



Carrington Court

DIETARY MANUAL 2016

Regular Diet

I. Description

The regular diet is designed for residents who do not require any dietary restrictions. The "Dietary Guidelines for Americans", 2010 and "My Plate for Older Adults" 2011 (see appendix) have been used as the basis for this and all other diets and menus in this edition. The meal patterns and daily amounts of each food group in the regular diet have been calculated to meet the needs of sedentary males and females age 51 and over. Refer to Appendix 5, 6, and 7 of the Dietary Guidelines for Americans 2010 to adjust the meal patterns for other age/gender and activity levels. Individual meal preferences must also be considered in planning this and other diets in the manual.

II. Approximate Composition

Calories 1600-2000
Protein 60-75 grams

III. Adequacy

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Reference Intakes, 2010

FOOD GROUPS	FOODS INCLUDED	DAILY AMOUNTS
Milk	All types; yogurt	3 or more servings (1 serving equals 8 ounces)
Meat and equivalents	Meat, fish, shellfish, poultry, cheese, eggs, dried beans, peas and lentils, peanut butter, seeds, and nuts	At least 5 meat equivalents 1 meat equivalent equals:
	Lean meats, fish, poultry no skin, lower fat cheeses	1 oz. cooked meat, fish, shellfish, ¼ cup canned tuna or salmon, 1 oz. poultry, 1 oz. cheese ¼ cup cottage or ricotta cheese, 1 egg, 2 egg whites
	Legumes and meat alternatives	½ cup cooked dried beans, peas, lentils, 2 tbsp peanut butter, 4 oz. of tofu;

Regular Diet

FOOD GROUPS	FOODS INCLUDED	DAILY AMOUNTS
Fruits	All types Citrus or high vitamin C fruit daily	2 or more servings 1 serving equals: ½ cup fruit, 1 medium fresh fruit or 4 ounces fruit juice
Vegetables	All types, including potatoes, corn, lima beans, peas; legumes, dark green leafy or yellow vegetables (3-4 times a week)	3 or more servings 1 serving equals: 1 cup chopped raw; or ½ cup cooked; or 4-6 ounces vegetable juice
Soups	All types	As desired 1 serving equals: 6 ounces
Bread, Cereal & Grains	All types, especially whole grains	6 or more servings 1 serving equals: 1 slice of bread; ¾ cup ready to eat cereal; ½ cup cooked cereal; ½ cup rice, or ½ cup pasta
Fats	Oils, soft margarine, butter, (avoid trans-fat)	As needed for adequate caloric intake
Desserts	All types	As desired for adequate caloric intake
Beverages	All types, include 8 or more cups of water or other fluids per day	As needed to meet fluid requirement
Miscellaneous	Sugar, condiments, jam, jelly, preserves, syrup, sweets, herbs, spices, flavorings, salt, pepper	As desired for flavor and palatability

Regular Diet

Sample Menu Plan

Breakfast

Fruit or juice	Orange juice	4 ounces
Cereal	Oatmeal	½ cup
Meat or equivalent	Eggs, scrambled	1
Bread	Toast, whole wheat	1 slice
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Beverage	Beverage of choice	6-8 ounces
Miscellaneous	Jelly	1 tablespoon
	Sugar	2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Lunch or Supper

Meat or Equivalent	Tuna salad	½ cup
Vegetable	Vegetable soup	6 ounces
Salad	Tossed salad	1 cup
Fat	Italian dressing	1 ounce
Bread	Whole wheat bread	2 slices
Dessert	Chilled peaches	½ cup
Milk	Milk, 2%	8 ounces
Miscellaneous	Beverage of choice	6-8 ounces
	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Dinner

Meat or equivalent	Baked chicken breast	½ breast (3 ounces)
Potato	Mashed potatoes, gravy	½ cup, 1 ounce
Vegetable	Seasoned carrots	½ cup
Salad	Mixed fruit salad	½ cup
Bread	Dinner roll, whole wheat	1
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Dessert	Vanilla ice cream	½ cup
Beverage	Beverage of choice	6-8 ounces
Miscellaneous	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Evening Nourishment

Juice	4 ounces
Graham crackers	3 squares

Mechanical Soft (Dental) Diet

I. Description

This diet modifies the consistency of the regular diet and is used when an individual has difficulty chewing regular food. Most foods on the regular diet may be included, with mechanical alterations based on individual tolerance.

II. Approximate Composition

Calories 1600-2000
Protein 60-75 grams

III. Adequacy

This diet provides all nutrients necessary based on the Dietary Guidelines for Americans 2010.

FOOD GROUPS	FOODS INCLUDED	FOODS EXCLUDED
Milk	All types; yogurt	None
Meat and Equivalent	Ground meat & poultry (gravy/ sauces may be added to moisten); soft boneless fish; ground meat casseroles; cheese sauce, soft cheese, cottage cheese; shaved luncheon meat; eggs; creamy peanut butter; meat loaf/ham loaf, Salisbury Steak; finely chopped meat, tuna or egg salads	Whole meats, whole hot dogs, hard cheeses; any other difficult-to-chew foods
Fruit	All fruit juices, cooked or canned fruit, soft fresh fruit as tolerated	Dried fruits; hard fresh fruits
Vegetables	All vegetable juices; well-cooked soft vegetables: chopped or diced; shredded salads as tolerated	Whole raw vegetables; corn on the cob
Soups	All types	Any not tolerated
Bread & Cereal & Grains	Breads, crackers, dry cereals; French toast, pancakes and waffles with syrup; doughnuts, muffins without nuts/seeds, croissants, pastries without nuts or dried fruit	Granola or granola-type cereals, any foods with nuts or dried fruits, bagels

Mechanical Soft (Dental) Diet

<u>FOOD GROUPS</u>	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Potatoes & Starches	Baked, boiled or mashed potatoes, french fries; pasta	Wild rice
Fats	All types, crisp bacon as tolerated	None
Desserts	Most types	Any containing nuts, coconut, or dried fruit
Beverages	All types	None
Miscellaneous	Herbs, spices, salt, pepper gravies/sauces, ketchup, mayonnaise, mustard, pickle slices	Nuts, coconut, whole pickles, popcorn

Mechanical Soft (Dental) Diet

Sample Menu Plan

Breakfast

Fruit or juice	Orange juice	4 ounces
Cereal	Oatmeal	½ cup
Meat or equivalent	Egg, scrambled	1
Bread	Whole wheat toast	1 slice
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Jelly	1 tablespoon
	Sugar	2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Lunch or Supper

Meat or equivalent	Finely chopped tuna salad	½ cup
Vegetable	Vegetable soup	6 ounces
Salad	Shredded tossed salad	½ cup
Potato or equivalent	Sweet potatoes	½ cup
Fat	Italian dressing	1 ounce
Bread	Whole wheat bread	2 slices
Dessert	Chilled peaches	½ cup
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Dinner

Meat or equivalent	Moist ground chicken breast with gravy	3 ounces 1 ounce
Potato or Equivalent	Mashed potatoes/gravy	½ cup/1 ounce
Vegetable	Cooked sliced carrots	½ cup
Fruit	Canned fruit salad	½ cup
Bread	Soft dinner roll	1
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Dessert	Vanilla ice cream	½ cup
Beverage	of choice	6-8 ounces
	Sugar	1-2 packets
	Creamer	as desired
	Salt, pepper	1 packet each

Evening Nourishment

Apple juice	4 ounces
Graham crackers	3 squares

Dysphagia Level 1/Pureed Diet

I. Description

The pureed diet is used for individuals who have difficulty chewing and/or swallowing. Any foods from the regular diet that can be appropriately pureed should be included in this diet. Individuals requiring a pureed diet simply due to chewing difficulties may be able to tolerate additional food items on an individual basis. This should be specified in the individual's care plan. Procedures should be developed for pureeing food to provide correct and adequate portions equivalent to the portions used in a regular diet. The consistency should be smooth and thick enough to mound on the plate, and similar in consistency to that of pudding.

*NOTE: Additional modifications may be required if the individuals are on thickened liquids.

II. Approximate Composition

Calories 1600-2000

Protein 60-75 grams

III. Adequacy

This diet provides all nutrients necessary to provide and maintain adequate nutrients based on the Dietary Guidelines for Americans 2010.

