas to try.

2. If it's been determined that every effort has been made to follow the diet and dietary issues remain, talk with the person, doctor, guardian or conservator and other pertinent people to review the dietary issues and what dietary plans and lifestyle changes have been tried to assist the person in following the diet.

3. Consider making referral to a Registered Dietitian to provide nutrition services which includes a nutritional assessment, diet training and additional assistance with putting the diet into practice.

4. In some situations, where behaviors appear to be interfering with healthy eating or following a doctor prescribed diet, it may be helpful to seek behavioral consultation for assistance with problem solving approaches.

WHEN SHOULD I MAKE A REFERRAL TO A REGISTERED DIETITIAN?

There can be several reasons why a referral might be made to a Registered Dietitian.

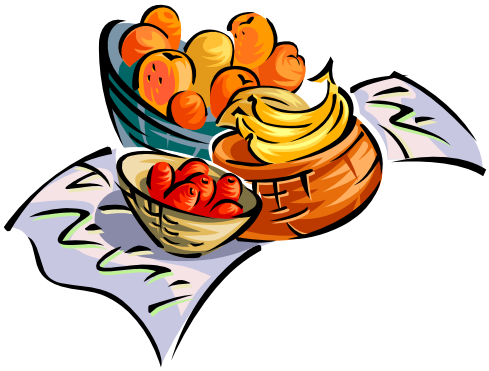
- Having difficulty following a doctor prescribed diet
- Need for individual and staff training in meal planning and preparation of healthy meals
- Poor eating habits
- Any new diagnosis impacting nutritional status
- Medication additions or changes affecting nutritional status

The following clinical conditions may indicate the need for nutritional services:

- Tube feeding…should be assessed by dietitian at least annually
- Significant and steady increases or decreases in weight
- Overweight/obesity
- History of low body weight or inability to gain weight
- Increased caloric needs due to activity, behavior, or neurological movement disorder
- Constipation or chronic use of laxatives, enemas, or suppositories
- Chronic diarrhea
- Poor food and/or fluid intake or sudden increase or decrease in intake
- Skin breakdown/decubitus
- GERD (gastroesophageal reflux disease)
- Diabetes/poor blood sugar control
- High cholesterol or other fat levels
- Uncontrolled high blood pressure
- Disease states such as Chronic Obstructive Pulmonary Disease (COPD), renal insufficiency/failure, Alzheimer's disease/dementia, Cancer which may effect food intake or nutritional status
- Osteoporosis
- Anemia
- Abnormal lab values, including iron, cholesterol, electrolytes, and/or protein/albumin levels
- Rumination
- Eating disorder or ingestion of inedible objects
- Dehydration
- Aspiration/dysphagia
- Upper respiratory infections, pneumonia
- Changes in use of nutritional supplements
- Increased caloric needs from infection, fever, surgery, fractures, etc.
- Intestinal disorders such as malabsorption, gluten intolerance, irritable bowel syndrome, Crohn's disease.

Section V:

ADDITIONAL NUTRITION RESOURCES



Fluids and Water

Key Points about Water

- Water is important for life.
- Over half of our body is made up of water. Even our bones contain water. To keep our body running, we need a daily supply of water.
- Most people lose about 10 cups of water a day. You need to replace the lost water each day. The more water you lose, the more you need to drink.
- When you are sick, constipated, exercising, or it is hot outside you need to add extra water. If you eat a diet high in fiber, you need extra water.
- Being thirsty tells us to get a drink, but thirst is not always a reliable signal that your body needs water.
- So drink plenty of liquids each day.

Your body loses water each day from:	
Urine	4-6 cups
Perspiration	2-4 cups
Breathing	1 ½ cups
Feces	2/3 cup

Where your body gets water from:	
Water and other fluids	4-6 ½ cups
Solid Food	3-4 1/3 cups
Water the body makes	¾-1 1/3 cups

How much to drink?

- You need to drink at least 8-10 (8 ounce) cups of water each day.
- Juice, milk and some other beverages such as koolaid and flavored water have a lot of water in them and may be counted as part of your daily water that you drink.
- Some solid foods also have water in them, but the water in solid food is hard to count. Just make sure that you get enough water and beverages to drink and do not try to count the solid food.

Not drinking enough water?

- If a person doesn't want to drink try offering favorite beverages.
- Beverages can be flavored with fruit or flavorings such as vanilla and caramel.
- Try offering a favorite beverage whenever you are thirsty and get something to drink.

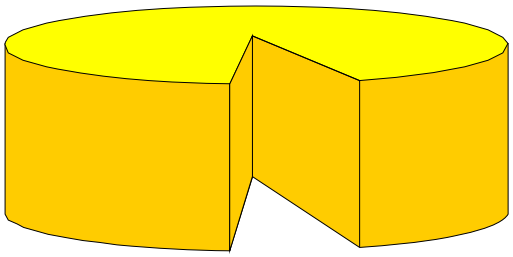
?? Caffeine or No Caffeine??

- Beverages that contain caffeine—Coffee, Tea, Regular Soft Drinks, Chocolate Drinks—should be limited.
- Caffeine causes the body to lose water.
- Beverages without caffeine do not cause the body to lose water.

Calcium

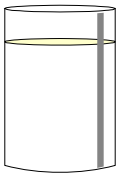
Key points about Calcium

- Calcium is a mineral that our bodies need.
- Calcium helps to keep our bones and teeth strong.
- Our muscles also need calcium to work right and one of the biggest muscles in our body is the heart. Without calcium the heart would have trouble beating.
- Calcium helps the nerves to send messages to the brain and help your blood to clot.
- If you do not get enough calcium, the body will take the calcium from your bones to keep the heart and muscles working. This weakens your bones and causes them to break easily.



Calcium Rich Foods

Milk, whole, 2 %, 1%, skim, chocolate
Cheese, Cottage cheese
Yogurt
Broccoli, Collard greens, Turnip greens, Kale, Bok choy, Dry beans
Foods that have calcium added: cereal, orange juice, soymilk, tofu
Foods made with milk: pudding, ice cream, and frozen yogurt



Tips for adding extra calcium to the diet

- Eat cereals with milk for breakfast or snacks.
- Drink milk with meals or snacks.
- Use milk to fix cream soups and oatmeal in place of water.
- Yogurt makes a great snack.
- Add cheese to foods such as tacos and sandwiches.
- Add cheese to vegetables such as broccoli or potatoes
- Use dried milk in sauces, casseroles, and even in regular milk for extra calcium.

Iron

KEY POINTS

- Iron is a mineral that your body has to have.
- Iron is part of the blood and it carries oxygen from your lungs to every part of your body.
- Too little iron in the body may cause you to become anemic.
- Signs of anemia include feeling tired all the time, being too weak to do things, and just not feeling good.

How much Iron do you need?	
Males	**Iron (milligrams needed daily)**
11-18 years	12
19+ years	10
Females	
11-50 years	15
51+ years	10

Iron Rich Foods

- Beef, Pork, Poultry, Liver, Fish, and Eggs
  - Meat, poultry and fish contain iron that the body can use better than the iron found in fruits and vegetables.
  - Eating meat with fruits and vegetables helps to get more iron out of the fruits and vegetables.
- Raisins, Prunes, and Prune Juice
  - Eating oranges, cantaloupe, green peppers, and broccoli (these foods are high in Vitamin C) along with iron rich foods will help your body take in more iron.
  - Coffee, tea, and other drinks with caffeine may cut back on the iron your body can use; so drink them in between meals, not with meals.
- Cereals that have iron added to the cereal. Pick foods that have iron added to them such as flour and cereals. If the food has added iron the label will tell you.
- Lima beans, dry beans, green peas, and dry peas
- Collard greens, mustard greens, turnip greens, broccoli, cauliflower, Brussels sprouts
- Cooking foods with tomato sauce or vinegar in iron pots or pans helps add iron to the food.

RECEIVING NUTRITION THROUGH A FEEDING TUBE

Some persons you support may receive part or all of their nutrition through a tube.

- For the person to stay healthy the tube feeding formula must meet the person's nutritional needs.
- For the person to stay safe, careful and close monitoring is important.
- Communication with the doctor and with each staff person involved in the care of the person is very important.

KEY POINTS:

- Consider referral to Registered Dietitian to ensure the tube feeding is meeting the person's calorie, protein, fiber, fluid and other nutritional needs.
- Tube feedings should be given slowly and gradually.
- Head of bed should be elevated at least to a 45 degree angle or person should be in upright position when receiving tube feeding.
- Keep accurate records of the amounts and the times that the tube feeding is given.
- Keep daily accurate bowel records.
- Obtain accurate weights and keep a weight record.
- Tube should be flushed well before and after each time tube is used to give formula and medications.
- **Communicate** to your supervisor any problem relating to tube feeding.

Common tube feeding problems can include:

- Tube being pulled
- Tube clogging
- Skin irritation around the tube site
- Nausea and/or vomiting
- Diarrhea
- Constipation
- Aspiration

➔ **CLOSE MONITORING by doctor and staff is very important.**

➔ **COMMUNICATION with the doctor and between each staff person involved is very important.**

Recipes

High Calorie High Protein Recipes

Vanilla Shake

Vanilla ice cream ½ cup
*High calorie high protein milk 1 cup
Vanilla 1/8 teaspoon
Egg substitute ¼ cup
Mix all ingredients in a blender. Chill. Makes one 8 ounce serving. Calories 415
Protein 28 grams

Sherbet Shake

Sherbet 2/3 cup
*High calorie high protein milk 2/3 cup
Canned fruit or ripe banana ½ cup
Mix all ingredients in a blender. Chill. Makes one 12 ounce serving.
Calories 513 Protein 22 grams

Caramel Peanut Butter Milkshake

*High calorie high protein milk ½ cup
Vanilla ice cream ½ cup
Smooth peanut butter 2 tablespoons
Caramel Syrup 3 tablespoons
Mix all ingredients in a blender. Chill. Makes one 12 ounce serving.
Calories 735 Protein 30 grams

Frozen Yogurt Milkshake

*High calorie high protein milk 1 cup
Frozen yogurt, any flavor ½ cup
Mix all ingredients in a blender. Chill. Makes one 12 ounce serving.
Calories 400 Protein 24 grams

*see page 15 for High calorie high protein milk recipe

High Calorie High Protein Recipes continued

Chocolate Peanut Butter Milkshake

Heavy whipping cream ½ cup
Vanilla ice cream ½ cup
Smooth peanut butter 2 tablespoons
Chocolate syrup 3 tablespoons
Mix all ingredients in a blender. Chill. Makes one 12 ounce serving. If milkshake is too rich, you can substitute the high calorie high protein milk for the whipping cream. This will reduce the calorie content, but the protein will be higher.
Regular milkshake-Calories 870 Protein 14 grams
With high calorie/protein milk-Calories 680 Protein 32 grams

Fortified Cereal

Mix 1 cup cooked cereal with *high calorie high protein milk instead of water.
Calories 420 Protein 22.5 grams

Super Cereal

¾ cup water
½ cup dry oatmeal, cream of wheat or grits
¼ cup margarine
¼ cup sugar, white or brown
¼ cup powdered milk (like Carnation instant nonfat dry milk)
Boil water and add cereal. Cook according to package directions on hot cereal box. After cooking add margarine, sugar, and milk. Mix well. Makes 1 cup. Calories 600 Protein 15 grams

Goop

½ gallon whole milk
½ cup sugar
2 cups powdered milk
Enough dry gelatin to flavor
Whip powdered milk with liquid milk, add sugar. Slowly add dry gelatin to flavor-remember that mixture will thicken with refrigeration. Consistency will be that of sweetened condensed milk.

2 ounce goop-67 calories	3.5 grams protein
4 ounces goop-134 calories	7 grams protein
8 ounces goop-268 calorie	14 grams protein

*see page 15 for High calorie high protein milk recipe

Recipes

High Fiber Recipes

Some foods are natural laxatives. Listed below are some recipes to help reduce constipation. Remember to add extra water when using these recipes or for any medicine that is a laxative.

Fruit and Bran

1 cup bran (wheat bran or 100% bran is best)
2/3 cup applesauce
1/3 cup prune juice or orange juice
Mix together. Eat 3 times a day or as needed to help promote bowel movements. Tastes good on toast.

Fruit Butter

1 cup Raisins (soaked in water overnight, then drain)
1 cup pitted Prunes
2 tablespoons Honey
1 ½ teaspoons Vanilla
1 ½ cups Apple Juice
Puree all of the above ingredients together. Give 2 1/2 ounces of fruit butter per day, followed by 1/2 cup of water. When beginning, it is best to start with a small amount and work your way up to the full dose.

This can be served with breakfast, snacks, or the evening meal. May be mixed with cereal at breakfast.

Prune Fluff

1 cup Prune Juice
2-2 ½ ounces Raisins
18 ½ ounces Prunes
Combine ingredients and mix in blender until smooth. Store in refrigerator.

Power Pudding

1 cup Applesauce
1 cup Unprocessed Bran (example Miller's unprocessed bran)
½ cup Prune Juice
Combine ingredients and mix in blender until smooth. Serve 2 tablespoons and drink a cup of water with power pudding serving. Store in the refrigerator

PREPARING HEALTHY MEALS

Main dishes and Meats

- Chill soups, stews, sauces and broths. Skim off congealed fat.
- Trim fat from meat and remove skin from poultry.
- Use water-packed fish.
- For sauces and dressings, use vinegar, mustard, tomato juice, or fat-free broth instead of cream, fats, oils, and regular mayonnaise.
- When making cream soups, use skim milk and thicken with breadcrumbs, pureed potatoes, pureed vegetables, cornstarch or flour.
- After browning ground meat put into strainer lined with paper towels. After draining rinse ground beef under hot water to reduce the fat content.
- Make gravy without fat by blending a tablespoon of cornstarch with a cup of room-temperature broth by shaking them together in a jar. Heat the rest of the broth and add the blended liquid, simmering until thick.
- Instead of seasoning with bacon and salt pork, substitute lean ham, spices, and/or onion.

Breads and Grain Products

- Use ready to heat or ready to serve rolls or bread. Biscuits, cornbread, and muffins usually contain more calories and fat.
- Use light tub margarines, fat free liquid or spray margarines.
- Add small amount of jelly instead of margarine or butter.
- Whole wheat or whole grain provides more fiber.
- Use plain rice, macaroni, spaghetti or other pasta products instead of packaged rice and pasta dishes. Brown rice and whole grain pasta provide more fiber.
- Use old-fashioned oatmeal and other cooking cereals instead of instant.

Vegetables

- Use vinegars---apple cider, wine, or balsamic to enhance vegetables.
- Go easy on added fat and salt. Instead, dress up vegetables with herbs or spices.
- Microwave or cook fresh or frozen vegetables in a small amount of water. Use simple seasonings to add flavor…ginger to carrots, mint leaves to peas, dill seed to green beans, and marjoram or celery seed to cauliflower.
- Use “no-salt-added” canned vegetables or drain and rinse well regular canned vegetables.
- Serve sliced tomatoes or cut whole tomatoes in half and sprinkle with basil leaves and broil.
- Serve vegetable or tomato juices occasionally for breakfast
- Add mushrooms, peppers, onions, etc. to omelets and home-fried potatoes.
- Dress up meals with carrot sticks, celery sticks and broccoli and cauliflower florets. They can be used as a relish to accompany a meal, as a snack, in a salad, or for a vegetable stir fry dish.
- Add onions, tomatoes, lettuce, sprouts, and cucumbers to sandwiches.
- Add chopped or pureed vegetables to soups, sauces, chili, stews, and casseroles.
- Top baked potatoes with vegetables such as broccoli in a low fat sauce.

