



West Coast District Health Board
Te Poari Hauora a Rohe o Tai Poutini

Dietitian Resource Manual

MODIFIED DIETS

West Coast
DHB

Greymouth
West Coast
New Zealand

Version 4
Reviewed March 2010
Next review – March 2012

TABLE OF CONTENTS

| | <u>PAGE</u> |
|---|-------------|
| 1.00 SPECIAL DIET PROCEDURE..... | 2 |
| 1.01 CLEAR LIQUID DIET..... | 3 |
| 1.02 FULL LIQUID DIET..... | 4 |
| 1.03 LOW ROUGHAGE/LOW RESIDUE/FIBRE RESTRICTED..... | 5 |
| 1.04 SOFT DIET | 7 |
| 1.05 LIGHT DIET | 8 |
| 1.06 LIGHT DIET SANDWICH FILLING IDEAS..... | 10 |
| 1.07 HIGH FIBRE DIET | 11 |
| 1.08 CHOLESTEROL LOWERING DIET | 12 |
| 1.09 LOW FAT DIET..... | 14 |
| 1.10 DIABETES DIET..... | 17 |
| 1.11 SNACK IDEAS..... | 19 |
| 1.12 GLUTEN FREE DIET..... | 20 |
| 1.13 HIGH PROTEIN HIGH ENERGY DIET | 22 |
| 1.14 VEGETARIAN DIET..... | 25 |
| 1.15 LOW POTASSIUM (K) DIET | 27 |
| 1.16 NO ADDED SALT..... | 29 |
| 1.17 MAOI DIET..... | 30 |
| 1.18 MODIFIED FOOD TEXTURE..... | 31 |
| 1.19 MODIFIED FLUID TEXTURE..... | 34 |
| 1.20 LACTOSE-FREE DIET | 35 |
| 1.21 PHENYLKETONURIA (P.K.U.)..... | 36 |



1.00 SPECIAL DIET PROCEDURE

- 1.00 Request for a special diet for a patient is received via Trendcare from:
- i) Ward staff;
 - ii) Dietitian;
 - iii) Speech Language Therapist;
- 1.04 Patient is allocated the appropriate menu option on Buckeye and then chooses daily from the options offered unless a specific meal plan is entered by the dietitian and in that case, the meal plan is followed

**1.01 CLEAR LIQUID DIET**

A clear liquid diet includes only foods that are clear and are liquid or liquefy at room temperature.

| | Foods To Avoid | Foods Suggested |
|-------------------------------------|--|--|
| Bread & Cereals | All | |
| Meat & Meat alternatives | All | |
| Fruit & Vegetables | All | |
| Beverages | <ul style="list-style-type: none">• Meat/ cream soups• Gravy, sauces• Milk | <ul style="list-style-type: none">• Clear soup• Coffee, tea (no milk)• Strained fruit juice• Gelatin drinks• Carbonated beverages• Fat free broth• Popsicles |

Sample Menu:

Breakfast: Apple juice
Ginger ale
Tea/coffee

Lunch: Clear soup
Pinto
Tea/coffee

Dinner: Clear soup
Pinto
Popsicle

**1.02 FULL LIQUID DIET**

A full fluid diet is a diet consisting of foods that are liquid or liquefy at room temperature.

| | Foods To Avoid | Foods To Include |
|-------------------------------------|--|---|
| Bread & Cereals | <ul style="list-style-type: none">• All | |
| Meat & Meat Alternatives | <ul style="list-style-type: none">• All | |
| Eggs | <ul style="list-style-type: none">• Raw eggs and whites | <ul style="list-style-type: none">• Eggs cooked in custard• Egg substitutes |
| Soup | <ul style="list-style-type: none">• Soups containing seeds, tough skins, coarse fibres | <ul style="list-style-type: none">• Bouillon• Broth• Strained Vegetable, Meat Or Cream Soups |
| Vegetable | <ul style="list-style-type: none">• Whole vegetables | <ul style="list-style-type: none">• Vegetable juices and vegetable purees that are strained and diluted in soups• Mashed white potato diluted in cream soups |
| Fruit | <ul style="list-style-type: none">• Whole fruit | <ul style="list-style-type: none">• Fruit juice |
| Beverages | | <ul style="list-style-type: none">• Milk, milk drinks, milk substitutes• Nutritional supplements• Carbonated beverages• Coffee, Tea, Milo |
| Desert | <ul style="list-style-type: none">• Whole desserts | <ul style="list-style-type: none">• Jelly• Ice Cream• Strained Yoghurt• Custard |

Sample Menu:

Breakfast: Pinto
Milkshake

Lunch: Cream of tomato soup
Lemonade
Jelly and Ice cream

Dinner: Strained cream of vegetable soup
Pineapple juice
Custard

Snacks: Strained yoghurt
Jelly
Ice cream
Fortisip
Fortijuce

**1.03 LOW ROUGHAGE/LOW RESIDUE/FIBRE RESTRICTED**

This diet aims to decrease the amount of stool in the large intestine, which may help prevent blockage. May be recommended for people with diverticulitis, ulcerative colitis, Crohn's disease, bowel inflammation or pre and post bowel surgery.

| | Food To Avoid | Foods Allowed |
|-------------------------------------|---|---|
| Bread | <ul style="list-style-type: none">• Wholemeal and wholegrain breads, wholemeal flour products | <ul style="list-style-type: none">• White bread, white flour products eg white rolls, cream or water crackers, plain biscuits eg wine, arrowroot |
| Cereals | <ul style="list-style-type: none">• Wholegrain cereals eg weetbix, muesli, bran cereals• Wholemeal pasta• Brown rice | <ul style="list-style-type: none">• Refined breakfast cereals, rice bubbles, cornflakes, creamoata• White pasta• White rice |
| Meat & Meat Alternatives | <ul style="list-style-type: none">• Tough fibrous meat with gristle• Nuts• Grilled, fried or outside cuts of roasted meat• Processed meats eg sausages, luncheon• Tough or raw shellfish• Dried peas, beans, legumes and lentils | <ul style="list-style-type: none">• Well cooked, tender minced or casseroled meats or chicken (no skin)• Fish steamed in a light sauce• Poached, boiled or scrambled eggs |
| Vegetables | <ul style="list-style-type: none">• Peas• Parsnips• Broccoli• Brussel sprouts• Cabbage• Onions• Raw carrots• Cauliflower• Fresh tomatoes• Corn | <ul style="list-style-type: none">• Tender asparagus• Well cooked carrots• Marrow (without seeds or skin)• Pumpkin• Potato, Kumara (skin removed)• Silverbeet tips |
| Fruit | <ul style="list-style-type: none">• Whole fruits with skin on• Dried fruit eg dates, figs, prunes,• Pineapple, rhubarb, avocados, grapes, apples, peaches, pears, and grapefruit | <ul style="list-style-type: none">• Well ripened and peeled fruit• Strained fruit juice• Stewed or canned fruit |
| Milk and milk products | <ul style="list-style-type: none">• Yoghurt with pips, seeds or nuts• Cheeses with seeds, nuts or fruit | <ul style="list-style-type: none">• Milk or milk alternative• Yoghurt containing soft fruit• Dairy food, mousse• Cheddar, plain cottage or cream cheese |
| Miscellaneous | <ul style="list-style-type: none">• Full soups• Berry jam, marmalade | <ul style="list-style-type: none">• Creamed soups• Vegetable soup with suitable |



