



Winnipeg Regional
Health Authority

Caring for Health

Office régional de la
santé de Winnipeg

À l'écoute de notre santé

Pediatric Diet Compendium / Diet Criteria for Menu Database

Nutrition & Food Services
Winnipeg, Manitoba

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Acknowledgements

The Winnipeg Regional Health Authority would like to acknowledge the following clinical dietitians for their hard work, professional contribution and unfailing dedication in the development and revision of this Diet Compendium:

Brenda Hotson, RD, MSc, Chair
Julie Gislason, RD
Dianne Cardinal, RD
Lisa Wilson, RD
Valerie Howden, RD, MSc
Pat Ozechowsky, RD, CNSD
Monica Roberts, Dietetic Technician
Dayna Weiten, RD

Thank you also to the following physicians, dietitians and nurses from facilities across the region/nation who reviewed the Diet Compendium and provided valuable suggestions:

Dr. Cheryl Greenberg	Dr. Malcolm Ogborn
Dr. Gina Rempel	Dr. Kristen Pederson
Dr. Tom Blydt-Hansen	Phyllis Malowski, RN
Lynne Lepage, RD	Dallas Baumler, RD
Maggie Chapman, RD, IWK Health Centre, Halifax, NS	
Julie Nedvidek, RD, Hotel Dieu Hospital, Kingston, ON	
Sally Gilbert, RD, BC Children's Hospital, Vancouver, BC	

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				
<i>Key Nutrients</i>	<i>Vegetables and Fruit</i>	<i>Grain Products</i>	<i>Milk and Alternatives</i>	<i>Meat and Alternatives</i>
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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Definitions and Compendiums

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>

DIET TYPE: PEDIATRIC STANDARD 0 – 6 months

Compendium Definition:

- < 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*

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • Breast milk <p>Provided by the patient unit:</p> <ul style="list-style-type: none"> • Iron fortified breast milk substitute • Iron fortified infant cereal (at age 6 months) • Commercial baby food (at age 6 months) • Oral electrolyte maintenance solution 	<ul style="list-style-type: none"> • Fruit juice • All other food items.

Details & General Comments

Energy based on 100 Kcal/kg for 3.4 – 7.2 kg female and 3.6 – 7.9 kg male. (1990 RNI)
 Average weight based on 50th percentile for both sexes using the Centres for Disease Control & Prevention(CDC)growth charts published May 2000.

* “Exclusive breastfeeding is recommended for the first six months of life for healthy term infants, as breast milk is the best food for optimal growth. Infants should be introduced to nutrient-rich, solid foods with particular attention to iron at six months with continued breastfeeding for up to two years and beyond.” Health Canada

* “Exclusive breastfeeding is recommended for the first six months of life for healthy term infants, as breast milk is the best food for optimal growth. Infants should be introduced to nutrient-rich, solid foods with particular attention to iron at six months with continued breastfeeding for up to two years and beyond.” Health Canada, 2004 “For infants living in northern communities, 800 IU/d of vitamin D is recommended (CPS Indian and Inuit Health Committee, 1988). Nutrition for Healthy Term Infants

Recommended order of introduction of solid foods:

1. Foods high in iron- strained meat, single grain infant cereal (iron fortified)
2. Strained fruits and vegetables

Introduction of meat as an early complementary food for exclusively breast fed infants is feasible and has been associated with improved zinc intake. Krebs, 2006

DIET TYPE: PEDIATRIC STANDARD 7 - 12 months

Compendium Definition:

- **Must be ordered with a specific texture modified diet (refer to 7-1), specify breast-fed or type of formula**
- **700 - 1000 Kcal**
 - 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***

Items Compliant	Items NOT Compliant
<p>Breads, Cereals and Pastas</p> <ul style="list-style-type: none"> • Iron fortified infant cereal • Barley • Rice • Pasta • Bread • Crackers <p>Eggs</p> <ul style="list-style-type: none"> • Egg yolks <p>Milk Products & Milk Substitutes</p> <ul style="list-style-type: none"> • Breast milk • Iron fortified breast milk substitute • Food items containing milk • Whole milk (>9 months) <p>Fruits</p> <ul style="list-style-type: none"> • Banana • Canned fruit (e.g. applesauce, peaches, pears, mandarin oranges) • Pureed/minced fruit • Juice** <p>Vegetables</p> <ul style="list-style-type: none"> • Cooked vegetables (e.g. peas, carrots, green beans, yellow beans, squash, creamed corn, turnip, sweet potato, yams and onions) • Pureed/minced vegetables 	<p>Breads, Cereals and Pastas</p> <ul style="list-style-type: none"> • All others <p>Eggs</p> <ul style="list-style-type: none"> • Whole egg whites <p>Milk products & Milk Substitutes</p> <ul style="list-style-type: none"> • Soy, rice & other vegetarian beverages <p>Fruits</p> <ul style="list-style-type: none"> • All other fresh whole fruit • Dried fruit (e.g. raisins) <p>Vegetables</p> <ul style="list-style-type: none"> • Raw vegetables • Vegetable juice <p>Meat and alternates</p> <ul style="list-style-type: none"> • Peanuts • Peanut butter, Nut butters • Nuts • Sunflower seeds • Fish with bones • Whole wiener / sausage link • Bacon • Meats or casseroles containing items not compliant • Whole marshmallow <p>Soups</p> <ul style="list-style-type: none"> • All

DIET TYPE: PEDIATRIC STANDARD 7 - 12 months (Continued)

Items Compliant	Items NOT Compliant
<p>Meat and alternates, Sandwiches</p> <ul style="list-style-type: none"> • Moist meats, poultry and fish • Cooked • Pureed / minced meats, poultry and fish <p>Desserts</p> <ul style="list-style-type: none"> • All made with compliant food items <p>Miscellaneous</p> <ul style="list-style-type: none"> • Gravy & sauces made with compliant items • Margarine / butter 	<p>Miscellaneous</p> <ul style="list-style-type: none"> • Honey • Coffee and tea • Salt, pepper and herb packages • Carbonated and fruit flavoured beverages <p>Unsafe foods including:</p> <ul style="list-style-type: none"> • Popcorn • Hard candies • Gum • Cough drops
<p>Details & General Comments</p>	

DIET TYPE: PEDIATRIC STANDARD 7 - 12 months (Continued)