Fruits

- Serve canned fruit in light syrup or in its own syrup.
- Add sliced fresh fruit, canned or dried fruits to hot or ready-to-eat cereals.
- Top pancakes, waffles, and French toast with fruit instead of jam, jelly or syrup.
- Blend fruits with low fat milk or yogurt for a nutritious, refreshing shake.
- For a snack or dessert, serve fruit kabobs or alternate with low fat cheese cubes on skewers.
- Serve fruit salad as a side item or dessert.
- Dress up entrees with fresh fruit slices or pieces.
- Add fruits like banana slices to peanut butter sandwiches or chopped apples to tuna salad.
- Add fruits by serving ethnic dishes such as Hawaiian pizza topped with pineapple, Oriental dishes like Orange chicken, Lemon Chicken, Sweet and Sour dishes.
- Serve pudding or frozen yogurt with fruit toppings. Add chopped fruit or berries to muffins, cakes, quick breads or cookies.

Salads

- For creamy salad dressing, blend low-fat or non-fat plain yogurt or cottage cheese with onion, garlic and herbs in blender.
- Use colorful varieties of lettuce such as romaine and red leaf lettuce. Add cut up apples, tomatoes, cucumbers, strawberries or shredded zucchini, carrots, or beets, or drained canned grapefruit sections or mandarin oranges.
- Mix fruits and vegetables. Some good combinations include pineapple and snow peas, orange segments and sliced red onion, apple slices and spinach leaves.
- Make a main dish salad by adding meat, poultry, fish, or cooked dry beans as ingredients.
- Fill unsweetened fresh or juice-pack canned peach or pear halves with low fat yogurt or cottage cheese. Garnish with paprika or cinnamon.
- Mix several kinds of canned or cooked, chilled beans with thinly sliced onion and celery. Toss with reduced-calorie salad dressing or a vinaigrette dressing low in oil.
- Top tomato wedges with low fat cottage cheese scallions or parsley. Garnish with chopped scallions or parsley.
- Slice and combine fresh fruits such as melon, pears, apples, bananas, and strawberries. Serve plain or with a dressing made from yogurt thinned with low fat milk or fruit juice. Sprinkle ground ginger or cinnamon on top.

UNDERSTANDING PORTION CONTROL

Measuring food will help to yield better results.

Measuring/Weighing guidelines:

- Stock your kitchen with measuring cups and measuring spoons. These can be purchased inexpensively.
- Food scales can be purchased inexpensively to weigh meats, fish, and poultry.
- Weigh and measure foods after it is cooked.
- Weigh meats without fat and bone.
- Use liquid measuring cups for measuring liquids.
- Use dry measuring cups for solid and dry foods

Visualizing and imagining these objects will help you eat the right amount.

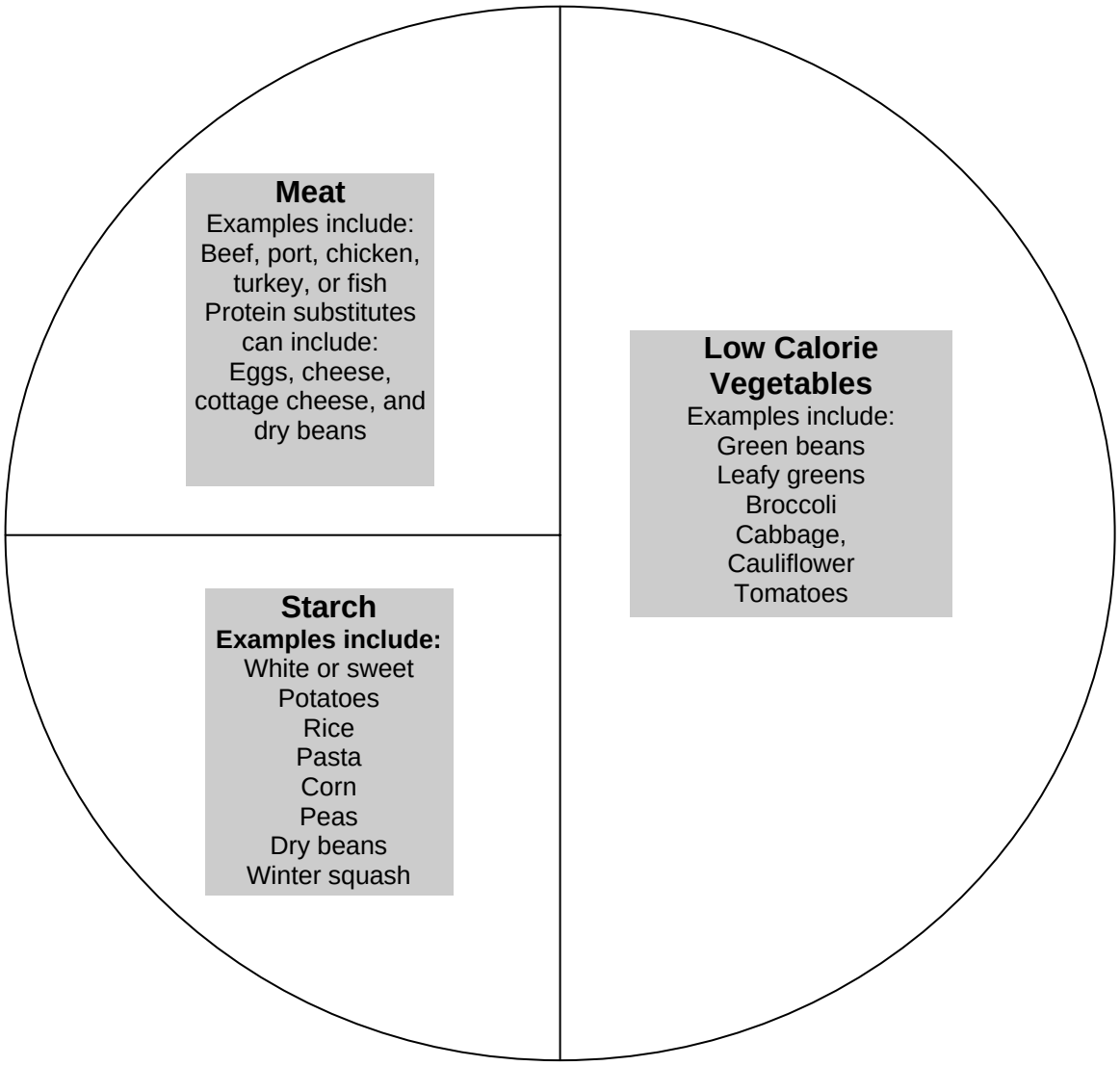
Serving size	Food item	Visual
3 ounces	Meat, poultry, fish	Deck of cards, cassette tape, or palm of woman's hand
1 ounce	Meat, poultry, fish	Matchbook
1 ounce	Cheese	4 dice or tube of lipstick
1 cup (8 ounces)	Milk	Small Styrofoam cup
1 medium	Apple or peach	Tennis ball
1 small	Potato	Bar of soap or computer mouse
1 cup	Mashed potatoes or broccoli	Size of fist or tennis ball
½ cup	Ice cream, fruit, or vegetables	Ice-cream scoop or size of Dixie cup
1 standard	Bagel	6 ounces can of tuna or hockey puck
1	Pancake	Computer disk
1 teaspoon	Butter, margarine, oil, or mayonnaise	Tip of thumb
2 Tablespoons	Peanut butter or salad dressing	Golf ball or ping pong ball
1 ounce	Hard candy or nuts	½ handful

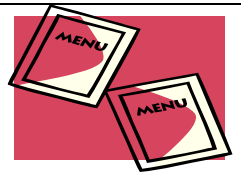
Another Way to Practice Portion Control

My Dinner Plate

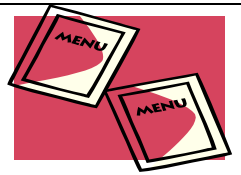
Imagine a standard plate divided into 3 sections:

→ Fill ¼ of the plate with 3 ounces of meat or protein
→ Fill ¼ of the plate with the "starch" portion of your meal
→ Fill up ½ of the plate with non-starchy vegetables





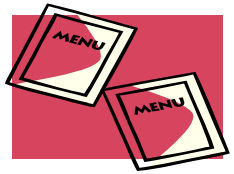
RESTAURANT GUIDE



Fast Food Restaurants	Breakfast	Lunch/Supper	Snacks
Chick-Fil-A	Sunflower Multigrain Bagel	Chargrilled Chicken sandwich, Chick-Fil-A chick-n-strips 4 pack, Chick-Fil-A nuggets 8 pack, Chargrilled chicken garden salad, Southwest Chargrilled salad, Side salad, fruit cup, Hearty Breast of chicken soup	Ice Dream small cone
Kentucky Fried Chicken		Original recipe:1 chicken breast, 2-drumsticks, 2 wings; Tender roast sandwich without (wo) sauce; KFC Snackers: honey BBQ, fish, buffalo; Roasted Caesar Salad wo croutons with (w) fat free dressing; House side salad wo croutons w fat free dressing; Sides-green beans, seasoned rice, mashed potatoes w/o gravy, 3" corn on the cob	Quaker Chewy S'mores Granola Bar, Sweet Life sugar cookie or Oatmeal cookie
McDonalds	English Muffin with jelly	Regular hamburger or Cheeseburger; Grilled Snack Wrap w Ranch or Honey Mustard; Small Fries; 4 or 6 pc Chicken Nuggets w 1 sauce; Asian salad w/wo grilled chicken; Bacon Ranch salad w/wo grilled chicken; Caesar salad w/wo grilled chicken; side salad; Low fat salad dressing	Fruit'n Yogurt parfait w/wo granola; Apple dippers w/wo low fat caramel dip; Kiddie Cone
Burger King	Croissanwich w/egg and cheese	Whopper JR w/o mayo; Regular Hamburger; 5 piece (pc) chicken tenders w/BBQ sauce; Small French fries or onion rings; Applesauce; Side salad, Grilled chicken garden salad; fat free dressing	
Wendy's		Jr. Hamburger; Mandarin Chicken Salad w/sesame dressing omit crispy noodles & almonds; Caesar chicken salad w/Caesar dressing omit croutons; side salad & Caesar side salad w/fat free dressing; small chili; baked lays; plain baked potato; 5 pc chicken nuggets w/BBQ sauce	Mandarin orange cup; low fat strawberry flavored yogurt
Hardee's	Sunrise Croissant; Loaded Omelet	Regular hamburger, Regular cheeseburger, small coleslaw, small mashed potatoes	
Sonic		Jr. burger & cheeseburger; Grilled chicken & Santa Fe chicken salad with fat free dressing; Grilled chicken sandwich wo/mayo; regular French fries; corn dog	Diet Coke Float; Jr. banana split; small Lime fresh fruit slush; Lo-cal diet limeade; Lo-cal cherry limeade
Dairy Queen		Homestyle Burger; plain Hotdog; Grilled Chicken Salad w/fat free dressing; side salad w/fat free dressing	DQ soft serve ½ cup vanilla or chocolate; StarKiss*; DQ Fudge bar no sugar added; DQ Vanilla Orange bar no sugar added
Arby's	Ham Biscuit or Ham Croissant; plain Croissant or biscuit; Blueberry Muffin; Bacon Biscuit; Bacon & Egg Croissant	Swiss Melt; Regular Roast Beef; Junior Roast Beef; Regular & Junior Ham & Swiss Melt; Hot Ham n' Cheese; Arby's Melt; plain Baked Potato; Grilled Chicken Fillet Sandwich w/o mayo; Grilled Chicken Santa Fe salad and Martha's Vineyard Salad w/ Light Buttermilk Ranch dressing no croutons or almonds	
Quiznos		Small lite turkey, chicken, or lean beef; small baked chips	
Subway	Honey Mustard Ham & Egg on deli round, 6 inch breakfast sandwich, or breakfast wrap	All 6 inch sandwiches with 6 grams fat or less; Deli style sandwiches; Turkey breast wrap; all salads with fat free salad dressing; All soups	Small Fruizle express drinks

Restaurant	Healthy Food Choices		
Fast Food Restaurants	Breakfast	Lunch/Supper	Snacks
Schlotzsky's		Small turkey, chicken, lean beef, ham, Mediterranean tuna; Asian Chicken and Mediterranean Tuna wraps; Cup of Soup-Chicken, Broccoli, Vegetable beef, Chicken Noodle, Vegetarian Vegetable; all salads with fat free dressing	Cookies-oatmeal raisin and sugar
Captain D's		Lo cal chicken and fish dinners, carb counter chicken and fish dinner no ranch; sides-plain baked potato, broccoli, corn on the cob, green beans 1 order, rice, side salad, Tuscan vegetables; blackened chicken salad w/fat free dressing	
Taco Bell		Any of the "Fresco Style" items with less than 10 grams of fat; soft or crunchy tacos with beef or chicken; small pinto beans or Mexican rice	
Pizza		Thin crust 12 inch pizza's – 1 slice cheese, vegetable, 1 topping pizza's with ham, pepperoni, beef, or grilled chicken; avoid extra cheese	
Fazoli's		Baked Ziti lite small w/ 1 bread stick	

**Nutrition information is available upon request from many of the restaurants listed above or is available through the internet.



Good choices for sit down restaurants.

Restaurant	Healthy Food Choices
American	Lean grilled or baked chicken, fish, beef, and turkey without gravies. Plain baked potatoes, steamed rice, steamed vegetables, or salads with fat free dressing.
Oriental (all types)	Steamed dishes or stir fried dishes with steamed rice in place of fried.
Italian	Lean grilled or baked chicken, fish, beef, turkey with tomato based sauces on pasta instead of cream type sauces.
Mexican, Tex-Mex	Lean grilled or baked dishes without guacamole, cheese, or sour cream.

FOOD & DRUG INTERACTIONS

KEY POINTS:

1. Foods might change the amount of the medicine that is absorbed in the body.
2. Not all medicines and foods go together well.
3. Some medicines work better without food or drink.
4. Some medicines work better with food or drink.
5. Individuals taking medicines should be watched for possible side effects.
6. Talk to the doctor about any questions or concerns about any medicines taken.

The following are types of medications that have been associated with drug-nutrient interactions:

1. Anticonvulsant medications
2. Antidepressant medications
3. Antimanic medications
4. Antianxiety medications
5. Antipsychotics medications
6. Medications for obsessive compulsive disorder, SSRI (selective seroatonin re-uptake inhibitors)
7. Medications for attention deficit hyperactivity disorder
8. MAO inhibitors
9. Oral hypoglycemic agents for diabetes or insulin
10. Anticoagulants

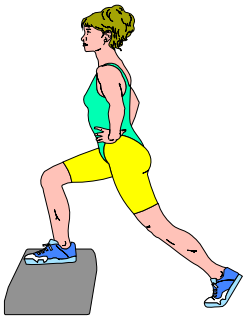
What ones eats or drinks or does not eat or drink may be a consideration to avoid some drug-nutrient interactions:

1. MAO inhibitors – foods high in tyramines will need to be restricted
2. Oral hypoglycemic agents for diabetes or insulin – the amount and timing of meals needs to be consistent and on time
3. Anticoagulants – the intake of vitamin K needs to be consistent in the diet. Any change should be reported to one's doctor.

