

THERAPEUTIC DIETS

NAME	CONSIDERATIONS
NPO (nil per os)	Nothing by mouth
CLEAR LIQUID	<ul style="list-style-type: none"> ● transparent to light and liquid at body temperature ● water ● fruit juice ● broth ● hard candy ● gelatin ● popsicles ● coffee ● tea
FULL LIQUID	<ul style="list-style-type: none"> ● clear and opaque liquid foods at body temperature ● all clear liquid items ● ice cream ● sherbet ● breakfast drinks ● fat free & 1% milk ● pudding ● thin hot cereals (cream of wheat)
PUREED DIET	<ul style="list-style-type: none"> ● foods that require no chewing ● all full liquid items ● mashed potatoes
MECHANICAL DIET	<ul style="list-style-type: none"> ● foods that require less chewing ● chopped, ground, & pureed foods ● tender fruits and vegetables ● tender meats
LOW RESIDUE/ LOW FIBER	<ul style="list-style-type: none"> ● limit fiber intake to 10g a day ● white rice ● white bread ● refined cereals and pastas
HIGH RESIDUE/ HIGH FIBER	<ul style="list-style-type: none"> ● high fiber intake 20-35g a day ● whole-grain products ● fruits and vegetables
CONSISTENT CARB (diabetic diet)	<ul style="list-style-type: none"> ● limited starches, juice, fruit, milk, and sugars ● control carbohydrate intake
CARDIAC	<ul style="list-style-type: none"> ● restrict fat and sodium intake
SODIUM-RESTRICTED	<ul style="list-style-type: none"> ● limit sodium intake to set amount (4g, 3g, 2g, 1g, 500mg) ● avoid canned, frozen, boxed, smoked, salted foods
RENAL	<ul style="list-style-type: none"> ● Low sodium, phosphorous, potassium and protein. ● High-quality protein and usually limiting fluids