| | | |
|---------------|---|--|
| | <ul style="list-style-type: none">• Chutneys, chilli sauce• Lollies or choc with coconut or nuts• Crunchy peanut butter | <ul style="list-style-type: none">• vegetables• Plain boiled lollies• Smooth jam (no skins, no pips) or jelly• Honey, smooth peanut butter, marmite |
| Fluids | <ul style="list-style-type: none">• Caffeine containing drinks• Beer and wine | <ul style="list-style-type: none">• Caffeine free drinks |

Sample Menu:**Breakfast:**

Cornflakes
Trim milk
Orange juice
White toast with marg and honey

Lunch:

Cream of chicken soup
Potato puff & cheese sauce
Small banana

Dinner:

Chinese beef
White rice
Spinach
Carrots

Snacks:

Plain crackers & cheese
Sweet plain biscuit

**1.04 SOFT DIET**

A soft diet is a diet modified in consistency only. It is designed for those persons who are unable to chew or swallow well but who can manage foods other than liquids or pureed meals. Foods should be soft, nourishing and easily digested. Extra sauces and gravies should also be given with the meals.

| | Foods To Avoid | Foods Suggested |
|-------------------------------------|---|---|
| Breads | <ul style="list-style-type: none">• Wholegrain | <ul style="list-style-type: none">• White or wheatmeal bread• Remove crusts if having toast |
| Cereals | <ul style="list-style-type: none">• High fibre, dry cereals• All bran• Muesli | <ul style="list-style-type: none">• Smooth porridge• Cereals softened with milk and/or smooth yoghurt |
| Meat & Meat Alternatives | <ul style="list-style-type: none">• Tough, gristly meat | <ul style="list-style-type: none">• Tender, well cooked fish, chicken or red meat chopped or minced with extra sauce and gravy• Pasta, omelette, soufflé, baked beans or spaghetti on bread or crustless toast |
| Eggs | <ul style="list-style-type: none">• Fried | <ul style="list-style-type: none">• Poached, boiled, scrambled |
| Vegetables | <ul style="list-style-type: none">• Raw or crisp cooked vegetables e.g. cabbage, onions and sprouts | <ul style="list-style-type: none">• Soft cooked vegetables, e.g. Pumpkin, cauliflower, spinach, silverbeet, asparagus, pureed or mashed if necessary |
| Potatoes | <ul style="list-style-type: none">• Roast, baked or jacket | <ul style="list-style-type: none">• Well cooked, mashed |
| Fruit | <ul style="list-style-type: none">• Hard fruit, seeds, pips | <ul style="list-style-type: none">• Soft stewed or raw fruit, e.g. peaches, bananas, puree fruit, fruit juice |
| Soup | <ul style="list-style-type: none">• Soup with lumps | <ul style="list-style-type: none">• Cream soup or smooth soups |
| Desserts | <ul style="list-style-type: none">• Nuts, raisins, coconut | <ul style="list-style-type: none">• Jelly• Ice-cream• Milk puddings• Soft cake based desserts |

Sample Menu:**Breakfast:**

Porridge
Trim milk
Soft fruit

Lunch:

Cream soup
Fish mornay
Soft fruit

Dinner:

Lamb casserole
Mashed potato
Pumpkin
Silverbeet

Dessert:

Milk pudding

Snacks:

Plain biscuit
Soft fruit
Soft sandwich

**1.05 LIGHT DIET**

A light diet means that a person is unable to cope with heavy, rough or indigestible foods. The foods need to be nourishing, satisfying and easily digestible. A light diet should:

- Be easy to eat, but not necessarily soft
- Offer foods that are not over-spiced, but have a delicate and interesting flavour
- Avoid fried and fatty foods

Avoid coarse fibres and strong flavours, as these may cause flatulence and indigestion

| | Foods To Avoid | Foods Suggested |
|-------------------------------------|---|---|
| Fruit | <ul style="list-style-type: none"> • Fruits with tough seeds, pips or skins, for example tamarillos, kiwifruit, berries, pineapple, citrus fruits. • Dried fruit, prunes, dates, figs, raisins and currants | <ul style="list-style-type: none"> • Bananas, stewed apples, pears or stone fruit with soft skins • Soft canned or stewed fruit • Fruit juice |
| Vegetables | <ul style="list-style-type: none"> • Corn, baked beans, dried peas, tough seeds and tough skins • Any coarse stalks • Cabbage family, onion, cucumber, garlic, peas, broad beans and celery | <ul style="list-style-type: none"> • Soft vegetables, well-cooked or pureed vegetables, asparagus tips, lettuce, 'baby vegetables', beetroot, cauli, silverbeet tips, courgette • Starchy vegetables, <i>i.e.</i> mashed potato, carrot, pumpkin and kumara • Tomato paste |
| Breads & Cereals | <ul style="list-style-type: none"> • Breads that contain whole grains, seeds, kibbled wheat • Cereals such as muesli that contains nuts, seeds or dried fruit • All Bran, bran flakes | <ul style="list-style-type: none"> • Cereals without nuts, seeds or dried fruit <i>e.g.</i> Porridge, Weetbix, Cornflakes, Ricies • White or fine wheatmeal bread |
| Potatoes, Pasta, Rice | <ul style="list-style-type: none"> • Baked potato skins, fried or roast potatoes • Chips or crisps • Brown rice or wholemeal pasta | <ul style="list-style-type: none"> • Boiled, creamed or mashed potatoes • Macaroni, noodles, spaghetti, white rice and white pasta |
| Meat & Meat Alternatives | <ul style="list-style-type: none"> • Tough gristly meat • Fried meat, fish or chicken • Fried eggs • Processed meats such as sausages, luncheon, salami, bacon • Highly seasoned meats such as curry | <ul style="list-style-type: none"> • Tender lean meat, fish, chicken • Ham • Boiled, poached and scrambled eggs |
| Milk and milk products | <ul style="list-style-type: none"> • Strong cheese or cheese with seeds, nuts or fruit • Cream • Yoghurt or ice cream with fruit pips or chunks | <ul style="list-style-type: none"> • Cheese as tolerated, cottage or creamed cheese • Plain yoghurt or dairy food, custard • Milk • Ice cream |
| Nuts | <ul style="list-style-type: none"> • Crunchy peanut butter • Nuts whole or chopped | <ul style="list-style-type: none"> • Smooth peanut butter • Finely ground nuts |
| Cakes & Biscuits | <ul style="list-style-type: none"> • Fruit cakes • Cakes or biscuits containing dried fruit, coconut and nuts | <ul style="list-style-type: none"> • Crispbread, plain crackers and plain biscuits |



