



Winnipeg Regional Health Authority
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Pediatric Diet Compendium

Nutrition & Food Services
Winnipeg, Manitoba

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Introduction

The WRHA Nutrition & Food Services Pediatric Diet Compendium contains a list of the diets and their definitions available in the system. All diets and combinations of diets must be ordered from the WRHA Nutrition & Food Services Pediatric Diet Compendium.

The WRHA Nutrition & Food Services Pediatric Diet Compendium integrates the most current research in medical nutrition therapy in order to achieve evidence-based best practice. Those diets that are consistent with adult diets are adopted from the WRHA Adult Diet Compendium. Both the Adult and Pediatric Diet Compendiums have been approved by the WRHA Nutrition Advisory Subcommittee of the WRHA Regional Pharmacotherapy Committee.

Diet definitions are based on a non-selective diet.

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

Health Sciences Centre Hospital-Wide Nutrition Screening Program

A comprehensive nutrition screening program exists at HSC to identify malnourished patients or patients who are at risk of becoming malnourished and who are likely to benefit from specialized nutritional care during their hospitalization. All patients are screened within 48 hours of admission and those who fall within the moderate to high nutritional risk category are seen by the clinical dietitian.

How to Order a Pediatric Diet

The following guidelines provide a baseline for diet ordering. Consult the clinical dietitian to determine the most appropriate diet modifications and/or restrictions; this will ensure that the patient receives optimal medical nutrition therapy.

Diet Ordering Guidelines:

Pediatric Standard, 0-6 months:	Specify type of formula
Pediatric Standard, 7-12 months:	Specify texture, specify type of formula if applicable
Pediatric Standard, 12-24 months:	Specify texture if required
Pediatric Standard, 2-5 years:	Specify texture if required
Pediatric Standard, 6-17 years:	Order "entrée large" for children ages 13-17 in order to meet Eating Well with Canada's Food Guide recommendations for this age group.

All therapeutic diets (renal, metabolic, texture, controlled carbohydrate, allergy) must be ordered with a *pediatric standard, age-specific diet order* from the WRHA Nutrition & Food Services Pediatric Diet Compendium.

Examples:

1. Patient is a 4-month-old who is being exclusively breast-fed.
Diet Order: Pediatric Standard, 0-6 months, specify breast-fed or type of formula
2. Patient is an 8-month-old who eats minced table foods at home.
Diet Order: Pediatric Standard 7-12 months, Minced, specify breast-fed, type of formula or whole milk
3. Patient is a 2 year old with no nutritional issues.
Diet Order: Pediatric Standard 2-5 years.

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4. Patient is a 10-year-old with no nutritional issues.
Diet Order: Pediatric Standard 6-17 years
5. Patient is a 15-year-old with no nutritional issues.
Diet Order: Pediatric Standard 6-17 years, entrée large
6. Patient is a 24-month-old with dysphagia.
Diet Order: Pediatric Standard 12-24 months, Pureed, Thick Fluid Honey
7. Patient is a 3-year-old with allergies to walnuts.
Diet Order: Pediatric Standard 2-5 years, Allergy - Tree Nuts
8. Patient is a 4-year-old with Type 1 diabetes.
Diet Order: Pediatric Standard 2-5 years, Controlled Carbohydrate with Snack
9. Patient is a 12-year-old boy on peritoneal dialysis; sodium, fluid and phosphorus restricted at home (medications include phosphate binders).
Diet Order: Pediatric Standard 6-17 years, 130 mmol Sodium, No Fluids on Tray, Controlled Phosphorus
10. Patient is an obese 15-year-old with Type 2 diabetes. Weight loss is desired.
Diet Order: Pediatric Standard 6-17 years, Controlled Carbohydrate, Modified Fat, Small portions
11. Patient is a 4-year old with allergies to red food dyes and poultry. This is an example of an allergy NOT listed in the HSC Pediatric Diet Compendium.
Diet Order: Pediatric Standard 2-5 years, 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.

SOME IMPORTANT NUTRIENTS IN THE FOOD GROUPS				
Key Nutrients	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
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.