Some of the potential drug-interactions might include:

- dyspepsia
- nausea and/or vomiting
- diarrhea
- constipation
- flatulence (gas)
- abdominal pain
- anorexia
- change in weight (weight gain or weight loss)
- change in appetite (increase in appetite or decrease in appetite)
- sore tongue
- dry mouth
- decrease in glucose tolerance
- elevated lipids

Medications may cause a change in one's physical or mental status. These changes can occur when a medication is not given correctly or not given at the right time or when a medication is increased, decreased, started or stopped. Any concerns regarding medications or possible side effects should be communicated to the physician. The provider agency, nurse, and community dietitian are helpful resources.



Staying Healthy with Exercise

Key Points

Why do I need to exercise?
Exercise is a big part of being healthy, helping to improve physical and emotional and mental health. Exercise and being fit gives you:

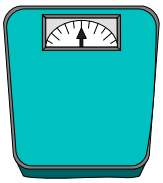
- Physical strength and endurance
- Energy to do what's important and be more productive
- Ability to reduce anxiety and tension
- Positive outlook to handle the challenges of stress and ups and downs of daily life
- Reduced risk for many health problems, such as heart disease, high blood pressure, cancer, diabetes and osteoporosis
- Helps the blood to move through the body better
- Makes muscles, bones and joints stronger

How much physical activity is needed?
Everyone should try to include 30 minutes of moderate activity on most days. This is in addition to your usual daily activities. Increasing the intensity or the amount of time of activity can have additional health benefits and may be needed to control body weight.

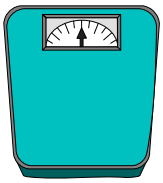
About 60 minutes a day of moderate physical activity may be needed to prevent weight gain. For those who have lost weight, at least 60 to 90 minutes a day may be needed to maintain the weight loss. At the same time, calorie needs should not be exceeded.

The following tips will help to fit exercise into your life.

- When starting an exercise program, start with just 5 to 10 minutes of activity increasing to 2 to 3 times a day.
- Walk around the bed at least 10 times while making the bed.
- Stretch your legs while brushing your teeth.
- Push and pull, switching hands while vacuuming or sweeping.
- Do arm curls or rowing motions when you are watching TV.
- Gently squeeze a tennis ball while sitting.
- Wash the table and counters with a circular motion in both directions, alternating hands.
- Go for a brisk walk in the park or mall.
- Press the palms of your hands together as hard as you can and hold to the count of 10. Repeat several times.
- Consider joining a health facility such as YMCA.
- Take the stairs instead of the elevator.
- Buy or rent an exercise video.
- Park car at far end of parking lot to increase the distance you walk.



GUIDELINES FOR OBTAINING BODY WEIGHTS



Body weights are important measures that we use to help us achieve and maintain good health. **It is most important that weights are taken accurately each and every time**. We must monitor weights regularly and compare current weights with available weight history in order to assess the individual's health status. This may be one of the single most important tools for determining nutritional status. Any weight change needs to be reviewed whether it is a weight gain or weight loss. Any significant change in weight could be a "red flag" and may indicate a serious medical problem(s).

Important steps to follow in getting accurate weights on individuals:

- Always balance the scales before weighing an individual. (See instructions for balancing scales.)
- Always use the same scale every time an individual is weighed for a good comparison. If a different scale is used, a note should be made in the chart.
- Always weigh the individual at the same time of day. The best time to weigh someone is in the morning after the individual has emptied his/her bladder wearing the clothes he/she typically sleeps in and without shoes.
- It is best if weights can be done on a regular basis so staff will not forget to do this. For example, if weekly weights are ordered, it is best to always do them on the same day of the week (i.e. every Monday or every Thursday). If monthly weights are ordered, it is best to always do them the same day (i.e. the first Monday of the month or the second Wednesday of the month)
- If there is a significant change in weight when compared to the last weight taken, a staff member should reweigh the individual after calibrating the scale following the above suggestions to be sure that the weight is accurate. Any significant changes in weight should be reported to others involved in providing care for the individual. Ask your supervisor who you should report this to.
- For individuals who are unable to stand unassisted on a scale efforts should be made to weigh that person on a wheelchair scale or a scale that allows the person to sit.

Things to Note:

- **Weights are only good measurement tools if they are accurate.**
- If you ever think the weight you got is incorrect for any reason, always reweigh the individual.
- If an individual has a cast or brace that can not be removed, a note should be made in the chart.
- If the individual is weighed in a wheelchair, the weight of the wheelchair should be subtracted from the total weight recorded.
- Remove items from person and wheelchair such as purses and backpacks before weighing.

INSTRUCTIONS FOR BALANCING SCALES

1. Put the needle on the scales on zero or “0”

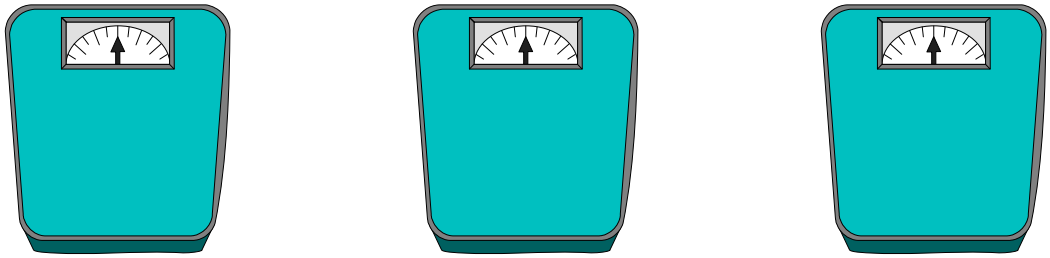
2. Weigh an item that you know the weight:
    a. You may choose to use a 5 pounds bag of sugar or flour if unopened
    b. You may fill an empty gallon container with water – this will weigh 8 pounds.

3. The needle should now be on that known weight. If it is not, adjust the needle on the scale to that known weight. (For example, if you weighed a 5 pound bag of sugar and the needle only moves to the “3 pound” mark, then move the needle up to the “5 pound” mark because you know that the sugar weighs 5 pounds.) Remove the item. Make a note of how many pounds “off” the scales are.

4. Do not reset the scales to zero or “0” as this will not calibrate the scales nor balance it. Leave the needle where it is.

5. It is now time to weigh the individual.

6. It is best to reweigh the item with the known weight to make sure the scales are weighing consistently. You could also weigh the individual twice to check the consistency of the scales.



DETERMINING HEALTHY BODY WEIGHT: BODY MASS INDEX

Body Mass Index (BMI) is a tool for helping judge one's body weight and whether one is at risk for health problems associated with weight. BMI not only looks at body weight, but also takes into consideration the amount of body fat that you have. Individuals with more body fat have a higher BMI than those individuals with more muscle. Carrying around more body fat puts individuals at a greater risk for health problems. Like other measures, BMI is only a guideline. Consult your doctor or dietitian about the weight that is healthy for you.

The table below can be used to determine your BMI:

1) Locate your height in inches in the shaded area
2) Move to the right to locate your weight or the closest weight to your current weight
3) Then move straight down to the bottom of the chart to determine the BMI
4) Look below the table to better understand your result

		WEIGHT IN POUNDS													
HEIGHT In INCHES	59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
	60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
	61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
	62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
	63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
	64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
	65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
	66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
	67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
	68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
	69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
	70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
	71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
	72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
	73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
	74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
BMI		**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**34**	**40**

INTERPRETING YOUR BMI:

☒ A BMI of less than 18.5 is considered underweight.

☒ A BMI between 18.5 and 24.9 carries little health risk.
Try to keep your weight within this healthy BMI range.

☒ A BMI of 25 to 29.9 is considered overweight.
This range carries some increased health risk.

☒ A BMI over 30 is defined as obese.
This range poses the greatest risk to your health.

COMMUNICATING ABOUT NUTRITIONAL ISSUES

KEY POINTS:

- There are many ways to communicate eating habits and food preferences.
- The more that caregivers talk and work with individuals, the more we can learn about eating habits and food preferences.
- All the information regarding the individual's nutritional status should be incorporated in to the Independent Support Plan (ISP) each year.

Good communication is needed for a diet to be successful and must include the individual and everyone involved in supporting that individual.

Between the individual and the doctor

- Should always be open and clear as to what the diet order is and the reason for the diet
- Both parties should be able to express their concerns about the diet
- Staff should assist the individual with making a list of questions before any doctor's appointment and these could include:
  1. Are the individual's concerns and questions addressed appropriately?
  2. What will happen if I do not follow this diet?
  3. How long will I need to follow this diet?
  4. Who will help me with this diet?
  5. How do I get a written copy of the diet?
  6. Do I need a dietitian to teach me and my staff about this diet?
  7. Is my weight a good healthy weight?
  8. What about my favorite foods?
  9. What will I do when I go out to eat?
  10. What should I do when I go to visit my family?
- Make sure it is understood what the nutrition goals of the individual are

Between direct support staff, doctor and the individual's family

- What kind of medical problems have occurred in the family?
- Do you know what kind of diet this individual is on?
- Do you know why this particular diet was ordered?
- Can you help us with compliance during home visits?
- Do you see any problems with this diet order?
- Are there any food allergies that you are aware of?
- Are there any food intolerances that you are aware of?

Between direct support staff persons

- Who is responsible for purchasing foods?
- Who is responsible for meal preparation?
- What food items are enjoyed the most?
- What food items were eaten last?

- What food items are on the menu today?
- Are there specific foods that this individual asks for on a regular basis?
- Have there been any new food preferences expressed?
- What type of mood was the individual in before, during, and after meals recently?
- Have there been any desires to try new restaurants or eat out in the community?
- Has the intake of fluids been adequate?
- Has anything changed recently in eating habits or drinking habits?

Between the individual and direct support staff

- Any information gained regarding nutrition should be shared at Circle of Support meetings and be placed in the Individual Support Plan each year.
- What would you like to eat?
- Are you hungry?
- Are you thirsty?
- Do you want to help prepare your meal?
- Would you like to shop for your groceries?
- Are you having any trouble eating the food that is prepared?
- Does the individual have any food intolerances?
- Are there any barriers that keep the individual from eating certain foods?
- Does the individual have particular ideas about certain foods?
- Are you sure the individual is getting enough of the nutrients needed in the diet?

Between direct support staff and home manager

- When do you shop for groceries and how often?
- Who will shop for groceries and where the groceries will be purchased?
- What food will be purchased for the individual?
- What will happen if the supply of food does not last as expected?
- Have there been any changes in the diet order or in one's health status?
- Who is responsible for preparing meal?

NUTRITION SCREENING TOOL

KEY POINTS

- This tool will only be helpful if you fill it out and share the information with others.
- This tool can be used by anyone that is working with the individual.
- It may help you identify individuals that might need assistance with their food, diet, and nutritional status.
- You will need to decide who will fill out the information, how often it should be filled out, and then whom you will give the information to.
- Once you decide who will fill it out, then you may want to complete this at least once each year and take it to the Independent Support Plan (ISP) meeting and discuss your findings.
- Whenever someone's health changes, it would be helpful to fill this out again.

Why use this screening tool?

This screening tool can help staff find out which individuals might benefit from better eating habits or nutrition services. This form may be completed on all individuals that you care for in order to recognize nutrition concerns.

Good nutrition is one of many lifestyle habits that promote good health. Good nutrition can lower our risk for obesity, high blood pressure, high cholesterol levels – all risk factors for serious diseases. Chances of developing these problems can drop very much by eating healthy. To protect an individual from having health problems, it is good to know as much as you can about the individual that you are caring for. Then you will be better able to help them stay healthy.

How can I use it?

Suggestion: It could be done once every year before the ISP meeting. This would give important information to the Circle of Support. Then the Circle of Support would be able to make decisions about what to do to help individuals stay healthy.

What might happen if I do not use it?

One may not know if an individual seems to have or seems to be developing poor eating habits if the individual is not screened is some way. Using tools such as this can help you find problems. One should know how the tool will be used, how often the screening will be done, and whom they should report the information to. If the screening is done, but there are no plans in place to use the information, then individual will not benefit from the screening and may be at risk for developing health problems related to his/her state of health.

Remember:

Healthy eating is one of the best investments we can make for our future.

NUTRITION SCREENING TOOL

Name: _____ Date: _____
Address: _____

This individual appears at: ☐ Normal weight ☐ Overweight

☐ Underweight ☐ Too difficult for me to assess

This individual appears to have: ☐ No problem eating ☐ Other eating problems noted: _____

Problems chewing _____

_____

Problems swallowing _____

_____

☐ Problems with constipation _____

_____

Which best describes the usual <u>daily</u> intake of meals?

- ☐ Excellent (100%)
- ☐ Good (75 – 100 %)
- ☐ Fair (50 – 75%)
- ☐ Poor (0 – 50%)
- ☐ Varies or changed a lot recently

Which best describes this person?

- ☐ Never refuses to eat
- ☐ Rarely refuses to eat (once or twice a month or less)
- ☐ Occasionally refuses to eat (once a week or less)
- ☐ Often refuses to eat (once a day or more)

Diet prescribed: _____
By whom: Dr. _____ Date: _____

Supplements ordered? ___No ___Yes
What supplement and what amount: _____

Diet Texture: Pureed Ground Diced Regular

Food Allergies or intolerances: ☐ None Allergic to these foods: _____

Completed by: _____
Job Title: _____

Upon completion this form should be turned into: _____

RESOURCES FOR NUTRITION EDUCATION

There are many ways to learn more about nutrition and how you can improve your health. Many communities have various programs at different times of the year. Your community may have regularly scheduled programs as well. Some may be offered without a fee, others may charge for classes or programs. They may vary in how many can attend or where they are held. You may find more information on classes or programs that are available in your area through newspapers, radio, television, or signs posted in your community.

The following are some suggestions for resources that may be available in your community.

- Church or community health fairs
- Church or community exercise classes
- Health seminars held at local libraries
- Health programs held at local community centers
- Nutrition programs presented by local health department clinics
- Nutrition classes at local agricultural extension agencies
- Nutrition seminars or “brown bag lunch and learn” sessions at local hospitals
- Cooking demonstrations at specialty kitchen shops or culinary art centers
- Weight loss programs through fitness facilities, clubs, or groups such as Weight Watchers®
- Diet counseling services by a dietitian at local hospital, health department or other health facility
- Fund raisers, such as multi-mile walks or runs, held for health awareness for cancer, diabetes, heart disease, etc.
- Printed literature or brochures distributed at grocery stores, fresh food markets, or produce centers
- Nutrition newsletters
- Magazines - many provide healthy recipes and information on healthy eating, such as Better Homes and Gardens and Cooking Light.
- Cookbooks - there are a variety of cookbooks available through bookstores, department stores, and libraries that provide recipes and cooking tips on specific dietary restrictions. Some of the specific dietary restrictions are discussed in cookbooks by organizations such as the American Heart Association and the American Diabetes Association.
- Books at local libraries or bookstores
- Consumer nutrition hotlines
- Food network television shows
- Videos of food preparation and presentations
- Food industry groups or tours
- Community based nutrition seminars held for the general public by professional dietetic organizations
- Internet sources of good nutrition

WEBSITES FOR NUTRITION INFORMATION

The following are a list of resources and web sites where helpful nutrition information may be found. The web sites compiled in this chart were current at the time the guide was revised. However, web sites are subject to change at any time.