FOOD GROUPS	FOODS INCLUDED	FOODS EXCLUDED
Milk	All types; yogurt without chunks, seeds or nuts	Any yogurt containing chunks of fruit, coconut, nuts or seeds
Meat and equivalents	Pureed meat, eggs, fish, and poultry; soufflés that are homogenous and smooth; hummus or other pureed legumes; softened tofu; Braunschweiger, pureed cheese and pureed cottage cheese; creamy peanut butter mixed with other pureed food; pureed eggs	Whole or ground meats, fish or poultry; non-pureed lentils or legumes; peanut butter (unless pureed into foods correctly); non-pureed fried, cooked or scrambled eggs
Fruits	Pureed fruits, fruit juices without pulp, well-mashed fresh bananas	Whole fruits (fresh, frozen, canned or dried); juices with pulp
Vegetables	Pureed vegetables, vegetable juices with pulp or seeds	All other non-pureed vegetables, including those with seeds or hulls that cannot be properly pureed
Soups	Broth, bouillon, Strained or pureed soups	Non-pureed soups with lumps or chunks

Dysphagia Level 1/Pureed Diet

FOOD GROUPS	FOODS INCLUDED	FOODS EXCLUDED
Bread, Cereal, & Grains	Pureed bread mixes; pregelled slurried breads, pancakes, French toast, danish, pastries, sweet rolls, etc. that are softened throughout entire thickness of product.	All other breads, rolls crackers, pancakes, waffles, biscuits, muffins etc.
	Smooth, homogenous cooked cereals, such as farina-type cereals. Cereals should have a "pudding-like" consistency	All dry cereals and cooked cereals with chunks, lumps or seeds; oatmeal
Potatoes & Starches	Mashed potatoes; Pureed potatoes (moistened with gravy, butter, margarine or sour cream for individuals with dysphagia)	All others
	Pureed well-cooked pasta, Noodles, bread dressing or rice (blenderized to a smooth homogenous consistency.	
Fats	Butter, margarine, mayonnaise, cream cheese, whipped topping, strained gravy, sour cream	Any fats with course or chunky additives
	Smooth sauces, such as cheese sauce, white sauce, or hollandaise sauce	

Dysphagia Level 1/Pureed Diet

<u>FOOD GROUPS</u>	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Desserts	<p>Smooth custards, puddings and yogurt</p> <p>Pureed desserts and soufflés, fruit whips</p> <p>* Ice cream sherbet, ices, gelatins, milk shakes/malts, eggnog, frozen yogurt, and nutritional supplements</p> <p><i>* Items that are liquid at room temperature may not be appropriate for individuals requiring thickened beverages</i></p>	<p>Fruited yogurt, cookies, cakes, pies, pastries, course or textured puddings, bread puddings, pies</p>
Beverages	<p>Smooth, homogenous Beverages without lumps, Chunks or pulp.</p>	<p>All other beverages</p>
Miscellaneous	<p>Sugar, sugar substitute, salt, finely ground pepper and spices</p> <p>Catsup, mustard, barbeque sauce and other smooth sauces and gravies</p> <p>Clear jam, jelly, syrup, and honey</p> <p>Very soft, smooth candy</p>	<p>Coarsely ground pepper and herbs</p> <p>Seeds, nuts, sticky foods, sauces with lumps, etc.</p> <p>Chunky fruit preserves and jams/jellies with seeds</p> <p>Candy with nuts, sprinkles, etc.; chewy candies such as caramels or licorice</p>

*** Most beverages and soups will need to be thickened for individuals requiring thickened liquids. This includes all items that are liquid at room temperature, such as ice cream, shakes, gelatin, etc.**

Dysphagia Level 1/Pureed Diet

Sample Menu Plan

Breakfast

Fruit or juice	Orange juice	4 ounces
Cereal	Cream of wheat	½ cup
Meat or equivalent	Pureed egg,	1
Bread	Slurried bread	1 slice
Fat	Margarine	1 teaspoon
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Lunch and Supper

Meat or Equivalent	Pureed tuna salad	½ cup
Vegetable	Pureed vegetable soup	6 ounces
	Pureed beets	½ cup
Bread	Pureed bread	1 slice
Fat	Margarine	1 teaspoon
Dessert	Pureed Peaches	½ cup
Beverage	of choice	6-8 ounces
Milk	Milk, 2%	8 ounces
Miscellaneous	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Dinner

Meat or equivalent	Pureed skinless baked chicken	½ cup (3 ounces edible)*
	Gravy	1 ounce
Potato or equivalent	Whipped potatoes w/ gravy	½ cup
Vegetable	Pureed carrots	½ cup
Bread	Pureed bread	1 serving
Fat	Margarine	1 teaspoon
Milk	Milk, 2%	8 ounces
Dessert	Vanilla ice cream	½ cup
Beverage	of choice	6-8 ounces
	Sugar	1-2 packet
	Creamer	as desired
	Salt, Pepper	1 packet each

Evening Nourishment

Vanilla pudding	½ cup
Apple juice	½ cup

*Portion size is based on a standardized procedure for pureeing cooked chicken to provide 3 meat equivalents.

Dysphagia Level 2/Mechanically Altered Diet

I. Description

This diet consists of foods that are moist and easily formed into a bolus. Meats (ground or minced) should be no larger than one-quarter inch pieces. All foods from the Dysphagia Level 1/pureed diet are acceptable on this diet. It is based on the National Dysphagia Diet Level 2 Dysphagia Mechanically Altered diet, and is designed for individuals who have difficulty swallowing regular foods. It is designed to be a transition from pureed to more solid textures. Some mixed textures are acceptable on this diet, and chewing ability is required. Individuals should be monitored periodically to determine if swallowing function improves or declines.

*NOTE: Additional modifications may be required if the individuals are on thickened liquids.

II. Approximate Composition

Calories 1600-2000

Protein 60-75 grams

III. Adequacy

This diet provides all nutrients necessary based on the Dietary Guidelines for Americans 2010.

FOOD GROUPS	FOODS INCLUDED	FOODS EXCLUDED
Milk	All types – Beverages may require thickening when thin liquids are to be avoided	None
Meat and Equivalent	Moist ground meats or poultry; moist soft fish; casseroles without rice; moist macaroni and cheese; well-cooked pasta with meat sauce; soft moist lasagna; moist meatballs, meat loaf, ham or fish loaf; protein salads without large chunks, celery, or onion; cottage cheese; smooth quiche without large chunks; scrambled eggs; poached pasteurized eggs; soft soufflés; tofu; well-cooked slightly mashed moist legumes, such as baked beans; All meat or protein substitutes should be served with sauces or moistened.	Dry or tough meats such as bacon, hot dogs, sausage, and bratwurst Dry casseroles, casseroles with rice or large chunks Cheese slices and cubes; hard-cooked or crisp fried eggs; Sandwiches; pizza Peanut butter

Dysphagia Level 2/Mechanically Altered Diet

FOOD GROUPS	FOODS INCLUDED	FOODS EXCLUDED
Fruit	Soft drained canned or cooked fruits without seeds or skin; soft/ripe banana; fruit juice	Fresh or frozen fruits, cooked fruits with skins or seeds; dried fruits; fresh, canned or cooked pineapple
Vegetable	Soft, well-cooked vegetables, less than ½ inch in size and should be easily mashed with a fork; vegetable juices	Cooked corn and peas; broccoli, cabbage, asparagus, Brussels sprouts, or other fibrous, nontender/rubbery raw or cooked vegetables
Soups	<p>Soups with easy-to-chew/ swallow meats or vegetables; particle size in soups should be less than ½ inch</p> <p>Soups may require thickening for residents on thickened liquids</p>	Soups with large chunks of meat and vegetables; soups with rice, corn or peas
Bread, Cereal & Grains	<p>Soft pancakes moistened with syrup or sauce; pureed bread mixes, pregelled or slurried breads that are gelled throughout entire thickness of product</p> <p>Cooked cereals with little texture, including oatmeal; slightly moistened dry cereals with little texture, such as corn flakes, Rice Krispies®, Wheaties®, etc.</p> <p>Un-processed wheat bran stirred into cereals for bulk- Liquid should be absorbed into the product when thin liquids are contraindicated.</p>	<p>All other breads</p> <p>Very course cooked cereals that contain nuts or seeds; whole-grain dry or coarse cereals; cereals with nuts, seeds, dried fruit and/or coconut</p>

Dysphagia Level 2/Mechanically Altered Diet

FOOD GROUPS	FOODS INCLUDED	FOODS EXCLUDED
Potatoes and Starches	Well-cooked, moistened, Baked, boiled, or mashed potatoes Well-cooked noodles in sauce; soft dumplings moistened with butter, sauce or gravy; well-cooked shredded hash browns (not crisp) in sauce	Potato skins and chips; fried or french-fried potatoes; rice
Fats	Butter, margarine, cream, Gravy, sauces, mayonnaise, salad dressing, sour cream, whipped toppings, cream cheese, dip and spreads with soft additives - Thickening agents may be required when thin liquids are contraindicated	Any fats with coarse, chunky additives
Desserts	Pudding, custard, soft fruit pies with bottom crust only; pre-gelled cookies, or soft cookies that have been moistened in milk, coffee, or other liquid; soft-moist cakes with icing, or slurried cakes; crisps and cobblers with soft breading or crumb mixture (without seeds or nuts); Frozen yogurt, ice cream, sherbets, ices, malts, milk shakes, eggnog, gelatin and nutritional supplements – items that are liquid at room temperature may require thickening when thin liquids are contraindicated	Pineapple; any foods with dried fruit, nuts, coconut, or seeds

Dysphagia Level 2/Mechanically Altered Diet

<u>FOOD GROUPS</u>	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Beverages	All beverages with minimal amounts of texture, pulp, etc. Milk, juice, coffee, tea, soda, alcoholic beverages, nutritional supplements – liquids may require thickening if thin liquids are contraindicated	
Miscellaneous	Jams and preserves without seeds; jelly Sauces, salsas, etc. that may have small tender chunks less than ½ inch in size Soft, smooth chocolate bars that are easily chewed	Seeds, nuts, coconut, sticky foods Chewy candies such as caramel or licorice

