



Ace Nursing

Disease Specific Diet Plan



Disease/Condition	Diet Modification
Hypertension	Low-sodium
Heart Failure	Low-sodium, fluid restriction
Chronic Kidney Disease	Low-protein, low-potassium, low-sodium
Celiac Disease	Gluten-free
Gastroesophageal Reflux Disease (GERD)	Low-fat, avoid spicy/acidic foods
Peptic Ulcer	Avoid spicy foods, caffeine
Crohn's Disease	Low-residue, low-fiber
Lactose Intolerance	Lactose-free
Iron-Deficiency Anemia	High-iron
Osteoporosis	High-calcium, vitamin D
Gout	Low-purine
Gallbladder Disease	Low-fat
Liver Cirrhosis	Low-sodium, low-protein

Pancreatitis	Low-fat, small frequent meals
Diverticulitis	High-fiber (when not inflamed)
Cystic Fibrosis	High-calorie, high-fat, high-salt
Dysphagia	Pureed or thickened liquids
Malnutrition	High-calorie, high-protein
Renal Stones (Calcium Oxalate)	Low-oxalate, adequate hydration