

Diet Terminology-Preferred Diet Orders

Mealtime is often the most important part of the day for individuals in behavioral health settings. The Milwaukee County Behavioral Health Division Dietitians believe that nutrition plays an important role in physical, emotional and mental well-being. The diets listed below are preferred by the BHD Dietitians and are encouraged for use with most individuals receiving treatment at the Milwaukee County BHD facilities. More restrictive diets are available, and can be discussed with the clinical dietitian before ordering. The practice of ordering items for patients which are of little nutritional value (Soda, Commercial Electrolyte Beverages) is discouraged.

Diet Orders

Regular Diet

The Regular Diet provides approximately 2200-2400 daily calories and is used for those that require no nutrient or consistency alterations. Menus are written to meet USDA Dietary Guidelines, which include:

- Protein accounts for 10-35% of total daily calories
- Carbohydrates account for 45-65% total daily calories
- Total fat accounts for no more than 20-35% of total calories
- Saturated fat accounts for less than 10% of total calories
- Cholesterol intake averages less than 300 mg daily
- Sodium intake is 2300 mg (without added salt or processed foods)
- 20-30 grams Fiber daily

*Further information on this diet can be accessed on the Online Diet Manual Section 2 [Principles of Nutrition Care](#)

Consistent Carbohydrate Diet

The Consistent Carbohydrate Diet is appropriate for patients with diabetes. This diet provides daily carbohydrates in a consistent meal pattern. This diet provides:

- 1800-2200 daily calories
- 225-300 grams Carbohydrate distributed consistently over daily menu
- Protein accounts for 15-35% of total daily calories
- Total fat accounts for no more than 20-25% of total calories
- Saturated fat accounts for less than 10% of total calories
- Cholesterol intake averages less than 300 mg daily
- Sodium intake is 2300 mg (without added salt or processed foods)
- 20-30 grams Fiber daily

*Further information on this diet can be accessed on the Online Diet Manual Section 3C [Diabetes Mellitus](#) and 4B [Carbohydrate Control](#)

Heart Healthy Diet

The Heart Healthy Diet is appropriate for patients with cardiac disease, hypertension, hyperlipidemia, are overweight or those wishing to incorporate healthy food choices as part of their health and wellness plan. This diet provides a mild calorie restriction, reduces saturated fat, limits cholesterol and sodium, and increase daily fiber intake. This diet provides:

- 1800-2200 daily calories
- Protein accounts for 15-25% of total daily calories
- Carbohydrates account for 50-60% total daily calories
- Total fat accounts for no more than 25-35% of total calories
- Saturated fat accounts for less than 7% of total calories
- Polyunsaturated fat accounts for less than 10% total calories
- Monounsaturated fat accounts for up to 20% total calories
- Cholesterol intake averages less than 200 mg daily
- Sodium intake is 2300 mg (without added salt or processed foods)
- 20-30 grams Fiber provided daily

*Further information on this diet can be accessed on the Online Diet Manual Section 3F Heart and Blood Vessel Disease

Reduction Diet

This diet is used for patients who need fewer calories and/or wish to achieve weight loss. This diet provides:

- 1400-1600 total daily calories
- Protein accounts for 15-35% of total daily calories
- Total fat accounts for no more than 20-25% of total calories
- Saturated fat accounts for less than 10% of total calories
- Cholesterol intake averages less than 300 mg daily
- Sodium intake is 2300 mg (without added salt or processed foods)

*Further information on this diet can be accessed on the Online Diet Manual Section 4A Calorie Control

Specialized Diets

The following specialized diets are available per patient request or M.D. order:

- Gluten Free.....Section 4F Food Allergy and Intolerance, Wheat Allergy Diet
- Renal Section4I Kidney Disease Diet
- Vegetarian Diets Section 4JVegetarian Diets
- Low Lactose Section 4FMilk Allergy and Intolerance

Texture Altered Diets

Diet texture alterations are used when a patient presents difficulty chewing or swallowing regular textured foods. The regular or therapeutic diet is followed and foods are altered to the highest level consistency the individual can tolerate. Diet texture alterations may be individualized per patient need.

Mechanical Soft Diet

A Mechanical Soft Diet is used for individuals who have difficult chewing regular textured foods. Foods that are difficult to chew are chopped, ground, shredded and/or soft cooked to facilitate chewing and ease of swallowing. This diet eliminates dry, tough meats, whole pieces of meat, hot dogs, etc. Pineapple, corn, raw vegetables and other difficult to chew fruits and vegetables are avoided. In addition, dry, tough and crusty breads, bread products and dry or chewy dessert/pastry items are excluded.

*Further information on this diet can be accessed on the Online Diet Manual Section 4C [Consistency Modifications](#)

Puree Diet

A Puree diet is used for individuals who have severe chewing and/or swallowing difficulties. All foods are pureed to simulate a soft food bolus, eliminating the whole chewing phase. All foods must be the consistency of moist mashed potatoes or pudding. Pureed diet menus should follow the foods on the Regular Diet as closely as possible.

*Further information on this diet can be accessed on the Online Diet Manual Section 4C [Consistency Modifications](#)

Thickened Liquids

Individuals requiring thickened liquids as recommended by the speech language pathologist and ordered by the physician should be served liquids in a form to minimize the risk of choking and aspiration.

General Guidelines for Thickened Liquids

Thin: thin liquids will liquefy in the mouth within a few seconds. Examples include: broth, sodas, coffee, gelatin, juice, milk, water, ice cream, watermelon.

Nectar: nectar thick liquids are thickened to a nectar consistency. Examples include: apricot nectar, eggnog, commercially/facility prepared thickened products.

Honey: honey thick liquids are thickened to a honey consistency. Examples include: commercially/facility prepared thickened products

Pudding: Commercial thickening agents are required to achieve a pudding thick fluid consistency.

*Further information on this diet can be accessed on the Online Diet Manual Section 4C [Consistency Modifications](#)