Items Compliant	Items NOT Compliant
<p>Energy based on 100 Kcal/kg for 7.6 – 9.6 kg female and 7.4-10.4 kg male. (RNI 1990) Average weight based on 50th percentile for both sexes using the CDC growth charts published May 2000.</p> <p>Protein: Rationale is that breast milk is 7% Kcal from protein and iron fortified breast milk substitute is 9-12%. ≥ 10-14 g protein. This level was derived from the RDA of 1.2 g protein/kg for age 5-12 months based on the above weights. It assumes a minimum of 100 mL/kg breast milk (i.e. lowest weight of 7.4 kg = 740 mL breast milk = 8.9 g protein). The solids provide remainder of protein intake.</p> <p>Assumptions:</p> <ul style="list-style-type: none"> • Minimum 67% of caloric intake derived from breast milk or standard strength iron fortified breast milk substitute based on fluid requirement of 100 mL/kg according to Holliday-Segar formula. An individual clinical assessment is required before fluid requirements can be determined. Fluid intakes should be determined by observation of intake, losses, cardiovascular status and setting clear therapeutic and nutritional goals. • Sodium: Upper intake levels (UL) for infants aged 0-12 months could not be established because insufficient data exist for this age group. <p>* “Exclusive breastfeeding is recommended for the first six months of life for healthy term infants, as breast milk is the best food for optimal growth. Infants should be introduced to nutrient-rich, solid foods with particular attention to iron at six months with continued breastfeeding for up to two years and beyond.” <small>Health Canada, 2004</small> “For infants living in northern communities, 800 IU/d of vitamin D is recommended (CPS Indian and Inuit Health Committee, 1988).” <small>Nutrition for Healthy Term Infants</small></p> <p>Honey is a risk factor for infant botulism.</p> <p>To lower the risk of iron deficiency anemia, cow’s milk is not recommended before 9-12 months of age. Whole milk should not be added until the diet contains an adequate amount of iron and a variety of other solids. Skim milk is an inappropriate milk choice during the first two years. (Nutrition for Healthy Term Infants).</p> <p>Egg white which contains at least 23 different glycoproteins is not traditionally given to infants until 1 year of age to minimize any possible allergic reactions. Egg yolks are allowed. Soy, rice & other vegetarian beverages are not appropriate in the first 2 years based on Nutrition for Healthy Term Infants.</p>	

DIET TYPE: PEDIATRIC STANDARD 7 - 12 months (Continued)

Details & General Comments (Continued)
<p>**Fruit juice in a cup, not a bottle, to be limited to 125 ml – 175 ml/day to facilitate increased intake of breast milk and/or iron fortified breast milk substitute. High intakes of juice can contribute to diarrhea, overnutrition or undernutrition, and development of dental caries. <small>American Academy of Pediatrics, 2001</small></p> <p>Non-nutritional beverages not recommended (e.g. carbonated beverages and fruit flavoured beverages).</p>

DIET TYPE: PEDIATRIC STANDARD 12 - 24 months

Compendium Definition:

- **Must be ordered with a specific texture modified diet (refer to 7-1) if applicable**
- **1000 – 1300 Kcal**
 - **≤ 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**

Items Compliant	Items NOT Compliant
<p>Breads, Cereals & Pastas</p> <ul style="list-style-type: none"> • All <p>Eggs</p> <ul style="list-style-type: none"> • All <p>Milk Products & Milk Substitutes</p> <ul style="list-style-type: none"> • All others <p>Fruits</p> <ul style="list-style-type: none"> • All others including those with tiny seeds (e.g. strawberry, raspberry) • Juice * <p>Vegetables</p> <ul style="list-style-type: none"> • Grated raw carrots • All other vegetables <p>Meat and Alternates, Sandwiches</p> <ul style="list-style-type: none"> • Ground nuts and seeds • All other meat, poultry and fish <p>Soups</p> <ul style="list-style-type: none"> • All (made with compliant items) <p>Desserts</p> <ul style="list-style-type: none"> • All (made with compliant items) <p>Miscellaneous</p> <ul style="list-style-type: none"> • Artificial sweetener Tiny seeds found in jams (e.g. strawberry & raspberry jam) 	<p>Milk Products & Milk Substitutes</p> <ul style="list-style-type: none"> • Soy, rice & other vegetarian beverages <p>Fruits</p> <ul style="list-style-type: none"> • Raisins • Grapes • Fruits with pits & seeds <p>Vegetables</p> <ul style="list-style-type: none"> • Raw carrots • Raw celery sticks <p>Meat and Alternates</p> <ul style="list-style-type: none"> • Peanuts • Peanut butter & nut butters served alone • Nuts • Sunflower seeds • Fish with bones • Whole wiener / sausage link • Meats or casseroles containing items not compliant <p>Miscellaneous</p> <ul style="list-style-type: none"> • Coffee and tea • Salt, pepper and herb packages • Whole marshmallow • Carbonated and fruit flavoured beverages <p>Unsafe foods including:</p> <ul style="list-style-type: none"> • Popcorn • Hard candies • Gum • Cough drops

DIET TYPE: PEDIATRIC STANDARD 12 – 24 months (Continued)

Details & General Comments

Energy based on 100 Kcal/kg for 9.6 – 12 kg female and 10.4- 12.6 kg male. (RNI 1990)
Average weight based on 50th percentile for both sexes using the CDC growth charts published May 2000.

Standard milk will be whole milk.

Standard portion of meat and alternates will be equivalent protein value of 50g meat, poultry or fish.

Soup will not be provided as a standard.

Upper Limit (UL) for Sodium: 65 mmol (1.5 g sodium/day)

Due to limited and inconsistent data, an UL based on expected blood pressure change could not be set for children aged 1-3 years. The UL was therefore extrapolated from adult values based on an average of median energy intake.

* Fruit juice, in a cup, not a bottle, to be limited to 125 ml – 175 ml/day to facilitate increased intake of iron rich foods. High intakes of juice can contribute to diarrhea, overnutrition or undernutrition, and development of dental caries. American Academy of Pediatrics, 2001

Non-nutritional beverages not recommended (e.g. carbonated beverages and fruit flavoured beverages)

Fluid requirement based on Holliday-Segar formula. An individual clinical assessment is required before fluid requirements can be determined. Fluid intakes should be determined by observation of intake, losses, cardiovascular status and setting clear therapeutic and nutritional goals.

Assumption: Extra fluids are provided by the patient unit to meet fluid requirements.

DIET TYPE: PEDIATRIC STANDARD 2 – 5 years

Compendium Definition:

- **1200 -1500 Kcal**
 - 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**

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • Artificial sweetener • Ground nuts & seeds • Grated raw carrots • All soups made with compliant items • Items reserved to therapeutic diets (e.g. items with added glucose polymer or skim milk powder, low protein, gluten free, Kosher, blenderized, thickened beverages, Lactaid milk, non dairy milk substitutes) • Juice * 	<ul style="list-style-type: none"> • Unsafe foods including: <ul style="list-style-type: none"> ○ Popcorn ○ Hard candies ○ Gum ○ Cough drops ○ Raisins ○ Grapes ○ Raw carrots ○ Peanuts ○ Peanut butter served alone ○ Nuts ○ Sunflower seeds ○ Fish with bones ○ Whole wiener/sausage links ○ Whole marshmallows • Coffee and tea • Salt and pepper packages

Details & General Comments

Energy based on 100 Kcal/kg ± 30% for 12 –18 kg female and 12.6 – 18.5 kg male. (RNI 1990)
 Average weight based on 50th percentile for both sexes using the CDC growth charts published May 2000.

Standard milk will be 2% milk. Double portions of milk will be provided at breakfast to meet Eating Well with Canada’s Food Guide for minimum servings.
 Soup will not be provided as a standard.

Upper Limit (UL) for Sodium: 65 mmol (1.5 g sodium/day)

Due to limited and inconsistent data, an UL based on expected blood pressure change could not be set for children aged 1-3 years. The UL was therefore extrapolated from adult values based on an average of median energy intake. Average Canadian diet >130 – 217 mmol/day (3-5 g/d). Pediatric data unavailable. Sodium content will be less than 150 mmol sodium which is consistent with adult diet compendium. This “liberalized” level of sodium recommendation (relative to DRI’s/UL) is based on the following premises:

DIET TYPE: PEDIATRIC STANDARD 2 – 5 years (Continued)

Details & General Comments (Continued)

- The average Canadian consumes a much higher level of sodium, and therefore by nature of receiving the standard diet will automatically be consuming a restricted sodium diet.
- If a further sodium restriction is required, the patient will have a therapeutic diet ordered.
- Palatability of the diet impacts the amount of food eaten, which may in turn affect the healing process.
- If patients are not eating all food provided (as indicated by tray audits) they will be further self-restricting sodium intake.

