

Diet Manual 2007 Revision

Table of Contents

Regular Diet	3-5
Mechanical Soft	6-8
Dysphagia Diet	9-12
Pureed Diet	13-16
Full Liquid Diet	17-19
Clear Liquid Diet	20-21
Restricted Fiber Diet	22-23
Increased Fiber Diet	24-26
Pleasure Feedings	27
Small Portions Diet	28-30
Vegetarian Diet	31-33
Lacto-Ovovegetarian Meal Plan	34
Vegan Meal Plan	35
No Added Salt Diet	36
Low Sodium Diet	37
Cholesterol Restricted and Fat Controlled Diet	38-41
Renal Diet	42-44
High Potassium Food	45-47
Simplified Guideline for Standard Carbohydrate Controlled Diet	48-49
Carbohydrate Controlled Diet	50-78
Calorie Restricted (Low Calorie) Diet	79
Limited Concentrated Sweets	80-82
Diabetic Diet Calculated	83
Lactose Reduced Diet	84-85
Enteral Nutrition	86-88
Parenteral Nutrition	89-91
Gluten Free Diet	92-96
Finger Food Diet	97-100
Thickened Liquids	101
Appendix	
Estimated Calorie Needs Method I	102-103
Estimated Calorie Needs Method II	104
Mifflin – St. Jeor Equation	105
Estimated Fluid Needs	106-107
Serum Osmolality	107
Estimated Height	108
Calculation of Desirable Body Weight	109
Body Mass Index	110

MAO Inhibitors and Food Interactions	111-112
Fiber Content of Common Food	113-117
Recipes for Fiber Supplements	118
Caffeine Content of Foods and Beverages	119-120
Scoop Sizes	121
Milligrams and MilliEquivalent Conversions	122
Measures and Metric Conversions	123
Abbreviations	124
Official “Do No Use” List	125-126
Recipe for Puree Bread	127
Recipe – Pureed Bread, Warm	128
Recipe – Pureed Bread, Cold	129
Recipe – Pureed Bread, Cinnamon	130
Pureed Bread Recipe	131
French Toast Soufflé	132
Supershake	133
Food Guide Pyramid, Dietary Guidelines for Americans 2005 and DASH Diet Information	134
Order Form	135