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Pediatric Standard	Definition
Pediatric Standard 0 - 6 months	<ul style="list-style-type: none"> • < 800 Kcal • Patient tray not provided. Nutrients are provided by breast milk and/or iron fortified breast milk substitute. Introduction of solid foods should occur at age 6 months for term infants • Breast-fed term infants require Vitamin D supplementation of a minimum of 400 International Units daily
Pediatric Standard 7 - 12 months	<ul style="list-style-type: none"> • Must be ordered with a specific texture modified diet (refer to 7-1), specify breast-fed or type of formula • 700 - 1000 Kcal <ul style="list-style-type: none"> ○ 50% fat ○ 40% carbohydrate ○ 10% protein • <90 mmol sodium • ≥ 11 mg iron • 700 - 1000 mL fluid minimum • ≥ 67% caloric requirements met by breast milk and/or iron fortified breast milk substitute • Breakfast tray not provided. Commercial infant cereal and baby food provided by patient unit • Inclusion of half portions of meat, potato and vegetables at lunch and dinner • Excludes egg whites and goat's milk, soy, rice and other vegetarian beverages and honey • Excludes unsafe foods such as hard, small and round, smooth and sticky foods which can block a young child's airway • Breast-fed term infants require Vitamin D supplementation of a minimum of 400 International Units daily
Pediatric Standard 12 - 24 months	<ul style="list-style-type: none"> • Must be ordered with a specific texture modified diet (refer to 7-1) if applicable • 1000 – 1300 Kcal <ul style="list-style-type: none"> ○ ≤ 50% fat ○ 40 % carbohydrate ○ 10% protein • < 130 mmol sodium (no salt package) • ≥ 7 mg iron • 1000 - 1100 mL fluid minimum • Excludes unsafe foods such as hard, small and round, smooth and sticky foods which can block a young child's airway

Pediatric Standard	Definition
Pediatric Standard 2 - 5 years	<ul style="list-style-type: none"> • 1200 -1500 Kcal <ul style="list-style-type: none"> ○ 30 - 40% fat ○ 50 – 55% carbohydrate ○ 10 – 15% protein • <150 mmol sodium (no salt package) • ≥ 7-10 mg iron • ≥ 8-10g fibre • 1100 ml – 1400 mL fluid minimum • Excludes unsafe foods such as hard, small and round, smooth and sticky foods which can block a young child’s airway • ≥ Eating Well with Canada’s Food Guide recommendations for minimum servings
Pediatric Standard 6 - 17 years	<ul style="list-style-type: none"> • 1900 – 2200 Kcal; additional portions may be needed to meet individual requirements <ul style="list-style-type: none"> ○ 30-35 % fat ○ 50-55 % carbohydrate ○ 15-20 % protein • < 150 mmol sodium (no salt package) • ≥ 8-15 g iron • ≥ 11g fibre • 1500 mL fluid minimum • ≥ Eating Well with Canada’s Food Guide recommendations for minimum servings <p>Note: If a child is 13-17 years of age, please order “large entrée” to ensure child receives adequate nutrition.</p>

Fluids	Definition
No Fluids on Tray	Pediatric Standard diet (age-specific) with: <ul style="list-style-type: none"> • all fluids provided and monitored by patient unit within fluid restriction
Clear Fluid	Temporary Fluid diet with: <ul style="list-style-type: none"> • clear fluids that are liquid at body temperature and leave a minimal amount of residue in the gastrointestinal tract • exclusion of milk products <p>CAUTION: Nutritionally inadequate diet designed for short term use only. The addition of oral nutritional supplements should be considered if used for more than 24-48 hours. Does not meet Eating Well with Canada's Food Guide minimum recommendations for any food group.</p>

Energy/Carbohydrate Modifications	Definition
Controlled Carbohydrate	<p>Standard diet with:</p> <ul style="list-style-type: none"> • 50-60% of energy from carbohydrate • ≤10% of energy may be provided from sucrose • ≤30% of energy from total fat • ≤10% of energy from saturated fat • 25-35 grams of total fibre per day • Note: Recommendations for total fibre may not be met. • inclusion of artificial sweetener • restriction of added sugar • artificially sweetened food items may replace regularly sweetened items where appropriate
Controlled Carbohydrate / HS Snack	<p>Standard diet with:</p> <ul style="list-style-type: none"> • 50-60% of energy from carbohydrate • ≤10% of energy may be provided from sucrose • ≤30% of energy from total fat • ≤10% of energy from saturated fat • 25-35 grams of total fibre per day • Note: Recommendations for total fibre may not be met. • inclusion of artificial sweetener • restriction of added sugar • artificially sweetened food items may replace regularly sweetened items where appropriate • inclusion of HS snack
High Energy	<p>Standard diet with:</p> <ul style="list-style-type: none"> • inclusion of energy rich foods and beverages to provide additional energy ≥ 500 Kcal per day • addition of glucose polymer • pediatric energy recommendations are provided for three age groups (range ~330 – 740 Kcal per day)