TOPIC	SOURCE	WEBSITE
General	American Diabetes Association	www.diabetes.org
	American Dietetic Association	www.eatright.org
	American Heart Association	www.americanheart.org
	National Center for Health Statistics	www.cdc.gov/nchs/
	Food and Nutrition Information Center	www.nalusda.gov/fnic/
	International Food Information Council	www.ific.org
	5 A Day	www.5aday.gov
	My Pyramid	www.mypyramid.gov
Bulk Cooking		www.christianwomentoday.com/foodcooking/menus.html
Fast Food/ Restaurant Information		www.fatcalories.com
Food Safety	U.S. Food and Drug Administration Food Safety and Inspection Service Government Food Safety Information	www.cfsan.fda.gov www.fsis.usda.gov www.foodsafety.gov
Physical Fitness	Council on Physical Fitness & Sports	www.presidentschallenge.org
Meal Planning	Recipe analyzer	www.ohio-distinctive.com
	Recipes and analysis	http://nutrition.about.com/
	Simple diet and recipe analysis	www.dietsite.com
	Menu planning for weight loss	www.dietwatch.com (fee of $77.00/year)
Menus and Menu Ideas		www.mealsforyou.com www.lifeclinic.com www.nutrition.gov
Newsletter		www.lancaster.unl.edu/food/food-reflections.shtml
Nutrient / Diet Analysis		www.nutribase.com www.foodcount.com (fee of $19.95 after 10 free uses) www.nat.uiuc.edu/mynat www.fitday.com
Spanish health-related websites		www.healthfinder.gov/espanol www.cdc.gov/spanish/default.htm http://monarch.gsu.edu/multiculturalhealth www.mypyramid.gov/sp-index.html www.americanheart.org (click on en espanol)

ADDITIONAL CLASSES

Here is a list of additional classes related to nutrition that the Division of Mental Retardation offers on a regular basis throughout the State of Tennessee.

Class or Training	Length of Training	Description
Challenges in Physical Management	2 days	The course provides in-depth training in: • body mechanics • physical assistance techniques, pivot transfers, L-shaped transfers, 3 person lift and transfer positioning for supine, prone, prone on forearms, quadruped on forearms, sidelying, and sitting
Mealtime Challenges	2 days	The course provides in-depth training in: • alignment before and during meals • implications of different positions • swallowing • food texture, food/fluid texture and consistency • adaptive equipment to enhance independence and oral control at mealtimes • how to correct common errors • placement of food/fluid • providing jaw and lower lip support • strategies to help a person swallow, open the mouth • interventions for gagging, coughing, and vomiting • managing oral hygiene • understanding safe practices of medication administration • managing nutritional risk indicators The foundation of position and alignment is key for optimal learning in Mealtime Challenges. The participants must have successfully completed ***Challenges in Physical Management*** prior to taking this class.

Class or Training	Length of Class or Training	Description
Increasing Independence through Physical Management	½ - 1 day	The course provides an overview of: • body mechanics • physical assistance techniques • safe and proper transfer techniques proper positioning in sitting and sidelying
Enhancing the Mealtime Experience	½ - 1 day	The course provides an overview of: • infection control • mealtime guidelines/plans • appropriate diet texture, consistency and temperature • mealtime techniques • adaptive mealtime equipment • positioning of individuals and staff at mealtimes • food planning and safety • swallowing • signs and symptoms of aspiration and reflux • an introduction to techniques to manage gagging, coughing, and vomiting
Menu PlanningTraining	2 hours	The course provides an overview of: • community menus for various diets • use of grocery lists and tips for grocery shopping • helpful recipes • doctor prescribed diets, their rational and restrictions • GERD • portion control • label reading • food safety
Basic Nutrition and Doctor Prescribed diets Resource Guide Training	2 hours	The course provides an overview of: • doctor prescribed diets • menu planning, grocery shopping, and meal preparation • communication between physicians, direct care staff, and dietitians • diet compliance • food safety and sanitation

SAMPLE MENU FOR REGULAR DIET

	REGULAR Day 1	REGULAR Day 2	REGULAR Day 3	REGULAR Day 4	REGULAR Day 5	REGULAR Day 6	REGULAR Day 7
BREAKFAST	Prunes (3) Oatmeal (1/2c) Fruit Muffin (1 small) Margarine (1 tsp) *Orange Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Scrambled Egg (1) Bacon (2 sl) Hash Browns (1/2c) Biscuit (1) Jelly (1T) Margarine (1 tsp) Apple Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	*Grapefruit Half Grits (1/2c) Ham (1oz) W/Wheat Toast (1 sl) Jelly (1T) Margarine (1 tsp) *Pineapple Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Prunes (3) Scrambled Egg (1) Bacon (2sl) Biscuit (2) Jelly (2T) Margarine (1 tsp) Grape Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	*Citrus Sections (1/2c) Pancakes (2) Syrup (3T) Sausage (1 Patty) Margarine (1 tsp) Cranberry Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Poached Egg (1) Sausage (1 patty) Biscuits (2) Jelly (2T) Margarine (1 tsp) *Orange Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Applesauce (1/2c) Oatmeal (1/2c) Waffles (2) Syrup (3T) Bacon (2 sl) Margarine (1 tsp) Grape Juice (1/2c) *Coffee / *Hot Tea Milk (1c)
LUNCH	Chicken Noodle Soup (1c) Ham Sandwich (2 oz ham, 2 sl w/w bread) *Tomato (2sl), Lettuce Mayo (1 tsp) Mustard (1 tsp) Banana Half *Iced Tea / Water	Baked Stuffed Potato (medium) with Grated Cheese (1oz), Bacon Flavored Bits (1T) Broccoli (1/2c) Hot Roll (1) Margarine (1 tsp) Pear Salad (2 halves) with Cottage Cheese (1/4c) Pound Cake (1 sl) *Iced Tea / Water	Tuna Salad Sandwich on Wheat Bun (1/2c tuna, 2 sl bread) *Sl. Tomato (2 sl) & Lettuce Mayonnaise (1 tsp) Potato Chips (1oz) Fresh Apple, Sliced (1) *Iced Tea / Water	*Pizza of Choice (2 sl) Garden Salad (1c) with Dressing (2T) *Pineapple Chunks (1/2c) *Iced Tea / Water Milk (1c)	*Barbecue Pork (3oz) Sandwich on Bun (1) *Barbecue Sauce (2T) Potato Chips (1oz) Coleslaw (1/2c) Congealed Fruit (1/2c) *Iced Tea / Water Milk (1c)	Chunky Vegetable Beef Soup (1 1/2c) Cornbread (2"cube) Margarine (1 tsp) Peach Yogurt (8oz) *Iced Tea / Water	French Onion Soup (1c) Chef's Salad (2c lettuce & 1c raw veg) with Shredded Ham (1oz), Cheese(1oz) Dressing (4T) Saltine Crackers (6) *Citrus Sections (1/2c) *Iced Tea / Water
DINNER	Baked Chicken (3oz) Steamed Rice (1/2c) Green Beans (1/2c) Garden Salad with Dressing (2T) Roll (1) Margarine (1 tsp) Sliced Peaches (1/2c) *Iced Tea / Water Milk (1c)	*Italian Spaghetti with Meat Sauce (1c noodles,3/4c sauce) Steamed Spinach (1/2c) Garlic Bread (1 sl) Chilled Fruit Cup (1/2c) *Iced Tea / Water Milk (1c)	Baked Pork Chop (3oz) Steamed Rice (1/2c) Steamed Broccoli (1/2c) Carrot Raisin Salad (1/2c) Roll (1) Margarine (1 tsp) Graham Crackers (3 squares) *Iced Tea / Water Milk (1c)	^Roasted Turkey (3oz) Cornbread Dressing (1/2c) Turkey Gravy (2T) Green Beans (1/2c) Cranberry Sauce2T W/Wheat Bread (1 sl) Margarine (1 tsp) Spiced Peaches (1/2c) *Iced Tea / Water	Crunchy Baked Fish (3oz) Baked Potato (medium) Steamed Squash (1/2c) Green Salad with Dressing (2T) Cocktail Sauce (1T) Tartar Sauce (1T) French Bread (1sl) Margarine (1 tsp) Cherry Pie (1/6 pie) *Iced Tea / Water	Baked Chicken (3oz) Mashed Potatoes (1/2c) Lima Beans (1/2c) Sliced Carrots (1/2c) *Sliced Tomatoes (2sl) Roll (1) Margarine (1 tsp) Baked Apples (1/2c) *Iced Tea / Water Milk (1c)	Salisbury Steak (3oz) Buttered Noodles (1/2c) Mixed Vegetables (1/2c) Roll (1) Margarine (1 tsp) Butterscotch Pudding (1/2c) *Iced Tea / Water Milk (1c)

w/w = whole wheat c = cup oz = ounce sl = slice T = Tablespoon t or tsp = teaspoon. *<u>Limit</u> or <u>avoid</u> this food if GERD is present. ^ Chicken may be substituted for Turkey

SAMPLE MENU FOR HIGH CALORIE HIGH PROTEIN DIET

	High Cal & Protein Day 1	High Cal & Protein Day 2	High Cal & Protein Day 3	High Cal & Protein Day 4	High Cal & Protein Day 5	High Cal & Protein Day 6	High Cal & Protein Day 7
BREAKFAST	Prunes (3) Boiled Egg (1) Oatmeal (lc) Fruit Muffin (2 small) Margarine (2 tsp) *Orange Juice ½ c *Coffee / *Hot Tea Milk (1c)	Scrambled Egg (2) Bacon (3 sl) Hash Browns (1c) Biscuit (2) Jelly (2T) Margarine (2 tsp) Apple Juice (1c) *Coffee / *Hot Tea Milk (1c)	*Grapefruit Half Grits (1c) Ham (2oz) W/W Toast 2 sl Jelly (2T) Margarine (2 tsp) *Pineapple Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Prunes (6) Scrambled Egg (1) Bacon (3 sl) Biscuit (2) Jelly (4T) Margarine (2 tsp) Grape Juice (1c) *Coffee / *Hot Tea Milk (1c)	*Citrus Sections (1/2c) Raisin Bran (3/4c) Pancakes (3) Syrup (6T) Sausage (1) Margarine (2 tsp) Cranberry Juice (1c) *Coffee / *Hot Tea Milk (1c)	Poached Egg (1) Sausage (2) Biscuit s (2) Jelly (4T) Margarine (2 tsp) *Orange Juice (1c) *Coffee / *Hot Tea Milk (1c)	Applesauce (1c) Oatmeal (1c) Waffles (3) Syrup (6T) Bacon (3 sl) Margarine (2 tsp) Grape Juice (1c) *Coffee / *Hot Tea Milk (1c)
LUNCH	Chicken Noodle Soup (1c) Ham Sandwich (4 oz ham, 4 sl w/w bread) *Tomato (2 sl), Lettuce Mayo (1 T) Mustard (1 T) Banana (whole) *Iced Tea / Water	Baked Stuffed Potato (medium) with Grated Cheese (2oz), Bacon Flavored Bits (1T), Steamed Broccoli, (1/2c) Hot Roll (2) Margarine (2 tsp) Pear Salad (2 halves) with Cottage Cheese (1/2c) Pound Cake (2 sl) *Iced Tea / Water	Tuna Salad (1c) Sandwich on Wheat Bun (2) *Tomato (4 sl) Lettuce Mayonnaise (1T) Potato Chips (1oz) Fresh Apple, Sliced (1) *Iced Tea / Water	*Pizza of Choice (4 sl) Garden Salad with Dressing (4T) *Pineapple Chunks (1c) *Iced Tea / Water Milk (1c)	*Barbecue Pork (4oz) Sandwich on Bun (2) *Barbecue Sauce (4T) Potato Chips (1oz) Coleslaw (1c) Congealed Fruit (1c) *Iced Tea / Water Milk (1c)	Chunky Vegetable Beef Soup (2c) Cornbread (2"cube) Margarine (2 tsp) Peach Yogurt (8oz) *Iced Tea / Water	French Onion Soup(1c) Chef's Salad (2c lettuce & 1c raw veg) with Shredded Ham (2oz) & Cheese (2oz) with Dressing (6T) Saltine Crackers (12) *Citrus Sections (1/2c) Fruited Yogurt (1c) *Iced Tea / Water
DINNER	Baked Chicken 4oz Steamed Rice (1c) Green Beans (1c) Garden Salad with Dressing (4T) Roll (2) Margarine (2 tsp) Sliced Peaches (1c) *Iced Tea / Water Milk (1c)	Italian Spaghetti with Meat Sauce (1 1/2c noodles,1c sauce) Steamed Spinach (1/2c) Garlic Bread (1 sl) Chilled Fruit Cup (1c) *Iced Tea / Water Milk (1c)	Baked Pork Chop (4oz) Steamed Rice (1c) Steamed Broccoli (1/2c) Carrot Raisin Salad (1/2c) Roll (2) Margarine (2 tsp) Graham Crackers (6 squares) *Iced Tea / Water Milk (1c)	^Roasted Turkey (4oz) Cornbread Dressing (1c) Turkey Gravy (4T) Green Beans (1c) Cranberry Sauce (4T) W/Wheat Bread (2 sl) Margarine (2 tsp) Spiced Peaches (1c) *Iced Tea / Water	Crunchy Baked Fish (4oz) Baked Potato (large) Steamed Squash (1/2c) Green Salad with Dressing (4T) Cocktail Sauce (2T) Tartar Sauce (2T) French Bread (2 sl) Margarine (4 tsp) Cherry Pie (1/6 pie) *Iced Tea / Water	Baked Chicken (4 oz) Mashed Potatoes (1c) Lima Beans (1c) Sliced Carrots (1/2c) *Sliced Tomatoes (4 sl) Roll (2) Margarine (2 tsp) Baked Apples (1c) *Iced Tea / Water Milk (1c)	Salisbury Steak (4oz) Buttered Noodles (1c) Mixed Vegetables (1c) Roll (2) Margarine (2 tsp) Butterscotch Pudding (1c) *Iced Tea / Water Milk (1c)

ww = whole wheat c = cup oz = ounce sl = slice T = Tablespoon t or tsp = teaspoon. *Limit or avoid this food if GERD is present. ^ Chicken may be substituted for Turkey

SAMPLE MENU FOR WEIGHT LOSS DIET (1500 Calorie Diet)