Minimal fibre recommendation for this age group (based on American Health Foundation recommendation) is equal to or greater than their age plus 5 g per day which equals 8-10g fibre per day.^{Williams, 1995} Where diet is not meeting the higher fibre requirement, a high fibre diet may be combined with this diet.

* Fruit juice to be limited to 125 ml – 175 ml/day. High intakes of juice can contribute to diarrhea, overnutrition or undernutrition, and development of dental caries.^{American Academy of Pediatrics, 2001}

Fluid requirement based on Holliday-Segar formula. An individual clinical assessment is required before fluid requirements can be determined. Fluid intakes should be determined by observation of intake, losses, cardiovascular status and setting clear therapeutic and nutritional goals.

Assumption: Extra fluids are provided by patient unit to meet fluid requirements.

DIET TYPE: PEDIATRIC STANDARD 6 - 17 years

<p>Compendium Definition:</p> <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) • ≥ 8-15g 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>
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Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • Artificial sweetener • All soups made with compliant items • Items reserved to therapeutic diets (e.g. items with added glucose polymer or skim milk powder, low protein, gluten free, Kosher, blenderized, thickened beverages, Lactaid milk, non dairy milk substitutes) • Juice* 	<ul style="list-style-type: none"> • Coffee and tea • Salt and pepper packages

Details & General Comments
<p>Energy based on 40 - 100 Kcal/kg ± 30% for 20 - 55 kg female and 51-100 Kcal/kg ± 30% for 21 – 65 kg male (RNI 1990).</p> <p>Average weight based on 50th percentile for both sexes using the CDC growth charts published May 2000.</p> <p>Standard milk will be 2% milk. Double portions of milk will be provided at each meal to meet Eating Well with Canada’s Food Guide for minimum servings.</p> <p>Mineral needs of calcium, iron and zinc increase as the adolescent grows. Following Eating Well with Canada’s Food Guide will ensure that the nutrient requirements for a normal healthy adolescent will be met.</p> <p>Minimal fibre recommendation for this age group is equal to or greater than their age plus 5 g per day which equals 11-22g fibre per day.^{Williams, 1995} Where diet is not meeting the higher fibre requirement, a high fibre diet may be combined with this diet.</p> <p>Soup will not be provided as a standard.</p> <p>Upper Limit (UL) for sodium: 4-8 years = 83 mmol/day. 9-17 years = 100 mmol/day. Average Canadian diet >130 – 217 mmol/day (3-5 g/d). Pediatric data unavailable. Sodium content will be less than 150 mmol sodium which is consistent with adult diet compendium. This “liberalized” level of sodium recommendation (relative to DRI’s/UL) is based on the following premises:</p> <ul style="list-style-type: none"> ○ The average Canadian consumes a much higher level of sodium, and therefore by nature of receiving the standard diet will automatically be consuming a restricted sodium diet. ○ If a further sodium restriction is required the patient will have a therapeutic diet ordered. ○ Palatability of the diet impacts the amount of food eaten, which may in turn affect the healing process. ○ If patients are not eating all food provided (as indicated by tray audits) they will be further self-restricting sodium intake.

DIET TYPE: PEDIATRIC STANDARD 6 - 17 years (Continued)

Details & General Comments (Continued)

* For children 7-18 years old, fruit juice to be limited to 250 – 375 ml/day. Excessive juice consumption and the resultant increase in energy intake may contribute to the development of obesity. American Academy of Pediatrics, 2001

Fluid requirement based on Holliday-Segar formula. An individual clinical assessment is required before fluid requirements can be determined. Fluid intakes should be determined by observation of intake, losses, cardiovascular status and setting clear therapeutic and nutritional goals.

Assumption: Extra fluids are provided by patient unit to meet fluid requirements.

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>

DIET TYPE: NO FLUIDS ON TRAY

Compendium Definition – Pediatric Standard diet (age-specific) with:

- **All fluids provided and monitored by patient unit within fluid restriction**

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• Partially drained canned fruit (< 15 mL fluid/serving)	<ul style="list-style-type: none">• All fluids, ice• Jell-o® / gelatin desserts• Ice-cream, sherbet• Popsicles, freezies• Slurpees / slushies
Details & General Comments	
For patient unit use: <ul style="list-style-type: none">• Fluids are counted per mL	

DIET TYPE: CLEAR FLUID

Compendium Definition: Temporary Fluid diet with:

- clear fluids that are liquid at body temperature and leave a minimal amount of residue in the gastrointestinal tract
- exclusion of milk products

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.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • juice • tea/coffee • Jell-O • clear broth • fluids with glucose polymer • thickened beverages • Oral nutritional supplements 	<ul style="list-style-type: none"> • oral nutritionals with added fibre • prune juice
Details & General Comments	
<p>This diet is for short term use (24-48 hours) in preparation for bowel surgery, prior to colonoscopic examination, as a transition diet after a period of intravenous feeding, and in acute gastrointestinal disturbances. Although this diet is commonly used as the first step in postoperative oral alimentation, evidence suggests that early solid oral feeding is safe. Solid foods, based on the appropriate diet prescription, should be initiated as soon as possible.</p>	

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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)

DIET TYPE: CONTROLLED CARBOHYDRATE

Compendium Definition – Standard diet with:

- **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**

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • thickened beverages • food items with skim milk powder • fruit juice 	<ul style="list-style-type: none"> • regular, sweetened jams, jellies, sauces and condiments • sugar • brown sugar • honey • regular syrup • canned soft drinks, juice crystals sweetened with sugar • regular hot chocolate, chocolate milk • dessert items > 23 grams carbohydrate per serving
<p>Details & General Comments</p>	
<p>Only artificial sweeteners not containing cyclamates or saccharin are provided.</p> <p>Fruit instead of juice will be the standard at breakfast. Soup instead of juice will be the standard at lunch and supper.</p> <p>Controlled carbohydrate meal planning will be based on 65g (+/- 5) CHO at breakfast after removal of fibre 75g (+/- 5) CHO at lunch after removal of fibre 75g (+/- 5) CHO at supper after removal of fibre</p> <p>Menu may need to be modified to achieve carbohydrate target ranges. Menu items may be made non-compliant if the carbohydrate targets are not achievable.</p>	

DIET TYPE: CONTROLLED CARBOHYDRATE / SNACK

Compendium Definition – Standard diet with:

- 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

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • thickened beverages • food items with skim milk powder • fruit juice 	<ul style="list-style-type: none"> • regular, sweetened jams, jellies, sauces and condiments • sugar • brown sugar • honey • regular syrup • canned soft drinks, juice crystals sweetened with sugar • regular hot chocolate, chocolate milk • dessert items > 23 grams carbohydrate per serving

Details & General Comments

Only artificial sweeteners not containing cyclamates or saccharin are provided.

Fruit instead of juice will be the standard at breakfast. Soup instead of juice will be the standard at lunch and supper.