Mineral Modifications	Definition
≤ 130 mmol Sodium	Pediatric Standard diet (age-specific) with: <ul style="list-style-type: none"> • exclusion of high sodium foods to not exceed 130 mmol sodium per day
< 90 mmol Sodium	Pediatric Standard diet (age-specific) with: <ul style="list-style-type: none"> • exclusion of high sodium foods to not exceed 90 mmol sodium per day <p>CAUTION: Does not meet Eating Well with Canada's Food Guide minimum recommendations for Milk Products for ages 10-16 years.</p>
Low Potassium	Pediatric Standard diet (age-specific) with: <ul style="list-style-type: none"> • exclusion of high potassium foods & beverages • provides ≤70 mmol potassium per day
High Potassium	Pediatric Standard diet (age-specific) with: <ul style="list-style-type: none"> • inclusion of high potassium foods and beverages to provide an additional 30 mmol of potassium per day
Controlled Phosphorous	Pediatric Standard diet (age-specific) with: <ul style="list-style-type: none"> • with phosphorous levels controlled to <1000 mg/day based on meal plans <p>CAUTION: 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"> • exclusion of food items known to contain high levels of copper • inclusion of only distilled water for drinking <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"> • $\leq 30\%$ of daily energy intake from fat, with $\leq 7\%$ saturated fat/trans fat • ≤ 200 mg dietary cholesterol/day based on a weekly average • 23-28 g dietary fibre/day
Controlled Fat	See 10-1 Metabolic Disorders
Low Long Chain Triglycerides	See 10-1 Metabolic Disorders

Fibre Modifications	Definition
Controlled Fibre	<p>Standard diet with:</p> <ul style="list-style-type: none"> • exclusion of foods associated with ileostomy or bowel obstruction as outlined in items NOT compliant* <p>*For list of non-compliant items see WRHA Nutrition and Food Services Pediatric Diet Compendium / Diet Criteria for Menu Database</p>
Fibre Enriched	<p>Standard diet with:</p> <ul style="list-style-type: none"> • 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

Feeding and Swallowing Management - Texture Modifications	Definition
Soft	Standard diet, modified with: <ul style="list-style-type: none"> • soft to chew foods
Soft / Minced	Soft diet, with the inclusion of: <ul style="list-style-type: none"> • some plain minced meats when the soft textured meat is not suitable 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"> • minced meat/ poultry, fish, soft casseroles made with minced meat/ poultry • minced, whipped or mashed fruits and cooked vegetables • soft breads and baked products • sandwiches with minced consistency fillings or cheese • cream/ stock soups (with soft/ minced meat and/ soft well cooked vegetables without skins/ seeds)
Total Minced	Standard diet, modified with: <ul style="list-style-type: none"> • minced entrees, minced/ whipped or mashed cooked vegetables and fruits • exclusion of whole breads and baked products, cheese portions, cold cereals • cream/ stock soups (with minced meat and minced vegetables without skins/ seeds) CAUTION: 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"> • only liquid or pureed foods of a smooth homogeneous texture CAUTION: 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"> • foods blenderized to a liquid form <p>CAUTION: Average calories \leq 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"> • replacement of thin liquids with thick liquids of nectar consistency <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"> • replacement of thin liquids with thick liquids of honey consistency <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"> • exclusion of liquids combined with solids e.g. cold cereal with milk • thin liquids as the standard <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"> • exclusion of all known foods* containing egg <p>* excludes all components as identified on label</p>
Allergy – Fish and Shellfish	<p>Standard diet with:</p> <ul style="list-style-type: none"> • exclusion of all known foods* containing fish and shellfish • exclusion of artificial fish and shellfish flavouring <p>* excludes all components as identified on label</p> <p>CAUTION: ‘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"> • exclusion of all known foods* containing milk and milk products • exclusion of artificial butter and cheese flavouring <p>*excludes all components as identified on label</p> <p>CAUTION: ‘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"> • exclusion of all known foods* containing peanut <p>* excludes all components as identified on label</p> <p>CAUTION: ‘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"> exclusion of all known foods* containing almonds, brazil nut, cashew, chestnut, filbert/hazelnut, macadamia, pecan, pine nuts, pistachio & walnut <p>* excludes all components as identified on label</p> <p>CAUTION: ‘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"> exclusion of all known foods* containing sesame and mustard seed <p>* excludes all components as identified on label</p> <p>CAUTION: ‘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"> exclusion of all known foods* containing wheat <p>*excludes all components as identified on label</p> <p>CAUTION: 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"> removal of foods with greater than five ingredients all ingredients listed on allowed foods must not be able to be further broken down into components i.e. spices, flavour recognized common allergens will be included <p>CAUTION: 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"> • wheat • rye • oats • barley • triticale • and all derivatives* thereof, e.g. wheat starch <p>* excludes all components as identified on the label</p> <p>CAUTION: 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"> • exclusion of milk and milk products as listed • inclusion of yogurt and lactose reduced milk <p>CAUTION: 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"> • exclusion of foods containing sodium benzoate* <p>*excludes all components as identified on the label</p> <p>CAUTION: 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"> • exclusion of foods containing added sulphite* <p>*excludes all components as identified on label</p> <p>CAUTION: Trace amounts of sulphite may be found in some ingredients. In Canada, manufacturers are required to label a product if it contains sulphites.</p>