Dysphagia Level 2/Mechanically Altered Diet

Sample Menu Plan

Breakfast

Fruit or juice	Orange juice	4 ounces
Cereal	Oatmeal	½ cup
Meat or equivalent	Egg, scrambled	1
Bread	Pureed bread	1 serving
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Jelly	1 tablespoon
	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Lunch or Supper

Meat or equivalent	Soft flaked fish with sauce	3 ounces/1 ounce
Vegetable	Green beans	½ cup
Potato or equivalent	Mashed potatoes/gravy	½ cup/1 ounce
Bread	Pureed bread	1 serving
Fruit	Canned peaches	½ cup
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Dinner

Meat or equivalent	Moist ground chicken/gravy	3 ounces/1 ounce
Potato or equivalent	Whipped potatoes/gravy	½ cup/1 ounce
Vegetable	Cooked sliced carrots	½ cup
Fruit	Canned fruit without pineapple	½ cup
Bread	Puree bread	1 serving
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Dessert	Vanilla ice cream	½ cup
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Evening Nourishment

Vanilla pudding	½ cup
Apple juice	½ cup

Dysphagia Advanced/Level 3 Diet

I. Description

This diet consists of food of nearly regular textures with the exception of very hard, sticky or crunchy foods. Foods should be moist and in "bite-size" pieces. It is meant to be a transition to a regular diet. Adequate dentition and mastication are required. It is expected that mixed textures are tolerated on this diet. This diet is based on the National Dysphagia Diet Level 3 Dysphagia Advanced diet.

***NOTE:** Additional modifications may be required if the individuals are on thickened liquids.

II. Approximate Composition

Calories 1600-2000

Protein 60-75 grams

III. Adequacy

This diet provides all nutrients necessary based on the Dietary Guidelines for Americans 2010.

<u>FOOD GROUPS</u>	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Milk	All types – Beverages may require thickening when thin liquids are contraindicated	None
Meat and Equivalent	Thin-sliced, tender or ground meats and poultry Well-moistened fish Eggs prepared any way Yogurt without nuts/coconut Casseroles with small chunks of meat, ground meats or tender meats	Tough, dry meats and poultry Dry fish, fish w/ bones Chunky peanut butter Yogurt w/ nuts or coconut

Dysphagia Advanced/Level 3 Diet

<u>FOOD GROUPS</u>	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Fruit	All canned and cooked fruits	Difficult to chew fruits, e.g. apples or pears
	Soft, peeled fresh fruits, e.g. peaches, kiwi, melons without seeds, nectarines	Stringy, high-pulp fruits, e.g. papaya, pineapple, mango
	Soft berries w/ small seeds such as strawberries	Fresh fruits w/ difficult to chew skins, such as grapes
		Uncooked dried fruits, e.g. prunes, apricots
Vegetable		Fruit leather, fruit roll-ups, fruits snacks, dried fruits
	All cooked, tender vegetables	Raw vegetables except shredded lettuce
	Shredded lettuce	Cooked corn
Soups		Nontender or rubbery cooked vegetables
	All soups except those on the excluded list	Soups w/ tough meats
		Corn or clam chowders
Bread, Cereal & Grains		Soups w/ large chunks of meat or vegetables > 1 inch
	Strained corn or clam chowder (may require thickening if thin liquids are contraindicated)	
	Well-moistened breads, biscuits, muffins, pancakes, Waffles, etc. Need to add Adequate syrup, butter, jelly, etc. to moisten sufficiently	Dry bread, toast, crackers, etc.
		Tough, crusty breads, e.g. French bread or baguettes
	All well-moistened cereals (May have ¼ cup milk or just enough to moisten if thin liquids are restricted)	Course or dry cereals, e.g. Shredded Wheat or All Bran

Dysphagia Advanced/Level 3 Diet

<u>FOOD GROUPS</u>	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Potatoes & Starches	All – including rice, wild rice moist bread dressing, tender, fried potatoes	Tough, crisp-fried potatoes Potato skins Dry bread dressing
Fats	All fats except those on the excluded list	Fats w/ course, difficult-to- chew or chunky additives, e.g. cream cheese spread with nuts or pineapple
Desserts	All desserts except those on the excluded list *Malts, milk shakes, frozen yogurt, ice cream, gelatin, nutritional supplements, sherbet *These items become thin liquids at room and/or body temperature, and should be avoided if thin liquids are contraindicated	Dry cakes, cookies that are chewy or very dry Anything w/ nuts, seeds, dry Fruits, coconut, pineapple
Beverages	Any – depending on Recommendations for liquid consistency	
Miscellaneous	All seasonings & sweeteners All sauces Non-chewy candies without nuts, seeds, or coconut Jams, jellies, honey, preserves	Nuts, seeds, coconut Chewy, caramel or taffy- type candies Candies w/ nuts, seeds or coconut

Dysphagia Advanced/Level 3 Diet

Sample Menu Plan

Breakfast

Fruit or juice	Orange juice	4 ounces
Cereal	Oatmeal	½ cup
Meat or equivalent	Egg, scrambled	1
Bread	Whole wheat toast	1 slice
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Jelly	1 tablespoon
	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Lunch or Supper

Meat or equivalent	Soft flaked fish with sauce	3 ounces/1 ounce
Vegetable	Green beans	½ cup
Potato or equivalent	Mashed potatoes/gravy	½ cup/1 ounce
Bread	whole wheat bread	1 slice
Fruit	Canned peaches	½ cup
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Dinner

Meat or equivalent	Tender chicken/gravy	3 ounces/1 ounce
Potato or equivalent	Whipped potatoes/gravy	½ cup/1 ounce
Vegetable	Cooked sliced carrots	½ cup
Fruit	Canned fruit without pineapple	½ cup
Bread	Dinner roll, whole wheat	1 serving
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Dessert	Vanilla ice cream	½ cup
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Evening Nourishment

Vanilla pudding	½ cup
Apple juice	½ cup

Full Liquid Diet

I. Description

The full liquid diet consists of foods that are primarily liquid. This diet is indicated for residents who are acutely ill or who are unable to swallow or chew solid foods. Nourishments are served between meals. After 3-5 days, the need for this diet should be evaluated to assure adequate nutrition. If circumstances indicate that this diet is required for any extended period of time commercially prepared, nutritionally adequate supplements should become an essential component of this diet.

II. Approximate Composition

Calories Varies
Protein Varies

III. Adequacy

This diet may not contain all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Guidelines for Americans 2010.

<u>FOOD GROUPS</u>	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Milk	All types; cocoa, hot chocolate, milk shakes, instant breakfast, eggnog, smooth yogurt (plain or flavored)	Yogurt, with nuts, seeds, skins, whole fruits
Meat and Equivalents	Eggs or egg substitutes in custard or pudding	All others
Fruits	All juices and nectars without pulp	All others
Vegetables	Vegetable juices, vegetable purees that are strained in soups	All others

Full Liquid Diet

FOOD GROUPS	FOODS INCLUDED	FOODS EXCLUDED
Soups	Bouillon, broth; strained meat, vegetable and cream soups	All others
Cereals	Cooked refined cereals; strained oatmeal thinned with liquid	All others
Fats	Margarine or butter, cream, or non-dairy creamer	All others
Desserts	Pudding, custard, gelatin; plain ice cream, ice milk, sherbet, fruit ice; popsicles; plain frozen yogurt; commercially prepared pudding- type nutritional supplements	All others
Beverages	All types including commercially prepared liquid nutritional supplements	None
Miscellaneous	Sugar, clear jelly, syrup, honey; hard candy (if tolerated), chocolate syrup Salt, pepper	None

Full Liquid Diet

Sample Menu Plan

Breakfast

Fruit	Orange juice, pulp free	8 ounces
Cereal	Oatmeal	1 cup
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	3 packets
	Creamer	as desired

Midmorning Nourishment	Commercial liquid supplement	8 ounces
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Lunch & Supper

Fruit Juice	Apple juice	8 ounces
Soup	Strained vegetable soup	8 ounces
Dessert	lemon pudding	½ cup
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	3 packets
	Creamer	as desired
	Salt, pepper	1 packet each

Midmorning Nourishment	Commercial liquid supplement	8 ounces
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Dinner

Juice	Cranberry juice	8 ounces
Soup	Strained cream of mushroom soup	6 ounces
Dessert	vanilla ice cream	½ cup
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	2 packets
	Creamer	as desired
	Salt, pepper	1 packet each

Evening Nourishment	Sherbet	½ cup
	Ginger ale	8 ounces

Clear Liquid Diet

I. Description

The clear liquid diet is used for acute stages of illness until a full liquid diet or solid foods are tolerated. Nourishments between meals are necessary.

II. Approximate Composition

Calories Varies

Protein Varies

III. Adequacy

This diet is inadequate in all nutrients. It should be used for limited periods of time, usually no longer than 48 hours.

