

# TABLE OF CONTENTS

**APPROVAL PAGE** .....iii

**PREFACE** .....iv

**GENERAL NUTRITION**

    Dietary Guidelines for Americans .....1

    Food Guide for People Over 70 Years of Age .....2

    Healthy Food Choices .....5

    My Plate (USDA Handout).....6

        Factors that May Alter Nutrient Intake .....8

        The Liberalized Geriatric Diet .....9

        Commonly Prescribed Diets .....10

        Portion Sizes .....11

**REGULAR DIET** .....13

    High Calorie/High Protein Diet .....16

**SOBRIETY NUTRITION** .....19

**SODIUM CONTROLLED DIETS** .....22

    No Added Salt Diet .....23

    Low Sodium Diet .....26

    2 Gm Sodium Diet .....30

    Low Sodium Nutrition Facts Label .....36

    Flavor Enhancers .....37

**CONSISTENT CARBOHYDRATE**.....38

**& WEIGHT CONTROL DIET**

        Consistent Carbohydrate Diet .....39

        Sick Day Guidelines .....50

        Carbohydrate Nutrition Facts Label .....52

        No Concentrated Sweets Diet .....53

        Weight Control Diet .....56

**FAT MODIFIED DIETS** .....60

    Fat Modified Diet - Cholesterol Lowering .....61

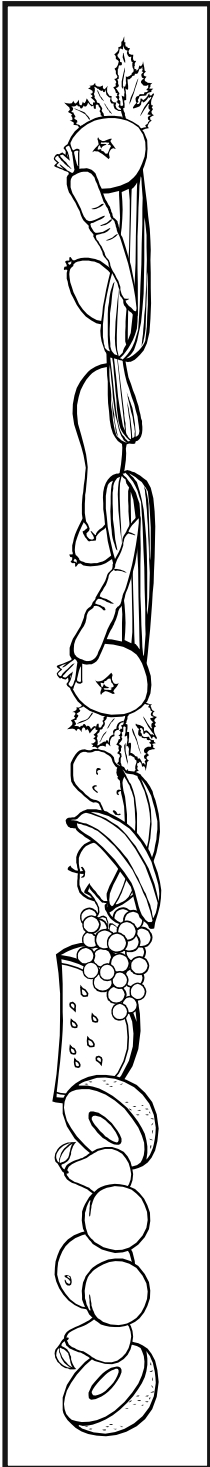
    Heart Healthy Diet .....64

    Low Fat Diet .....68

**FIBER MODIFIED DIETS** .....71

    Increased Fiber Diet .....72

    Fiber Nutrition Facts Label .....76



# TABLE OF CONTENTS

Fiber Restricted Diet .....	77
Ostomy Diet .....	80
<b>RENAL DIETS</b> .....	<b>86</b>
Renal Diet .....	87
Renal Vegetarian Diet .....	94
Fluid Restriction Guidelines .....	99
<b>POTASSIUM RESTRICTED DIET</b> .....	<b>100</b>
<b>GLUTEN RESTRICTED DIET</b> .....	<b>104</b>
<b>LACTOSE RESTRICTED DIET</b> .....	<b>109</b>
<b>VEGETARIAN DIETS</b> .....	<b>113</b>
<b>TEXTURE MODIFIED DIETS</b> .....	<b>127</b>
Mechanical Soft Consistency .....	128
Puree Consistency .....	131
Full Liquid Diet .....	134
Clear Liquid Diet .....	137
Dysphagia Consistency Diet .....	140
<b>FEEDING PROBLEMS</b> .....	<b>144</b>
Finger Food Modification .....	145
Nutrient Dense Foods .....	148
Alternate Nutrition Support .....	150
<b>APPENDIX</b>	
Average Caffeine Content of Selected Foods .....	154
Calcium, Lactose and Magnesium Content of Selected Foods ....	155
Food Sources of Vitamin D .....	156
Foods High in Oxalate .....	157
Average Fiber Content of Common Foods .....	158
Vegetarian Food Sources of Iron .....	160
Vegetarian Food Sources of Vitamin B-12 .....	161
Vegetarian Food Sources of Calcium .....	162
High Potassium Foods .....	163
High Vitamin K Foods and Warfarin .....	164
Purine Content of Foods .....	165
The DASH Diet Eating Plan .....	166
Mediterranean Eating Plan .....	167
<b>REFERENCES</b> .....	<b>169</b>
<b>ADDITIONAL ORDER FORMS</b>	