| | Foods To Avoid | Foods Suggested |
|--------------------------|--|--|
| Desserts | <ul style="list-style-type: none">• Any containing seeds, pip or skins• Berry flavoured yoghurt• Rich pastry | <ul style="list-style-type: none">• Plain desserts, such as cereals, gelatin deserts, milk puddings, plain yoghurt |
| Soups | <ul style="list-style-type: none">• Soups containing seeds, tough skins, coarse fibres, onion soup and highly spiced soups | <ul style="list-style-type: none">• Cream soups, clear soups and those made with strained pureed vegetables |
| Sweets & Jams | <ul style="list-style-type: none">• Sweets containing nuts, raisins, coconut• Jams with seeds, chocolate and marmalade | <ul style="list-style-type: none">• Barley sugar, caramels, boiled sweets, jellies, jams (with no seeds) and honey• Marmite, vegemite |
| Fats | <ul style="list-style-type: none">• Batter, fried foods• Rich mayonnaise, highly seasoned dressings• Rich pastry• Cream | <ul style="list-style-type: none">• Margarine, butter and oil• Lite dressings |
| Beverages | <ul style="list-style-type: none">• Very hot and very cold liquids• Carbonated beverages | <ul style="list-style-type: none">• Water• Uncarbonated beverages• Tea, coffee and Milo as tolerated |

Sample Menu:**Breakfast:**

Weetbix
Stewed apple
Trim milk
Wheatmeal toast
Margarine and honey

Lunch:

Cream of tomato soup
Macaroni cheese
Wheatmeal bread
Fruit juice

Dinner:

Savoury mince
Mashed potato
Soft carrot
Silverbeet

Dessert:

Jelly
Ice cream

Snacks:

Yoghurt
Plain cheese & plain crackers
Plain biscuit
Sandwich (*see sandwich suggestions*)

**1.06 LIGHT DIET SANDWICH FILLING IDEAS**

Please use low fat margarine and lite mayonnaise

CHEESE (Use low fat cheese e.g. edam)

- Cheese and marmite/vegemite
- Grated cheese
- Cottage cheese
- Grated cheese with grated carrot

EGG (Mash egg with light mayonnaise)

- Mashed egg
- Mashed egg and finely chopped ham
- Mashed egg and parsley

MEAT (Must be lean – no skin on chicken or fat on ham)

- Chicken with light mayonnaise
- Chicken
- Ham
- Ham with tomato relish (pipless)

FISH (Tuna or salmon must be in brine or spring water)

- Tuna or salmon with grated carrot and light mayonnaise
- Tuna or salmon and cottage cheese

VEGETARIAN

- Asparagus rolls
- Smooth peanut butter
- Marmite or vegemite

SWEET FILINGS

- Smooth peanut butter and jam (pipless)
- Honey

**1.07 HIGH FIBRE DIET**

A high fibre diet increases the intake of dietary fibre from wholegrain cereals, fruit and vegetables.

| | Foods To Avoid | Foods Suggested |
|-------------------------------|--|--|
| Breads & Cereals | <ul style="list-style-type: none">• White bread• Refined breakfast cereals• Refined cakes and biscuits | <ul style="list-style-type: none">• Wholegrain, wholemeal and rye bread• Wholegrain, bran and wheat-based cereals, porridge, muesli• Wholemeal flour, wholemeal pasta, brown rice• Wheatmeal, oatmeal, peanut, coconut and fruit biscuits• Fruit and wholemeal scones• Fruit and nut cake |
| Fruit & Vegetables | | <ul style="list-style-type: none">• Aim for at least 5 servings of fruit & vegetables per day |

Sample Menu:

Breakfast: Fruit – fresh, dried or stewed
Cereal – wholegrain cooked or ready to eat cereal
Wholemeal or wholegrain toast
Fluids

Lunch: Soup
Wholegrain sandwich with salad filling
Fresh fruit
Fluids

Dinner: Lean meat
Potato
Vegetables (minimum of 3 servings)
Fluids

Dessert: Fresh or dried fruit
Nuts
Wholemeal, oatmeal or nut biscuits
Wholegrain/wholemeal bread

**1.08 CHOLESTEROL LOWERING DIET**

This diet reduces the intake of animal fat (saturated fat) and replaces it with mono or polyunsaturated fats (vegetable fats). It also encourages the use of fruits, vegetables, wholegrains and low fat dairy products.