FOODS INCLUDED

Clear broth, bouillon

Flavored gelatin
High protein gelatin

Water ice, popsicles, fruit ice

Fruit juices: apple, grape, cranberry juice
Cocktail, cran-apple, cran-grape, cran-raspberry,
Orange or grapefruit juice without pulp

Beverages: water, tea, coffee, carbonated beverages,
fruit flavored drinks, commercially prepared high
protein clear liquid products

Sugar, sugar substitutes

FOODS EXCLUDED

All others

Clear Liquid Diet

Sample Menu Plan

Breakfast

Pulp free orange juice	8 ounces
Cherry gelatin	1 cup
Carbonated cola	8 ounces
Beverage of choice	6-8 ounces
Ice water	8 ounces
Sugar	3 packets

Midmorning Nourishment

Grape juice	8 ounces
Raspberry gelatin	½ cup

Lunch

Apple juice	8 ounces
Chicken broth	6 ounces
Lemon ice	½ cup
Beverage of choice	6-8 ounces
Iced water	8 ounces
Sugar	3 packets

Mid Afternoon Nourishment

Pulp free orange juice	8 ounces
Lemon-lime	8 ounces
Carbonated beverage	

Dinner

Cranberry juice	8 ounces
Beef bouillon	6 ounces
Cherry gelatin	1 cup
Beverage of choice	6-8 ounces
Iced water	8 ounces
Sugar	3 packets

Evening Nourishment

Lime gelatin	1 cup
Ginger ale	8 ounces

Small, Regular and Large Portion Sizes

Portion sizes may be adjusted to meet the nutritional needs and personal preferences of an individual resident. Before any adjustment is done, the dietitian should review the individual resident's nutritional needs and ascertain if the increase or decrease in portion sizes will be advantageous to the resident. Portion size changes may be warranted due to resident preferences and/or individuals on the small portion diet, multivitamin or additional supplementation may be necessary.

Food Item	Regular	Small	Large
Meats (breakfast)	1 oz.	1 oz.	2 oz.
(lunch)	3 oz.	2 oz.	4 oz.
(dinner)	3 oz.	2 oz.	4 oz.
Starches	1/2c.	3 ¼ oz (#10)	6 oz.
Cereals -hot	1/2c.	3 ¼ oz. (#10)	1 cup
-cold	¾ c.	¾ c.	1 1/2c.
Vegetables	1/2c.	3 ¼ oz. (#10)	6 oz.
Bread	1 Slice	1 Slice	1 Slice
Juice	4 oz.	4 oz.	4 oz.
Milk	8 oz.	8 oz.	8 oz.
* Fruit	½ c.	½ c.	¾ c.
* Dessert	1 svg.	1 svg.	1 svg.

Small portions are usually requested by residents with small appetites who feel overwhelmed by regular size portions or for weight control or weight reducing diet. Snacks may be needed to make up for decreased nutrient density with this diet.

* **Most residents do not request small portions of these items**

Small Portions Diet

I. Description

Portion sizes may be adjusted to meet the nutritional needs and personal preferences of an individual resident. Before any adjustment is done, the dietitian will review the individual resident's nutritional needs and ascertain if the decrease in portion sizes will be advantageous to the resident. Small portions may be warranted due to resident's request and/or calorie and protein needs that are less than what the regular diet provides.

II. Approximate Composition

Calories 1350-1750
Protein 55-60 grams

III. Adequacy

This diet may be nutritionally inadequate based on the Dietary Guidelines for Americans 2010. A multivitamin or additional supplementation may be necessary.

Small Portions Diet

Sample Menu Plan

Breakfast

Fruit or juice	Orange juice	4 ounces
Cereal	Oatmeal	#10 scoop
Meat or equivalent	Scrambled egg	1 serving
Bread	Toast, whole wheat	1 slice
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Jelly	1 tablespoon
	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Lunch and Supper

Meat or equivalent	Tuna salad	#10 scoop
Vegetable	Vegetable soup	6 ounces
Salad	Tossed salad	#10 scoop
Fat	Italian dressing	1 ounce
Bread	Bread, whole wheat	1 slice
Dessert	Chilled peaches	½ cup
Milk	Milk, 2%	8 ounces
Beverage	of choice	6 ounces
Miscellaneous	Sugar	1 packet
	Creamer	as desired
	Salt, Pepper	1 packet each

Small Portion Diet

Dinner

Meat or equivalent	Baked chicken breast	2 ounces
Starch	Mashed potatoes, gravy	#10 scoop
Fat	Soft margarine	1 packet
Vegetable	Seasoned carrots	#10 scoop
Salad	Mixed fruit	#10 scoop
Bread	Dinner roll, whole wheat	1
Milk	Milk, 2%	8 ounces
Dessert	Vanilla ice cream	½ cup
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	1 packet
	Salt, Pepper	1 packet each

Evening Nourishment

Juice	4 ounces
Graham crackers	3 squares

Large Portion Diet

Sample Menu Plan

Breakfast

Fruit or juice	Orange juice	4 ounces
Cereal	Oatmeal	1 cup
Meat or equivalent	Scrambled egg	2 servings
Bread	Toast, whole wheat	1 slice
Fat	Soft margarine	1 packet
Milk	Milk, 2%	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Jelly	1 tablespoon
	Sugar	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Lunch/Supper

Meat or equivalent	Tuna salad	# 6 scoop
Vegetable	Vegetable soup	6 ounces
Salad	Tossed salad	1 cup
Fat	Italian dressing	2 ounces
Bread	Bread, whole wheat	1 slice
Dessert	Chilled peaches	$\frac{3}{4}$ cup
Milk	Milk, 2%	8 ounces
Beverage	of choice	6 ounces
Miscellaneous	Sugar/salt/pepper	1 packet each
	Creamer	as desired

Dinner

Meat or equivalent	Baked chicken breast	4 ounces
Starch	Mashed potatoes, gravy	6 oz.
Fat	Soft Margarine	1 packet
Vegetable	Seasoned carrots	6 oz.
Fruit	Fruit Cocktail	$\frac{3}{4}$ cup
Bread	Dinner roll, whole wheat	1
Milk	Milk, 2%	8 ounces
Dessert	Vanilla ice cream	$\frac{1}{2}$ cup
Beverage	Sugar	1 packet
Miscellaneous	Salt, Pepper	1 packet

Evening Nourishment

Juice	4 ounces
Graham crackers	3 squares

Vegetarian Diet

I. Description

The vegetarian diet is a modification of the regular diet. The diet is predominately composed of plant foods and may or may not include eggs and dairy. Traditionally, vegetarian diets have been classified by the type of animal products that have been excluded. These classifications include:

Lacto-ovovegetarian	Meat, poultry and fish are excluded
Lacto-vegetarian	Meat, poultry, fish and eggs are excluded
Ovovegetarian	Meat, poultry, fish, milk and milk products are excluded
Vegan	Meat, poultry, fish, eggs, milk and milk products are excluded

No matter which classification is practiced, the vegetarian diet should provide a variety of foods that ensure adequate amounts of all nutrients required for tissue repair, growth and maintenance. Careful evaluation of the resident's diet history is therefore imperative to identify the specific food practices of individual vegetarians. A variety of protein-containing foods should be planned over the course of the day to supply the amino acids needed.

The lacto-ovovegetarian diet and the vegan diet are illustrated to provide a guide to ensure nutritional adequacy.

II. Approximate Composition

Calories 1600 – 2000
Protein 60 – 75 grams

III. Adequacy

The lacto-ovovegetarian diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Guidelines for Americans 2010.

The vegan diet requires special attention to ensure that all nutrients are provided. Vitamin D and Vitamin B12 may be deficient in the vegan diet. Fortified soy milk, fortified cereals and multi-vitamins with mineral supplements may be served daily to meet nutrient requirements.

Vegetarian Diet

FOOD GROUPS	FOODS INCLUDED	DAILY AMOUNT
Dairy products and (optional) dairy alternatives	All types; yogurt; soy milk fortified with calcium and Vitamin D	Up to 3 servings 1 serving equals 1 cup
Meat equivalents and (eggs, cheese optional) alternatives	Cheese; dried beans, peas, and lentils; peanut butter, nuts; tofu; soy milk; cottage cheese or ricotta; whole egg (limit egg yolks to 4 per week); egg whites and yolk free products are unlimited	At least 5 meat equivalents with 1 equivalent equaling; 1 ounce cheese or ¼ cup ricotta and cottage cheese; or 1 egg or 2 egg whites or 2 tablespoons nut butter; ¼ cup nuts;
		½ cup cooked dried beans, peas and lentils; or 2 tablespoons nut butter; 4 ounces tofu; or tempeh, 1 cup soy milk
	Nuts (check nutritional analysis of individual items for amounts needed)	2 tablespoons
Fruits	All types; citrus or a high vitamin C fruit daily	3 or more servings 1 medium apple, pear, orange, banana; or ½ cup chopped, canned, cooked or frozen fruit; or ¾ cup fruit juice
Vegetables	All types, including potatoes; corn, lima beans, peas; dark green leafy or deep yellow vegetables 3-4 times a week	3 or more servings, 1 serving equals; 1 cup raw or ½ cup cooked or chopped raw; or ¾ cup juice

