



NORTHSIDE HOSPITAL

Diet Formulary

Type of Diet	Description
Gastric Bypass Stage 1	Consists of sugar free fluids, Jell-O and Popsicle. Provides broth, water, and decaffeinated tea. No juices served. 4 oz servings provided.
Gastric Bypass Stage 2	The diet allows the addition of easily digested, semi-liquid foods to be consumed in small amounts (approximately 2 oz per meal). High-protein drinks are served between meals.
Gastric Bypass Stage 3	The diet is comprised of soft or pureed foods that are easy to chew and digest. Meats are ground or pureed. (2 oz servings provided at each meal). High-protein drinks are served between meals.
Gastric Bypass Stage 4	The diet includes soft foods such as cooked vegetables and soft or ground meats. (3 oz soft, low-fiber foods). High-protein drinks are served between meals.
Full Liquid Lactose Free	This diet is frequently used for GYN surgical patients. Provides foods such as non-cream based soups, Jell-O, juice, lactaid milk, tea and coffee.
Surgical Low Lactose	Soft bland foods that have low fiber content. Lactose is limited.
Post-Gastrectomy	Low sugar, low fat, low lactose foods. No fluids with meals. Small frequent feedings

Type of Diet	Description
Regular	This diet is served when specific dietary modifications are not required.
Mechanical Soft (Dental Soft)	This diet is indicated for the patient who has difficulty in chewing or swallowing.
Dysphagia Puree	This diet is used for patients with problems chewing and swallowing or esophageal inflammation or varices. Food consistency is blended. Liquids must be ordered separately as regular, nectar, or honey.
Dysphagia Altered	Mechanically altered. Meats are ground or minced. Foods are moist, soft-textured, and easily formed into a bolus. All vegetables are fork-mashable. Liquids must be ordered separately as regular, nectar, or honey.
Dysphagia Advanced	Foods are nearly regular textures with the exception of hard, sticky, or crunchy foods. Foods are moist, bite-sized pieces. All vegetables are fork-mashable. Liquids must be ordered separately as regular, nectar, or honey.
Cardiac Diet	This diet provides controlled amounts of sodium, cholesterol, saturated and total fat.
Low-Fat	The diet provides < 30% energy from fat.
No Added Salt (NAS) (4g sodium)	This diet provides a moderate sodium restriction by eliminating foods and condiments high in sodium.
2 gram Sodium	The diet is used in the treatment of conditions characterized by edema, including the following: cirrhosis of the liver with ascites, CHF, essential hypertension and renal disease.

Type of Diet	Description
Renal (std) (80-100g)	The diet provides adequate protein and limited amounts of potassium (2g) and sodium (2g) for the dialyzed patient.
Pre-Renal (40-60g)	The diet provides limited amounts of protein (40-60g/d), potassium (2g/d), and sodium (2g/d) for the pre-dialyzed patient.
GI Soft/Low Residue	The diet limits most raw, highly-seasoned and fried foods. The diet contains only moderate amounts of fiber.
Bland Diet	The diet eliminates seasoned foods and condiments that may stimulate gastric discomfort and GERD.
Consistent Carbohydrate (defined by caloric amounts in 200 increments) 1200-3000 cal/day	The diet provides consistent amount of carbohydrate based on caloric level to allow for optimal blood glucose control. The diet provides an HS snack for all calorie levels. (45% CHO, 25% protein, 30% fat)
Gestational Diabetic Diet (defined by caloric amounts in 200 increments) 1800-3000 cal/d	The diet provides consistent amount of carbohydrate based on caloric level to allow for optimal blood glucose control. Snacks provided between meals to provide approximately 35-40% of Kcal from CHO.
Hyperemesis	The diet provides bland, room temperature or cold foods separated into solids and liquids. Patients on this diet may request additional foods they feel can be tolerated. Patients are encouraged to separate their intake of food and drink.
Small Frequent Meals	The diet provides 6 small meals daily.

Type of Diet	Description
Clear Liquid	The diet is indicated for short-term use whenever an acute illness or surgery causes intolerance to food; or to temporarily restrict undigested material in the GI tract. The diet is not nutritionally adequate.
Clear Liquid/NCS (no concentrated sweets)	Clear liquid diet providing sugar-free products only. This diet provides very limited amounts of carbohydrate and is not recommended often.
Full Liquid	The diet consists of foods that are liquid at body temperature. Foods are easy to digest and provide minimal stimulation to the GI tract. The diet is not nutritionally adequate.
Kosher	The diet may be ordered for individuals of the Jewish faith if they so desire.
Vegetarian (Lacto-ovo)	The diet is a variation of the regular diet excluding most foods of animal origin (eggs and dairy provided).
Vegan	The diet is a variation of the regular diet excluding all foods of animal origin.
Neutropenic	The diet eliminates certain foods to provide a lower level of bacteria than is present in a typical hospital diet.
Gluten Free	The diet omits foods processed with Gluten. The diet is the primary means of treatment for celiac sprue.
Finger Food (Cardiac Cath)	Indicated for patients who may not be able to use utensils or for patients confined to a flat-lying position who require heart healthy foods.