



Winnipeg Regional Health Authority  
*Caring for Health*

Office régional de la santé de Winnipeg  
*À l'écoute de notre santé*

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# Adult Diet Compendium

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Nutrition & Food Services  
Winnipeg, Manitoba

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## When to Consult a Dietitian

- Patient is at nutritional risk and requires assessment
- Patient requires assessment prior to enteral or parenteral feeding
- Patient requires nutrition education
- Clarification of diet order is needed
- Initial assessment in Long Term Care

## How to Order a Diet

**All diets and combinations of diets must be ordered from the WRHA Nutrition and Food Services Diet Compendium.** The following examples of diet orders provide a baseline for diet ordering. Consult the clinical dietitian to ascertain the most appropriate diet modifications and/or restrictions. This will ensure the patient receives optimal medical nutrition therapy.

Examples:

1. Patient has had a myocardial infarction.  
Diet Order: Modified Fat,  $\leq 100$  mmol sodium
2. Patient is a Type 1 or Type 2 diabetic.  
Diet Order: Controlled Carbohydrate or Controlled Carbohydrate/ Snack
3. Patient has poor dentition.  
Diet Order: Soft
4. Patient is dysphagic.  
Diet Order: Pureed, Thick Fluid - Honey
5. Patient has increased protein and energy requirements e.g. trauma patient.  
Diet Order: High Protein/High Energy
6. Patient is allergic to walnuts.  
Diet Order: Allergy - Tree Nuts
7. Patient is allergic to red food dyes and poultry. This is an example of an allergy NOT listed in the NFS Diet Compendium.  
Diet Order: Limited Standard and **specify the allergens**

## Key Nutrients in Eating Well with Canada's Food Guide

### Enjoy a variety of foods from the four food groups.

To accommodate different food preferences, each food group includes a wide variety of choices. Eating different foods within each group will help people get all the nutrients they need.

The table below shows how each of the four food groups contributes a certain combination of nutrients to the healthy eating pattern.

<b>SOME IMPORTANT NUTRIENTS IN THE FOOD GROUPS</b>				
<b>Key Nutrients</b>	<b>Vegetables and Fruit</b>	<b>Grain Products</b>	<b>Milk and Alternatives</b>	<b>Meat and Alternatives</b>
Protein			✓	✓
Fat			✓	✓
Carbohydrate	✓	✓	✓	
Fibre	✓	✓		
Thiamin		✓		✓
Riboflavin		✓	✓	✓
Niacin		✓		✓
Folate	✓	✓		
Vitamin B6	✓			✓
Vitamin B12			✓	✓
Vitamin C	✓			
Vitamin A	✓		✓	
Vitamin D			✓	
Calcium			✓	
Iron		✓		✓
Zinc		✓	✓	✓
Magnesium	✓	✓	✓	✓
Potassium	✓	✓	✓	✓

Eating Well with Canada's Food Guide: A Resource for Educators and Communicators, Section 3: Make Each Food Guide Serving Count, Page 9.

Standard	Definition
Standard	<ul style="list-style-type: none"> <li>• 1550-2500 Kcal</li> <li>• 20-35% total fat</li> <li>• 45-65% carbohydrate (3-4 servings whole grain per day)</li> <li>• 10-35% protein</li> <li>• 100-175 mmol Na+ per day (excludes salt package)</li> <li>• 16-28 gram fibre</li> <li>• 1500 mL fluid minimum</li> <li>• &lt; 300 mg cholesterol per day based on a weekly average</li> <li>• Eating Well with Canada's Food Guide recommendations for minimum servings</li> </ul> <p>Note: Vitamin D supplementation (400 IU) is recommended for all adults older than 50 years.</p>
LTC Standard	<ul style="list-style-type: none"> <li>• 1550 – 2000 Kcal</li> <li>• 30 to 35% total fat</li> <li>• 45 to 65% carbohydrate (3-4 servings whole grain per day)</li> <li>• 20 to 25% protein</li> <li>• ≤ 260 mmol Na+</li> <li>• 21 to 30 grams fibre</li> <li>• 2200 mL fluid</li> <li>• Eating Well with Canada's Food Guide recommendations for minimum servings</li> <li>• Provision of planned between meal nourishments including the offer of nourishment and beverages not less than 2 hours after the evening meal as per Manitoba Health Personal Care Home Standards (14.9)</li> </ul> <p>Note: This diet will be the standard used in the long term care setting, however may be used in other settings as appropriate. Above requirements may only be met through provision of between meal snacks provided from food service and/or unit supplies.</p> <p>Note: Vitamin D supplementation (400 IU) is recommended for all adults older than 50 years.</p> <p><b>CAUTION:</b> Calcium content of diet may be less than the recommended nutrient intake (DRI), therefore, fortified foods and/or vitamin/mineral supplementation should be considered.</p>

