

Texture Modified Diets

- **Regular Diet** All foods are permitted. No restrictions.



- **Mechanical Soft Diet** Aside from chopping or grinding meat, little special preparation is required. Foods that might be restricted include tough meats, fresh fruits with membranes or tough skin, dried fruit, raw vegetables, vegetables with tough skins or membranes, hard rolls, bagels, breadsticks, popcorn, bacon, nuts, deep fried crispy food, desserts with dried fruit or nuts, potato or snack chips



- **Pureed Diet** Food should be of a mashed-potato consistency, not too runny or liquid. Pureed foods should be properly seasoned in the same way as regular foods. A blender or food processor is used to achieve proper consistency. Food may require additional liquids or thickening during preparation to achieve the proper consistency. Commercially-prepared pureed foods are available as are formed purees, which provide a pureed food formed into the shape of the originating food.



Therapeutic Diet Orders

I. **RCS (Reduced Concentrated Sweets) Diet**

- a. Reduced Concentrated Sweets diet might be ordered for an individual diagnosed with diabetes.
- b. In a Long Term Care facility, diabetic diet orders are usually liberalized to maximize meal intake
- c. With a RCS diet order, the resident will receive a smaller portion of dessert and sugar substitute packets on their meal tray.
- d. For caloric supplementation, Glucerna, which is lower in Carbohydrates, is usually given in place of higher carbohydrate containing supplements like Ensure

II. **Renal Diet**

- a. Individuals on a Renal Diet usually have a diagnosis of CKD (Chronic Kidney Disease) or for some reason do not have kidneys that filter and function normally.
- b. Nutrients that must be monitored and possibly restricted are Potassium, Phosphorus, and Sodium
- c. Excess amounts these nutrients can cause heart problems, fluid retention, edema, and bone loss.
- d. Foods that might be restricted include: Tomatoes, potatoes, bananas, oranges, beans, processed meats, salt packets, and dairy products

III. **NAS (No Added Salt) Diet**

- a. The No Added Salt diet is appropriate for residents with moderate hypertension or cardiac disease.
- b. This diet is a regular diet with the exception that no salt may be added to food after preparation. No salt packet or shaker is allowed with the patient's meal.

Thin vs. Thickened Liquids

Thin

Includes water, coffee, tea, soda, ices, tomato juice or anything else that will quickly liquefy in the mouth. For those who can drink thin liquids, all beverages are acceptable.



Nectar-like

Liquids that have been thickened to a consistency that coats and drips off a spoon, similar to unset gelatin.



Honey-like

Liquids that have been thickened to honey consistency. The liquid flows off a spoon in a ribbon, just like actual honey.



Spoon-thick

Liquids that have been thickened to a pudding consistency. They remain on the spoon in a soft mass.



Fluid Restriction

An individual might be put on a fluid restriction if they are diagnosed with End Stage Renal Disease, Congested Heart Failure, liver disease, or hyponatremia (low levels of sodium in blood)

The amount of fluid allowed will vary based on the patient's condition and what the physician feels is appropriate for the individual

It's important to check with nursing staff before offering additional fluid to the resident

- 2 Tablespoons of fluid = 1 oz = 30cc
- 1/2 cup of fluid = 4 oz = 120cc
- 1 cup of fluid = 8 oz = 240cc
- 1 quart of fluid = 32 oz = 960cc

Breakfast: 8 oz Coffee, 4 oz Juice = _____cc

With Medicine: 4 oz Water = _____cc

Lunch: 8 oz Tea, 4 oz Juice = _____cc

Dinner: 4 oz Juice = _____cc

With Medicine: 2 oz Water = _____cc

Total = _____cc