Vegetarian Diet

FOOD GROUPS	FOODS INCLUDED	DAILY AMOUNT
Soups	All types made with vegetable stock	As desired 1 serving equals; 6 ounces or $\frac{3}{4}$ cup
Breads, Grains & Cereals	All types, especially whole grains	6 or more servings 1 serving equals; 1 slice of bread; or $\frac{3}{4}$ - 1 ounce ready to eat cereal; or $\frac{1}{2}$ cup cooked cereal; $\frac{1}{2}$ cup cooked pasta or rice
Fats	All types as desired	As needed for adequate caloric intake
Desserts	All types as desired	As needed for adequate caloric intake
Beverages	All types, including at least 6 to 8 cups of water and other fluids per day	As needed to meet fluid requirements
Miscellaneous	Sugar, condiments, jelly preserves, syrup, sweets, herbs, spices, salt, and flavorings	As desired for adequate caloric intake, flavor, and palatability

Vegan Meal Plan

Sample Menu Plan

Breakfast

Fruit or juice	Orange juice	¾ cup
Cereal	Oatmeal – prepared with soy milk	1 cup
Meat equivalent	Peanut butter	2 tablespoons
Bread	Whole wheat toast	1 slice
Fat	Soft margarine	1 teaspoon
Beverage	Coffee	6 ounces
	Ice water	8 ounces
Milk Equivalent	Soy milk	1 cup
Miscellaneous	Sugar	3 packets
	Creamer, non-dairy	2 packets
	Salt, pepper	1 packet each

Lunch

Meat equivalent	Black beans	1 cup
Potato or equivalent	Brown rice	½ cup
Salad	Vegetable soup	1 cup
	Tossed salad	1 cup
	Italian Dressing	1 ounce
Bread	Bread, whole wheat	1 slice
Fat	Soft margarine	1 packet
Dessert	Chilled peaches	½ cup
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar	1-3 packets
	Salt, pepper	1 packet each
Evening Nourishment	Graham crackers	3 squares
	Fruit juice	4 ounces

Dinner

Meat equivalent	Tofu	1 cup
Vegetable	Sliced carrots	½ cup
Salad	Citrus section salad	½ cup
Bread	Dinner roll, whole wheat	1 slice
Fat	Soft margarine	1 packet
Dessert	Cherry gelatin	1 cup
Beverage	of choice	6-8 ounces
	Soy milk	1 cup
Miscellaneous	Sugar	1-2 packets
	Creamer, non-dairy	2 packets
Salt, pepper		1 packet each

For more information see website:

Vegetarian Resource Group Food Guide Pyramid for vegetarian meal planning
www.veg.org/nutrition/adapyramid.htm

No Added Salt (NAS) Diet

This diet is a regular diet with the exception that no salt may be added to food after preparation. No salt is allowed with the resident's meals. Salt substitute should be used only with a physician's order.

Low Sodium Diet (2-4 grams)

I. Description

This diet may be used to help control mild hypertension or edema. It may be effective when used in conjunction with drug therapy when either condition is more severe but a stricter diet regime is not feasible. The FOODS INCLUDED on this diet are similar to that of a regular diet, with the omission of highly salted foods and table salt.

The following guidelines are used for planning and preparation of the diet.

1. Use a moderate* amount of salt in cooking but serve no salt on the tray.
2. Avoid highly salted foods such as bouillon, soup and gravy bases, canned soups and stews; bread and rolls with salted toppings, salted crackers; salted nuts, popcorn, potato chips, pretzels, and other salted snacks. (Reduced sodium products may be used, check label).
3. Avoid all salt cured, smoked and processed smoked meats, such as ham, bacon, cold cuts, chipped and corned beef, frankfurters, Koshered or Kosher style meats; canned meat and poultry. (Reduced sodium products may be used; check label.)
4. Avoid salted and smoked fish, such as cod, herring, sardines; canned salted salmon and tuna.
5. Avoid sauerkraut, olives, pickles, relishes, and other vegetables prepared in brine; tomato and vegetable cocktail juices canned with salt.
6. Avoid seasonings such as celery salt, garlic salt, Worcestershire sauce, soy sauce, and others containing salt; no salt substitutes unless ordered by the physician.
7. Serve cheeses, e.g., cheddar, mozzarella, provolone, and processed cheeses such as American, in limited amounts (approximately two times a week) unless low sodium (read labels).

II. Approximate Composition

Calories	1600-2000
Protein	60-75 grams
Sodium	2-4 grams

III. Adequacy

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Reference Intakes-2005 Revision.

*A moderate amount of salt is the amount usually called for in a standardized recipe. If no salt is used in the cooking, the sodium content of the diet may be below 2 grams.

Limited Concentrated Sweets (LCS) Diet

I. Description

This diet closely resembles the regular diet, restricting only those foods which are high in sugar or other concentrated sweets. It can be used for any diabetic patient whose weight and blood sugar levels are under control. It does not require adherence to a strict meal pattern nor does it necessarily restrict calories.

II. Approximate Composition

Calories 1600-2000
Protein 60-75 grams

III. Adequacy

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Guidelines for Americans 2010.

<u>FOOD GROUPS</u>	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Milk	All types	Chocolate milk, sweetened condensed milk
Meat and equivalent	All types	Glazed, honey coated meats or prepared with sugar or syrup
Fruits	All types	Fruit canned or frozen in syrup, sugar or syrup sweetened juices; candied fruit
Vegetables	All types	Candied vegetables

Limited Concentrated Sweets (LCS) Diet

FOOD GROUPS	FOODS INCLUDED	FOODS EXCLUDED
Soups	All types	Fruit soups made with sugar
Breads, Cereal & Grains	All types	Danish rolls, sweet rolls, glazed doughnuts, sugary cereals
Fats	All types	None
Desserts*	Any made with foods allowed; small serving frosted cake(1" x 2"), ice cream, plain cakes and cookies (no icing), ice milk sherbet, sweetened limited to 3 times per week.	Regular portion size of; cake with frosting, cookies with icing, pudding, gelatin, other dessert items
Beverages	All types without added sugar	Beverages sweetened with sugar
Miscellaneous	Sugar substitutes; dietetic and all-fruit jam, jelly, preserves; low calorie diet syrup cocoa powder chocolate flavoring herbs, spices, flavorings salt, catsup, vinegar, pickles, mustard, Worcestershire sauce, soy sauce	Sugar, regular jam, jelly, preserves, syrup, honey, molasses

*See the Carbohydrate Controlled Diet for the "Free Foods" and "Foods for Occasional Use"

Limited Concentrated Sweets (LCS)

Sample Menu Plan

Breakfast

Fruit or juice	Orange juice	4 ounces
Cereal	Oatmeal	½ cup
Meat or equivalent	Scramble eggs	1
Bread	Toast, whole wheat	1 slice
Fat	Soft margarine	1 packet
Milk	2% milk	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Jelly, diet	1 packet
	Sugar substitute	2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Lunch or Supper

Meat or equivalent	Tuna salad	½ cup
Vegetable	Vegetable soup	6 ounces
Salad	Tossed salad	1 cup
Fat	Italian dressing	1 ounce
Fat	Mayonnaise	1 tablespoon
Bread	Whole wheat bread	2 slices
Dessert	Chilled peaches	½ cup
Milk	2% milk	8 ounces
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar substitute	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Dinner

Meat or equivalent	Baked chicken breast (without skin)	3 ounces (cooked) (½ breast)
Potato or equivalent	Mashed potato/gravy	½ cup/1 ounce
Fat	Soft margarine	1 teaspoon
Milk	2% milk	8 ounces
Vegetable	Seasoned carrots	½ cup
Salad	Mixed fruit salad	½ cup
Bread	Dinner roll, whole wheat	1
Dessert	Diet vanilla ice cream	½ cup
Beverage	of choice	6-8 ounces
Miscellaneous	Sugar substitute	1-2 packets
	Creamer	as desired
	Salt, Pepper	1 packet each

Evening Nourishment

Juice	4 ounces
Graham crackers	3 squares

Diabetic Diet (Calculated)

SUGGESTED MEAL PLANS

Suggested plans for diabetic caloric controlled diets are based on the use of medium fat meat and skim milk exchanges.

	<u>CALORIES</u>		
	1200	1500	1800
Breakfast			
Milk	1	1	1
Vegetable	-	-	-
Fruit	1	1	1
Bread	1	2	2
Meat	1	1	1
Fat	1	1	1
Lunch			
Milk	-	-	-
Vegetable	1	1	1
Fruit	1	2	2
Bread	1	2	3
Meat	2	2	2
Fat	0	1	1
Dinner			
Milk	-	-	1
Vegetable	1	1	1
Fruit	2	2	2
Bread	1	2	2
Meat	2	2	2
Fat	0	1	1
Evening Nourishment			
Milk	1	1	1
Bread	1	1	1
Total exchanges per day			
Milk	2	2	3
Vegetable	2	2	2
Fruit	4	5	5
Bread	4	7	8
Meat	5	5	5
Fat	2	3	5

Lactose Reduced Diet

I. Description

The lactose reduced diet is used for residents who can consume a moderate amount of lactose (milk sugar) in their daily diets without symptoms of lactose intolerance such as gastrointestinal cramping, gas and diarrhea. Residents who exhibit such symptoms after consuming even a small amount of lactose, should follow a strict regimen that eliminates all sources of lactose.