Controlled carbohydrate meal planning will be based on
 65g (+/- 5) CHO at breakfast after removal of fibre
 75g (+/- 5) CHO at lunch after removal of fibre
 75g (+/- 5) CHO at supper after removal of fibre

Menu may need to be modified to achieve carbohydrate target ranges. Menu items may be made non-compliant if the carbohydrate targets are not achievable.

HS Snack

½ Sandwich, 1x 2% milk

DIET TYPE: HIGH ENERGY

Compendium Definition – Standard diet, with:

- 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)

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • Thickened beverages 	<ul style="list-style-type: none"> • Food items with skim milk powder
Details & General Comments	
<p><u>Adults:</u> Inclusion of energy rich foods and beverages to provide ≥ 500 additional Kcal per day. The following additions will be the standard:</p> <p>2 - 120 ml Whole milk will be served instead of 2% milk at breakfast, lunch and supper.</p> <p>Margarine will be added at breakfast, lunch and dinner.</p> <p>Items with added glucose polymer include hot cereal at breakfast, hot beverages (coffee, tea or hot water) at breakfast, lunch and dinner. Items with added glucose polymer are reserved to this diet.</p> <p>Other items that have glucose polymer added include juice, soup and canned fruit. These items can be ordered as per dietitian’s request.</p> <p>Oral nutritionals or nourishments will not be routinely given but may be added as per dietitian’s request.</p> <p><u>Pediatrics:</u> The following snack/nourishments are recommended to meet increased energy requirements and should be individualized based on patient assessment:</p> <p>12-24 months (1000-1300 Kcal): AM, PM & HS snack: 1 pudding, yogurt or ice cream Total extra energy provided is ~330 Kcal which is a 25-33% increase.</p> <p>2-5 years (1200 – 1500 Kcal): Send whole milk versus 2% milk AM & HS snack: 1 pudding, yogurt or ice cream PM snack: 125 mL milkshake Total extra energy provided is ~520 Kcal which is a 35-43% increase.</p> <p>6-17 years (1900-2200 Kcal): Send whole milk versus 2% milk AM snack: 1 pudding, yogurt or ice cream PM snack: 125 mL milkshake HS snack: ½ sandwich plus 1 pudding, yogurt or ice cream Total extra energy provided is ~740 Kcal which is a 34-39% increase.</p>	

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>

DIET TYPE: ≤ 130 mmol SODIUM

Compendium Definition - Pediatric Standard diet (age-specific) with:
 • exclusion of high sodium foods to not exceed 130 mmol sodium per day

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> As per coding criteria 	<ul style="list-style-type: none"> As per coding criteria
Details & General Comments	
Course code restrictions will apply. Note: 1 mmol = 23 mg Na	

SODIUM CONTENT BY COURSE AND MEAL – ≤ 130 mmol

MEAL	COURSE	Na CONTENT (mmol)
Breakfast	Juice/Fruit	≤ 1.0
	Cereal/Sugar	≤ 12.0
	Entrée	≤ 7.0
	Toast/Muffin	≤ 7.0
	Margarine	≤ 2.2
	Jam/Jelly	0
	Milk x 2	≤ 6.0
	Total for Meal	
Lunch	Entrée	≤ 21.5
	Gravy/Sauce/Condiment	≤ 7.0
	Vegetable/Salad	≤ 3.0
	Starch	≤ 3.0
	Or	
	Sandwich	≤ 31.5
	Dessert	≤ 6.0
	Milk (1-2)	≤ 6.0
Total for Meal		≤ 46.5
Supper	Entrée	≤ 21.5
	Gravy/Sauce/Condiment	≤ 7.0
	Vegetable	≤ 3.0
	Starch	≤ 3.0
	Dessert	≤ 6.0
	Milk (1-2)	≤ 6.0
	Total for Meal	
Total Daily Sodium Content		≤ 128.2

Calculations are based on course code minimums i.e. nonselective menu.

DIET TYPE: < 90 mmol SODIUM

Compendium Definition - Pediatric Standard diet (age-specific) with:

- exclusion of high sodium foods to not exceed 90 mmol sodium per day

CAUTION: Does not meet Eating Well with Canada's Food Guide minimum recommendations for Milk Products for ages 10-16 years.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • As per coding criteria 	<ul style="list-style-type: none"> • As per coding criteria
Details & General Comments	
<p>Course code restrictions will apply.</p> <p>Note: 1 mmol = 23 mg Na</p>	

SODIUM CONTENT BY COURSE AND MEAL – < 90 mmol

MEAL	COURSE	Na CONTENT (mmol)
Breakfast	Juice/Fruit	≤ 1.0
	Cereal/Sugar	≤ 12.0
	Entrée	≤ 5.0
	Toast/Muffin	≤ 7.0
	Butter (SF)	0
	Jam/Jelly	0
	Milk x 2	≤ 6.0
Total for Meal		≤ 31.0
Lunch	Entrée	≤ 12.0
	Gravy/Sauce/Condiment	≤ 2.5
	Vegetable	≤ 3.0
	Starch	≤ 3.0
	Or	
	Sandwich	< 17.5
	Dessert	≤ 6.0
Milk	≤ 3.0	
Total for Meal		≤ 29.5
Supper	Entrée	≤ 12.0
	Gravy/Sauce/Condiment	≤ 2.5
	Vegetable	≤ 3.0
	Starch	≤ 3.0
	Dessert	≤ 6.0
	Milk	≤ 3.0
Total for Meal		≤ 29.5
Total Daily Sodium Content		≤ 90.0

Calculations are based on course code minimums i.e. nonselective menu.

DIET TYPE: LOW POTASSIUM

Compendium Definition - Pediatric Standard diet (age-specific) with:

- exclusion of high potassium foods & beverages
- provides ≤ 70 mmol potassium per day

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • Fruits and vegetables ≤ 250 mg/serving (≤ 6.4 mmol/serving)* as per pediatric low potassium diet • Potato – mashed, boiled 	<ul style="list-style-type: none"> • Fruits and vegetables ≥ 250 mg/serving (≥ 6.4 mmol/serving)* alone or as an ingredient as per pediatric low potassium diet • Ketchup on tray ** • All other potatoes • Fruit/vegetable juice*

Details & General Comments

*Value determined based on elimination of juice to promote intake of nutrient dense potassium containing foods.

**Limit

- Milk to 500 ml per day. Ice cream, puddings, cream soups, yoghurt may be sent in place of the fluid milk.
- Ketchup to 30 ml (4 packages) per day

Course code restrictions will apply.

