

## **SUMMARY OF FACILITY HOUSE DIETS**

### **H.M. Composite Menu Systems**

In order to best meet the nutritional needs of all our residents, our facility is endeavoring to *limit* all orders to our five **HOUSE DIETS**. Please encourage the physician to choose one of these diets:

#### **HOUSE DIETS**

- 1. REGULAR DIET**
- 2. REGULAR DIET, NO SALT PACKET**
- 3. MECHANICAL SOFT DIET**
- 4. LIBERAL BLAND DIET**
- 5. DIABETIC DIET, LOW/NO CONCENTRATED SWEETS**

A few residents may require more severe dietary restrictions. The following diets are extended on the daily menu. However, our *goal* is to have all residents possible on our five house diets.

#### **ADDITIONAL DIETS**

- 1. PUREED DIET**
- 2. LOW SALT DIET (2.5 to 3.5 gms. Na.)**
- 3. 2 GRAM SODIUM DIET**  
(not recommended for long term basis)
- 4. RENAL DIET**
- 5. 1200 CALORIE DIABETIC DIET**
- 6. 1500 CALORIE DIABETIC DIET**
- 7. LOW FAT - LOW CHOLESTEROL DIET**

For your reference, more detailed information on **FACILITY HOUSE DIETS** and **ADDITIONAL DIETS** is included in our diet manual located in the nurse's station.

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