| | Foods To Avoid | Foods Suggested |
|-----------------------------------|--|--|
| Meat and Meat Alternatives | <ul style="list-style-type: none">• Fried or roasted meat or any meat cooked in animal fat eg butter or lard• Fatty meats such as pork, sausages, luncheon sausage, salami, fatty bacon• Canned processed meat• Offal such as liver, kidney, sweet breads, brains, tongue, tripe• Takeaways• Fried eggs• Remove fat from meat and skin from chicken before cooking | <ul style="list-style-type: none">• 1-1.5 servings (100 – 150g) of lean red meat, trim pork, skinned chicken or turkey per day• Include at least 2 servings of fish per week, especially oily fish (salmon, trout, sardines)• Include dried peas and beans• Include legumes e.g. in soups• Eggs (3 per week) – poached, boiled or scrambled• Nuts and seeds – unsalted, unroasted |
| Fruit and Vegetables | <ul style="list-style-type: none">• Fried or roasted vegetables cooked in fats• Vegetables with added butter• Salads prepared with mayonnaise, unless polyunsaturated• Coconut | <ul style="list-style-type: none">• A selection of at least five different fruits and vegetables. Fresh, frozen, canned, dried and fruit juice |
| Breads and Cereals | <ul style="list-style-type: none">• Commercial and home cooked biscuits, cakes and pastries made with butter• Commercial toasted muesli• Chocolate flavoured cereals | <ul style="list-style-type: none">• Wholegrain breads and cereals• Cake, biscuit and scones made with trim milk and margarine |
| Milk and Milk Products | <ul style="list-style-type: none">• Cheddar cheese• Cream cheese• Full fat milk• Whole milk powder• Sweetened condensed milk• Cream• Sour cream• Ice-cream | <ul style="list-style-type: none">• Trim milk• Low fat dairy products• Low fat yoghurt• Cottage cheese, edam cheese, lite cream cheese, lite sour cream• Trim milk puddings• Soy products |
| Fats and Oils | <ul style="list-style-type: none">• Butter, lard, suet, drippings, solid white vegetable fat or shortening, baking margarine, coconut and palm oil• Regular mayonnaise | <ul style="list-style-type: none">• 1-2 tablespoons of mono or polyunsaturated margarine and oils• Light mayonnaise• Nuts and seeds (unsalted, unroasted) |



| | Foods To Avoid | Foods Suggested |
|-----------------------------|---|---|
| Spreads | <ul style="list-style-type: none">• Lemon honey• Cheese spread• Meat and fish paste | <ul style="list-style-type: none">• Vegemite• Marmite• Jams, marmalade, honey, peanut butter (in small amounts) |
| Sauces and Dressings | <ul style="list-style-type: none">• Gravy made with juices from meat• Cream or cheese sauces | <ul style="list-style-type: none">• Worcestershire sauce• Soy sauce• Chutney• Tomato paste or puree• Packet gravy |
| Soups | <ul style="list-style-type: none">• Creamed soup• Ham soup and other fatty soup | <ul style="list-style-type: none">• Broths, consommé, home-made fat free soup• Trim milk for cream soups• Include legumes in soups |
| Desserts | <ul style="list-style-type: none">• Commercially prepared desserts, puddings and pies | <ul style="list-style-type: none">• Fruit• Low fat yoghurt |

Sample Menu:**Breakfast:**

Fresh or canned fruit
Cereal with trim milk
Wholegrain toast
Margarine
Marmite
Tea or Coffee with trim milk

Lunch:

Soup – broth or trim milk cream soup
Wholegrain sandwich (lean meat, salad filling)
Fruit

Dinner:

Lean meat
Potato
Vegetables
Canned, fresh or stewed fruit, trim milk pudding

Dessert:

Fresh or dried fruit
Low fat cracker and spread
Whole grain sandwich
Low fat yoghurt

**1.09 LOW FAT DIET & WEIGHT REDUCTION DIET**

Some illnesses require a low fat diet. Care must be taken to reduce all fats from animal and plant sources. This diet contains:

- Moderate servings of meat
- Five or more servings of fruit, vegetables
- Wholegrain breads and cereals
- Limited servings of fats, such as margarine and cheese
- Trim milk is used to replace whole milk
- Fatty, fried food, chocolate and food prepared using fat and oil are avoided

| | Foods To Avoid | Suggested Foods |
|-----------------------------------|--|--|
| Meat and Meat Alternatives | <ul style="list-style-type: none">• Fatty and fried meats• Processed meat e.g. sausages, saveloys, luncheon sausage• Canned meats• Pastry items e.g. pies• Chicken with skin on• Fish canned in oil• Fried fish• Fried eggs | <ul style="list-style-type: none">• 100 –120g of lean beef, veal, lamb or bacon• Chicken with skin removed• Frozen or fresh fish, fish canned in water or brine• Eggs as tolerated – poached, scrambled or boiled• Dried beans, lentils and peas |
| Milk and Milk Products | <ul style="list-style-type: none">• Cream• Whole milk• Most cheeses• Ice-cream• Sweetened condensed milk• High fat dairy such as sour cream, cream cheese | <ul style="list-style-type: none">• Trim milk• Low-fat dairy products• Low fat yoghurt• Cottage cheese, edam cheese• Lite sour cream, lite cream cheese |
| Breads and Cereals | <ul style="list-style-type: none">• Cakes, biscuits, pastry and doughnuts, made with butter and oil• High fat Crackers• Commercial toasted muesli• Macaroni cheese• Garlic bread | <ul style="list-style-type: none">• Whole grain breads and cereals• Low fat crackers• Rice, pasta |
| Vegetables and Fruits | <ul style="list-style-type: none">• Fried and roasted vegetables• Fried chips and potato crisps• Avocado• Canned fruit in syrup | <ul style="list-style-type: none">• Fresh and cooked fruit and vegetables without added fat or sugar• Dried fruit in small portions• Canned fruit in juice or lite syrup |
| Other | <ul style="list-style-type: none">• Nuts• Chocolate• Mayonnaise• Oil• Cocoa, drinking chocolate, Milo | <ul style="list-style-type: none">• Small amounts of lite mono or polyunsaturated margarine• Small amounts of mono or polyunsaturated oil• Low fat mayonnaise (small |



| | | |
|---------------|---|--|
| | <ul style="list-style-type: none">• Potato crisps• Cakes, choc biscuits, slices• Commercial desserts high in fat and sugar | <p>amounts)</p> <ul style="list-style-type: none">• Trim milk puddings or custard• Artificially sweetened desserts eg WW jelly |
| Fluids | <ul style="list-style-type: none">• Milkshakes• Flavoured milks• Fizzy drinks• Cordial• Juice if having more than 1 glass per day | <ul style="list-style-type: none">• Water• Trim or balance milk• Tea, coffee made with low fat milk• Diet fizzy drinks or artificially sweetened cordial eg thiriftee |



Sample Menu:

Breakfast:

Fruit
Porridge
Wholegrain toast
Thin spread of margarine
Vegemite

Lunch:

Soup
Wholegrain sandwich (lean meat, salad filling)
Fresh fruit

Dinner:

Chicken without skin
Potato
Vegetables cooked without fat
Fruit or milk pudding using trim milk, WW jelly

Between Meals:

Fruit
Bread or plain biscuit
Low fat yoghurt

**1.10 DIABETES DIET****Type 1 Diabetes**

People who have Type I diabetes regularly inject insulin to maintain normal blood glucose levels. Those who use insulin will require similar amounts of carbohydrate containing foods at each meal time and some will require between meal and supper snacks, to control their blood glucose levels.

