

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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