When planning the daily menu, the list of Lactose Content of Foods which follows should be consulted to avoid exceeding the amount of lactose. The meals should also be planned to meet the individual tolerance of each resident.

Those residents who can tolerate milk treated with lactase, the enzyme which reduces lactose to the monosaccharides glucose and galactose may use it as freely as tolerated. The enzyme can be purchased and added to the milk before use (read the label for directions). The enzyme in tablet form can be taken orally immediately before consuming an offending food. Milk already treated with the enzyme and ready for consumption is available commercially. Additionally, consuming milk with a meal improves lactose tolerance.

II. Approximate Composition

Calories	1600-2000
Protein	60-75 grams
Lactose	as tolerated

Calcium and Vitamin D supplements may be indicated if milk products are very restricted.

III. Adequacy

Based on the Dietary Guidelines for Americans 2010. This diet is inadequate in calcium, riboflavin and vitamin D.

Lactose Reduced Diet

Lactose Content of Food

<u>Foods</u>		<u>Grams of Lactose</u>
Milk	Whole, skim, buttermilk or chocolate	9-13
	Sweetened condensed (1 cup)	35
Cream	Light, heavy, sour (2 tablespoons)	1-2
Yogurt	8 ounces	10-15
Butter	2 pats (10 gm)	.1
Margarine	-	0
Ice cream	Ice milk (1 cup)	9-10
Sherbet	Orange (1 cup)	4
Cheese	1 ounce	
	Brick, Feta, Liederkranz, Muenster	0
	Provolone, Romano, Roquefort	
	Bleu, Brie, Cheddar, Colby, Limburger	.7
	Camembert, Mozzarella	.1
	Cottage, ½ cup	
	creamed	2.5-3
	uncreamed	3.5-4
	Cream	.8
	Edam, Neufchatel	.3
	Gouda	.3-.6
	Parmesan	.9
	Primost	12.2
	Ricotta	.4-1
	Swiss	1.7
	Pasteurized processed, American, Swiss, Pimento	.4-1.7

*Most commercially prepared nutritional supplements and tube feeding formulas are lactose free. Read labels to verify the nutritional content of the products being used.

Kosher Diet

I. Description

The Kosher diet is based on the Biblical rules for food (dietary laws) for the Jewish religion. It may be best to consult a Rabbi in your area for specific questions related to the diet as rules can be very complex. For those wishing a kosher diet, one should interview the individual or a family member to determine the extent of their observance to the diet. Some may accept foods coming from a non-kosher kitchen, while others may not. The Kosher diet may also be an acceptable diet for those practicing the Muslim religion.

The Kosher Diet rules pertain mainly to the selection, slaughter and preparation of meats. All animals and fowl must be inspected for disease and must be slaughtered according to specific rules. Blood is forbidden for consumption. The koshering process removes all blood before cooking. This is achieved by soaking the meat in water, salting it thoroughly, draining and washing it three times to remove the salt. Only the forequarter of the quadrupeds with cloven hooves that chew cud are allowed (i.e. bison, cattle, deer, goats, sheep). The hindquarter of quadrupeds is not allowed except when the hip sinew of the thigh vein is removed. In order to meet the rules for a Kosher Diet, any meat must come from a kosher butcher.

Chicken, duck, goose, pheasant and turkey are allowed. Eggs may be eaten, however, eggs with any blood in the yolk are not allowed. Fish with fins and scales, but should not be consumed with meat. Shellfish, catfish, squid and eel are not allowed.

Milk and milk products may not be consumed with meat. Separate dishes, glasses and utensils must be used for milk versus meat meals. A facility that does not have a kosher kitchen may choose to use disposables for all dairy meals. Milk and or milk products may be consumed immediately before a meat meal, but not with a meat meal. The individual must wait 6 hours after eating meat before milk can be consumed. Eggs may be eaten with milk or meat. Foods that are considered neutral (pareve or "parve") may be eaten with any meal: fruits, vegetables, grains, eggs, non-dairy beverages.

Kosher kitchen keep two completely separate kitchens to separate equipment, dishes and silverware (one for meat and one for milk meals). Saturday is the Sabbath day (day of rest) and no food may be cooked on the Sabbath. All foods to be eaten on the Sabbath must be cooked the day before and held in the oven or served cold. Friday evening meal is usually large and includes brisket and chicken.

All foods must be prepared under kosher standards and have the appropriate hechsher (Ⓢ symbol for kosher). Fresh fruits and vegetables must be free of any insects. Any prepared food mixtures must be made under kosher standards.

Kosher certified items are fairly readily available in the US. Pre-cooked frozen kosher meals are available, but when reheated in a non-kosher oven they must be covered with two layers of foil, or in a non-kosher microwave, by double wrapping the food.

Kosher Diets follow the biblical rules for food for the Jewish Religion which pertain mainly to the selection, slaughter and preparation of meals. Only kosher meats, fish and poultry are allowed. All foods except of fresh fruits and vegetables must be produced under Kosher Standards and have appropriate hechsher (symbol for kosher). These guidelines are intended for use with adults. To meet 100% of the US RDA/AI for the majority of individuals as defined by the National Research Council, provide adequate nutrients by following these daily guidelines to plan three balanced meals and up to three snacks.

II. Approximate Composition

Calories 1800-2200
Protein 60-77 grams

III. Adequacy

This diet contains all nutrients necessary to provide and maintain adequate Nutrition based on the Dietary Guidelines for Americans 2010.

Food Item	Amount Each Day
Protein Foods (fish seafood, lean meat, poultry eggs, dried beans/peas/lentils, soy products, nuts, etc.) Fish eggs and peanut butter are pareve. If they are made as part of the meat meal they are considered "meat" and cannot be consumed with milk. If they are prepared as part of the dairy meal they can be consumed with dairy. Do not consume with milk.	5-6 oz or equivalent Encourage 8 oz of cooked seafood per week NOTE: Must wait 6 hours after eating meat before consuming milk
Dairy (fortified with vitamins A and D) Do not consume with meat – must wait 6 hours after eating meat before consuming milk.	3 cups or equivalent: 1 cup is equal to 1 cup of liquid milk or yogurt, 1 ½ oz natural cheese or 2 oz processed cheese
Fruits (include a variety) with more whole fruit than juice as appropriate	≥ 1 ½ cups or equivalent : ½ cup equals ½ cup canned, juice or 1 piece fresh
Vegetables (include more dark green and leafy, red/orange vegetables) dry beans/peas/lentils	≥ 2 cups or equivalent: ½ cup equals ½ cup cooked/canned, juice or 1 cup raw
Grains (include as much whole grain/enriched as possible) at least half grains should be whole	≥ 6 oz equivalent: 1 oz equals 1 slice bread, ½ bun or bagel, 1 cup cold cereal, ½ cup hot cereal, ½ cup cooked rice or pasta
Fluids (especially water)	≥ 8 (8 oz) glasses of fluid daily. ≥ 1500 MI unless contraindicated
Solid Fats and Added Sugars (SoFAS) Avoid added fats, saturated fats, trans fats & sugars. Most fat should come from healthy oils	Use in limited quantities to round out the menu for a pleasing appearance, and satisfying meals. Alcohol in moderation and appropriate

Follow menus & recipes approved by RD, LDN

Kosher Symbols	
<p>O or O – Signifies that the product is considered kosher.</p> <p>Additional symbols that may be used with the O or O :</p> <p>D - Signifies that the product is acceptable with dairy meals (it has dairy ingredients)</p> <p>DE – Signifies that the product is acceptable with milk meals (it may also be processed on equipment that also processes dairy ingredients)</p>	<p>M – Signifies that the product is acceptable with meat/poultry meals (it contains meat/poultry or is processed on equipment that also processes meat/poultry).</p> <p>P - Signifies that the product is kosher for Passover, but may not be Pareve (non-milk or meat)</p> <p>Ⓢ Hechsher symbol for Kosher</p>

There are many kosher symbols which are specific to the certifying agency where the food is processed.

Jewish Holidays

- **Rosh Hashanah** is the Jewish New Years which is celebrated in September.
- **Yom Kippur** is the Day of Atonement. It occurs 10 days after Rosh Hashanah. Yom Kippur is a day of fasting; no food or beverages of any kind may be consumed from sundown the evening before Yom Kippur until sundown on the day of Yom Kippur. (The two exceptions are for people who are ill and pregnant women)
- **Passover** occurs in the spring and lasts for eight days. During this time leavened bread and cakes is not allowed. Instead, Matzah, an unleavened bread is served. All cake and baked goods are made from ground Matzah or potato starch, and leavened only with whipped egg whites. Iodized salt is not allowed in the traditional Passover Matzah. Any grain or product made from barley, corn, rice, rye or wheat is restricted during Passover, as are dried beans, peas, and soybeans. The kitchen and all equipment are thoroughly cleaned to remove traces of leavened bread or "chometz". The usual pans, dishes, plates, and silverware cannot be used for Passover food. Different pans, dishes, cups and silverware are used especially for, and only for Passover. All foods, except fresh fruits and vegetables (including beverages), must be certified "kosher for Passover".
- **Purim** is a spring celebration. A traditional triangle shaped, filled cookie called Hamentashen is served.
- **Succot** is a fall harvest holiday.
- **Chanukah** is the Festival of Lights which is celebrated for 8 days in mid winter. Foods traditionally served are fried in oil i.e., latkes (potato pancakes) and sufganiot (doughnuts).