Note: 1 mmol K⁺ = 39 mg



Department of Nutrition and Food Services

Name: _____ Date: _____

PEDIATRIC LOW POTASSIUM DIET

FRUITS*			
CHOOSE		AVOID	
Apple/Applesauce	Mandarin Orange	Apricots (all others)	Nectarine
Apricots (canned only)	Peach	Banana	Orange
Blackberries	Pear (canned)	Cantaloupe	Papaya
Blueberries	Pineapple	Coconut	Pear (fresh)
Cherries	Plums (canned)	Dried fruit	Plums (fresh)
Crabapples	Raspberries	Guava	Pomegranate
Cranberries	Rhubarb	Honeydew melon	Prunes
Fruit cocktail	Saskatoon berries	Kiwi fruit	Raisins
Grapefruit half	Strawberries	Loquats	Tangelo
Grapes	Tangerine	Mango	
Lime	Watermelon	Fruit Juice	Fruit Leather
Loganberries	(5" triangle, 1" thick)		

VEGETABLES*			
CHOOSE		AVOID	
Alfalfa sprouts	Eggplant	Artichoke	Parsnips
Asparagus	Leek (cooked)	Avocado	Potato (all others)
Bamboo shoots (canned)	Lettuce	Bamboo shoots (raw)	Pumpkin
Beans (green, wax)	Mixed vegetables (frozen)	Beet greens	Rutabaga
Bean sprouts	Mushrooms	Bok choy	Soybean sprouts
Beets**	Onion	Broccoli (fresh)	Spinach (cooked & canned)
Broccoli (cooked)	Peas, frozen, cooked	Brussel sprouts	Squash
Cabbage	Pepper	Carrots (raw)	Sweet Potato
Carrots** (cooked)	Potato**(mashed, boiled)	Kale	Swiss Chard
Cauliflower	Radish	Leek (raw)	Tomato
Celery	Spinach (raw)	Legumes (e.g. dried peas and beans, kidney beans, lentils, lima beans)	Tomato Sauce
Chives	Turnips**		Water Chestnuts (raw)
Corn (canned)	Water chestnuts (canned)	Okra	Vegetable Juices
Cucumber	Zucchini		

* **Remember:** even the foods to choose need to be eaten in limited portions. A serving is about $\frac{1}{2}$ cup of a food providing 250 mg or less of potassium. Limit fruit and vegetables to 5 servings per day maximum.

** The potassium content of these vegetables can be decreased by soaking them in water. They should be prepared as follows:

- Peel and cut into thin slices; rinse in warm water
- Soak in a large amount of water overnight or for at least four hours
- Drain, then rinse under warm water
- Cook in a large amount of water; drain and DO NOT use the cooking water

OTHER FOODS	
CHOOSE	AVOID
<p>LIMIT MILK, milk pudding, ice cream, yogurt, soup made with milk and nutritional supplements (e.g. Boost[®], Ensure[®], Pediasure[®]) to a total of 2 cups per day. Cheese does not need to be limited</p> <p>LIMIT KETCHUP to 2 Tablespoons per day.</p> <p>Kool-aid[®], Tang[®], lemonade, iced tea, soft drinks.</p> <p>Pretzels, popcorn, tortilla chips. Fruit roll-ups, plain or hard candy, jelly beans, gum drops, marshmallows.</p> <p>Limit chocolate bars due to their moderate potassium content.</p> <p>Mrs. Dash</p>	<p>Chili, baked beans Molasses Bran</p> <p>Potato chips Nuts, seeds Granola, granola bars, cereal bars</p> <p>Salt Substitute</p>

If you have any questions, please call _____
Pediatric Dietitian at 787-_____.



This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.

DIET TYPE: HIGH POTASSIUM

Compendium Definition – Pediatric Standard diet (age-specific) with:

- **inclusion of high potassium foods and beverages to provide an additional 30 mmol of potassium per day**

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• All items compliant	

Details & General Comments

Encourage juice on patient unit.

CBORD preference instructions are required for standard additions (see CBORD Diet Office Policy & Procedure 40.60.15).

Standard additions:

Breakfast – 1 Fresh banana/ 125 mL orange juice

Lunch – 125 ml orange juice

Supper – 125 ml orange juice

Standard additions with fluid restrictions:

Breakfast – Banana

Lunch – Carrot Sticks

Supper – Banana

Orange juice provided by ward based on fluid restriction.

Note: 1 mmol K+ = 39 mg



Department of Nutrition and Food Services

Name: _____ Date: _____

PEDIATRIC HIGH POTASSIUM DIET

Choose 1-2 servings from this list at every meal:

Fruits		
Apricots (not canned)	Guava	Pear (fresh)
Banana	Honeydew Melon	Plums (fresh)
Cantaloupe	Kiwi Fruit	Pomegranate
Coconut	Loquats	Prunes
Dried Fruit	Mango	Raisins
Fruit Juices	Nectarine	Tangelo
Esp. Orange Juice	Oranges	
Fruit Leather	Papaya	
Vegetables		
Artichoke	Leek - raw	Soybean Sprouts
Avocado	Legumes (e.g. dried peas, & beans, kidney beans, lentils & lima beans)	Spinach - cooked and canned
Baked Beans		Squash
Bamboo shoots - raw	Okra	Sweet Potato
Beet greens	Parsnips	Swiss Chard
Bok Choy	Peas - fresh	Tomato, Tomato sauce
Broccoli - fresh	Potato - baked, fried	Water Chestnuts (raw)
Brussel Sprouts	Pumpkin	Vegetable Juice
Carrots - raw	Rutabaga	
Kale		
Other Foods		
Granola, granola bars	Nuts	Seeds
Chili	Molasses	Bran
Milk - all types	Ketchup	Yogurt
Milk pudding	Cream soup	Ice cream
Cereal bars		

Other ways to increase your potassium intake include:

1. Decrease the cooking time for vegetables. Longer cooking times removes more potassium from the vegetables.
2. Use the water from cooking the vegetables (e.g. potato water) for use in soups and gravies. This water contains the potassium that has left the vegetables during cooking.

If you have any questions, please call _____, Pediatric Dietitian at 787-_____.

DIET TYPE: CONTROLLED PHOSPHOROUS

Compendium Definition - Pediatric Standard diet (age-specific):

- with phosphorous levels controlled to <1000 mg/day based on meal plans

CAUTION: May not meet Eating Well with Canada’s Food Guide minimum recommendations for Milk and Milk Products.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • Food items with glucose polymer • Thickened beverages • Macaroni & cheese, Kraft dinner®** • Combined entrees <300 mg phosphorous/serving • Ice tea powders • Ice cream, puddings, cream soups made with milk ** • Chocolate • Peanut butter ** • Cheese packages, Cheez Whiz® ** • Double or large portions of meat, fish, poultry and entrees • Fluid milk ** 	<ul style="list-style-type: none"> • Whole-grain breads/cereals • Food items with supplemental skim milk powder • Seeds, legumes and nuts • Colas, pre-mixed iced tea containing phosphoric acid

Details & General Comments

** These items are limited. They will not be routinely provided:

- Fluid milk to 250 ml per day. Ice cream, puddings, cream soups, yogurt may be sent in place of the fluid milk.
- Cheese to 25 g/day or 30ml of Cheez Whiz®
- Peanut butter to 15 ml per day
- Macaroni & Cheese, Kraft Dinner® limit to 125 ml/d

DIET TYPE: LOW COPPER

Compendium Definition - Standard diet with:

- exclusion of food items known to contain high levels of copper
- inclusion of only distilled water for drinking

Note: Given the variability of copper content in food, foods excluded from the diet are based on research and best practice.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • Foods and beverages prepared using tap water 	<p>Meats and alternatives</p> <ul style="list-style-type: none"> • shellfish • organ meats (e.g. liver, kidney), duck • dried beans, peas, lentils • nuts, seeds <p>Fruits and vegetables</p> <ul style="list-style-type: none"> • dried fruit • mushrooms, broccoli <p>Miscellaneous</p> <ul style="list-style-type: none"> • chocolate, cocoa • mineral water • oral nutritionals

Details & General Comments

Newly diagnosed Wilson's disease patients should follow this low copper diet. One year post diagnosis, if patient's physician considers disease to be well controlled, following a low copper diet may be discontinued. Only shellfish and liver need be excluded for patients not required to follow a low copper diet.