Type II Diabetes

People with Type II diabetes may not be producing enough insulin or it may be ineffective. The best treatment is to follow “healthy” eating guidelines to control blood glucose levels and to help with weight loss.

| | Foods To Exclude | Suggested Foods |
|--|---|---|
| Meat & Meat Alternatives | <ul style="list-style-type: none">• Fatty or processed meat eg salami, sausages, bacon, chops• Canned meat• Offal• Fried fish• Meat/fish paste | <ul style="list-style-type: none">• Lean beef, veal, trim pork, chicken• Fish (fresh or canned in water or brine)• Dried beans lentils and peas• Eggs – poached, scrambled or boiled |
| Milk and Milk Products | <ul style="list-style-type: none">• Full cream milk• Evaporated milk• Sweetened condensed milk• Flavoured milk• Full-fat yoghurt• Cream• Sour cream• Cream cheese• High fat cheeses | <ul style="list-style-type: none">• Trim or Balance milk• Evaporated skim milk powder• Cottage cheese, edam cheese• Lite sour cream, lite cream cheese• Lite yoghurt• Ice-cream occasionally |
| Breads and Cereals (carbohydrate) | <ul style="list-style-type: none">• White bread• Refined cereals | <ul style="list-style-type: none">• Whole grain breads• Whole grain cereals e.g. porridge, all bran• Basmati rice• Pasta |
| Fats and Oils | <ul style="list-style-type: none">• Butter• Shortening• Lard• Dripping• Suet• Ghee• Cooking margarine• Coconut oil• Palm oil | <ul style="list-style-type: none">• Mono and polyunsaturated margarine and oil• Lite margarine• Light mayonnaise |
| Fruit and Vegetables | | <ul style="list-style-type: none">• Include a variety of fresh, or cooked fruit and vegetables without added sugar |



| | Foods To Exclude | Suggested Foods |
|------------------|---|--|
| Beverages | <ul style="list-style-type: none">• Milkshakes• Flavoured milk• Carbonated drinks• Cordial | <ul style="list-style-type: none">• Water• Trim or Balance milk• Tea/coffee (trim milk)• 'Diet' soft drinks• Thriftee, Diet Refresh or Low Sugar Barkers juice concentrate |
| Other | <ul style="list-style-type: none">• Chocolate• Sugar• Honey• Golden syrup• Lollies• Potato crisps• Cakes• Sweet biscuits• Pastries/Pies | <ul style="list-style-type: none">• Popcorn• Rice crackers• Low fat crackers with toppings such as cottage or lite cream cheese, cucumber, tomato, marmite• Plain biscuits |
| Dessert | <ul style="list-style-type: none">• Commercial desserts high in sugar and fat | <ul style="list-style-type: none">• Custards, trim milk puddings• Desserts prepared without added sugar• Artificially sweetened desserts• Small amounts of ice-cream occasionally |

Sample Menu:**Breakfast:**

Cereal
Trim milk
Wholegrain bread
Spread
Margarine
Fruit

Lunch:

Soup
Savoury tomato paste bake
Wholegrain bread
Fresh fruit

Dinner:

Lean meat
Potato
Vegetables
Raw fruit



1.11 SNACK IDEAS

- Plain scones
- Crumpets
- English split muffins
- Pita breads
- Plain bagels
- Sandwiches – choose ‘free’ fillings for morning or afternoon tea
- Plain low fat crackers and toppings
- Plain sweet biscuit e.g. vanilla wine, malt, arrowroot, digestive, bran biscuits, full’o’fruit
- Dried fruits – small portion only
- Lite yoghurt
- Bowl of wholegrain cereal
- Popcorn
- Vegetable sticks with cottage cheese
- Weight Watchers Jelly

BEVERAGES

- Glass of trim milk
- Milo
- Milk shake made with trim milk and essence
- Cup of soup

SANDWICH FILLINGS

‘Free’ sandwich fillings

- Marmite/vegemite
- Lettuce
- Tomato
- Cucumber
- Asparagus
- Celery
- Cottage cheese and chives/unsweetened pineapple

Protein fillings – suitable especially for supper snacks

- Egg and avocado/tomato/parsley/asparagus/ cheese/pineapple canned in juice or lite syrup
- Cheese and pineapple/celery/marmite/vegemite/pineapple canned in juice or lite syrup
- Low fat peanut butter
- Baked beans
- Low fat cold meat
- Salmon, tuna
- Hummus

**1.12 GLUTEN FREE DIET**

Gluten free diets are used when people have coeliac disease or a proven allergy to gluten. Coeliac disease is the inability to tolerate gluten. Gluten is the protein found in wheat, rye, oats and barley.

| | Foods To Avoid | Suggested Foods |
|-----------------------------------|---|--|
| Bread and Cereals | <ul style="list-style-type: none">• All wheat, rye, oats, barley, spelt and malt products• All bread, pasta, cous cous, biscuits, cakes, wheat or oat based breakfast cereal• Pastries• Wheat, oat and malted breakfast cereals• Wheat starch• Modified starch | <ul style="list-style-type: none">• Rice, corn, maize, sago, buckwheat, tapioca, soy• Gluten free bread, pasta, biscuits and cakes• Rice and corn based breakfast cereals• Millet, arrowroot• Soya beans |
| Fruit and Vegetables | <ul style="list-style-type: none">• Canned creamed vegetables | <ul style="list-style-type: none">• Fresh fruits and vegetables• Dried or tinned fruit• Frozen vegetables |
| Meat and Meat Alternatives | <ul style="list-style-type: none">• Sausages, luncheon sausage, saveloys• Canned and cooked meat in gravy | <ul style="list-style-type: none">• Beef, veal, lamb, mutton, pork• Poultry, fish, eggs• Dried peas and beans• Nuts and peanut butter |
| Milk and Milk Products | <ul style="list-style-type: none">• Malted milk• Cheese spreads | <ul style="list-style-type: none">• Trim milk• Yoghurt• Cheese• Cream cheese• Milk puddings (gluten free)• Ice-cream |
| Desserts | <ul style="list-style-type: none">• Puddings and pies made with flour | |
| Spreads | <ul style="list-style-type: none">• Meat and fish paste | <ul style="list-style-type: none">• Jams, marmalade, marmite, vegemite, honey, golden syrup |
| Beverages | <ul style="list-style-type: none">• Cereal, coffee substitutes• Malted flavourings• Milo• Ovaltine | <ul style="list-style-type: none">• Water, soda water• Carbonated beverages• Cordials, fruit juice, fruit syrup• Tea, coffee, cocoa, drinking chocolate |
| Soups | <ul style="list-style-type: none">• Thickened or cream soups• Soups with barley• Packet soups | <ul style="list-style-type: none">• Broth, consommé, thin soups• Soups made with cornflour/maize flour |



