

TABLE OF CONTENTS

APPROVAL PAGEii
PREFACEiii
GENERAL NUTRITION	
Food Guide Pyramid	1
Portion Sizes	5
Dietary Guidelines for Americans	7
Nutrition Guidelines for	
Factors that May Alter Nutrient Intake	
in Health Care Facilities	8
Menu Planning	9
The Liberalized Geriatric Diet	10
Commonly Prescribed Diets	11
REGULAR DIET	12
SODIUM RESTRICTED DIETS	14
CONSISTENT CARBOHYDRATE & WEIGHT CONTROLLED DIET	
Consistent Carbohydrate Diet	19
Sick Day Guidelines	23
Food Label Guide for Consistent Carbohydrate Diet	25
Weight Control Diet	26
The Exchange Lists for Meal Planning	29
Glycemic Index and Glycemic Load of Foods	49
FAT CONTROLLED DIETS	
Fat Controlled Diet (Cholesterol Lowering)	50
Healthy Heart Diet	52
Low Fat Diet	56
FIBER MODIFIED DIETS	
Fiber Restricted Diet	57
Increased Fiber Diet	60
Ostomy Diet	64
PROTEIN CONTROLLED DIETS (Renal)	68
POTASSIUM RESTRICTED DIET.....	75
GLUTEN RESTRICTED DIET	79

TABLE OF CONTENTS

OTHER MODIFICATIONS

Lactose Restricted Diet	84
Vegetarian Diet	86

TEXTURE MODIFICATIONS

Mechanical Soft Diet	89
Pureed Diet	92
Liquid Diets	94
Dysphagia Consistency Diets	96

FEEDING PROBLEMS

Self-Help Approaches	99
Finger Foods	100
Super Foods Recipes	103
Tube Feeding	105

APPENDIX

Caffeine Content of Selected Foods	107
Calcium, Lactose and Magnesium Content of Selected Foods	108
Calcium, Vitamin D and Magnesium Recommendations	109
Dietary Sources of Vitamin D	110
The DASH Diet Eating Plan	111
Fiber Content of Selected Foods	112
High Fiber Recipes	114
Flavor Enhancers	115
Fluid Restriction Guidelines	116
Guide to Common Food-Medication Interactions	117
Glycemic Index and Glycemic Load Tables	118
Selected Lab Results	121
High Phosphorus Foods	122
Purine Contents of Foods	123

REFERENCES	124
------------------	-----

ADDITIONAL ORDER FORMS	127
------------------------------	-----