	1500 Calorie Day 1	1500 Calorie Day 2	1500 Calorie Day 3	1500 Calorie Day 4	1500 Calorie Day 5	1500 Calorie Day 6	1500 Calorie Day 7
BREAKFAST	Unsw Prunes (3) Oatmeal (1/2 c) Fruit Muffin (1 small) Margarine (1 tsp) *Coffee / *Hot Tea Non Fat Milk (1c)	Scrambled Egg (1) **FF** Hash Browns (1/2c) Biscuit (1) **SF** Jelly (2 tsp) Margarine (1 tsp) **Unsw** Apple Juice(1/2 c) *Coffee / *Hot Tea Non Fat Milk (1c)	Grits (1/2c) Ham (1oz) Dry w/w Toast (1 sl) **SF** Jelly (2 tsp) Margarine (1 tsp) ***Unsw** Pineapple Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)	**Unsw** Prunes (3) Scrambled Egg (1) Biscuits (2) **SF** Jelly (2 tsp) *Coffee / *Hot Tea Non Fat Milk (1c)	**LF** Pancakes (2) **SF** Syrup (2T) Sausage (1) Low Cal.Cranberry Juice (1 1/4c) *Coffee / *Hot Tea Non Fat Milk (1c)	Poached Egg (1) W/Wheat Toast (2 sl) **SF** Jelly (2 tsp) Margarine (1 tsp) ***Unsw** Orange Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)	**Unsw** Applesauce (1/2 c) Oatmeal (1/2c) Waffle (1) **SF** Syrup (2T) Bacon (1 sl) *Coffee / *Hot Tea Non Fat Milk (1c)
LUNCH	Chicken Noodle Soup (1c) Ham Sandwich (2 oz ham, 2 sl w/w bread) *Tomato (4 sl), Lettuce **FF** Mayo (1tsp) Mustard (1 tsp) Banana Half *Iced Tea / Water	Baked Stuffed Potato (medium) with Grated Cheese(1/2oz), Bacon Flavored Bits (1T), Broccoli, steamed (1 1/2c) Margarine (1 tsp) **Unsw** Pear Salad (2 halves with 1/4c Cottage Cheese) *Iced Tea / Water	Tuna Salad (1/3 c) Sandwich/Wheat Bun (1) *Tomato (2sl) & Lettuce **FF** Mayonnaise (1tsp) Potato Chips (3/4oz) Fresh Apple, Sliced (1) *Iced Tea / Water	*Pizza of Choice (2 sl) Garden Salad with **FF** Dressing (1T) ***Unsw** Pineapple Chunks (1/2c) *Iced Tea / Water	*Barbecue Pork (1 1/2oz) Sandwich on Bun (1) *Barbeque Sauce (1T) **FF** Coleslaw (1/2c) Baked Potato Chips (1oz) **Unsw** Congealed Fruit (1/2c) *Iced Tea / Water	**LF** Chunky Vegetable Beef Soup (1 1/2c) **LF** Cornbread (2"cube) Margarine (1 tsp) **FF SF** Peach Yogurt (8oz) *Iced Tea / Water	**LF** French Onion Soup (1c) Chef's Salad (2c lettuce & 1c raw veg) with Shredded Ham (1oz) & Cheese (1oz) with **FF** Dressing (2T) Saltine Crackers 6 ***Unsw** Citrus Sections (1/2c) *Iced Tea / Water
DINNER	**LF** Baked Chicken (2oz) **FF** Steamed Rice (1/3c) **FF** Green Beans (1 1/2c) Garden Salad with **FF** Dressing **(**1T) Roll (1) Margarine (1tsp) **Unsw** Peaches (1/2c) *Iced Tea / Water	**LF** Italian Spaghetti with Meat Sauce (1c spaghetti, 1/2c sauce) **FF** Steamed Spinach (1/2c) **Unsw** Chilled Fruit Cup (1/2c) *Iced Tea / Water	Baked Pork Chop (2oz) **FF** Steamed Rice (2/3c) **FF** Steamed Broccoli (1/2c) **FF** Carrot Raisin Sld (1/2c) Margarine (1 tsp) Graham Crackers (3 squares) *Iced Tea / Water	**^**Roast Turkey (1 1/2oz) **LF** Cornbread Dressing (2/3c) **FF** Turkey Gravy (1T) **FF** Grn Beans (1 1/2 c) **SF** Cranberry Gelatin (1/2c) **Unsw** Spiced Peaches (1/2 c) *Iced Tea / Water	Crunchy Baked Fish (1 1/2oz) Baked Potato (small) **FF** Squash (1 1/2c) Green Salad with **FF** Dressing (1T) Cocktail Sauce (1T) French Bread (1 sl) Margarine (1 tsp) Grapes (17) *Iced Tea / Water	**LF** Baked Chicken (1 1/2oz) **FF** Mashed Potatoes (1/2 c) **FF** Lima Beans (1/2 c) **FF** Sliced Carrots 1c *Sliced Tomatoes (2sl) Margarine (1 tsp) **LF Unsw** Baked Apples (1/2 c) *Iced Tea / Water	Salisbury Steak (2oz) **Unbuttered** Noodles (1/2c) **FF** Mixed Vegetables (1c) Roll (1) Margarine (1 tsp) **LF SF** Butterscotch Pudding (1/2c) *Iced Tea / Water

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SAMPLE MENU FOR WEIGHT LOSS DIET (1800 Calorie Diet)

	1800 Calorie Day 1	1800 Calorie Day 2	1800 Calorie Day 3	1800 Calorie Day 4	1800 Calorie Day 5	1800 Calorie Day 6	1800 Calorie Day 7
BREAKFAST	Unsw Prunes (3) Oatmeal (1/2 c) Fruit Muffin (2 small) Margarine (1 tsp) *Coffee / *Hot Tea Non Fat Milk (1c)	Scrambled Egg (1) **FF** Hash Browns (1/2c) Biscuits (2) **SF** Jelly (2 tsp) Margarine (1 tsp) **Unsw** Apple Juice(1/2 c) *Coffee / *Hot Tea Non Fat Milk (1c)	Grits (1/2c) Ham (1oz) Dry w/w Toast (2 sl) **SF** Jelly (2 tsp) Margarine (1 tsp) ***Unsw** Pineapple Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)	**Unsw** Prunes (3) Scrambled Egg (1) Biscuits (2) **SF** Jelly (2 tsp) **SF** Grape Juice (1/2 c) *Coffee / *Hot Tea Non Fat Milk (1c)	**LF** Pancakes (3) **SF** Syrup (2T) Sausage (1) Low Calorie Cranberry Juice (1 1/4c) *Coffee / *Hot Tea Non Fat Milk (1c)	Poached Egg (1) W/Wheat Toast (3 sl) **SF** Jelly (2 tsp) Margarine (1 tsp) ***Unsw** Orange Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)	**Unsw** Applesauce (1/2 c) Oatmeal (1/2c) Waffles (2) **SF** Syrup (2T) Bacon (1 sl) *Coffee / *Hot Tea Non Fat Milk (1c)
LUNCH	Chicken Noodle Soup (1c) Ham Sandwich (3 oz ham, 3 sl w/w bread) *Tomato (4 sl), Lettuce **FF** Mayo (1tsp) Mustard (1 tsp) Banana Half *Iced Tea / Water	Baked Stuffed Potato Medium) with Grated Cheese(1oz), Bacon Flavored Bits (1T), Steamed Broccoli, (1 1/2c) Hot Roll (1) Margarine (1 tsp) **Unsw** Pear Salad (2 halves with 1/4c Cottage Cheese) *Iced Tea / Water	Cream of Chicken Soup (1c) Tuna Salad (1/2 c) Sandwich/Wheat Bun (1) *Tomato (2 sl) & Lettuce **FF** Mayonnaise (1tsp) Potato Chips (3/4oz) Fresh Apple, Sliced (1) *Iced Tea / Water	*Pizza of Choice (3 sl) Garden Salad with **FF** Dressing (1T) ***Unsw** Pineapple Chunks (1/2c) *Iced Tea / Water	*Barbecue Pork (2oz) Sandwich on Bun (1) *Barbecue Sauce (1T) **FF** Coleslaw (1c) Baked Potato Chips (1oz) **Unsw** Congealed Fruit (1/2c) *Iced Tea / Water	**LF** Chunky Vegetable Beef Soup (1 1/2c) **LF** Cornbread (2" cube) Margarine (1 tsp) **FF SF** Peach Yogurt (8oz) Fresh Orange (1) *Iced Tea / Water	**LF** French Onion Soup (1c) Chef's Salad (2c lettuce & 1c raw veg) with Shredded Ham (2oz) & Cheese (1oz) With **FF** Dressing 2T Saltine Crackers (12) ***Unsw** Citrus Sections (1/2c) *Iced Tea / Water
DINNER	**LF** Baked Chicken (3oz) **FF** Steamed Rice (2/3c) **FF** Green Beans (1 1/2c) Garden Salad with **FF** Dressing (1T) Roll (1) Margarine (1tsp) **Unsw** Peaches (1/2c) *Iced Tea / Water	**LF** Italian Spaghetti with Meat Sauce (1c spaghetti, 3/4c sauce) **FF** Steamed Spinach (1/2c) Garlic Bread (1 sl) **Unsw** Chilled Fruit Cup (1/2c) *Iced Tea / Water	Baked Pork Chop (3oz) **FF** Steamed Rice (2/3c) **FF** Steamed Broccoli (1/2c) **FF** Carrot Raisin Salad (1/2c) Roll (1) Margarine (1 tsp) Graham Crackers (3 squares) *Iced Tea / Water	**^**Roast Turkey (2 ½ oz) **LF** Cornbread Dressing (2/3c) **FF** Turkey Gravy1T **FF** Green Beans (1 1/2c) **SF** Cranberry Gelatin (1/2c) W/Wheat Bread 1sl **Unsw** Spiced Peaches (1/2 c) *Iced Tea / Water	Crunchy Baked Fish (3oz) Baked Potato (medium) **FF** Squash (1 1/2c) Green Salad with **FF** Dressing (1T) Cocktail Sauce (1T) French Bread (1 sl) Margarine (1 tsp) 17 Grapes *Iced Tea / Water	**LF** Baked Chicken (3 oz) **FF** Mashed Potatoes (1/2 c) **FF** Lima Beans (1/2 c) **FF** Sliced Carrots 1c *Sl. Tomatoes 2 sl Roll (1) Margarine (1 tsp) **LF Unsw** Baked Apples (1/2 c) *Iced Tea / Water	Salisbury Steak (3oz) **Unbuttered** Noodles (1c) **FF** Mixed Vegetables (1c) Roll (1) Margarine (1 tsp) **LF SF** Butterscotch Pudding (1/2c) *Iced Tea / Water

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SAMPLE MENU FOR LOW FAT LOW CHOLESTEROL DIET

	Low Fat Low Chol Day 1	Low Fat Low Chol Day 2	Low Fat Low Chol Day 3	Low Fat Low Chol Day 4	Low Fat Low Chol Day 5	Low Fat Low Chol Day 6	Low Fat Low Chol Day 7
BREAKFAST	Prunes (3) Oatmeal (1/2c) **LF** Fruit Muffin (1 small) Margarine (1 tsp) *Orange Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)	Shredded Wheat (3/4c) Scrambled Egg (1) Biscuit (1) Jelly (1T) Margarine (1 tsp) Apple Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)	*Grapefruit Half Grits (1/2c) Ham (1oz lean) Dry w/w Toast (1 sl) Jelly (1T) Margarine (1 tsp) *Pineapple juice1/2c *Coffee / *Hot Tea Non Fat Milk (1c)	Prunes (3) Scrambled Egg (1) Biscuit (1) Jelly (2T) Margarine (1 tsp) Grape Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)	*Citrus Sections (1/2c) **LF** Pancakes (2) Syrup (3T) Margarine (1 tsp) Cranberry Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)	Poached Egg (1) W/Wheat Toast (2 sl) Jelly (2T) Margarine (1 tsp) *Orange Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)	Applesauce (1/2c) Oatmeal (1/2c) Waffle (1) Syrup (3T) Margarine (1 tsp) Grape Juice (1/2c) *Coffee / *Hot Tea Non Fat Milk (1c)
LUNCH	Chicken Noodle Soup (1c) Ham Sandwich (2 oz lean ham, 2 sl w/w bread) *Tomato (2 sl), Lettuce **FF** Mayo (1 tsp) Mustard (1 tsp) Banana (1/2) *Iced Tea / Water	Baked Stuffed Potato (medium) with Grated **LF** Cheese (1oz), Broccoli, steamed (1/2c) Hot Roll (1) Margarine (1 tsp) Pear Salad (2 halves) with **FF** Cott Cheese (1/4c) Pound Cake (1 sl) *Iced Tea / Water	Tuna Salad (1/2c-no egg) Sandwich on Wheat Bun (1) *Tomato (2 sl), Lettuce **FF** Mayonnaise (1tsp) Baked Chips (3/4oz) Fresh Apple, Sliced (1) *Iced Tea / Water	*Vegetarian Pizza (2 sl) Garden Salad with **FF** Dressing (2T) *Pineapple Chunks (1/2c) *Iced Tea / Water Non Fat Milk (1c)	*Barbecue Pork (2oz lean) Sandwich on Bun (1) *Barbecue Sauce (2T) **FF** Coleslaw (1/2c) Baked Potato Chips (1oz) Congealed Fruit (1/2c) *Iced Tea / Water Non Fat Milk (1c)	**LF** Chunky Vegetable Beef Soup (1 1/2c) **LF** Cornbread (2"cube) Margarine (1 tsp) **FF** Peach Yogurt (8oz) *Iced Tea / Water	French Onion Soup(1c) Chef's Salad (2c lettuce & 1c raw veg) with Shredded Ham (1oz lean) & **LF** Cheese (1oz) with **FF** Dressing 4 T Saltine Crackers 6 *Citrus Sections (1/2c) *Iced Tea / Water
DINNER	**LF** Baked Chicken (3oz) **FF** Steamed Rice (1/2c) **FF** Green Beans (1/2c) Garden Salad with **FF** Dressing (2T) Roll (1) Margarine (1 tsp) Sliced Peaches (1/2c) *Iced Tea / Water Non Fat Milk (1c)	**LF** Italian Spaghetti with Meat Sauce (1c noodles, 3/4c sauce) **FF** Steamed Spinach (1/2c) **FF** Garlic Bread (1) Chilled Fruit Cup (1/2c) *Iced Tea / Water Non Fat Milk (1c)	Baked Pork Chop (3oz lean) **FF** Steamed Rice (1/2c) **FF** Steamed Broccoli (1/2c) **FF** Carrot Raisin Salad (1/2c) Roll (1) Margarine (1 tsp) Graham Crackers (3 squares) *Iced Tea / Water Skim Milk(1c)	^Roasted Turkey (3oz) **LF** Cornbread Dressing (1/2c) **FF** Turkey Gravy (1T) **FF** Green Beans (1/2c) Cranberry Sauce (2T) W/Wheat Bread (1sl) Margarine (1 tsp) Spiced Peaches (1/2c) *Iced Tea / Water	Crunchy Baked Fish (3oz) Baked Potato (medium) **FF** Squash (1/2c) Green Salad with **FF** Dressing (2T) Cocktail Sauce (1T) French Bread (1sl) Margarine (1 tsp) Grapes (17) *Iced Tea / Water	**LF** Baked Chicken (3oz) **FF** Mashed Potatoes (1/2c) **FF** Lima Beans (1/2c) **FF** Sliced Carrots (1/2c) *Sliced Tomatoes (2sl) Roll (1) Margarine (1 tsp) **LF** Baked Apples (1/2c) *Iced Tea / Water Non Fat Milk (1c)	Salisbury Steak (3oz) **Unbuttered** Noodles (1/2c) **FF** Mixed Vegetables (1/2c) Roll (1) Margarine (1 tsp) **LF** Butterscotch Pudding (1/2c) *Iced Tea / Water Non Fat Milk (1c)