Sample Menu:

Breakfast:

Rice bubbles
Trim milk
Fresh fruit

Lunch:

Cold meat
Salad
Yoghurt
Fresh Fruit

Dinner:

Lean meat
Potato
Vegetables

Dessert:

Ice cream
Jelly

Between Meals:

Gluten-free muffins
Smoothie (fresh fruit, trim milk and low fat yoghurt)
Gluten-free raisin toast
Low fat yoghurt
Dried fruit
Fresh fruit
Popcorn
Rice crackers

**1.13 HIGH PROTEIN HIGH ENERGY DIET (HPE Diet)**

A high protein, high energy diet is used for patients who need additional nourishment:

- To assist tissue healing
- To replenish body stores
- During pregnancy and lactation
- Where patients are eating very little due to loss of appetite

HPE Menu Plan**Breakfast**

- Give full cream milk with breakfast if cereal is ordered
- Put pottle (approx. 30ml, 2 Tablespoons) of cream on breakfast tray for patients to add to cereal or porridge if this is ordered
- If patient orders porridge put a pottle of brown sugar on tray
- Put two small packs of margarine or butter on tray if patient has ordered toast or bread

Lunch

- Give cream soup and add cream (approx. 30 ml/serve, 2 Tablespoons) and 1 Tablespoon of whole milk powder to it
- Put two small packs of margarine or butter on tray if patient has ordered bread/toast/scone
- Give milk pudding, full fat yoghurt/dairy food or ice cream with lunch

Dinner

- Give cream soup (as above) for all patients on HPE diet
- Make mashed potato with full cream milk, butter/margarine, cream and whole milk powder
- If baked potatoes or whole potatoes are on menu, put a small pack of margarine or butter on the patient's tray
- If no dessert is ordered, give milk pudding option
- Put a pottle of cream on tray for patients to add to dessert

N.B. A 'side plate' size meal can be ordered from the kitchen if required

**Extra Calories Contributed by the HPE Additions**

| | | |
|--|----------------------|------|
| Full cream milk instead of trim milk (200ml) | + 50 kcal | |
| Pottle of cream (30ml) | + 114 kcal | (x2) |
| Pack of butter/margarine | + 111 kcal | (x5) |
| Pottle of brown sugar (25g) | +92 kcal | |
| Cream soup (instead of clear soup) + 1Tablespoon whole milk powder + cream (30ml) | +233 kcal | (x2) |
| Milk pudding (170kcal), full fat yoghurt (130 kcal), dairy dessert (160 kcal), ice cream, 2 scoops (160 kcal) | + 140 kcal (average) | |
| Mash made with full cream milk, butter/margarine and whole milk powder | + 253 kcal | |
| Milk pudding | +170 kcal | |
| Total | +1954 kcal * | |

* An average patient on an HPE diet will benefit by receiving approximately 800 kcal/day extra if some of these additions are consumed

Recipes for HPE menu optionsCream Soup

Add 30ml cream per serve (2 Tablespoons)
Add 1 Tablespoon (10g) whole milk powder per serve

Mashed Potato

Ensure potatoes are mashed with full cream milk and butter/margarine
Add 30 ml cream per serve
Add 1 Tablespoon (10g) milk powder per serve



Sample Menu:

Breakfast:

Cereal with full cream milk and a pottle of cream on tray
Porridge made with full cream milk with pottle of cream and brown sugar on tray
Toast with butter or margarine (put 2 packs on tray)

Lunch:

Cream soup with added cream and whole milk powder
Lunch as ordered
Put 2 packs of margarine/butter on tray if toast/bread/pinwheel etc. is ordered
Milk pudding with ice cream, full fat yoghurt or cream

Dinner:

Cream soup with added cream and whole milk powder
Main meal as ordered
Mashed potato made with full cream milk, butter/margarine, cream and milk powder
Put a pack of margarine/butter on tray if whole or baked potatoes are ordered
Milk pudding or ice-cream or full-fat yoghurt
Pottle of cream to add to dessert



1.14 VEGETARIAN DIET

There are 3 main types of vegetarian diets:

- 1) **Vegan** – allow only foods of plant origin. It excludes all meat, fish, eggs, milk and milk products
- 2) **Lacto vegetarian** – allows milk and milk products in addition to foods of plant origins. It excludes meat, fish and eggs
- 3) **Lacto-ovo vegetarian** – allows eggs, milk and milk products in addition to foods of plant origins. It excludes meat and fish.

Sample Menu: Lacto-Ovo Vegetarian Menu

| | |
|---------------|--|
| Breakfast: | Fresh fruit Whole grain bread Margarine Marmite Porridge |
| Lunch: | Whole grain sandwich with cheese and salad Fresh fruit Yoghurt |
| Dinner: | Minestrone soup Legume and cereal savories Or Egg omelette and baked beans/soy beans Potato Vegetables Dessert |
| Between meals | Fruit Nuts Baked product Cheese and crackers Vegetarian sandwich |



| | |
|---------------|---|
| Breakfast: | Fruit Whole grain bread Porridge Soy milk |
| Lunch: | Whole grain bread Peanut butter Chopped walnuts and dates Chopped raisins/Peanuts Coleslaw Baked beans and celery Grated carrot and sultanas Fresh fruit |
| Dinner: | Vegetable soups Legume and cereal savouries Potato Vegetables Fresh fruit |
| Between meals | Fruit Nuts Seeds Bread Salad sandwich |



1.15 LOW POTASSIUM (K) DIET

- If a patient is put on a low potassium diet, please contact the dietitians for help with choosing the most suitable items on the menu
- Limit servings of fruit and vegetables to a total of 4 per day (1 serve = 1 medium sized fruit) – try to choose foods that are not listed below
- Fruit juice is unsuitable and should be avoided
- Serve mashed or peeled, boiled potatoes rather than baked