Foods Allowed	Foods to Avoid
Protein Foods (Low fat as appropriate) Kosher beef, lamb, mutton, veal, goat, or deer meat. Kosher chicken, duck, goose, pheasant or turkey. Kosher Frankfurters, deli meats. Fish with fins and scales: bluefish, cod, haddock hake, halibut, salmon, scrod, swordfish, tuna. Eggs from domestic fowl	Any non-kosher meat or poultry. Pork (bacon, ham, Canadian bacon, sausage) Rabbit Regular Frankfurters, deli meat. Shellfish (clams, crab, lobster, mussels, oysters, shrimp), eel, frog, octopus, shark, (Note: Fish should not be consumed with meat. Milk may be consumed immediately before a meat meal but not with a meat meal. One must wait 6 hours after consuming meat to drink milk.
Dairy (Low fat as appropriate) Kosher cheese (May not be served with meat) and other milk products	All dairy when meat is served. Non-kosher cheese, cheese served with meat. Note: Meat may not be served with milk and milk products. Milk may be consumed immediately before a meat meal but not with a meat meal. One must wait 6 hours after consuming meat to drink milk.
Fruits All canned and frozen fruits identified as Kosher	Any canned or frozen fruits which are not identified as Kosher.
Vegetables (Low fat as appropriate) All fresh Kosher canned or frozen.	Non-kosher vegetable products (canned or frozen) No sauces containing dairy are allowed when meat is served.
Grains (Low fat as appropriate) Bakery items prepared under kosher standards. (If it contains dairy, may not be eaten with meat).	Any bakery items that are not prepared by kosher standards (or containing animal fat such as lard).
Fluids All except those listed under foods to avoid	Non-kosher canned or frozen vegetable juices
Solid Fats and Added Sugars (SoFAS), Alcohol and Miscellaneous Kosher alcohol, beer or wine. Beverages made from crystal powders, carbonated beverages, coffee, tea. Any prepared food mixtures prepared under kosher standards (desserts, soups, etc) Pudding, ice cream or sherbet with dairy meals only. Kosher candy, chocolate, jam, jelly, honey, pepper, salt, sugar, sugar substitutes.	Animal fats (bacon grease or lard) Dark Beer Non-kosher desserts, soups Gelatin or products made with gelatin, unless identified as Kosher by the hechsher (symbol for Kosher) Marshmallows Non-kosher candy, grape jam, jelly. Beverages that are not identified as Kosher.

Kosher Diet

Sample Daily Meal Plan for a Well Balanced Diet

Breakfast	Lunch	Dinner
½ c Orange Juice ½ c Oatmeal ¼ c Scrambled Eggs 1 slice Whole Wheat Toast 1 tbsp Jelly or Fruit Spread 1 tsp Margarine* 1 c Low Fat Milk and /or Yogurt Condiments as Desired+ Beverage of Choice	3 oz Kosher Roast Beef ½ c Seasoned Rice ½ c Seasoned Peas w/Mushrooms 1 c. Green Salad Dressing 1 Whole Wheat Roll ½ c Fruit Sorbet with ¼ cup Strawberries No Milk Condiments as Desired+ Beverage of Choice	6 oz Vegetable Soup 2 oz Baked Fish ½ c Mashed Potato ½ c Green Beans 1 Slice Bread 1 Baked Apple 1 c Low Fat Milk (6 hours later than lunch) Condiments as Desired+ Beverage of Choice
P.M. Snack		
2 Kosher Cookies 1 c Milk		

Bold/ italicized items indicate differences from a Regular Diet menu

*Low in Trans fats

+May include pepper or other spices, sugars, sugar substitute, salt, coffee creamer, etc. based on nutrition goals

Recommended Nutritional Composition	
Calories 1800 - 2200	Fluids based on individual needs
Carbohydrates 45 – 65% of Calories	Sodium 2300 mg (higher with processed/convenience foods and added salt)
Protein 10 – 35% of Calories	Calcium ≥ 1000 – 1200 mg Vitamin D 600 – 800 IU
Fat 20 – 35% of Calories <10% from sat. fat <300 mg cholesterol	Vitamin C 90 mg
Nutrients may vary day to day, but should average to the above estimates	

GLUTEN-FREE DIET

I. Description

The Gluten-free diet is a modification of the regular diet. This diet is designed for residents with celiac disease (CD). The diet should be individualized based on the residents needs. Celiac disease is also sometimes referred to as nontropical sprue, celiac sprue, or gluten-sensitive enteropathy. Celiac disease is an autoimmune genetic disorder in which the villi in the duodenum and small intestine are damaged in response to the ingestion of gluten.

Gluten is a storage protein (prolamins) found in all forms of wheat. Strict avoidance of any gluten-containing item is necessary to prevent reoccurrence of symptoms, i.e. bloating, diarrhea, and nausea. Careful review of food items including medications, toothpastes, mouthwashes, lip sticks, communion wafer, as additives, preservatives and stabilizers may contain gluten.

Malabsorption of fat, fat-soluble vitamins, folate, B12, and iron may occur. Supplemental vitamins and minerals should be considered in these cases. In addition, lactose intolerance is common in these cases until the diet is well controlled.

Note: This is not a complete list. Always read food labels. If in doubt, check with the manufacturer.

GLUTEN-FREE DIET

<u>Food Products</u>	<u>FOODS INCLUDED</u>	<u>Foods in Question</u>	<u>FOODS EXCLUDED</u>
Milk Products	milk, buttermilk, plain yogurt, cheese, cream cheese, cottage cheese	Flavored yogurt, sour cream, frozen yogurt	Malted Milk
Bread, Cereal & Grains	Bread or baked products made from corn, rice arrowroot cornstarch soy, amaranth potato flour, sago, potato starch, tapioca, whole-bean flour, flax, arrowroot, rice bran, buckwheat, millet, teff, cornmeal cornmeal, pea flour, corn tacos, corn tortillas, cassava, garfava, nut flours	Rice crackers, rice cakes, commercial breads	Bread and baked containing wheat, rye, barley, oat bran, bulgur, spelt wheat –based semolina, rye, oats, couscous, triticale, graham flour, semolina wheat flour, durum flour, filler Kamut, imported foods labeled Gluten-free einkorn, seitan, emmer, bromated flour, farina, orzo, phosphate flour, plain flour, white flour, self-rising flour
Cereals	cream of rice, soy cereal, hominy, hominy grits, brown, white and wild rice, cornmeal, quinoa flakes, buckwheat groats, puffed rice, puffed corn	Flour or cereal products	Cereals with wheat, rye, oats, triticale, barley, cereals made with added malt extract and extract and malt flavorings caramel color
Pastas	Macaroni, spaghetti and noodles from rice, quinoa, corn, soy, potato, peas, beans, or other allowed flours.		pastas made from wheat, wheat starch, modified food starch and other ingredients not allowed.

Food Products FOODS INCLUDED Foods in Question FOODS EXCLUDED

Meats & Alternatives

Meat, fish & Poultry	Fresh, frozen, canned, salted and smoked	Prepared or preserved meats such as ham, luncheon meat, bacon pate, sausages, meat and sandwich spreads, meat product extenders, hot dogs, salami, sausage	Fish canned in vegetable broth containing (HVP) hydrolyzed vegetable & wheat protein or (HPP) hydrolyzed plant protein, turkey basted or injected with HVP/HPP
Eggs	Eggs	Egg substitutes, dried eggs and egg whites	Imitation bacon Imitation seafood
Others	Lentils, chickpeas, beans, nuts, tofu, seeds, peas, legumes, sorghum	Baked beans, dry roasted nuts, peanut butter, communion wafers	
Fruits	Fresh, frozen, canned fruits and fruit juices	Dried fruits, fruit pie filling	
Vegetables	Fresh, frozen or canned veg., yucca	French fried potatoes	Batter dipped vegetables
Soup	homemade broth, gluten-free bouillon, cream soups and stocks made from allowed ingredients.	Canned soups, dried soup mixes, soup base, and bouillon cubes	Soups made with ingredients not allowed. Bouillon containing HPP or HVP
Fats	butter, lard, cream, shortening, margarine, homemade dressing from allowed ingredients	Salad dressing, some mayonnaise	Packaged suet prepared marinades

Food Products FOODS INCLUDED Foods in Question FOODS EXCLUDED

Desserts and Sweets	ice cream, sherbet, ice whipped toppings, egg custard, gelatin, cakes, cookies pastries made with ingredients allowed honey, jam, jelly, sugar	Milk puddings, custard mixes, pudding mixes icing, powdered sugar spreads, candies, chewing gum, lemon lemon curd, marshmallow.	Ice cream with not allowed ingredients. ice cream cones; cakes cookies, pastries made with not allowed ingredients. Licorice, candies with not allowed ingredients.
Snack Foods	Plain popcorn and nuts.	Dry roasted nuts, flavored potato chips, tortilla chips Energy bars	Pizza, unless made with allowed ingredients
Condiments	plain pickles, olives relish, ketchup, mustard, vinegars, pure black pepper, pure spices and herbs, tomato paste, Gluten free soy sauce, modified food starch from tapioca, corn potato	Worcestershire sauce, mixed spices (i.e. curry powder, chili powder)	Soy sauce, mustard pickles, imitation pepper, malt vinegar
Other	saucers and gravies made with allowed ingredients pure cocoa, chocolate chips, MSG, cream of Tartar, coconut, aspartame, baking soda, carob chips and powder, yeast, brewer's yeast, distilled alcoholic beverages, Indian rice grass, Job's tears.	Baking powder, beer	Sauces and gravies made with not allowed ingredients, oat gum.