Given the variability of copper content in foods, achievement of a specific level of copper in the diet is not practical. Instead, patients should be advised to avoid consuming large quantities of foods known to contain high levels of copper.

Copper chelating medications (e.g. D-penicillamine) are the mainstay of therapy in achieving negative copper balance in patients with Wilson's disease. A low copper diet remains ancillary to this medical treatment (when required).

Given the limitations of the current WRHA NFS system, it is impossible to ensure all foods are prepared using only distilled or bottled water. Only distilled water should be provided to the patient for drinking purposes.

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

DIET TYPE: MODIFIED FAT

Compendium Definition - Standard diet with:

- **≤ 30% of daily energy intake from fat, with ≤ 7% saturated fat/trans fat**
- **≤ 200 mg dietary cholesterol/day based on a weekly average**
- **23-28 g dietary fibre/day**

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • as per coding criteria • skim • 2% milkette (maximum of 3 per day) • Lactaid milk • egg whites/egg substitute • thickened milk 	<ul style="list-style-type: none"> • as per coding criteria • whole & 2% milk • non-dairy milk substitute • whole eggs
Details & General Comments	
<p>Course code restrictions will apply.</p> <p>Omega 3 eggs recommended if available. Fish to be provided/ available 3x/ week. Hot Cereal with Bran 1st choice.</p> <p>Pediatrics: Amount of dietary fibre/day will vary depending on age. See Pediatric Standard diet. Hot beverages and soup not provided.</p>	

FAT & CHOLESTEROL CONTENT BY COURSE AND MEAL – MODIFIED FAT

MEAL	COURSE	FAT CONTENT (g)	SFA/TRANS FAT CONTENT (g)
Breakfast	Juice/Fruit	0	0
	Cereal/Sugar	≤ 1.0	0
	Entrée	≤ 7.0	≤ 3.0
	Toast/Muffin	≤ 1.1	≤ 1.0
	Margarine	≤ 5.6	≤ 1.1
	Jam/Jelly	0	0
	Milk	0	0
	Hot Beverage	0	0
	Creamer/Sugar	≤ 0.5	0
	Salt/Pepper	0	0
Total for Meal		≤ 15.1	≤ 5.1
Lunch	Soup	≤ 3.2	≤ 0.3
	Crackers	≤ 0.8	≤ 0.2
	Entrée	≤ 12.0	≤ 5.0
	Gravy/Sauce	≤ 1.0	≤ 0.2
	Starch	≤ 2.0	0
	Vegetable	≤ 0.5	0
	or		
	Sandwich	≤ 17.0	≤ 5.4
	Salad/Dressing	≤ 4.0	0
	Dessert	≤ 2.0	≤ 0.8
	Milk	0	0
	Hot Beverage	0	0
	Creamer/Sugar	≤ 0.5	0
	Salt/Pepper	0	
Total for Meal		≤ 26.0	≤ 6.5
Supper	Soup	≤ 3.2	≤ 0.3
	Crackers	≤ 0.8	≤ 0.2
	Entrée	≤ 12.0	≤ 5.0
	Gravy/Sauce	≤ 1.0	≤ 0.2
	Starch	≤ 2.0	0
	Vegetable	≤ 0.5	0
	Dessert	≤ 2.0	≤ 0.8
	Milk	0	0
	Hot Beverage	0	0
	Creamer/Sugar	≤ 0.5	0
	Salt/Pepper	0	0
Total for Meal		≤ 22.0	≤ 6.5
Daily Total		≤ 63.1	≤ 18.1

Calculations are based on course code minimums i.e. nonselective menu.

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Fibre Modifications	Definition
Controlled Fibre	Standard diet with: <ul style="list-style-type: none"> • exclusion of foods associated with ileostomy or bowel obstruction as outlined in items NOT compliant
Fibre Enriched	Standard diet with: <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

DIET TYPE: CONTROLLED FIBRE

Compendium Definition - Standard diet with:

- exclusion of foods associated with ileostomy or bowel obstruction as outlined in items NOT compliant

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • oral nutritional supplements 	<ul style="list-style-type: none"> • Vegetables: bean sprouts, cabbage, raw carrots, celery, corn, cucumber skin, green/red pepper skin, lettuce, mushrooms, olives, peas, pickles, spinach • Fruits: dried fruit, fruit skins and seeds, pineapple, high fibre fruit spread • Meats and Alternatives: casing of sausages and other meats, nuts and seeds, dried peas, beans, lentils, legumes, chunky peanut butter • Other: raspberry jam, strawberry jam, coconut • oral nutritional supplements containing fibre

Details & General Comments

The controlled fibre diet is a temporary diet intended for those who are at risk for bowel obstruction and for patients with a newly created ileostomy. Once the stoma matures (generally 6-8 weeks after surgery), a standard diet will likely be well tolerated.

This diet is not intended as a transition diet postoperatively, nor to replace the former “bland” or “light” diet.

DIET TYPE: FIBRE ENRICHED

Compendium Definition - Standard diet with:

- **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**

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• oral nutritional supplements with added fibre	
Details & General Comments	
<p>The purpose of the fibre enriched diet is to increase fecal bulk and promote regularity. Laxation is the beneficial physiological effect. Adequate fluid intake is required with the intake of high fibre foods. Additional water may be provided on the units.</p> <p>Breakfast includes a high fibre hot/cold cereal, fruit (instead of juice), and prune sauce. Extra serving of salad to be provided.</p>	

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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>

DIET TYPE: SOFT

Compendium Definition - Standard diet, modified with:

- **soft to chew foods**

Items Compliant	Items NOT Compliant
<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • soft bread/toast; soft rolls; soft bagels; croissants; pancakes; waffles; french toast; muffins; scones; cooked and cold cereals; soft moist rice; crackers, soft moist pasta; perogies <p>Eggs</p> <ul style="list-style-type: none"> • all <p>Milk products</p> <ul style="list-style-type: none"> • all <p>Fruits</p> <ul style="list-style-type: none"> • soft fresh or canned fruit <p>Vegetables</p> <ul style="list-style-type: none"> • soft cooked (double blanched), canned or whipped cooked vegetables; soft cooked potatoes; cooked cabbage <p>Salads</p> <ul style="list-style-type: none"> • Finely chopped coleslaw; fresh tomato; pickled beets; bean salad made with soft cooked (double blanched) or canned vegetables; chopped/shredded lettuce; shredded carrots <p>Meat and Alternates</p> <ul style="list-style-type: none"> • moist soft meats/poultry; soft casseroles; fish; soft sandwiches e.g. minced fillings or shaved/ thinly sliced-meats; smooth peanut butter, sausage patty; soft cheese portion; cottage cheese <p>Soups</p> <ul style="list-style-type: none"> • regular cream and stock soups; broth soup <p>Desserts</p> <ul style="list-style-type: none"> • soft, moist cakes, pies, squares, cookies/bars with or without finely chopped nuts and/or soft dried fruit; puddings, custards, sherbet, ice cream, gelatin; mousse; yogurt <p>Miscellaneous</p> <ul style="list-style-type: none"> • tiny seeds (e.g. raspberry, strawberry, poppy seed) found in jams and baked goods; ground nuts; soft dried fruit 	<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • hard crunchy cereal (e.g. granola); crusty rolls <p>Fruit</p> <ul style="list-style-type: none"> • hard fresh fruit (e.g. whole apple); firm canned fruit (e.g. pineapple) <p>Vegetables</p> <ul style="list-style-type: none"> • hard fresh vegetables (e.g. whole raw carrot, whole raw celery, cucumber with skin, and whole raw broccoli); crispy fried potatoes with skins; baked potato with skin <p>Salads</p> <ul style="list-style-type: none"> • tossed salad; dill pickle <p>Meat and alternates</p> <ul style="list-style-type: none"> • solid dry meats (e.g. roast beef, roast pork, plain baked ham, pork chop); bacon

DIET TYPE: SOFT (Continued)

Details & General Comments

Dysphagia Considerations – Certain individuals with dysphagia may have difficulty with the following items. Consider removal if appropriate/ necessary.