Foods high in potassium

- Avocado
- Bananas
- Juice
- Tomato products (sauce, puree, paste, juice)
- Dried fruit and nuts
- Rhubarb
- Potato chips, fries, hash browns
- Battered fish
- Kumara
- Mushrooms, silverbeet, spinach, brussel sprouts
- Baked beans
- Chocolate, Liquorice, Fudge, Toffee
- Bran cereals
- Marmite, salt substitutes

Breakfast

- If patients ask for fruit give either apple or pear
- Definitely no banana
- Definitely no fruit juice
- White or wheatmeal bread, cornflakes, porridge, ricies, weetabix
- Honey, jam, marmalade

Lunch

- Use packet soups as they are low in potassium
- Baked beans, spaghetti and potato based dishes are unsuitable: instead give mini mince pies, eggs on toast or sandwiches
- Rice, pasta or noodles

Dinner

- Beef, lamb, pork, turkey and chicken, fish
- Only one scoop of mashed potato or one boiled peeled potato
- Unsuitable vegetables are: avocado, kumara, tomato, silverbeet, mushroom and brussel sprouts. Vegetables that can be used instead are: carrots, cabbage, broccoli, cauli, green beans, cucumber, lettuce, onions, peas, pepper, celery, courgette, beetroot, asparagus
- If the patient has already had four serves of fruit and vegetables for the day serve jelly and icecream for dessert



Sample menu if a dietitian is unavailable

Breakfast

Cereal and milk (do not serve all-bran or bran flakes)
Small serve of apples or pears
Toast with jam or honey
Tea or coffee or water

Lunch

1 c of packet soup
Scrambled eggs on toast or mini mince pies (pastry topped) or sandwiches
Tea or coffee or water

Dinner

1 serve of meat (chose the meat option with the least vegetables in it)
1 scoop of mashed potato or 1 boiled potato
 $\frac{1}{2}$ c frozen corn or mixed vegetables
 $\frac{1}{2}$ c frozen peas or green beans
Ice cream and jelly



1.16 NO ADDED SALT

A diet high in salt can lead to fluid retention and high blood pressure. Salty foods can also make you thirsty which is a problem if patients are on a fluid restriction.

Do not add salt to prepared food. Salt should be used sparingly in cooking – ½ -1t per litre of water in vegetables and omitted or reduced in recipes.

Avoid the following foods:

- Canned, curried, salted or smoked meats and fish eg bacon, ham, corned beef, spam, salami
- Processed meats and products eg sausages, saveloys, beefburgers, pies, meat pastes, luncheon
- Cheese
- Canned vegetables in salted water
- Baked beans or spaghetti
- Canned and packet soups
- Packet sauces and gravy mixes
- Stock cubes, bisto, oxo, seasoning mixes
- Soy sauce
- Worcestershire sauce
- Tomato sauce
- Salted and savoury snack foods
- Pickled foods eg olives, gherkins, pickled onions
- Salted biscuits eg Snax
- Yeast and meat extracts and spreads eg marmite, vegemite
- Bicarbonate of Soda
- Soda water, tonic water
- Peanut butter

Alternative flavourings that can be used:

- Herbs
- Lemon
- Garlic
- Curry powder
- Mustard
- Vinegar
- Salad dressings

**1.17 MAOI DIET**

| | Food To Avoid | Suggested Food |
|-----------------------------------|--|--|
| Dairy Products | <ul style="list-style-type: none">• Majority of cheeses• Any dairy products close to or beyond their expiry date | <ul style="list-style-type: none">• Cottage cheese• Cream cheese• Processed cheese slices in small quantities |
| Meat and Meat Alternatives | <ul style="list-style-type: none">• Game - Venison• Pickled herring• Salted dried fish• Fermented sausage (e.g. salami, bologna, pepperoni)• Offal - unless it is known to be very fresh, when it can be taken in small quantities• Canned meat• Commercial meat extracts, gravies and stock cubes e.g. OXO• Pate, liver | <ul style="list-style-type: none">• Fresh lean meat, chicken and fish |
| Fruit and Vegetables | <ul style="list-style-type: none">• Textured Vegetable Protein (TVP)• Canned figs, raisins - small amounts in biscuits/muffins OK• No overripe fruits, especially bananas, avocado, red plums• Broad bean pod• Aubergine (egg plant)• Chinese snow peas• Limit tomato to 1/2 cup daily• Limit oranges to one small daily• Avoid large quantities of peanuts, raspberries, brazil nuts, coconut | <ul style="list-style-type: none">• Fresh fruits and vegetables |
| Soups | <ul style="list-style-type: none">• Packet soups - avoid those possible with high yeast extract content or hydrolysed meat protein e.g. French onion, oxtail, beef and vegetable | |
| Miscellaneous | <ul style="list-style-type: none">• Yeast extracts - Marmite, Vegemite, Bovril• Chocolate, small amounts in biscuits/muffins OK• Wines, especially Chianti, Riesling, Sauterne - limit to two glasses• Beer, ales, sherry - limit to two glasses• Raw yeast, home-made yeast breads, brewers yeast• Cook in the Pot, instant sauces, gravies, flavourings with beef• Breads or crackers containing cheese | |

**1.18 MODIFIED FOOD TEXTURE**

Texture modified diets are prescribed for people with varying degrees of swallowing difficulty.

Normal Diet: LEVEL 5

Recommended for people with no problems with dentition or swallowing and includes foods of a variety of textures

Soft Diet – Moist, Chopped: LEVEL 4

Recommended for people with oral problems such as poor dentition, ill fitting dentures or chewing difficulties.

| | Foods To Avoid | Foods Suggested |
|-------------------------------------|-----------------------|--|
| Bread & Cereals | | <ul style="list-style-type: none">• Porridge• Toast (no crusts)• Weetbix, cornflakes, rice bubbles with milk |
| Meat & Meat alternatives | | <ul style="list-style-type: none">• Moist tender meats e.g. casseroles, stews, ham, luncheon• Fish• Extra gravy or sauce |
| Fruit & Vegetables | | <ul style="list-style-type: none">• Soft or stewed fruit e.g. banana, kiwifruit• Pumpkin, kumara, new carrots, mashed potatoes, soft greens |
| Savoury | | <ul style="list-style-type: none">• Pasta• Omelette (extra sauce)• Soufflé• Soft sandwich• Baked beans, spaghetti on crustless toast |
| Soup | | <ul style="list-style-type: none">• Blended soup if patient is on thickened fluids |
| Dessert | Dry baked products | <ul style="list-style-type: none">• Rice – moist• Caked based desserts• Bread & butter pudding• Jelly & ice cream (not if patient is on thickened fluids) |

