

Types of DIET ORDERS at Beebe Healthcare



Regular: (*House Diet*) non-restrictive diet, for patients who have diminished appetite or malnutrition

Cardiac: (*Heart healthy*) restricted in calories, fat and sodium, for patients with cardiovascular disease or who need weight loss

Balanced Carbohydrate: limits men to 4 servings and women to 3 servings of CHO per meal, also limited in saturated fat and sodium

Renal: limited in sodium, potassium and phosphorus, for patients whose electrolyte levels are uncontrolled or are on dialysis

Low Fiber: (*formerly low residue*) appropriate for short term post op GI surgery and acute GI diseases

Mechanically-Altered: appropriate for patients with swallowing and/or chewing difficulties (**PUREED, GROUND, CHOPPED**)

Full and Clear LIQUIDS: when gradual advancement is desired (Full Liquid NOT appropriate for pancreatitis or those with biliary dysfunction)

Bariatric Liquid: for post op bariatric surgery patients

- Any 3 diets can be combined and can have multiple modifiers. For example: Cardiac-Balanced CHO-Chopped with nectar thick liquids, no straws, lactose restricted, 1500 mL fluid restriction!!!

Additional Modifiers

- Double Portions
- Double protein
- Finger foods
- No Pork Products
- No Salt on Tray
- No Straws
- Safe Tray
- BRAT
- Gluten Restricted
- Kosher
- Lactose Restricted
- Neutropenic Precautions
- Vegetarian Diet
- No caffeinated beverage
- No cold beverages
- No dairy products
- No free water
- No hot beverages
- Thickened liquids (nectar, honey, pudding)
- Fluid restrictions 500 mL – 2000 mL

Food Allergies:

Various food allergies can be added to the patient's electronic health record and will cross over to the automated diet office program Computrition. Examples: Dairy, Peanuts, Shellfish, Strawberries just to name a few. Computrition has over 150 of the most common food allergies programed. You can also free text allergies in the chart if it is a rare allergy that is not programed.

Please remember foods should only be entered as allergies if they cause an allergic reaction. Do not enter food as allergies if they are dislikes as this could overly restrict someone's diet and cause further problems. For example – muffins are restricted with a dairy allergy as they are made with small amounts of dairy products but if someone just does not tolerate plain milk they should be allowed to get foods like this. If you are ever unsure what to do please reach out to the RD.

Beebe Enteral Tube Feeding Formulas	Jevity 1.5	TwoCal HN	Osmolite 1.5	Nepro Low potassium/phosphorus Specialty formula*	Vital 1.5 Peptide based Specialty formula*	Vital AF Peptide based Specialty formula*	Vital High Protein Peptide based Specialty formula*
Type/Usage	1000ml RTH	1000ml RTH	1000ml RTH	1000 ml RTH	1000ml RTH	1000ml RTH	1000ml RTH
Cal/ml	1.5	2.0	1.5	1.8	1.5	1.2	1.0
Free water (ml/L)	760	700	762	727	764	811	836
Carbohydrate (g/L)	215.7	218.5	203.6	161	187	110.6	112.0
Fiber (g/L)	22.0	5.0	0	12.6	6.0	5.1	0
Protein (g/L)	63.8	83.5	62.7	81	67.5	75	87.5
Fat (g/L)	49.8	90.5	49.1	96	57.1	53.9	23.2
Features	Suitable for Gluten-Free Lactose Intolerant, High fiber, Halal and Kosher diets. Contains milk and soy ingredients.	Suitable for Gluten-Free Lactose Intolerant, Low-Residue, Halal and Kosher diets. Contains milk and soy ingredients.	Suitable for Gluten-Free Lactose Intolerant, Low-residue, Halal and Kosher diets. Contains no fiber. Contains milk and soy ingredients.	Suitable for Gluten-Free Lactose Intolerant, Low-Residue, Halal, Kosher and Low-sugar diets. Contains milk and soy ingredients.	Suitable for Gluten-Free Lactose Intolerant, Low-residue Halal and Kosher diets. Contains milk ingredients.	Suitable for Gluten-Free Lactose Intolerant, Low-residue Halal and Kosher diets. Contains milk ingredients.	Suitable for Gluten-Free Lactose Intolerant, Low-residue, Halal and Kosher diets. Contains no fiber. Contains milk ingredients.
Indications for use	Standard House formula and appropriate for most patients who are appropriate for an added fiber formula. Use with caution in ICU	Standard no added fiber formula appropriate for volume restricted or for those with high energy needs	Standard no added fiber formula typically well tolerated and has lower osmolality	May not be needed for all dialysis or renal patients, only for those with poorly controlled electrolytes	Appropriate for critically ill vented patients or those with moderate to severe malabsorption	Appropriate for critically ill vented patients, impaired GI function and helps manage inflammation	Appropriate for critically ill vented patients on ↑ propofol morbid obesity or those with moderate to severe malabsorption and very ↑ protein needs

Oral Supplements	Ensure Enlive	Nepro Shake	Glucerna Shake	Ensure Pudding	Prosource Powder	Prosource Liquid	Gelatein 20	Boost Breeze	Hormel Mightshake	Hormel Magic Cup
Type	8 oz (237ml) Mainly Oral	8 oz (237ml) Mainly only	8 oz (237ml) can Oral only	4 oz (113 g) Oral only	Powder Packet Mainly Oral	Liquid/Gel Packet Mainly TF	4 oz (118 ml) Oral only	8 oz Pak Oral only	4 oz carton Oral only	4 oz cup Oral only
Calories/ml	1.5	1.8	0.93	N/A	N/A	N/A	N/A	1.06	1.43	>2.0
Total Calories	350	425	200	170	30	60	88	250	200	290
Carbohydrate (g)	44	37.9	29.3	30	0	0	2	53.5	29	38
Fiber (g)	3	3	3	3	0	0	0	0	0	0
Protein (g)	20	19.1	10	4	6	15	20	9	6	9
Fat (g)	11	22.7	8.6	5	0	0	0	0	6	11
Flavors	Vanilla, Chocolate, Strawberry	Vanilla	Vanilla, Chocolate	Vanilla	No Flavor	No Flavor	Orange Punch	Orange, WildBerry	Vanilla and Chocolate	Berry, Chocolate Vanilla and Orange
Features	Suitable for Kosher, Halal, gluten-free, lactose intolerant, low residue diets, HMB	Suitable for Kosher, Halal, gluten-free, lactose intolerant diet. Low in K+/Phos	Suitable for Kosher, Halal, gluten-free, lactose intolerant diet	Suitable for Kosher, Halal, gluten-free, lactose intolerant diet	Modular, Adds protein w/out flavor. Suitable for Clears in apple juice	Modular, Adds protein w/out flavor	Suitable for Clear, Thickened, Low-residue and Lactose intolerant diets	Suitable for Clear, Kosher, Halal, gluten-free, lactose intolerant and low-residue diets	Contains Lactose, High Calorie, Nectar Consistency	Frozen High Calorie. Suitable for Honey Thick Liquids