<b>Standard</b>	<b>Definition</b>
Partum	<ul style="list-style-type: none"> <li>• Additional 340 – 450 Kcal/day from all food sources</li> </ul> <p>Note: For both ante and post partum clients.</p>
Six Small Meals	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• small breakfast meal limiting starch to 1 serving</li> <li>• ½ serving of meat/alternate, starch and vegetables at lunch and supper meals</li> <li>• standard nourishments provided at AM, PM, and HS</li> </ul>

Fluids	Definition
Restricted Fluids	Standard diet with: <ul style="list-style-type: none"> <li>fluids adjusted on trays to equal restriction level minus 250 mL reserve for ward use</li> </ul>
Clear Fluid	Temporary fluid diet with: <ul style="list-style-type: none"> <li>clear fluids that are liquid at body temperature and leave a minimal amount of residue in the gastrointestinal tract</li> </ul> <p><b>CAUTION:</b> Nutritionally inadequate diet designed for short term use only. Does not meet Eating Well with Canada's Food Guide minimum recommendations for any food group. Oral nutritional supplementation should be considered if used for more than 72 hours.</p>

Energy/Carbohydrate Modifications	Definition
Controlled Carbohydrate	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• 50-60% of energy from carbohydrate</li> <li>• ≤ 10% of energy may be provided from sucrose</li> <li>• ≤ 30% of energy from total fat</li> <li>• ≤ 10% of energy from saturated fat</li> <li>• 25-35 grams of total fibre per day</li> <li>• Note: Recommendations for total fibre may not be met.</li> <li>• inclusion of artificial sweetener</li> <li>• restriction of added sugar</li> <li>• artificially sweetened food items may replace regularly sweetened items where appropriate</li> </ul>
Controlled Carbohydrate / Snack	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• 50-60% of energy from carbohydrate</li> <li>• ≤ 10% of energy may be provided from sucrose</li> <li>• ≤ 30% of energy from total fat</li> <li>• ≤ 10% of energy from saturated fat</li> <li>• 25-35 grams of total fibre per day</li> <li>• Note: Recommendations for total fibre may not be met.</li> <li>• inclusion of artificial sweetener</li> <li>• restriction of added sugar</li> <li>• artificially sweetened food items may replace regularly sweetened items where appropriate</li> <li>• inclusion of HS snack</li> </ul>
Controlled Carbohydrate Gestational / Snack	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• 50-60% of energy from carbohydrate</li> <li>• ≤ 10% of energy may be provided from sucrose</li> <li>• ≤ 30% of energy from total fat</li> <li>• ≤ 10% of energy from saturated fat</li> <li>• 25-35 grams of total fibre per day</li> <li>• Note: Recommendations for total fibre may not be met.</li> <li>• inclusion of artificial sweetener</li> <li>• restriction of added sugar</li> <li>• artificially sweetened food items may replace regularly sweetened items where appropriate</li> <li>• inclusion of HS snack</li> </ul>

Energy/Carbohydrate Modifications	Definition
High Energy	Standard diet with: <ul style="list-style-type: none"> <li>• inclusion of energy rich foods and beverages to provide additional energy <math>\geq</math> 500 Kcal per day</li> <li>• Addition of glucose polymer</li> </ul>

