BENEDICTINE HEALTH CENTER OF MPLS DIET TYPES

DIET TYPES	COMPARABLE DIET REFERENCE	INDICATIONS FOR USE	NUTRITIONAL COMPONENTS	DIET PARAMETERS
REGULAR	General	General geriatric diet	2000 – 2300 Calories 85-95 Grams Protein	Permits use of all foods
3-4 GRAM SODIUM	No added salt 3-5 Grams Na+ 4 Grams Sodium Low Sodium Low Salt No Salt	Mild salt restriction to control edema and HTN	2000 – 2300 Calories 85-95 Grams Protein 3-4 Gram Sodium	No salt shaker and restricted use of foods high in sodium. Limited portions of higher salt foods such as bacon, breakfast sausage, ham, etc.
CONSISTENT CARBOHYDRATE(CSC)	1700 ADA/Cal 2000 ADA/Cal No Concentrated Sweets Diabetic Low Concentrated Sweets	To control blood sugar/fat levels. Can be used for weight control	1700 – 2000 Calories 85 Grams Protein 30% Fat (25-35%) 4 Grams Sodium without salt packet	Consistent amounts of carbohydrates during the day. No regular sweetened condiments Skim milk, sugar substitute Individualized nourishments for blood sugar and weight control. Simple desserts or half portions of regular desserts.
CONSISTENT CARBOHYDRATE LOW CALORIE (CSCLC)	1700 ADA/Cal 1600 ADA/Cal 1400 ADA/Cal Strict No Concentrated Sweets	To control blood sugar/fat levels. Can be used for weight control	1400 – 1700 Calories w/out snacks 80 Grams Protein 30 % Fat (25-35%) 4 Grams Sodium w/out salt packet	Consistent amounts of carbohydrates during the day. No regular sweetened condiments Skim milk, sugar substitute Individualized nourishments for blood sugar and weight control. Simple desserts or half portions of regular desserts.
LOW FAT\ LOW CHOLESTEROL	Low Fat Low Cholesterol	To control blood fat and/or cholesterol levels	1800 – 2000 Calories <30% Fat 4 Grams Sodium w/out salt packet	Fat modified salads, desserts, and entrées Eggs 3 times per week Margarine only Skim Milk
SMALL PORTIONS	Half Portions	Smaller serving or regular diet	1600 – 1900 Calories 4 Grams Sodium w/out salt packet	Permits use of all foods in smaller quantities.
DIALYSIS	Protein, Sodium, Potassium, Phosphorus Controlled	For use in conjunction with dialysis; provides adequate protein while minimizing potassium, phosphorus and sodium.	1700 – 2000 Calories 70 – 80 Grams Protein 3000 mg or less of K+ 1200 mg or less of Phos 3 Grams Sodium or less	Provides 6 oz high quality protein 4 oz Milk daily Limit high potassium/high phosphorus foods No salt shaker Limit higher salt foods such as bacon, breakfast sausage, or foods with visible salt. Fluid restriction per physician order.
RENAL	Low protein diet Pre-dialysis renal diet 60 grams protein/3 grams Sodium diet	For use with residents with decreased kidney function. Provides low protein and while minimizing potassium, phosphorus and sodium.	1700 - 2000 calories 50 – 60 Grams Protein 3000 mg or less of K+_ 1200 mg or less of Phos 3 Grams Sodium or less	Provides 3-4 oz high quality protein Limit high potassium/high phosphorus foods No salt packet/shaker Limit higher salt foods such as bacon, breakfast sausage, or foods with visible salt.
VEGETARIAN	Lacto-Ovo-Vegetarian diet	Used for those who follow a vegetarian diet.		Lacto-Ovo Vegetarian diet Allows milk and eggs No animal flesh