- dry crackers or cookies served alone
- hard boiled egg
- peanut butter
- dry hard toast, bagels, croissants
- dried fruit / nuts
- fruit / vegetables with tough skins e.g. tomato wedge, bean salad, grapes
- chopped / shredded lettuce; coleslaw
- crispy fried potatoes
- crispy fried fish
- wieners
- sticky squares e.g. rice krispie square, puffed wheat cake

Note: It may be necessary to provide extra sauce or gravy.

DIET TYPE: SOFT/MINCED

Compendium Definition - Soft diet, with the inclusion of;

- 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.

Items Compliant	Items NOT Compliant
<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • soft bread/toast; soft rolls; soft bagels; croissants; pancakes; waffles; french toast; muffins; scones; cooked and cold cereals; soft moist rice; crackers, soft moist pasta; perogies <p>Eggs</p> <ul style="list-style-type: none"> • all <p>Milk products</p> <ul style="list-style-type: none"> • all <p>Fruits</p> <ul style="list-style-type: none"> • soft fresh or canned fruit; minced/pureed fruit <p>Vegetables</p> <ul style="list-style-type: none"> • soft cooked (double blanched), canned, minced or whipped cooked vegetables; soft cooked potatoes <p>Salads</p> <ul style="list-style-type: none"> • finely chopped coleslaw; fresh tomato; pickled beets; bean salad made with soft cooked (double blanched) or canned vegetables; shredded lettuce/carrots <p>Meat and Alternates</p> <ul style="list-style-type: none"> • moist soft or minced (processed through a mincer) meats/poultry; soft casseroles; fish; soft sandwiches e.g. minced fillings; soft cheeses; shaved/thinly sliced meats; smooth peanut butter; sausage patty; soft cheese portion; cottage cheese <p>Soups</p> <ul style="list-style-type: none"> • regular cream/stock soups (with soft/minced meat and soft well cooked vegetables without skins/seeds); broth soups 	<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • hard crunchy cereal (e.g. granola); crusty rolls <p>Fruit</p> <ul style="list-style-type: none"> • hard fresh fruit (e.g. apple); firm canned fruit (e.g. pineapple) <p>Vegetables</p> <ul style="list-style-type: none"> • hard fresh vegetables (e.g. whole raw carrot, whole raw celery, cucumber with skin, and whole raw broccoli); crispy fried potatoes; baked potato with skin <p>Salads</p> <ul style="list-style-type: none"> • tossed salads, dill pickle <p>Meat and Alternates</p> <ul style="list-style-type: none"> • solid dry meats (e.g. roast beef, roast pork, plain baked ham, pork chop); crispy fried fish; wieners; bacon <p>Desserts</p> <ul style="list-style-type: none"> • chewy, hard and/or dry cakes, squares, cookies and bars <p>Miscellaneous</p> <ul style="list-style-type: none"> • seeds (e.g. sunflower)

DIET TYPE: SOFT/MINCED (Continued)

Items Compliant	Items NOT Compliant
<p>Desserts</p> <ul style="list-style-type: none"> • soft, moist cakes, pies, squares, cookies/ bars with or without finely chopped nuts and/or soft dried fruit; puddings; custards; sherbet; ice cream; gelatin; mousse; yogurt <p>Miscellaneous</p> <ul style="list-style-type: none"> • tiny seeds (e.g. raspberry, strawberry, poppy seed) found in jams and baked goods; ground nuts; soft dried fruit 	
Details & General Comments	
<p>Dysphagia Considerations – Certain individuals with dysphagia may have difficulty with the following items. Consider removal if appropriate/ necessary.</p> <ul style="list-style-type: none"> • dry crackers or cookies served alone • hard boiled egg • peanut butter • dry hard toast, bagels, croissants • dried fruit/ nuts • fruit/ vegetables with tough skins e.g. tomato wedge, bean salad, grapes • chopped/ shredded lettuce; coleslaw • sticky squares e.g. rice krispie square, puffed wheat cake <p>Note: It may be necessary to provide extra sauce or gravy.</p>	

DIET TYPE: MINCED

Compendium Definition - Standard diet, modified with:

- **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)**

Items Compliant	Items NOT Compliant
<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • soft bread/toast; rolls; pancakes; waffles; french toast; muffins; scones; cooked and cold cereals; soft moist rice; crackers, soft moist pasta; perogies <p>Eggs</p> <ul style="list-style-type: none"> • all <p>Milk products</p> <ul style="list-style-type: none"> • all <p>Fruits</p> <ul style="list-style-type: none"> • minced / pureed fruit; banana <p>Vegetables</p> <ul style="list-style-type: none"> • minced, whipped or mashed cooked vegetables; creamed corn <p>Meats and Alternates</p> <ul style="list-style-type: none"> • moist meats and poultry (processed through a mincer); soft casseroles made with minced meat/ poultry; fish; soft sandwiches with minced fillings or soft cheeses; smooth peanut butter; soft cheese portion, cottage cheese <p>Soups</p> <ul style="list-style-type: none"> • cream/ stock soups (with soft/minced meat and/ soft well cooked vegetables without skins/ seeds); pureed soup; broth soup <p>Desserts</p> <ul style="list-style-type: none"> • soft, moist cakes, squares, cookies/ bars; pudding/ custard like pies; puddings; custards; sherbet; ice cream; gelatin; mousse; yogurt <p>Miscellaneous</p> <ul style="list-style-type: none"> • tiny seeds (e.g. raspberry, strawberry, poppy seed) found in jams and baked goods; ground nuts 	<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • hard crunchy cereal (e.g. granola, shredded wheat, all bran); crusty rolls; bagels; croissants <p>Vegetables</p> <ul style="list-style-type: none"> • raw vegetables; cooked vegetables not processed through a mincer, crispy fried potatoes <p>Meats and Alternates</p> <ul style="list-style-type: none"> • meat, poultry or casseroles not processed through a mincer; hard cheese; crispy fried fish <p>Desserts</p> <ul style="list-style-type: none"> • chewy, hard and/or dry cakes, squares, cookies/ bars with finely chopped nuts. <p>Miscellaneous</p> <ul style="list-style-type: none"> • seeds (e.g. sunflower), dried fruit (e.g. whole raisins)

DIET TYPE: MINCED (Continued)

Details & General Comments

If ordering the Minced diet for a patient/ resident with dysphagia, a Swallowing Assessment is recommended to determine tolerance level.

Vegetables in soup should be < 0.5 inch/ 1.25 cm, and easily mashed with a fork (National Dysphagia Diet – Level 2, p.16)

Dysphagia Considerations – Certain individuals with dysphagia may have difficulty with the following items. Consider removal if appropriate/ necessary.