Mineral Modifications	Definition
≤ 100 mmol Sodium	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of salt packet</li> <li>• exclusion of high sodium foods (exclusion of entrees &gt; 21.5 mmol sodium and gravies &gt; 2.5 mmol sodium)</li> <li>• inclusion of low sodium soups</li> <li>• sodium free herb seasoning packet provided</li> </ul>
< 90 mmol Sodium	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of salt packet</li> <li>• exclusion of high sodium foods (exclusion of entrees &gt;12 mmol sodium and gravies &gt; 2.5 mmol sodium)</li> <li>• inclusion of low sodium soups</li> <li>• sodium free herb seasoning packet provided</li> </ul>
50 – 60 mmol Potassium	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of high potassium foods &amp; beverages</li> </ul> <p><b>CAUTION:</b> Does not meet Eating Well with Canada’s Food Guide minimum recommendations for Milk and Milk Products.</p>
High Potassium	Standard diet with: <ul style="list-style-type: none"> <li>• inclusion of high potassium foods and beverages to provide an additional 25 mmol of potassium per day</li> </ul>
1000 mg (32 mmol) Phosphorous	Standard diet: <ul style="list-style-type: none"> <li>• within 10% of prescribed phosphorous levels</li> </ul> <p><b>CAUTION:</b> May not meet Eating Well with Canada’s Food Guide minimum recommendations for Milk and Milk Products.</p>
Low Copper	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of food items known to contain high levels of copper</li> <li>• inclusion of only distilled water for drinking</li> </ul> <p>Note: Given the variability of copper content in food, foods excluded from the diet are based on research and best practice.</p>



Fat Modifications	Definition
Modified Fat	Standard diet with: <ul style="list-style-type: none"> <li>• <math>\leq 30\%</math> of daily energy intake from fat, with <math>\leq 7\%</math> saturated fat/ trans fat</li> <li>• <math>\leq 200</math> mg dietary cholesterol/day based on a weekly average</li> <li>• 23-28 g dietary fibre/ day</li> </ul>
Controlled Fat	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of high fat foods and beverages</li> </ul>

Protein Modifications	Definition
40 & 50 gram Controlled Protein	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• within 10% of prescribed protein level</li> <li>• fat levels not restricted</li> <li>• some speciality low protein products provided (40 gram only)</li> </ul> <p><b>CAUTION:</b> Does not meet Eating Well with Canada's Food Guide minimum recommendations for Milk and Milk Products, Meat and Alternates, and Grain Products (40 gram only)</p>
60 gram Controlled Protein	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• within 10% of prescribed protein level</li> <li>• fat levels not restricted</li> </ul>
70 & 80 gram Controlled Protein	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• within 10% of prescribed protein level</li> </ul>
High Energy / High Protein	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• inclusion of additional protein and energy rich foods and nutrient fortified products including skim milk powder</li> <li>• to provide additional energy <math>\geq</math> 500 Kcal per day</li> <li>• <math>\geq</math> 20% total calories from protein per day</li> </ul>

Fibre Modifications	Definition
Controlled Fibre	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of foods associated with ileostomy or bowel obstruction as outlined in items NOT compliant*</li> </ul> <p>*For list of non-compliant items see WRHA Nutrition and Food Services Adult Diet Criteria for Menu Database</p>
Fibre Enriched	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• emphasis on high fibre foods to provide 10-15 grams of dietary fibre per day from a variety of sources above which the standard diet provides</li> </ul>