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SAMPLE MENU FOR LOW SALT DIET

	Low Salt Day 1	Low Salt Day 2	Low Salt Day 3	Low Salt Day 4	Low Salt Day 5	Low Salt Day 6	Low Salt Day 7
BREAKFAST	Prunes (3) **NAS** Oatmeal ½ c Fruit Muffin (1 small) Margarine (1 tsp) *Orange Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Shredded Wheat (3/4c) Scrambled Egg (1) Biscuit (1) Jelly (1T) Margarine (1 tsp) Apple Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	*Grapefruit Half **NAS** Grits (1/2c) Bu w/w Toast (1 sl) Jelly (1T) Margarine (1 tsp) *Pineapple Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Prunes (3) Scrambled Egg (1) Biscuit (1) Jelly (2T) Margarine (1 tsp) Grape Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	*Citrus Sections (1/2c) Pancakes (2) Syrup (3T) Margarine (1 tsp) Cranberry Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Poached Egg (1) W/Wheat Toast (2 sl) Jelly (2T) Margarine (1 tsp) *Orange Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Applesauce (1/2c) **SR** Oatmeal (1/2c) Waffle (1) Syrup (3T) Margarine (1 tsp) Grape Juice (1/2c) *Coffee / *Hot Tea Milk (1c)
LUNCH	**SR** Vegetable Soup (1c) Sliced Turkey Sandwich (2 oz turkey, 2 sl w/w bread) *Tomato (2 sl), Lettuce Mayo (1 tsp) Banana Half *Iced Tea / Water	**NAS** Baked Stuffed Potato (medium)with Broccoli, steamed (1/2c) & Onion (2T) Hot Roll (1) Margarine (1 tsp) Pear Halves (2) Fruited Yogurt (1c) Pound Cake (1 sl) *Iced Tea / Water	**SR** Cream of Chicken Soup (1c) **SR** Tuna Salad (1/2c) Sandwich/Wheat Bun(1) *Tomato (2sl),Lettuce Mayonnaise (1 tsp) Fresh Apple, Sliced (1) *Iced Tea / Water	*Vegetarian Pizza (2 sl) Garden Salad with Oil/Vinegar Dressing (2T) *Pineapple Chunks (1/2c) *Iced Tea / Water Milk (1c)	***NAS** Barbecue Pork (2oz lean) Sandwich on Bun (1) *Barbecue Sauce (1T) **NAS** Coleslaw (1/2c) Congealed Fruit (1/2c) *Iced Tea / Water Milk (1c)	**SR** Chunky Vegetable Beef Soup (1c) **SR** Soda Crackers (6) Margarine (1 tsp) Peach Yogurt (8oz) *Iced Tea / Water	**SR** Bouillon (1c) Chef's Salad (2c lettuce & 1c raw veg) with Cubed, Baked Chicken (2oz) Oil/Vinegar Dressing **SR** Crackers (6) *Citrus Sections (1/2c) *Iced Tea / Water
DINNER	**NAS** Baked Chicken (3oz) **NAS** Steamed Rice (1/2C) **NAS** Grn Beans (1/2c) Garden Salad with Oil/Vinegar Dressing (2T) Roll (1) Margarine (1 tsp) Sliced Peaches (1/2c) *Iced Tea / Water Milk (1c)	**NAS** Italian Spaghetti with Meat Sauce (1c noodles, 3/4c sauce) **NAS** Steamed Spinach (1/2c) NAS Garlic Bread (1sl) Chill Fruit Cup (1/2c) *Iced Tea / Water Milk (1c)	**NAS** Baked Pork Chop (3oz) **NAS** Rice (1/2c) **NAS** Steamed Broccoli (1/2c) Carrot Raisin Salad (1/2c) Roll (1) Margarine (1 tsp) Graham Crackers (3 squares) *Iced Tea / Water Milk (1c)	**^NAS** Roasted Turkey-(2oz) **NAS** Cornbread Dressing (1/2c) **NAS** Turkey Gravy (2T) **SR** Green Beans (1/2c) Cranberry Sauce (2T) W/Wheat Bread (1sl) Margarine (1 tsp) Spiced Peaches (1/2c) *Iced Tea / Water	**NAS** Crunchy Baked Fish (3oz) Baked Potato (medium) **NAS** Squash(1/2c) Green Salad with Oil/Vinegar Dressing Lemon Wedge French Bread (1sl) Margarine (1 tsp) Grapes (17) *Iced Tea / Water	**NAS** Baked Chicken (3 oz) **NAS** Mashed Potatoes(1/2c) **NAS** LimaBeans(1/2c) **NAS** sl Carrots (1/2c) *Sliced Tomatoes (2sl) Roll (1) Margarine (1 tsp) Baked Apples (1/2c) *Iced Tea / Water Milk (1c)	**NAS** Salisbury Steak (3 oz) **NAS** Noodles (1/2c) **NAS** Mixed Vegetables (1/2c) Roll (1) Margarine (1 tsp) Butterscotch Pudding (1/2c) *Iced Tea / Water Milk (1c)

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SAMPLE MENU FOR GERD DIET

	GERD DIET Day 1	GERD DIET Day 2	GERD DIET Day 3	GERD DIET Day 4	GERD DIET Day 5	GERD DIET Day 6	GERD DIET Day 7
BREAKFAST	Prunes (6) Oatmeal (1/2c) Fruit Muffin (1 small) Jelly (1T) Margarine (1 tsp) Apple Juice (1/2c) Milk (1c)	Grapes (17) Scrambled Egg (1) Bacon (2 sl) Hash Browns (1/2c) Biscuit-1 Jelly-1 T Margarine (1 tsp) Apple Juice (1/2c) Milk (1c)	Applesauce (1/2c) Grits (1/2c) Ham (1oz) W/W Toast (1 sl) Jelly (1T) Margarine (1 tsp) Prune Juice (1/2c) Milk (1c)	Prunes (6) Scrambled Egg (1) Bacon (2sl) Biscuit (1) Jelly (2T) Margarine (1 tsp) Grape Juice (1/2c) Milk (1c)	Sliced Peaches (1/2c) Raisin Bran (3/4c) Pancakes (2) Syrup (3T) Sausage (1) Margarine (1 tsp) Cranberry Juice (1/2) Milk (1c)	Prunes (6) Poached Egg (1) Sausage (1) Biscuit (1) Jelly (2T) Margarine (1 tsp) Apple Juice Milk (1c)	Applesauce (1/2 c) Oatmeal (1/2 c) with Bran (1T) Waffles (2) Syrup (3T) Bacon (2 sl) Margarine (1 tsp) Grape Juice (1/2c) Milk (1c)
LUNCH	Chicken Noodle Soup (1c) Ham Sandwich (2 oz ham, 2 sl w/w bread) Lettuce Mayonnaise (1 tsp) Mustard (1 tsp) Banana Half Water	Baked Stuffed Potato, med with Cheese(1oz), Bacon Flavored Bits (1T), Broccoli, steamed (/2c) Wheat Hot Roll (1) Margarine (1 tsp) Pear Salad (2 halves) with Cottage Cheese (1/4c) Pound Cake (1sl) Water	Tuna Salad (1/2c) Sandwich on Wheat Bun(1) Lettuce Mayonnaise (1 tsp) Potato Chips (1oz) Fresh Apple, Sliced (1) Water	Chicken Salad on Croissant with Lettuce Garden Salad with Dressing (2T) Diced Peaches and Pears (1/2c) Milk (1c)	Sliced Roast Beef (3oz) Sandwich on Bun (1) Potato Chips (1oz) Coleslaw (1/2c) Congealed Fruit Cup(1/2c) Milk (1c)	Chunky Chicken and Rice Soup (1 1/2c) Cornbread (2"cube) Margarine (1 tsp) Peach Yogurt (8oz) Water	French Onion Soup (1c) Chef's Salad (2c lettuce & 1c raw veg) with Shredded Ham (1oz) & Cheese (1oz) with Dressing (4T) Saltine Crackers (6) Fresh Fruit Cup (1/2c) Water
DINNER	Baked Chicken (3oz) Brown Rice (1/2c) Green Beans (1/2c) Garden Salad with Dressing (2T) Wheat Roll (1) Margarine (1 tsp) Sliced Peach (1) Milk (1c)	Chicken Pasta Alfredo (3 oz chicken, 1c noodles,3/4c sauce) Steamed Spinach (1/2c) Garlic Bread (1 sl) Fresh Fruit Cup (1c) Milk (1c)	Baked Pork Chop(3oz) Brown Rice(1/2c) Steamed. Broccoli (1/2c) Carrot Raisin Salad (1/2c) Wheat Roll (1) Margarine (1 tsp) Graham Crackers (3 sq) Milk (1c)	**^**Roasted Turkey (3oz) Cornbread Dressing (1/2c) Turkey Gravy (2T) Green Beans-1/2c Cranberry Sauce (2T) W/W Bread (1 sl) Margarine (1 tsp) Fresh Apple (1) Water	Crunchy Baked Fish (3oz) Baked Potato (medium) Steamed Squash (1/2c) Green Salad with Dressing (2T) Tartar Sauce (1T) French Bread (1 sl) Margarine (1 tsp) Cherry Pie (1/6 pie) Water	Baked Chicken (3oz) Mashed Potatoes (1/2c) Lima Beans (1/2c) Sliced Carrots (1/2c) Roll (1) Margarine (1 tsp) Baked Apples (1/2c) Milk (1c)	Salisbury Steak (3oz) Buttered Noodles (1/2c) Mixed Vegetables (1/2c) Roll (1) Margarine (1 tsp) Butterscotch Pudding (1/2c) Milk (1c)

FF = Fat Free **LF** = Low Fat **SR** = Salt Restricted **NAS** = No Added Salt **SF** = Sugar Free **Unsw** = unsweetened **w/w** = whole wheat **c** = cup **oz** = ounce **sl** = slice **T** = Tablespoon **t or tsp** = teaspoon. ^ **Chicken may be substituted for Turkey.**

SAMPLE MENU FOR HIGH FIBER DIET

	High Fiber Day 1	High Fiber Day 2	High Fiber Day 3	High Fiber Day 4	High Fiber Day 5	High Fiber Day 6	High Fiber Day 7
BREAKFAST	Prunes (6) Oatmeal (1/2c) Bran Muffin (1 small) Jelly (1T) Margarine (1 tsp) *Orange Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Grapes (17) Scrambled Egg (1) Bacon 2 sl) Hash Browns (1/2c) Biscuit (1) Jelly (1T) Margarine (1 tsp) Apple Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	*Grapefruit (whole) Grits (1/2c) Ham (1oz) Bu W/W Toast (1 sl) Jelly (1T) Margarine (1 tsp) *Pineapple Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	Prunes (6) Scrambled Egg (1) Bacon (2sl) Whole Wheat Toast (2 sl) Jelly (2T) Margarine (1 tsp) Grape Juice (1/2c) *Coffee / *Hot Tea Milk (1c)	*Citrus Sections (1/2c) Raisin Bran (3/4c) Pancakes (2) Syrup (3T) Sausage (1) Margarine (1 tsp) Cranberry Juice (1/2) *Coffee / *Hot Tea Milk (1c)	Prunes (6) Poached Egg (1) Sausage (1) W/W Toast (2 sl) Jelly (2T) Margarine (1 tsp) *Orange Juice *Coffee / *Hot Tea Milk (1c)	Fresh Apple (1) Oatmeal with (1T) Bran (1/2c) Waffles (2) Syrup (3T) Bacon (2 sl) Margarine (1 tsp) Grape Juice (1/2c) *Coffee / *Hot Tea Milk (1c)
LUNCH	Lentil Soup (1c) Ham Sandwich (2 oz ham, 2 sl w/w bread) *Tomato (4sl),Lettuce Mayo (1 tsp) Mustard (1 tsp) Banana Half *Iced Tea / Water	Baked Stuffed Potato Medium) with Grated Cheese(1oz), Bacon Flavored Bits (1T), Broccoli, steamed (/2c) Hot Roll (1) Margarine (1 tsp) Pear Salad (2 halves) with Cottage Cheese (1/4c) Pound Cake (1sl) *Iced Tea / Water	Tuna Salad (1/2c) Sandwich/Wheat Bun(1) *Tomato (2sl),Lettuce Mayonnaise (1 tsp) Potato Chips (1oz) Fresh Apple, Sliced (1) *Iced Tea / Water	*Pizza of Choice (2sl) Garden Salad with Dressing (2T) *Pineapple Chunks (1/2c) *Iced Tea / Water Milk (1c)	*Barbecue Pork (3oz) Sandwich on Bun (1) *Barbecue Sauce (2T) Potato Chips (1oz) Coleslaw (1/2c) Congeal Fruit (1/2c) *Iced Tea / Water Milk (1c)	Chunky Vegetable Beef Soup (1 1/2c) Cornbread (2"cube) Margarine (1 tsp) Peach Yogurt (8oz) *Iced Tea / Water	Fr Onion Soup (1c) Chef's Salad (2c lettuce & 1c raw veg) with Shredded Ham (1oz) & Cheese (1oz) with Dressing (4T) Saltine Crackers (6) *Citrus Sections (1/2c) *Iced Tea / Water
DINNER	Baked Chicken (3oz) Brown Rice (1/2c) Green Beans (1/2c) Garden Salad with Dressing (2T) Wheat Roll (1) Margarine (1 tsp) Fresh Peach (1) *Iced Tea / Water Milk (1c)	Italian Spaghetti with Meat Sauce (1c noodles,3/4c sauce) Steamed Spinach (1/2c) Garlic Bread (1 sl) Fresh Fruit Cup (1c) *Iced Tea / Water Milk (1c)	Bakd Pork Chop(3oz) Brown Rice(1/2c) Steamed. Broccoli (1/2c) Carrot Raisin Salad (1/2c) Roll (1) Margarine (1 tsp) Graham Crackers (3 squares) *Iced Tea / Water Milk (1c)	^Roasted Turkey (3oz) Cornbread Dressing (1/2c) Turkey Gravy (2T) Green Beans (1/2c) Cranberry Sauce (2T) W/W Bread (1 sl) Margarine (1 tsp) Fresh Apple (1) *Iced Tea / Water	Crunchy Baked Fish (3oz) Baked Potato (medium) Steamed Squash (1/2c) Green Salad with Dressing (2T) Cocktail Sauce (1T) Tartar Sauce (1T) French Bread (1 sl) Margarine (1 tsp) Cherry Pie (1/6 pie) *Iced Tea / Water	Baked Chicken (3oz) Mashed Potatoes (1/2c) Lima Beans (1/2c) Sliced Carrots (1/2c) *Sliced Tomatoes (2sl) Roll (1) Margarine (1 tsp) Baked Apples (1/2c) *Iced Tea / Water Milk (1c)	Salisbury Steak (3oz) Buttered Noodles (1/2c) Mixed Vegetables (1/2c) Roll (1) Margarine (1 tsp) Butterscotch Pudding (1/2c) *Iced Tea / Water Milk (1c)

FF = Fat Free LF = Low Fat SR = Salt Restricted NAS = No Added Salt SF = Sugar Free Unsw = unsweetened w/w = whole wheat
c = cup oz = ounce sl = slice T = Tablespoon t or tsp = teaspoon. *Limit or avoid this food if GERD is present. ^ Chicken may be substituted for Turkey.

