

Diet Therapy

Understanding Diet Orders

Connie Trahan,



Diet Orders – The Basics

- There are 50 diet orders and 30 allergy orders at Monroe Carell Jr Children's Hospital at Vanderbilt (MCJCHV).
- Doctors and Nurse Practitioners can order specific diets for patients.
- Dietitians recommend diets for patients.
- As the Nutrition Department, our job is to get the right food to the right patient at the right time.

The Patient Experience:

- Food and nutrition is an important part of patient recovery.
- A patient may need education for a diet that is ordered while in the hospital.
- Patients may feel frustrated as they experience loss of control because they may not be allowed to eat familiar or comfort foods.
- Allowing patients to choose familiar foods within their diet restrictions may assist the patient to accept a new diet easier.

MCJCHV Diet Orders

- “At Your Request” Room Service Dining allows the patients or family members to call the diet office to order meals.
- Each patient is given a menu by the nursing staff when admitted, unless there is a specific menu for the diet or allergy order. The Diet Office Staff will then send up a special menu for the patient according to their order.
- All food items are available from 7:00 am to 7:00 pm. Patients can order as often as they like during these hours.
- Diet education is offered by the Clinical staff, as needed, when a patient is ordered a modified diet.

NPO

NPO means Nothing By Mouth

- No Food
- No Drinks
- Nothing, unless approved by a doctor
- Often used before and after surgeries/procedures
- NPO after midnight is commonly ordered in preparation for surgery.



Clear Liquid (CL)

- Helps patients transition from NPO and often used after surgery.
- Includes all clear liquids and clear solids that melt to liquids.
- Diet orders may restrict some liquids for certain patients such as no red liquids.
- If you can see through it, it is clear.



Examples of Clear Liquids:

Clear Juices

Water

Gelatin

Popsicles

Italian Ice

Sodas (Lemon-lime,
Gingerale)

Broth

Tea

Lemonade



Full Liquid (FL)

- Helps patients transition from CL to solid food; meant to be SHORT term
- Includes all liquids, and solids that will melt to liquids (ex: ice cream)
- Strained soups or plain flavored yogurts without fruit are allowed.
- Dairy products are allowed.



Examples of Full Liquids:

Milk

Orange Juice

Tomato Juice

Cream/Strained soups

Ice cream/Sherbet

Plain Yogurt



Strained cereals

Butter

Oral supplements

Custard

Pudding

All clear liquids



Fluid Restrictions

- A fluid restriction may be ordered when patients are retaining fluid in their bodies – also known as edema.
- Doctors determine the amount of fluids that are acceptable on a daily basis. Nurses monitor the daily amounts patients consume.
- Fluids include all liquids and solids that will melt to liquids (ex: ice cream, jello, etc)
- No fluid on tray order is the only time fluids would not be delivered on the meal trays. All other fluid restrictions are monitored by the nurses so fluids can be delivered on their meal trays.

Regular

- No Restrictions
- Patient may order anything on the menu.
- Doctor may restrict some foods for certain patients.
- Allergies or intolerances may restrict patient's menu choices.

Cystic Fibrosis (CF)

- Cystic Fibrosis (CF) is an inherited disease that causes thick, sticky mucus to form in the lungs, pancreas and other organs. In the lungs, this mucus blocks the airways, causing lung damage and making it hard to breathe. In the pancreas, it clogs the pathways leading to the digestive system, interfering with proper digestion.
- Patients with CF consume more high calorie, high protein foods
- Snacks and/or supplements may be encouraged between meals.



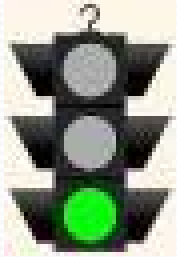
Neutropenic

- “Neutropenia” is a condition in which the number of neutrophils in the bloodstream is decreased. Neutropenia affects the body's ability to fight off infections. Oncology patients may receive a neutropenic diet.
- Avoids foods that may be high in bacteria.
- NO FRESH FRUITS/ VEGETABLES (uncooked)



Allowed on Neutropenic:

Cooked Vegetables



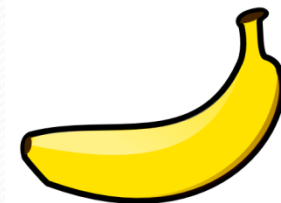
Canned Fruit

Canned/Bottled Beverages

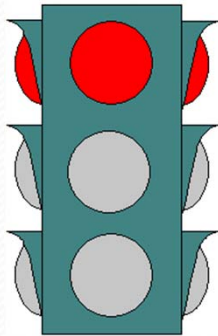


Cooked Meats (no rare meats)