Feeding and Swallowing Management - Texture Modifications	Definition
Soft	Standard diet, modified with: <ul style="list-style-type: none"> <li>• soft to chew foods</li> </ul>
Soft / Minced	Soft diet, with the inclusion of: <ul style="list-style-type: none"> <li>• some plain minced meats when the soft textured meat is not suitable.</li> </ul> Note: This diet may be modified to provide minced meat, vegetables and pureed fruit as required.
Minced	Standard diet, modified with: <ul style="list-style-type: none"> <li>• minced meat/ poultry, fish, soft casseroles made with minced meat/ poultry</li> <li>• minced, whipped or mashed fruits and cooked vegetables</li> <li>• soft breads and baked products</li> <li>• sandwiches with minced consistency fillings or cheese</li> <li>• cream/ stock soups (with soft/ minced meat and/ soft well cooked vegetables without skins/ seeds)</li> </ul>
Total Minced	Standard diet, modified with: <ul style="list-style-type: none"> <li>• minced entrees, minced/ whipped or mashed cooked vegetables and fruits</li> <li>• exclusion of whole breads and baked products, cheese portions, cold cereals</li> <li>• cream/ stock soups (with minced meat and minced vegetables without skins/ seeds)</li> </ul> <b>CAUTION:</b> Fibre content may be less than 15 grams per day. Does not meet Eating Well with Canada's Food Guide minimum recommendation for Grain Products.
Pureed	Standard diet, modified with: <ul style="list-style-type: none"> <li>• only liquid or pureed foods of a smooth homogeneous texture</li> </ul> <b>CAUTION:</b> Fibre content may be less than 15 grams per day. Does not meet Eating Well with Canada's Food Guide minimum recommendation for Grain Products.

Feeding and Swallowing Management - Texture Modifications	Definition
Blenderized	<p>Pureed diet, modified with:</p> <ul style="list-style-type: none"> <li>• foods blenderized to a liquid form</li> </ul> <p><b>CAUTION:</b> Average calories <math>\leq</math> 1500 Kcal/ day and fibre content may be less than 15 grams per day. Does not meet Eating Well with Canada's Food Guide minimum recommendation for Grain Products.</p>

Feeding and Swallowing Management - Viscosity Modifications	Definition
Thick Fluid - Nectar	<p>Standard diet, modified with:</p> <ul style="list-style-type: none"> <li>• replacement of thin liquids with thick liquids of nectar consistency</li> </ul> <p>This diet is intended for individuals with dysphagia. It is recommended that a swallowing assessment be completed, as a modified texture may be required.</p> <p>Note: Nectar consistency is thinner than honey.</p>
Thick Fluid - Honey	<p>Standard diet, modified with:</p> <ul style="list-style-type: none"> <li>• replacement of thin liquids with thick liquids of honey consistency</li> </ul> <p>This diet is intended for individuals with dysphagia. It is recommended that a swallowing assessment be completed, as a modified texture may be required.</p> <p>Note: Honey consistency is thicker than nectar.</p>
No Fluids Combined with Solids	<p>Standard diet, modified with:</p> <ul style="list-style-type: none"> <li>• exclusion of liquids combined with solids e.g. cold cereal with milk</li> <li>• thin liquids as the standard</li> </ul> <p>This diet is intended for individuals with dysphagia. It is recommended that a swallowing assessment be completed.</p> <p>Note: It may be necessary to provide thickened fluids.</p>

Food Allergies	Definition
Allergy – Egg	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing egg</li> </ul> <p>* excludes all components as identified on label</p>
Allergy – Fish and Shellfish	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing fish and shellfish</li> <li>• exclusion of artificial fish and shellfish flavouring</li> </ul> <p>* excludes all components as identified on label</p> <p><b>CAUTION:</b> ‘Natural flavouring’ is included in the diet as components are undeclared.</p>
Allergy – Milk Protein	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing milk and milk products</li> <li>• exclusion of artificial butter and cheese flavouring</li> </ul> <p>*excludes all components as identified on label</p> <p><b>CAUTION:</b> ‘Natural flavouring’ is included in the diet as components are undeclared. Does not meet Eating Well with Canada’s Food Guide minimum recommendations for Milk and Milk Products.</p>
Allergy – Peanut	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing peanut</li> </ul> <p>* excludes all components as identified on label</p> <p><b>CAUTION:</b> ‘Natural flavouring’ is included in the diet as components are undeclared.</p>