GROCERY LIST FOR REGULAR DIET

BEVERAGES: Coffee Tea	**FRUITS / JUICES:** Juices: Orange, Apple, Pineapple, Grape, & Cranberry Pineapple Chunks Fruit for Fruit Cup Prunes Bananas Peaches, Sliced Pears Grapefruit Apples Applesauce Raisins Citrus Sections
BREADS / GRAINS: Oatmeal, Grits Fruit Muffins Pancake & Waffle Mix (or make from scratch) Cornbread Mix (or make from scratch) Bread French Bread Rolls Buns Biscuits Crackers Rice Pasta (spaghetti, other type if desired)	**VEGETABLES:** Raw Vegetables for Salad Broccoli Lettuce Tomato Green Beans Hashbrowns Baking Potatoes Spinach Carrots Squash Cabbage Lima Beans Mixed Vegetables
MEATS / EGGS / DAIRY: Milk, Yogurt, Cottage Cheese, Cheese Eggs Bacon Sausage Ham Chicken Ground Beef Tuna Pork Chop Pork Roast Fish Filets Salisbury Steak Pizza Turkey	**CONDIMENTS / SWEETS / OTHER:** Salad Dressing Margarine Mayonnaise, Mustard, Barbecue Sauce, Cocktail Sauce Tartar Sauce Chicken Noodle Soup, Chunky Vegetable Soup, French Onion Soup Cranberry Sauce Jelly, Pancake Syrup Bacon-flavored Bits Spaghetti Sauce Pickle Relish Potato Chips Gelatin Cherry Pie, Pound Cake, Butterscotch Pudding Mix

There are basic staples that should be on hand to simplify your grocery shopping from week to week. It is always beneficial to check the available amount of such items when you are preparing to grocery shop. These staples include flour, sugar, corn meal, baking powder, baking soda, seasonings, oil, eggs, margarine, and condiments that are typically used.

This grocery list is based on the regular menus provided in this resource guide. If you make substitutions depending on individual likes and dislikes changes will need to be made to the above list.

This grocery list, as all grocery lists, will depend on the number of people eating, the food you already have on hand, the recipe you use*, and the individual's diet ordered by the doctor.

*The use of commercially prepared products will change this list.

GROCERY LIST FOR HIGH CALORIE HIGH PROTEIN DIET

BEVERAGES: Coffee Tea Instant Breakfast Mix	**FRUITS / JUICES:** Juices: Orange, Apple, Pineapple, Grape, & Cranberry Pineapple Chunks Fruit for Fruit Cup Prunes Bananas Peaches, Sliced Pears Grapefruit Apples Applesauce Raisins Citrus Sections
BREADS / GRAINS: Oatmeal, Grits, Bran/Raisin Bran Cereal Fruit Muffins Pancake & Waffle Mix (or make from scratch) Cornbread Mix (or make from scratch) Bread French Bread Rolls Buns Biscuits Crackers Rice Pasta (spaghetti, other type if desired)	**VEGETABLES:** Raw Vegetables for Salad Broccoli Lettuce Tomato Green Beans Hashbrowns Baking Potatoes Spinach Carrots Squash Cabbage Lima Beans Mixed Vegetables
MEATS / EGGS / DAIRY: Milk, Cottage Cheese, Cheese, Yogurt Eggs Bacon Sausage Ham Chicken Ground Beef Tuna Pork Chop Pork Roast Fish Filets Salisbury Steak Pizza	**CONDIMENTS / SWEETS / OTHER:** Salad Dressing Margarine Mayonnaise, Mustard, Barbecue Sauce, Cocktail Sauce Tartar Sauce Chicken Noodle Soup, Chunky Vegetable Soup, French Onion Soup Cranberry Sauce Jelly, Pancake Syrup Bacon-flavored Bits Spaghetti Sauce Pickle Relish Potato Chips Gelatin Cherry Pie, Pound Cake, Snack Cakes, Chocolate Chip Cookies, Cupcakes with Frosting, Butterscotch Pudding Mix

There are basic staples that should be on hand to simplify your grocery shopping from week to week. It is always beneficial to check the available amount of such items when you are preparing to grocery shop. These staples include flour, sugar, corn meal, baking powder, baking soda, seasonings, oil, eggs, margarine, and condiments that are typically used.

This grocery list is based on the high calorie high protein menus provided in this resource guide. If you make substitutions depending on individual likes and dislikes changes will need to be made to the above list.

This grocery list, as all grocery lists, will depend on the number of people eating, the food you already have on hand, the recipe you use*, and the individual's diet ordered by the doctor.

*The use of commercially prepared products will change this list.

GROCERY LIST FOR WEIGHT LOSS DIET (1500 Calorie)

BEVERAGES: Coffee Tea	**UNSWEETENED FRUITS / JUICES:** Juices: Orange, Apple, Pineapple, Grape, & Cranberry Pineapple Chunks Fruit for Fruit Cup Prunes Bananas Peaches, Sliced Pears Grapefruit Apples Applesauce Raisins Citrus Sections
BREADS / GRAINS: Oatmeal, Grits, Bran Cereal Low Fat Fruit Muffins Pancake & Waffle Mix (or make from scratch) Cornbread Mix (or make from scratch) Bread Rolls Buns Biscuits Crackers Rice Pasta (spaghetti, other type if desired)	**VEGETABLES:** Raw Vegetables for Salad Broccoli Lettuce Tomato Green Beans Hashbrowns Baking Potatoes Spinach Carrots Squash Cabbage Lima Beans Mixed Vegetables
MEATS / EGGS / DAIRY: Nonfat Milk, Low Fat Yogurt, Low Fat Cottage Cheese, Cheese Eggs Bacon Sausage Ham Chicken Ground Beef (90% lean) Tuna Pork Chop Pork Roast Fish Filets Salisbury Steak Vegetarian Pizza	**CONDIMENTS / SWEETS / OTHER:** Fat Free Salad Dressing Margarine Mayonnaise, Mustard, Barbecue Sauce, Cocktail Sauce Tartar Sauce Chicken Noodle Soup, Chunky Vegetable Soup, French Onion Soup Cranberry Sauce Jelly, Pancake Syrup Bacon-flavored Bits Spaghetti Sauce Pickle Relish Baked Potato Chips, Pretzels Sugar Free Gelatin Sugar Free Pudding Mix Low Fat Cupcakes Graham Crackers

There are basic staples that should be on hand to simplify your grocery shopping from week to week. It is always beneficial to check the available amount of such items when you are preparing to grocery shop. These staples include flour, sugar, sugar substitute, corn meal, baking powder, baking soda, seasonings, oil, eggs, margarine, and condiments that are typically used.

This grocery list is based on the 1500 calorie menus provided in this resource guide. If you make substitutions depending on individual likes and dislikes changes will need to be made to the above list.

This grocery list, as all grocery lists, will depend on the number of people eating, the food you already have on hand, the recipe you use*, and the individual's diet ordered by the doctor.

*The use of commercially prepared products will change this list.

GROCERY LIST FOR WEIGHT LOSS DIET (1800 Calorie)

BEVERAGES: Coffee Tea	**UNSWEETENED FRUITS / JUICES:** Juices: Orange, Apple, Pineapple, Grape, & Cranberry Pineapple Chunks Fruit for Fruit Cup Prunes Bananas Peaches, Sliced Pears Grapefruit Orange Apples Applesauce Raisins Citrus Sections
BREADS / GRAINS: Oatmeal, Grits, Bran Cereal Low Fat Fruit Muffins Pancake & Waffle Mix (or make from scratch) Cornbread Mix (or make from scratch) Bread French Bread Rolls Buns Biscuits Crackers Rice Pasta (spaghetti, other type if desired)	**VEGETABLES:** Raw Vegetables for Salad Broccoli Lettuce Tomato Green Beans Hashbrowns Baking Potatoes Spinach Carrots Squash Cabbage Lima Beans Mixed Vegetables
MEATS / EGGS / DAIRY: Nonfat Milk, Low Fat Yogurt, Low Fat Cottage Cheese, Cheese Eggs Bacon Sausage Ham Chicken Ground Beef (90% lean) Tuna Pork Chop Pork Roast Fish Filets Salisbury Steak Vegetarian Pizza	**CONDIMENTS / SWEETS / OTHER:** Fat Free Salad Dressing Margarine Mayonnaise, Mustard, Barbecue Sauce, Cocktail Sauce Tartar Sauce Chicken Noodle Soup, Cream Chicken Soup, Chunky Vegetable Soup, French Onion Soup Cranberry Sauce Jelly, Pancake Syrup Bacon-flavored Bits Spaghetti Sauce Pickle Relish Baked Potato Chips, Pretzels Sugar Free Gelatin Sugar Free Pudding Mix Low Fat Cupcakes Graham Crackers

There are basic staples that should be on hand to simplify your grocery shopping from week to week. It is always beneficial to check the available amount of such items when you are preparing to grocery shop. These staples include flour, sugar, sugar substitute, corn meal, baking powder, baking soda, seasonings, oil, eggs, margarine, and condiments that are typically used.

This grocery list is based on the 1800 calorie menus provided in this resource guide. If you make substitutions depending on individual likes and dislikes changes will need to be made to the above list.

This grocery list, as all grocery lists, will depend on the number of people eating, the food you already have on hand, the recipe you use*, and the individual's diet ordered by the doctor.

*The use of commercially prepared products will change this list.

GROCERY LIST FOR LOW FAT LOW CHOLESTEROL DIET

BEVERAGES: Coffee Tea	**FRUITS / JUICES:** Juices: Orange, Apple, Pineapple, Grape, & Cranberry Pineapple Chunks Fruit for Fruit Cup Prunes Bananas Peaches, Sliced Pears Grapefruit Apples Applesauce Raisins Citrus Sections
BREADS / GRAINS: Oatmeal, Grits, Shredded Wheat Fruit Muffins Pancake & Waffle Mix (or make from scratch) Cornbread Mix (or make from scratch) Bread French Bread Rolls Buns Biscuits Crackers Rice Pasta (spaghetti, other type if desired)	**VEGETABLES:** Raw Vegetables for Salad Broccoli Lettuce Tomato Green Beans Baking Potatoes Spinach Carrots Squash Cabbage Lima Beans Mixed Vegetables
MEATS / EGGS / DAIRY: Non Fat Milk, Non Fat Yogurt, Non Fat Cottage Cheese, Low Fat Cheese Eggs, Egg Substitutes Ham Chicken Ground Beef, 90% lean Tuna Pork Chop Pork Roast Fish Filets Salisbury Steak	**CONDIMENTS / SWEETS / OTHER:** Low Fat or Fat Free Salad Dressing Light Margarine Light Mayonnaise, Mustard, Barbecue Sauce, Cocktail Sauce Chicken Noodle Soup, Chunky Vegetable Soup, French Onion Soup Cranberry Sauce Jelly, Pancake Syrup Bacon-flavored Bits Spaghetti Sauce Pickle Relish Baked Potato Chips Gelatin Pound Cake, Butterscotch Pudding Mix, Graham Crackers

There are basic staples that should be on hand to simplify your grocery shopping from week to week. It is always beneficial to check the available amount of such items when you are preparing to grocery shop. These staples include flour, sugar, corn meal, baking powder, baking soda, seasonings, oil, eggs, margarine, and condiments that are typically used.

This grocery list is based on the low fat low cholesterol menus provided in this resource guide. If you make substitutions depending on individual likes and dislikes changes will need to be made to the above list.

This grocery list, as all grocery lists, will depend on the number of people eating, the food you already have on hand, the recipe you use*, and the individual's diet ordered by the doctor.

*The use of commercially prepared products will change this list.

GROCERY LIST FOR LOW SALT DIET

BEVERAGES: Coffee Tea	**FRUITS / JUICES:** Juices: Orange, Apple, Pineapple, Grape, & Cranberry Pineapple Chunks Fruit for Fruit Cup Prunes Bananas Peaches, Sliced Pears Grapefruit Apples Applesauce Grapes Raisins Citrus Sections
BREADS / GRAINS: Oatmeal, Grits Fruit Muffins Pancake & Waffle Mix (or make from scratch) Corn Meal Bread French Bread Rolls Buns Biscuits Crackers, Unsalted Rice Pasta (spaghetti, other type if desired)	**VEGETABLES:** Raw Vegetables for Salad Broccoli Lettuce Tomato Green Beans Baking Potatoes Onion Spinach Carrots Squash Cabbage Lima Beans Mixed Vegetables
MEATS / EGGS / DAIRY: Milk, Yogurt Eggs Chicken Ground Beef, 90% lean Tuna, Low Salt Pork Chop Pork Roast Fish Filets, Fresh or Frozen, not Breaded Salisbury Steak	**CONDIMENTS / SWEETS / OTHER:** Salad Dressing Margarine Mayonnaise, Mustard, Barbecue Sauce Low Salt Soups: Chicken Noodle Soup, Chunky Vegetable Soup, Bouillon Cranberry Sauce Jelly, Pancake Syrup Spaghetti Sauce Gelatin Pound Cake, Butterscotch Pudding Mix

There are basic staples that should be on hand to simplify your grocery shopping from week to week. It is always beneficial to check the available amount of such items when you are preparing to grocery shop. These staples include flour, sugar, corn meal, baking powder, baking soda, seasonings, oil, eggs, margarine, and condiments that are typically used.

This grocery list is based on the sodium restricted menus provided in this resource guide. If you make substitutions depending on individual likes and dislikes changes will need to be made to the above list.

This grocery list, as all grocery lists, will depend on the number of people eating, the food you already have on hand, the recipe you use*, and the individual's diet ordered by the doctor.

*The use of commercially prepared products will change this list.