Most desserts



Not Allowed On Neutropenic Diet:



Raw Fresh Fruits/Vegetables**
Fresh Garnishes
Fountain Drinks
Tap Water



****Some menu items can be changed so that they are OK (tuna prepared without celery or onions, etc)*

Low Sodium (LS)



- Sodium is another word for “salt”. A teaspoon of table salt contains 2400 mg sodium!
- Typically used for patients with heart disease, renal disease, liver disease or hypertension.
- The low sodium diet is ordered to promote the loss of excess fluid in edema and ascites (excess fluid in the space between the tissues lining the abdomen and the abdominal organs). Depending on the severity of the cardiac disease, the amount of edema and the type of drug therapy being used will be the factor used to determine the sodium milligram level. Most cardiac patients we have at MCJCHV range in ages from 1 year to 4 years old. An excess amount of sodium for these children can be very dangerous as their smaller bodies are unable to process even a small amount of extra sodium over their diet order allowance.

High Sodium Foods

- Canned foods, especially meats
- Cured Meats (Ham, Bacon, Sausage)
- Snack Chips
- Pickles
- Saltine Crackers
- Soups & Broths
- Cheese
- Processed foods such as canned vegetables or box pastas with sauce
- Frozen dinners
- Instant, packaged hot cereals
- Tomato products, tomato juice and V-8
- Milk
- Regular salad dressings



Low Sodium Foods

- Fresh Fruits & Vegetables
- Herbs or herb Seasonings (Mrs. Dash)
- Low Sodium Crackers
- Low Sodium Canned Soups
- Low sodium bread
- Low sodium margarine
- Snackwell Devils Food Cake
- Canned fruits
- Fruit roll-ups
- Italian ices
- Salt-free potato chips
- Juices (except tomato and V-8)
- Reduced calorie or low fat salad dressings



Low Fat

Low fat diets can be ordered for a variety of conditions which may include cardiac, obesity, pancreatitis, and lipid metabolism.

Food selections for low fat foods are substituted for the high fat equivalent:

Low Fat

Low calorie dressings
Egg substitute
Bake, grilled foods
Light Mayonnaise
Low fat/skim milk

High Fat

Regular dressings
Whole eggs
Fried foods
Mayonnaise
Whole milk

Carbohydrate Counting and Regular-no sweetened beverages

Counting the grams of carbohydrate in the foods is an important way to help control blood sugar (also called blood glucose).

Carbohydrates are found in foods that contain starch and/or sugar. Pediatric patients are not restricted on carbs, but cannot have sugared beverages.

Carbohydrate Counting diet is for patients with DM previous to admission; Regular-no sweetened beverages diet is for newly diagnosed patients until education can be presented to the patient.

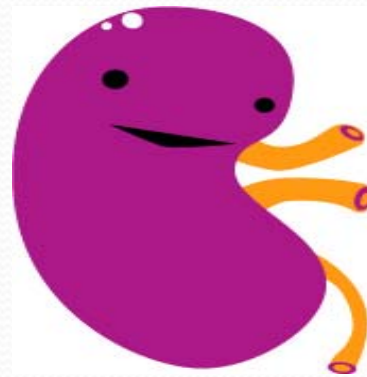
Carbohydrate foods include:

- Breads, crackers, and cereals
 - Beans, lentils, and dried peas
 - Starchy vegetables such as potatoes, corn and peas
 - Sweets, such as cakes, cookies, ice cream, jam, jelly, and syrup
- Pasta, rice, and grains
Milk, soy milk, and yogurt
- Breads, crackers and cereals
Fruits and fruit juices
Nonstarchy vegetables

Renal Diet

For patients with kidney disease certain nutrients are monitored on a renal diet. These include:

- Sodium
- Potassium
- Phosphorous
- Protein
- Fluids



These patients are closely monitored by a dietitian who determines their individual needs of the nutrients.

Fiber Restricted Diet

Foods allowed on this diet are easier to digest as the most common conditions for this restriction are GI related.

- Examples of foods low in fiber that are allowed are:
Cream of wheat, white bread, canned fruits, tender meats, cooked vegetables (without seeds), strained fruit juices, milk.
- Foods **NOT** allowed as they are high in fiber:
Whole grains, fresh fruits, raw vegetables, nuts, beans, peanut butter, peas, corn, and salad

Modified Consistency:

This diet is used for patients that have trouble chewing or swallowing. The consistency of foods are changed (modified).