Food Allergies	Definition
Allergy – Tree Nuts	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>exclusion of all known foods* containing almonds, brazil nut, cashew, chestnut, filbert/hazelnut, macadamia, pecan, pine nuts, pistachio &amp; walnut</li> </ul> <p>* excludes all components as identified on label</p> <p><b>CAUTION:</b> ‘Natural flavouring’ is included in the diet as components are undeclared.</p>
Allergy – Sesame / Mustard Seed	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>exclusion of all known foods* containing sesame and mustard seed</li> </ul> <p>* excludes all components as identified on label</p> <p><b>CAUTION:</b> ‘Natural flavouring’ is included in the diet as components are undeclared.</p>
Allergy – Wheat	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>exclusion of all known foods* containing wheat</li> </ul> <p>*excludes all components as identified on label</p> <p><b>CAUTION:</b> This is not a gluten free diet. May contain hydrolyzed plant protein, hydrolyzed vegetable protein and total vegetable protein. Does not meet Eating Well with Canada’s Food Guide minimum recommendations for Grain Products.</p>
Limited Standard	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>removal of foods with greater than five ingredients</li> <li>all ingredients listed on allowed foods must not be able to be further broken down into components i.e. spices, flavour</li> <li>recognized common allergens will be included</li> </ul> <p><b>CAUTION:</b> All specific allergens must be stated when ordering this diet. Consult dietitian for individualization.</p>



Food Sensitivities	Definition
Gluten Free	<p>The Gluten Free diet is based on the Canadian Celiac Association Guidelines with the exclusion of:</p> <ul style="list-style-type: none"> <li>• wheat</li> <li>• rye</li> <li>• oats</li> <li>• barley</li> <li>• triticale</li> <li>• and all derivatives* thereof, e.g. wheat starch</li> </ul> <p>*excludes all components as identified on the label</p> <p><b>CAUTION:</b> The dietary fibre content may be less than 15 grams per day.</p>
Low Lactose	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of milk and milk products as listed</li> <li>• inclusion of yogurt and lactose reduced milk</li> </ul> <p><b>CAUTION:</b> Information on lactose content is not readily available for all foods. Small amounts of lactose may be present as secondary ingredients in some food items.</p>
Low Sodium Benzoate	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of foods containing sodium benzoate*</li> </ul> <p>* excludes all components as identified on the label</p> <p><b>CAUTION:</b> Trace amounts of sodium benzoate may be found in secondary ingredients in some food items.</p>
Low Sulphite	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of foods containing added sulphite*</li> </ul> <p>* excludes all components as identified on label</p> <p><b>CAUTION:</b> Trace amounts of sulphite may be found in some ingredients. In Canada, manufacturers are required to label a product if it contains sulphites.</p>

Diet and Food Preferences	Definition
Kosher Style	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of pork and pork products</li> <li>• exclusion of shellfish and shellfish products</li> <li>• exclusion of dairy and meat products served together</li> <li>• exclusion of products containing meat based gelatin</li> </ul> <p><b>CAUTION:</b> May not meet Eating Well with Canada's Food Guide minimum recommendations for Milk and Milk Products.</p>
Kosher	<p>Kosher Style diet with:</p> <ul style="list-style-type: none"> <li>• inclusion of certified Kosher entrees (meat/alternate, starch, vegetable) at lunch and supper</li> <li>• inclusion of paper plates and plastic cutlery</li> </ul> <p><b>CAUTION:</b> Breakfast, soup and dessert items not prepared per Kosher standards. Certified Kosher foods are not always available to meet the criteria for therapeutic and/or texture modified diets. May not meet Eating Well with Canada's Food Guide minimum recommendations for Milk and Milk Products.</p>
No Beef	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of all known food containing beef and veal</li> </ul>
No Bell Peppers	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing green, red and yellow bell peppers</li> </ul> <p>*excludes all components as identified on label</p>
No Chocolate	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing chocolate or cocoa</li> </ul> <p>*excludes all components as identified on label</p>

<b>Diet and Food Preferences</b>	<b>Definition</b>
No Citrus (Orange, Lemon, Lime, Grapefruit)	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing citrus fruit</li> </ul> *excludes all components as identified on label
No Mushroom	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing mushrooms</li> </ul> *excludes all components as identified on label
No Onion	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of foods prepared with cooking, green and red onions</li> <li>• inclusion of onion as flavouring/seasoning allowed</li> </ul>
No Pork	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of all food items containing pork</li> </ul>
No Poultry	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of all food items containing chicken and turkey</li> </ul>
No Strawberry and Raspberry	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing strawberries and raspberries</li> </ul> *excludes all components as identified on label
No Tomato	Standard diet with: <ul style="list-style-type: none"> <li>• exclusion of all known foods* containing tomatoes</li> </ul> *excludes all components as identified on label