GROCERY LIST FOR GERD DIET

BEVERAGES:	**FRUITS / JUICES:** Juices: Apple, Prune, Pineapple, Grape, & Cranberry Pineapple Chunks Fruit for Fruit Cup Prunes Bananas Grapes Peaches, Sliced Pears Apples Applesauce Raisins
BREADS / GRAINS: Oatmeal, Grits, Raisin Bran Fruit Muffins Pancake & Waffle Mix (or make from scratch) Cornbread Mix (or make from scratch) Bread French Bread Rolls Buns Biscuits Crackers Rice Pasta (spaghetti, other type if desired)	**VEGETABLES:** Raw Vegetables for Salad Broccoli Lettuce Green Beans Hashbrowns Baking Potatoes Spinach Carrots Squash Cabbage Lima Beans Mixed Vegetables
MEATS / EGGS / DAIRY: Milk, Yogurt, Cottage Cheese, Cheese Eggs Bacon Sausage Ham Roast Beef, Sliced Chicken Tuna Pork Chop Fish Filets Salisbury Steak	**CONDIMENTS / SWEETS / OTHER:** Salad Dressing Margarine Mayonnaise, Mustard Tartar Sauce Chicken Noodle Soup, Chicken Rice Soup, French Onion Soup Cranberry Sauce Jelly, Pancake Syrup Bacon-flavored Bits Pickle Relish Potato Chips Gelatin Cherry Pie, Pound Cake, Butterscotch Pudding Mix, Graham Crackers

There are basic staples that should be on hand to simplify your grocery shopping from week to week. It is always beneficial to check the available amount of such items when you are preparing to grocery shop. These staples include flour, sugar, corn meal, baking powder, baking soda, seasonings, oil, eggs, margarine, and condiments that are typically used.

This grocery list is based on the menus with GERD precautions provided in this resource guide. If you make substitutions depending on individual likes and dislikes changes will need to be made to the above list.

This grocery list, as all grocery lists, will depend on the number of people eating, the food you already have on hand, the recipe you use*, and the individual's diet ordered by the doctor.

*The use of commercially prepared products will change this list.

GROCERY LIST FOR HIGH FIBER DIET

BEVERAGES: Coffee Tea	**FRUITS / JUICES:** Juices: Orange, Apple, Pineapple, Grape, & Cranberry Pineapple Chunks Fruit for Fruit Cup Prunes Bananas Grapes Peaches, Sliced Pears Grapefruit Apples Applesauce Raisins Citrus Sections
BREADS / GRAINS: Oatmeal, Grits, Raisin Bran Bran Muffins Pancake & Waffle Mix (or make from scratch) Cornbread Mix (or make from scratch) Whole Wheat Bread French Bread Wheat Rolls Wheat Buns Biscuits Crackers Wild or Brown Rice Pasta (spaghetti, other type if desired)	**VEGETABLES:** Raw Vegetables for Salad Broccoli Lettuce Tomato Green Beans Hashbrowns Baking Potatoes Spinach Carrots Squash Cabbage Lima Beans Mixed Vegetables
MEATS / EGGS / DAIRY: Milk, Yogurt, Cottage Cheese, Cheese Eggs Bacon Sausage Ham Chicken Ground Beef Tuna Pork Chop Pork Roast Fish Filets Salisbury Steak Pizza	**CONDIMENTS / SWEETS / OTHER:** Salad Dressing Margarine Mayonnaise, Mustard, Barbecue Sauce, Cocktail Sauce Tartar Sauce Lentil Soup, Chunky Vegetable Soup, French Onion Soup Cranberry Sauce Jelly, Pancake Syrup Bacon-flavored Bits Spaghetti Sauce Pickle Relish Potato Chips Gelatin Pound Cake, Butterscotch Pudding Mix

There are basic staples that should be on hand to simplify your grocery shopping from week to week. It is always beneficial to check the available amount of such items when you are preparing to grocery shop. These staples include flour, sugar, corn meal, baking powder, baking soda, seasonings, oil, eggs, margarine, and condiments that are typically used.

This grocery list is based on the high fiber menus provided in this resource guide. If you make substitutions depending on individual likes and dislikes changes will need to be made to the above list.

This grocery list, as all grocery lists, will depend on the number of people eating, the food you already have on hand, the recipe you use*, and the individual's diet ordered by the doctor.
*The use of commercially prepared products will change this list.

WEIGHT RECORD

Instructions: All weights should be taken ___weekly, ___monthly and recorded appropriately on this chart.
If there is a large discrepancy from the last weight, check the scales for accuracy and reweigh. For the best consistency and accuracy weights should be taken at the same time each day and with the same type of clothing as much as possible.

Name: _____ Suggested Body Weight Range: _____

YEAR	JAN		FEB		MAR		APR		MAY		JUNE		JULY		AUG		SEPT		OCT		NOV		DEC	
20	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt

YEAR	JAN		FEB		MAR		APR		MAY		JUNE		JULY		AUG		SEPT		OCT		NOV		DEC	
20	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt

YEAR	JAN		FEB		MAR		APR		MAY		JUNE		JULY		AUG		SEPT		OCT		NOV		DEC	
20	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt	date	wt

FOOD INTAKE RECORD

NAME: _____ DATE: _____

MEAL	FOOD/BEVERAGE	ACTUAL AMOUNT CONSUMED	CALORIE CONTENT OF FOOD
BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			
SNACK			

TOTAL CALORIES: _____

List all food and beverages, including water and supplements, consumed. List how food is prepared and amount eaten in cups or ounces— not percentage. Example: ½ cup oatmeal with 1 tsp sugar and 1 tsp margarine, 6 oz or ¾ cup of orange juice, 3 oz baked chicken, 8 oz or 1 cup water.

FLUID INTAKE RECORD

NAME: _____

DATE	TIME	FLUID and ACTUAL AMOUNT CONSUMED
Example: 5/7	8 am	Example: 8 oz. or 1 cup skim milk, 4 oz or ½ cup apple juice, 8 oz or 1 cup water
Example: 5/7	10 am	Example: 8 oz or 1 cup of apple juice
		Total fluid intake for the day:_____

Count water, juice, milk, fruit drinks, soft drinks, coffee, tea, and gelatin as fluids. It's best to choose decaffeinated beverages.

MENU CHANGE FORM

Date	Meal Changed	Food Item Added	Food Item Deleted	Reason for Change

FREQUENTLY ASKED QUESTIONS

How can we get menus to use in our home?

Menus are available through each Regional Office (West, Middle, and East) or by contacting any community dietitian. Menus should always be adjusted to include a person's specific food preferences and can serve as a guide in developing your own menus. It's very important to involve the individual(s) you support in this process.

How can you work with an individual who is having difficulty following his diet?

Take one step at a time. Explain to the individual why a change in the diet may be important. Remember to give the individual time to accept the change. Continue to provide support and encouragement even though progress seems slow. Be consistent until changes start to occur or until goals are reached. It is best if you can negotiate making one simple change at a time. It is important that the individual feels they are directly involved with the decisions. It is best if you don't give up along the way, but continue to provide support and encouragement and make sure the individual understands what is expected and why.

How can you buy healthy food when you are on a food budget?

You should watch for bargains in different advertisements such as the mail, newspaper, or television. Foods purchased in season will be more reasonably priced. Make an effort to purchase and prepare the correct amount so that food is not wasted. Convenient and processed foods are quick and easy to put on the table, but do cost more. Foods prepared from "scratch" are usually cheaper. Some foods can be bought in larger quantities on sale (e.g. pork, chicken) and then frozen in individual servings

How much fat is too much per serving?

It is healthy to keep the total amount of fat at 30% or below the total calories. If the person is above their suggested body weight range, fats should be limited to assist with weight loss, although this would need to be individualized.

How much sodium per serving would be appropriate for a low sodium diet?

Typically 2000 to 3000 milligrams (2 to 3 grams) is recommended, but one would have to look at the specific order signed by the doctor.

If I forget to take meat out of the freezer in time for it to thaw in the refrigerator before dinner, can I thaw it in the microwave?

Yes, but remember that microwaves also start to cook food. You will need to continue to cook the meat until it is done, either in the microwave, on the stovetop, or in the oven.

Can you wash the salt or sodium off of foods?

The sodium is often absorbed inside food items. Draining canned food and rinsing will reduce the salt content but not totally eliminate it. Washing food may also reduce important vitamins and minerals. Look for low salt or salt free food to try.

Are carbohydrates bad on a diabetic diet?

No, carbohydrates are a source of energy and provide important nutrients and fiber. However, for good blood sugar control, it is best to restrict simple sugars such as table sugar, jelly, candy, and syrups and eat a consistent amount of carbohydrate each day. The best carbohydrates to include in a diabetic diet are complex carbohydrates such as whole grains breads and cereals, fruits, and vegetables.

Do you have to restrict meats and fats on a diabetic diet?

Meats and fats are both important parts of a diabetic diet. They do not directly effect blood sugar levels like carbohydrates do, but if portion sizes are too large, it can cause a weight gain and that can affect blood sugar levels. Meat servings should be approximately the size of a deck of cards. Fats should be used sparingly as Illustrated in the My Pyramid .

What is the difference in a regular diet and a regular texture?

A regular diet means no dietary restrictions, such as low fat, low salt, low sugar, etc. and provides access to a variety of foods/fluids. A regular texture, in reference to a diet, refers to the size of the food pieces. For some people who have difficulty chewing and swallowing, the texture of their food might need to be altered.

How would you prepare beef stew if one individual is on a low sodium diet and another is on a low fat diet?

All foods prepared and served to individuals should be specific for their own individual diets. This may mean that the beef prepared would need to be low in sodium and low in fat. For the low fat diet, some salt could be added at the time the stew is served. Both individuals would benefit from eating low fat beef stew. This is a healthy option for all individuals.

Why is it important to read labels on all products?

Food labels are the best source of consumer information. Labels can provide information on the number of servings, calories, how much protein, fat, and carbohydrate are in the product. The amount of fiber and sodium is also provided in addition to other information. By reading labels you can make better food choices.

What should I do if I notice that an individual is gaining too much weight?

Weight gain usually is a result of eating too much and not getting enough exercise. Factors contributing to weight gain can include eating too large of portions, preparing food with too much added fat, eating too many high calorie foods, frequent snacking,

eating out too often, and not getting enough exercise. It's important to consult a doctor at the first signs of a person gaining weight. Referral to a dietitian may be needed to assist the person in making dietary changes to prevent excessive weight gain.

Will grapefruit help me lose weight?

Grapefruit or its juice does not contain any “magic” to help anyone lose weight. Years ago the acid in grapefruit was promoted as a good way to “burn fat”. Today we know the safest way to lose weight is through eating a healthy diet and being more active.

Would a high protein, high fat, low carbohydrate diet help someone lose weight?

Some people are successful losing weight on this type of diet because it restricts calories. However, the long-term implications of diets such as these are unknown. There are many types of diets promoted to help people lose weight. To lose weight one must burn more calories than you take in. In other words a person must eat less and exercise more. When both of these things occur together, one will most likely see good results with weight loss. Various “diets” work for different people because calories are decreased, not because of a particular type of diet they chose to follow. To improve health and maintain weight loss, one must be willing to adopt healthy eating habits and participate in regular exercise that can be maintained throughout life.

Are there certain foods that should be avoided if someone wants to lose weight?

No. All foods can be included in everyone’s diet, however, it is important to eat certain foods in moderation. Attempts to completely avoid certain foods can make us want those foods even more and can lead to overeating.

Can people with diabetes eat table sugar and sweets?

People with diabetes can eat sweets on occasion; however this should be done in moderation and would have to be worked into their meal plan. It is important that healthy food choices are made the majority of the time to maintain good blood sugar levels. Added sugar is not a good idea for people with diabetes because it contributes to unnecessary carbohydrates in the diet.

CONCLUSION

Remember that food is an important part of life for all of us. Restrictions and changes related to food can mean significant adjustments in a person's life. Often food is associated with certain events in our lives. Changes in any food habit can upset anyone. Some changes may be necessary and should be handled in a positive manner. We should remember to provide support and minimize what could lead to additional pressures and behaviors. The quality of what we all do in this process will improve our chance of success.

Please note that this resource guide does not include everything about nutrition that you need to know. It is a guide for you to refer to in order to help the person(s) you support to maintain good nutrition through healthy eating habits and to improve their nutritional status. It is not intended to be a comprehensive text or to take the place of a dietitian when needed.

Additional nutrition resources to assist you with following doctor prescribed diets can be found in Section V, "Additional Nutrition Resources." If further assistance is needed contact your Regional Dietitian.

GLOSSARY

anxiety	- a state of being afraid or nervous or jittery about something
arteries	- a vessel that carries blood from the heart to various parts of the body
aspiration	- the act of breathing in fluid or food pieces into the windpipe or lungs
caffeine	- a stimulant of the heart and kidneys that is found in coffee, tea, and some cola drinks that has varying effects on some people
calcium	- an important mineral needed to make teeth and bones strong and is mostly found in dairy products, some leafy, green vegetables, and in calcium fortified foods
calorie	- the measurement of food energy; all foods containing fat, carbohydrates, and/or protein will contain calories
carbohydrate	- the main source of energy in our diet, is often abbreviated by "CHO"
cholesterol	- a fat-like substance found only in animal products, such as egg yolks, liver and other organ meats, and shrimp. It also is manufactured by the liver in our bodies. Because dietary cholesterol can raise blood cholesterol, intake of cholesterol may need to be limited.
diabetes	- a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy
diet	- the usual food and drink that one takes in or consumes regularly
doctor-prescribed diet	- a special diet or modified diet where the doctor recommends that certain things be omitted or added to someone's diet
empty calories	- refers to carbohydrate rich foods such as sugars, jellies, colas, and other sweets that do not contribute important nutrients to the diet
esophagus	- the hollow tube that allows food to travel from the mouth to the stomach
fat	- is a very concentrated source of calories; excessive amounts in the diet can lead to increased weight and heart disease

fiber	- the roughage found in foods, mostly fruits, vegetables, and whole grains that are important for good health
food and drug interactions	- the potential for a food and medicine to work against each other and can cause health related problems
food intolerances	- those food items that cause discomfort when eaten
fortified	- adding additional important nutrients to some foods
hydrogenated	-describes fats that have gone through a process which changes heart healthy fats to more solid fats that can lead to heart problems
impaction	- mass of dry, hard stool that can develop due to chronic constipation
iron	- an important mineral in the body that helps to carry oxygen in the blood
laxative	- a type of medication that can help to loosen or open the intestines thus relieving constipation
mineral	- a substance needed by the body in order for all the different processes to work correctly and includes calcium, phosphorus, potassium, sodium, and chloride
modification	- to make a change in something
nutrient	- a substance that is needed by the body for one or more reasons including providing energy, healing process, and to regulate the body processes
obstruction	- a blockage
osteoarthritis	- a bone disorder caused from too little calcium absorption in the body
perishables	-those foods that will spoil quickly such as milk, eggs, and meats
protein	- a source of energy that comes mainly from meat, eggs, milk, cheese and other dairy products, and meat substitutes
renal disease	- when the kidneys do not work like they should
saturated fat	- these fats are usually solid at room temperature and can contribute to heart disease. Although they are most commonly found in animal products, saturated fats can also occur naturally in vegetable products such as chocolate and coconut.

sodium - a mineral found naturally in some foods and in table salt. Sodium can be added in different forms in the processing of foods. Too much sodium may contribute to high blood pressure, fluid retention and other health problems.

vitamin - a general term for a group of substances that are found in foods in very small amounts that are important for life. Various disorders and diseases can occur if there are not enough vitamins in the diet.

The Tennessee Department of Mental Health and Developmental Disabilities
is committed to the principles of equal opportunity, equal success and affirmative
action. Contact the department's EEO/AA Coordinator at (615) 532-6580, the Title
VI and ADA Coordinator at (615) 532-6700 for further information.
Persons with hearing impairments call (615) 532-6612.

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