Metabolic Disorders	Definition
Controlled Protein < 20 g	Pediatric Standard diet (age-specific): <ul style="list-style-type: none"> • extremely rigid • total protein intake to meet DRI • if an inborn error of metabolism, inclusion of disease specific metabolic formula providing ~75-100% of protein; remainder of protein from food <p>CAUTION: May not meet Eating Well with Canada's Food Guide minimum recommendations for Milk and Milk Products, Meat and Alternates, and Grain Products</p>
Controlled Fat	Pediatric Standard diet (age-specific) with: <ul style="list-style-type: none"> • exclusion of high fat foods and beverages to provide 20-30 grams of total fat per day.
Fructose, Sucrose, Sorbitol Restricted	Pediatric Standard diet (age-specific) with: <ul style="list-style-type: none"> • controlled amounts of foods containing sorbitol, sucrose and fructose (levulose) • inclusion of foods containing glucose (dextrose) and lactose <p>Note: Small amounts of sucrose and/or fructose (levulose) will be allowed based on individualized patient care plan.</p>
Low Long Chain Triglycerides	Pediatric Standard diet (age-specific) with: <ul style="list-style-type: none"> • most dietary fat is LCT. Restriction of total fat to maximum 14 grams/day • energy requirements are met by increasing carbohydrate intake • use of MCT oil requires physician or dietitian's approval

Diet and Food Preferences	Definition
Kosher Style	<p>Standard diet with:</p> <ul style="list-style-type: none"> • exclusion of pork and pork products • exclusion of shellfish and shellfish products • exclusion of dairy and meat products served together • exclusion of products containing meat based gelatin <p>CAUTION: 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"> • inclusion of certified Kosher entrees (meat/alternate, starch, vegetable) at lunch and supper • inclusion of paper plates and plastic cutlery <p>CAUTION: 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"> • exclusion of all known food containing beef and veal
No Bell Peppers	<p>Standard diet with:</p> <ul style="list-style-type: none"> • exclusion of all known foods* containing green, red and yellow bell peppers <p>*excludes all components as identified on label</p>
No Chocolate	<p>Standard diet with:</p> <ul style="list-style-type: none"> • exclusion of all known foods* containing chocolate or cocoa <p>*excludes all components as identified on label</p>

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

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

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

Test Diets	Definition
Caffeine Free	<p>Compendium Definition - Standard diet with:</p> <ul style="list-style-type: none">• exclusion of caffeine containing foods and beverages• exclusion of decaffeinated and herbal beverages <p>CAUTION: Begin diet 1 day prior to MIBI scan.</p>

Other Diets	Definition
Low Iodine	<p>≤ 100 mmol Sodium diet with:</p> <ul style="list-style-type: none"> • intake of iodine is limited to ~ 50 – 60 micrograms per day • exclusion of known foods containing moderate to high levels of iodine • order low Iodine diet with isolation tray service <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"> • exclusion of food items containing moderate to high levels of oxalate (≥ 2mg oxalate per serving) <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"> • exclusion of food items containing moderate to high levels of tyramine (approximately ≥ 6 mg tyramine per serving) <p>CAUTION: 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>
Ketogenic Diet	<ul style="list-style-type: none"> • Extremely rigid, very high fat diet • 90% total Kcal from fat • Protein to meet DRI • Severe carbohydrate restriction • Fluids are restricted to meet calculated fluid requirements • Inclusion of whipping cream (minimum 35% M.F.) in classical ketogenic diet • Inclusion of MCT oil in MCT-based ketogenic diet (60% Kcal from MCT oil)

Other Diets	Definition
NPO or TPN or Tube Feeding	<ul style="list-style-type: none"> • Nothing by mouth
TPN or Tube Feeding with Tray	<ul style="list-style-type: none"> • Must be ordered in conjunction with a specific diet

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