**Mashed/Minced/Moist Diet: LEVEL 3**

Recommended for people with chewing problems, poor dentition or ill fitting dentures and/or difficulty creating a food bolus to swallow. There may be some tongue implication or poor saliva production.

| | Foods To Avoid | Foods Suggested |
|-------------------------------------|--|--|
| Bread & Cereals | <ul style="list-style-type: none">• Toast• Bread | <ul style="list-style-type: none">• Porridge• Weetbix – soaked with hot water or milk• Mashed fruit with yoghurt |
| Fruit & Vegetables | <ul style="list-style-type: none">• Cabbage or corn (these do not blend) | <ul style="list-style-type: none">• Stewed or mashed fruit (may need blending if there are skins)• Mashed & moist potato• Pumpkin, kumara & spinach• <u>Blended</u> peas, beans, silverbeet, carrots & broccoli |
| Meat & Meat Alternatives | | <ul style="list-style-type: none">• Mince ALL meats (including mince meat) & add extra gravy or sauce |
| Savoury | | <ul style="list-style-type: none">• Scrambled egg• Pouched egg mashed on mashed potato• Fish with white sauce• Mashed spaghetti• Provide extra sauce |
| Soup | | <ul style="list-style-type: none">• Blended smooth and if necessary thickened with white crustless bread, mashed potatoes or potato flakes to thick yoghurt consistency |
| Dessert | <ul style="list-style-type: none">• Crumbly deserts• Pastry items• Avoid jelly & ice cream if patient is on thickened fluids | <ul style="list-style-type: none">• Dairy foods• Yoghurt• Sago• Jelly whips (set) |

LEVEL 3B

This level allows bread/toast/other as ordered i.e. for Long stay patients – the patients must be supervised by the nursing staff if these extras are to be ordered

**Blended Smooth Thick Moist Diet: LEVEL 2**

Recommended for people with significant swallowing difficulties. Food in this diet should be finely divided and easy to fork down into a smooth puree and items must be of a smooth consistency.

Presentation of this diet is important.

Never puree foods together.

| | Foods To Avoid | Foods Suggested |
|-------------------------------------|--|---|
| Bread & Cereals | <ul style="list-style-type: none">• Toast | <ul style="list-style-type: none">• Blended porridge• Pre soaked weetbix & milk |
| Fruit & Vegetables | <ul style="list-style-type: none">• Puréed pineapple | <ul style="list-style-type: none">• Fruit puree/strained• Fruit cooked & blended• Vegetables cooked & blended (cabbage and corn do not blend) |
| Meat & Meat Alternatives | | <ul style="list-style-type: none">• Blended smooth meats with extra gravy &/or sauce |
| Savoury | | <ul style="list-style-type: none">• Blended spaghetti, baked beans• Creamy scrambled eggs• Asparagus mornay blended• Salmon in white sauce |
| Soup | | <ul style="list-style-type: none">• Blended smooth & if necessary thickened with white crustless bread, mashed potato or potato flakes to thick yoghurt consistency |

Blended Smooth Extra Thick: LEVEL ONE

This diet is not asked for very often. If a person needs a totally blended diet, it is more likely that a specially designed nutritional diet will be used



**1.19 MODIFIED FLUID TEXTURE**

When the swallowing mechanism is impaired, fluids can be thickened to help ensure the safe passage of fluid.

| | |
|---------|---------------|
| Level 0 | Nil By Mouth |
| Level 1 | Extra Thick |
| Level 2 | Thick |
| Level 3 | Reduced Thick |
| Level 4 | Thin |

KARICARE THICKENER MEASUREMENTS

| Fluid Consistency | Levels | 1 litre per 1000mls | ½ litre per 500mls | ¼ litre per 250mls | Cup per 200mls |
|--------------------------|---------------|----------------------------|---------------------------|---------------------------|-----------------------|
| Nil by Mouth | 0 | | | | |
| Extra Thick | 1 | 60g or 15 T | 32 g or 8 T | 16 g or 4 T | 12 g or 2 T |
| Thick | 2 | 44 g or 11 T | 24 g or 6 T | 12 g or 3 T | 8 g or 2 T |
| Reduced Thick | 3 | 30 g or 8 T | 15 g or 4 T | 8 g or 2 T | 6 g or 1½ T |



1.20 LACTOSE-FREE DIET

Definition

A diet from which lactose (milk sugar) is eliminated.

A lactose-free diet is indicated for patients with lactose intolerance, due to a deficiency in the enzyme lactase. It is the most common disaccharide intolerance in both adults and children.

A diet containing some lactose is tolerated by most patients as low levels of lactase are usually present. A lactose-free diet is nutritionally adequate

However, a patient following a strict lactose-free diet for a long period of time may be at risk of calcium deficiency due to milk deprivation if soy or hydrolysed milk is not used as a substitute or intake of vegetables and allowable cheese is low.

Lactose is completely eliminated on a strict lactose-free diet.

Principles of Food Modification

The aim of a lactose-free diet is to eliminate all milk.

Moderate servings from each food group are included, but foods must be carefully chosen to ensure that they are free of milk and all forms of milk. Skim milk, yoghurt, cream, butter, most margarines and ice cream should also be avoided.

Soy milk products can be used instead of cows' or goats' milk, both as a drink and in cooking. Cow's milk that has had its lactose content hydrolysed is available and is suitable for most patients. Ensure the calcium fortified option is chosen.

Butter and most margarines must be avoided on a strict lactose-free diet and substituted with Praise, Slimarine and Vital Margarines. Most patients will be able to tolerate butter or margarine as their lactose content is very low.



1.21 PHENYLKETONURIA (P.K.U.)

This condition results from a defect in the action of the enzyme necessary for the conversion of the amino acid phenylalanine to the amino acid tyrosine.

A diet in which the intake of the amino acid phenylalanine is limited to a prescribed level governed by patient tolerances. In cases of “classic” phenylketonuria, tolerances usually range from 250-500 mg phenylalanine/day.

Daily menus are planned by the use of food lists that indicate the phenylalanine, protein, and kilocalorie content of foods.