GLUTEN-FREE SUBSTITUTIONS

Substitution for 1 Tablespoon of Wheat flour.**

½ tablespoon	Cornstarch
½ tablespoon	Potato starch or flour
½ tablespoon	White rice flour
½ tablespoon	Arrowroot starch
2 teaspoon	Quick-cooking tapioca or Tapioca starch
2 tablespoon	Uncooked rice

Substitution of 1 cup wheat flour:

Mix together 2 cups brown rice flour, 2 cups sweet rice flour and 2 cups rice polish. Store in an airtight container and use 7/8 cup of the mixture in place of 1 cup of wheat flour.

**A combination of flours/starches produces a better gluten-free product.

Resource Organizations

Celiac Disease Foundation
13251 Ventura Blvd., Suite 3
Studio City, CA 91604
818-990-2354

Gluten Intolerance Group of North American
15110 10 Avenue SW, Suite A
Seattle, WA 98166-1820
206-246-6652
www.gluten.net

National Institutes of Health

<http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/>

www.csaceliac.org
877-csa-4csa

Center for Celiac Research, University of Maryland, School of Medicine

www.celiaccenter.org

www.celiac.com

www.celiachealth.org

1. The American Dietetic Association Manual of Clinical Dietetics, 2002 edition.
2. Miletic ID. Miletic VD. Sasttely-Miller, EA, et al. Identification of gliadin presence in pharmaceutical products. J Pediatr Gastroenterol Nutr. 1994; 19: 27-33
3. Murray, JA. The widening spectrum of celiac disease. Am J Clin Nutr. 1999; 69: 354-365.
4. Case, Shelly-Gluten free diet: a comprehensive resources guide 2004.

FINGER FOOD DIET

Suggested Menu Ideas

PURPOSE

To provide adequate nutrition while promoting independence in eating for individuals with dementia-related diseases, such as Alzheimer's cognitive impairments, or other neuromuscular disorders.

CHARACTERISTICS

A regular diet consistency which can be easily eaten with the fingers and not requiring silverware. It is the policy that finger food meals will be offered to any resident identified as having difficulty efficiently feeding themselves with utensils, possibly leading to risk of poor nutrition.

NUTRITIONAL ADEQUACY

Depending on individual food choices, this diet is adequate in all nutrients.

SERVING SUGGESTIONS

Use of adaptive equipment, such as plate stabilizers, plate guards, "nosey" cups, covered or spouted cups, and cups or mugs with large or double handles may be helpful for some individuals.

Liquids, including soups, cold cereal in milk, or thin, cooked cereal should be served in a mug or with a straw.

Food should be cut in bite-sized pieces, slices, wedges, or made into sandwiches.

Baby carrots, tomato or lettuce wedges, or small pieces or other raw vegetables or fruit are easier to eat.

Whole, fresh fruit may served if the individual can bite off pieces.

Potatoes should be served in pieces that can be picked up easily.

Eggs should be hard cooked (boiled, scrambled or fried).

Dry cereals should be larger pieces served without milk.

FINGER FOOD DIET

Suggested Menu Ideas

Peanut butter should be served on crackers or bread quarters.

Sandwiches, pancakes, waffles, toast, bread, quick breads or cake should be cut into quarters or sliced into sticks.

Foods in sauce or those soft, slippery, crumbly, large or small are hard to handle.

Pasta such as rotini, tortellini, or novelty shapes are recommended because they are thicker and easier to pick up.
Do not overcook or serve in sauce.

Gravies, sauces, salad dressings or syrup are served in cups so foods can be dipped.

FINGER FOOD DIET

Suggested Menu Ideas

Bread, Cereal & Grains

Toast (whole wheat, rye, white) brushed with margarine
Crackers (variety)
Bread Sticks
Rolls
French Toast Strips brushed with margarine
Waffles/Pancake Strips brushed with margarine
Plain cold cereals (enriched with vitamins and minerals)
Cereal/Breakfast Bars (Granola/NutriGrain)
Muffins
Pita Bread

Potatoes

Cubes, slices, wedges
Tater Tots
French Fries
Potato Chips
Sweet Potatoes (slices or patties)
Potato Triangles

Fruits

Sliced, diced, fresh, frozen, canned, or dried

Vegetables

Salads (may be portioned into pocket pita)
Baby Carrots
Green Beans
Vegetable Strips

Meat/Meat Substitutes

Hard Boiled Eggs, Deviled Eggs
Chicken, Beef, Turkey, Pork Strips
Chicken Nuggets
Fish Nuggets (Cod, Catfish, Halibut)
Sausage Link

FINGER FOOD DIET

Suggested Menu Ideas

Dairy Products

Cheese Cubes, Cheese Sticks (variety)
Yogurt/Jello Cubes

Combination Meal

Sandwich sliced into strips or cut in half and placed on each side of plate
Scrambled Egg in Pita Pocket
Egg Sandwich
Casseroles and Stews (may be portioned in a pita pocket)

Desserts

Jello Jigglers
Ice Cream Bars
Ice Cream Sandwiches
Cookies/Cookie Bar (Fortified, if possible)
Cake Squares

Non-finger foods with service/presentation modification

Casseroles served in cereal bowls with soup spoon utensil
Short pasta noodles to replace spaghetti (elbow macaroni, orzo, ziti)
served in cereal bowls
Soup served in mugs

Scoop Sizes

Number	Approximate Liquid Volume
6	$\frac{2}{3}$ cup (5 fluid ounces)
8	$\frac{1}{2}$ cup (4 fluid ounces)
10	$\frac{3}{8}$ cup (3 $\frac{1}{4}$ fluid ounces)
12	$\frac{1}{3}$ cup (2 $\frac{2}{3}$ fluid ounces)
16	$\frac{1}{4}$ cup (2 fluid ounces)
20	3 $\frac{1}{5}$ tablespoons (1 $\frac{3}{5}$ fluid ounces)
24	2 $\frac{2}{3}$ tablespoons (1 $\frac{1}{3}$ fluid ounces)
30	2 $\frac{1}{5}$ tablespoons (1 fluid ounce)
40	1 $\frac{3}{5}$ tablespoons (0.8 fluid ounce)
60	1 tablespoon (0.5 fluid ounce)

Scoops, also called dippers, are used to measure volume not weight. Originally used to measure and serve ice cream, each scoop's number indicates the number of serving found in a quart (32 fluid ounces) of ice cream. For example, using a number eight scoop, eight half-cup servings (4 fluid ounces each) would be obtained from a quart of ice cream. Two number 8 scoops of ice cream equals one cup (8 fluid ounces) but weighs only 4.7 ounces.

Measures and Metric Conversions

Liquid measure – volume equivalent

1 teaspoon	=	1/3 tablespoon	=	5 ml
1 tablespoon	=	3 teaspoons	=	15 ml
2 tablespoons	=	1 fluid ounce	=	30 ml
8 tablespoons	=	1/2 cup	=	120 ml
16 tablespoons	=	1 cup (8 fluid ounces)	=	1/2 pint, 240 ml
2 cups	=	1 pint (16 fluid ounces)	=	.4732 liters
2 pints	=	1 quart (32 fluid ounces)	=	.9462 liters
1.06 quarts	=	34 fluid ounces	=	1000 ml
4 quarts	=	1 gallon	=	3785 ml

Dry measure-volume equivalent

1 quart	=	2 pints	=	1.101 liters
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Dry measure and quarts are about 1/6 larger than liquid measure pints and quarts.

Linear measure

1 inch	=	2.54 centimeters (rounded to 2.5)
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Weights

Avoirdupois		Metric
1 ounce	=	28.32 grams (rounded to 30)
1 pound (16 ozs)	=	453.6 grams (rounded to 454)
1 pound (16 ozs)	=	.45 kilogram
2.2 pounds	=	1 kilogram

Conversions

kilograms x 2.2	=	pounds (lb)
pounds x 0.4	=	kilograms (kg)
inches x 2.5	=	centimeters (cm)
centimeters 2.5	=	inches (in)
grams x 1000	=	milligrams (mg)
liter x 1000	=	milliliters (ml)
liter x 100	=	centiliter (cl)
liter x 10	=	deciliter (dl)

Note: "Ounce" may mean 1/16 of a pound or 1/16 of a pint; however, the former is weight measure and the latter is volume measure. Except for water (or other substances with the same density as water), a fluid ounce and a weight ounce are not equivalent and should not be used interchangeably.