Types of diet orders include:

- Mechanical soft –generally means chopped, unless ground is specified – these specifications generally are only relevant to meat. No raw fruits or vegetables.
- Thickened liquids - may be necessary for patients with severe swallowing problems , so that they won't choke. If a person is on thickened liquids ice cream is not ok because it will melt down to a thin liquid. Thicken-Up Clear[®] is used to thicken beverages or foods and is available for nurses on their units. The HEO diet order will specify how to thicken the liquids.
- Pureed diet – all foods are blended to mashed potato consistency.

Modified Consistency Diets

- Dysphagia diet – change in consistency determined by speech therapist.

Diet orders include the following:

Puree with thin liquids

Puree with thickened liquids

Puree with no liquids

- Wired Jaw diet – Used when a jaw is wired closed. Foods need to be blended smooth and thinned into a liquid that can pass through a straw and the space between teeth.



Food Intolerance: Lactose

- Patients cannot digest dairy products or food items prepared with dairy:

Dairy Milk

Ice Cream

Pudding

Cheese

Yogurt

Cottage Cheese



Patients' tolerance for different items may vary

Eating Disorder - Special Diet

- Eating Disorder patients are put on a Special Diet in Health Touch.
- All meals pre-planned with the patient by the RD. The patient may call and order the first tray if they have just been admitted and not yet seen by the RD.
- Once the RD sees the patient they will be seen daily to plan meals for the next day(s). These meals will be entered into health touch by the RD.
- It is important these meals arrive at the specified time and delivered to the nursing station.
- No substitutions can be made on the meal ticket without notifying the RD or Diet Tech.
- Patients on this diet cannot call and order additional foods or make changes in the menu planned by the RD. Contact the RD or Diet tech if this happens.
- A copy of the meal planned is placed in the patients bedside chart in case nursing has any questions or the menu is not entered in Health Touch.

Food Intolerance: Gluten

This diet order used for patients with celiac disease. Gluten is found in wheat, rye oats, barley and their derivatives. Examples of foods that contain gluten are:

- Graham crackers
- Wheat bread and products
- Bagels
- Muffins
- Pasta
- Pretzels
- Most cereals
- Malt flavorings

- Gluten free menus with specialized products in MCJCHV are now available such as breads, pasta and cereals.

Common Food Allergies

- Patients with a food allergy are restricted from any foods containing a specific food item. The ingredients must be checked on foods to ensure that these foods are free of the allergy food and also were not processed in a factory with any foods that could potentially contain the allergy item.
- Common allergies include soy, nut, shellfish, egg and corn.
- Preparation of the foods must be carefully monitored to prevent cross-contamination. Education and in-services are provided to all new employees and yearly to kitchen staff as the food for these patients must be prepared separately.
- New menus were designed and written by Dietetic Interns in June, 2014 for no soy, lactose free, gluten free, no eggs, no corn and 10 gram fat diets.



Example of patient recently admitted with multiple (25) food allergies:

Structured Problems: (8/18/14)

- Asthma
- Seasonal allergic rhinitis
- Gastroesophageal reflux disease
- Eosinophilic esophagitis
- Epilepsy
- Headache
- Attention deficit hyperactivity disorder
- Passive Smoke Exposure
- low back pain musculoskeletal

Adverse and Allergic Drug Reactions: (08/18/14)

- bananas
- Gluten; wheat
- sweet chestnut
- Sesame seed
- Corn syrup
- carrots
- lettuce
- peanuts
- eggs
- Soy
- tree & grass pollens (asthma)
- Eosinophilic Esophagitis (inflammation, strictures, reflux, narrowing)
- mold in fermented cheeses (asthma reactive airway)
- cats (asthma)
- onions (asthma)
- soy bean
- Hazelnuts
- Almonds
- Walnuts
- Peas
- Trees, weeds, grass
- mushroom fungus
- Milk (eczema)
- Tomatoes
- Potatoes
- Pumpkin
- Rye; Barley; Oats

Examples of Hidden Allergens

- Fox's U-Bet Chocolate Flavor Syrup – manufactured in a facility that also processes tree nuts
- Campbell's Tomato soup – contains soybean oil
- Herb-Ox Chicken Broth – contains disodium guanylate – food additive produced from dried fish; often added to instant noodles; potato chips; cured meats and packaged soups.
- Grilled Chicken Breast – contains corn syrup solids and soybean oil
- Shredded Cheddar Cheese – contains corn starch
- Jimmy Dean Pork Sausage Link – contains corn syrup and also beef
- Froot Loops cereal – contains corn flour and soybean oil
- Grape juice – contains corn syrup

Religious/Cultural Restrictions:

Many different cultures and religions have specific dietary rules, such as kosher.

Staff can obtain food preferences for these patients to ensure they are able to adhere to their restrictions.



Questions??