Diet and Food Preferences	Definition
Vegan	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of animal products (meat, poultry), fish and shellfish</li> <li>• exclusion of milk and milk products</li> <li>• exclusion of eggs and egg products</li> <li>• inclusion of soy beverage</li> </ul> <p><b>CAUTION:</b> May contain trace amounts of lard, butter, meat based gelatin or soup bases.</p>
Lacto-Vegetarian	<p>Vegan diet with:</p> <ul style="list-style-type: none"> <li>• inclusion of milk and milk products</li> <li>• soy beverage available</li> </ul> <p><b>CAUTION:</b> May contain trace amounts of lard, meat based gelatin or soup bases.</p>
Ovo-Vegetarian	<p>Vegan diet with:</p> <ul style="list-style-type: none"> <li>• inclusion of eggs and egg products</li> <li>• inclusion of soy beverage</li> </ul> <p><b>CAUTION:</b> May contain trace amounts of lard, butter, meat based gelatin or soup bases.</p>
Lacto-Ovo-Vegetarian	<p>Vegan diet with:</p> <ul style="list-style-type: none"> <li>• inclusion of milk and milk products</li> <li>• inclusion of eggs and egg products</li> <li>• soy beverage available</li> </ul> <p><b>CAUTION:</b> May contain trace amounts of lard, meat based gelatin or soup bases.</p>
Pesco-Vegetarian	<p>Lacto-Ovo Vegetarian diet with:</p> <ul style="list-style-type: none"> <li>• inclusion of fish and fish products</li> <li>• soy beverage available</li> </ul> <p><b>CAUTION:</b> May contain trace amounts of lard, meat based gelatin or soup bases.</p>

<b>Diet and Food Preferences</b>	<b>Definition</b>
Pollo-Vegetarian	Lacto-Ovo Vegetarian diet with: <ul style="list-style-type: none"><li>• inclusion of poultry and poultry products</li><li>• soy beverage available</li></ul> <b>CAUTION:</b> May contain trace amounts of lard, meat based gelatin or soup bases.

Test Diets	Definition
Caffeine Free	<p>Standard diet with:</p> <ul style="list-style-type: none"><li>• exclusion of caffeine containing foods and beverages</li><li>• exclusion of decaffeinated and herbal beverages</li></ul> <p><b>CAUTION:</b> Begin diet one day prior to MIBI scan.</p>

Other Diets	Definition
Low Iodine	<p>≤ 100 mmol Sodium diet with:</p> <ul style="list-style-type: none"> <li>• intake of iodine is limited to 50 – 60 micrograms per day</li> <li>• exclusion of known foods containing moderate to high levels of iodine</li> <li>• order Low Iodine diet with isolation tray service</li> </ul> <p>Note: Given the variability of iodine content in food, foods excluded from the diet are based on research and best practice.</p>
Low Oxalate	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of food items containing moderate to high levels of oxalate (<math>\geq 2</math> mg oxalate per serving)</li> </ul> <p>Note: Given the variability of oxalate content in food, foods excluded from the diet are based on research and best practice.</p>
Low Tyramine	<p>Standard diet with:</p> <ul style="list-style-type: none"> <li>• exclusion of food items containing moderate to high levels of tyramine (approximately <math>\geq 6</math> mg tyramine per serving)</li> </ul> <p><b>CAUTION:</b> Continue diet for two weeks post discontinuation of MAOI drug therapy.</p> <p>NOTE: Given the variability of tyramine content in food, foods excluded from the diet are based on research and best practice.</p>
NPO or TPN or Tube Feeding	<ul style="list-style-type: none"> <li>• nothing by mouth</li> </ul>
TPN or Tube Feeding with Tray	<ul style="list-style-type: none"> <li>• must be ordered in conjunction with another diet</li> </ul>

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