- macaroni & cheese, cheese sandwich
- dry crackers served alone
- hard boiled egg
- peanut butter
- dry hard toast

Note: It may be necessary to provide extra sauce or gravy.

DIET TYPE: TOTAL MINCED

Compendium Definition - Standard diet, modified with:

- 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.

Items Compliant	Items NOT Compliant
<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • cooked cereals; minced pasta dishes; pureed bread; pureed muffins; soft moist rice <p>Eggs</p> <ul style="list-style-type: none"> • moist scrambled eggs, soft poached eggs, pureed egg <p>Milk products</p> <ul style="list-style-type: none"> • all <p>Fruits</p> <ul style="list-style-type: none"> • minced/ pureed fruits <p>Vegetables</p> <ul style="list-style-type: none"> • minced, whipped or mashed cooked vegetables; creamed corn <p>Meats and Alternates</p> <ul style="list-style-type: none"> • moist meats or poultry (processed through a mincer); minced casseroles, formed minced fish; creamed cottage cheese <p>Soups</p> <ul style="list-style-type: none"> • cream/ stock soups (with minced meat and/ minced vegetables without skins/ seeds); pureed soup; broth soup <p>Desserts</p> <ul style="list-style-type: none"> • puddings; custards; sherbet; ice cream; gelatin; mousse; plain yogurt or yogurt with pureed fruit <p>Miscellaneous</p> <ul style="list-style-type: none"> • tiny seeds (e.g. raspberry & strawberry) found in jams 	<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • all other bread and baked products; cold cereals <p>Milk products</p> <ul style="list-style-type: none"> • hard cheese; dry cottage cheese; processed cheese <p>Meats and Alternates</p> <ul style="list-style-type: none"> • meat, poultry or casseroles not processed through a mincer; crispy fried fish, dry fish, salmon steak; cheese portion; processed cheese slices <p>Desserts</p> <ul style="list-style-type: none"> • cakes, pies, cookies, squares and bars <p>Miscellaneous</p> <ul style="list-style-type: none"> • seeds (e.g. sunflower; nuts and dried fruit)

DIET TYPE: TOTAL MINCED (Continued)

Details & General Comments

If ordering this diet for a patient/ resident with dysphagia, a Swallowing Assessment is recommended to determine tolerance level.

Dysphagia Considerations – Certain individuals with dysphagia may have difficulty with the following items. Consider removal if appropriate/ necessary.

- items that contain pulp (e.g. creamed corn)
- ice cream, sherbet and gelatin
- consider cohesiveness of whipped or mashed cooked vegetables or pureed pasta/ casseroles
- peanut butter, cheese whiz and cream cheese (not routinely given)
- scrambled eggs
- soft moist rice

Note: It may be necessary to provide extra sauces or gravy.

DIET TYPE: PUREED

Compendium Definition - Standard diet, modified with:

- 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.

Items Compliant	Items NOT Compliant
<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • oatmeal; cream of wheat; pureed bread and muffins; pureed pasta dishes <p>Eggs</p> <ul style="list-style-type: none"> • moist pureed eggs <p>Milk products</p> <ul style="list-style-type: none"> • all <p>Fruits</p> <ul style="list-style-type: none"> • pureed fruits <p>Vegetables</p> <ul style="list-style-type: none"> • whipped or mashed cooked vegetables, moist mashed potatoes of smooth consistency <p>Meat and Alternates</p> <ul style="list-style-type: none"> • pureed meats, fish, poultry and casseroles of smooth and moist consistency <p>Soups</p> <ul style="list-style-type: none"> • pureed soups; clear broth soup <p>Desserts</p> <ul style="list-style-type: none"> • smooth puddings, custards, sherbet, ice cream, gelatin, mousse; plain yogurt or yogurt with pureed fruit 	

Details & General Comments

If ordering this diet for a patient/ resident with dysphagia, a Swallowing Assessment is recommended to determine tolerance level.

Dysphagia Considerations – Certain individuals with dysphagia may have difficulty with the following items. Consider removal if appropriate/ necessary.

- ice cream, sherbet and gelatin
- consider cohesiveness of whipped or mashed cooked vegetables or pureed pasta/ casseroles
- peanut butter, cheese whiz and cream cheese (not routinely given)
- oatmeal

Note: It may be necessary to provide extra sauces or gravy.

DIET TYPE: BLENDERIZED

Compendium Definition - Pureed diet, modified with:

- foods blenderized to a liquid form

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.

Items Compliant	Items NOT Compliant
Details & General Comments	
<p>HOUSE DIET Breakfast – Juice, 2 x Milk, Cream of Wheat, Brown Sugar, Hot Beverage, White Sugar, Creamer, Sugar, High Calorie Milkshake Lunch & Supper – Hot Blender Meal, Milk, Juice, Hot Beverage, Creamer, Sugar, Salt/Pepper. HS Snack – High Calorie Milkshake</p> <p>To allow flexibility in use of this diet the following items will be made compliant to this diet, but will only be provided if a preference statement is used: Pureed fruit, smooth pudding, ice cream, sherbet, thick juices, thick milk, yogurt (smooth consistency), mousses, oatmeal and pureed egg; cream soup.</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>

DIET TYPE: THICK FLUID - NECTAR

Compendium Definition – Standard diet, modified with:

- replacement of thin liquids with thick liquids of nectar consistency

This diet is intended for individuals with dysphagia. It is recommended that a swallowing assessment be completed, as a modified texture may be required.

Note: Nectar consistency is thinner than honey.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• nectar consistency beverages i.e. water, coffee, 2% milk and juice (apple, cranberry, orange juice)• thickened soup• magic cup™	<ul style="list-style-type: none">• sherbet; ice cream; gelatin• cold cereal• non thickened oral nutritionals• canned fruit packed in juice
Details & General Comments	
Commercially prepared thickened liquids are preferred. When commercially prepared thickened liquids are not available products should be thickened according to commercial thickener guidelines.	

DIET TYPE: THICK FLUID - HONEY

Compendium Definition – Standard diet, modified with:

- replacement of thin liquids with thick liquids of honey consistency

This diet is intended for individuals with dysphagia. It is recommended that a swallowing assessment be completed, as a modified texture may be required.

Note: Honey consistency is thicker than nectar.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• honey consistency beverages i.e. water, coffee, 2% milk and juice (apple, cranberry, orange juice)• thickened soup• magic cup™	<ul style="list-style-type: none">• sherbet; ice cream; gelatin• cold cereals• non thickened oral nutritionals• canned fruit packed in juice.
Details & General Comments	
<p>Commercially prepared thickened liquids are preferred. When commercially prepared thickened liquids are not available products should be thickened according to commercial thickener guidelines.</p>	

DIET TYPE: NO FLUIDS COMBINED WITH SOLIDS

Compendium Definition – Standard diet, modified with:

- exclusion of liquids combined with solids e.g. cold cereal with milk
- thin liquids as the standard

This diet is intended for individuals with dysphagia. It is recommended that a swallowing assessment be completed.

Note: It may be necessary to provide thickened fluids.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • pureed cream, puree stock soups • thickened soup 	<ul style="list-style-type: none"> • cold cereals i.e. cold cereals with milk • crackers i.e. soup with crackers • gelatin with fruit • canned fruit packed in juice • stock or cream soups with whole vegetables, pastas or grains
Details & General Comments	
<p>Dysphagia Considerations – Certain individuals with dysphagia may have difficulty with the following items. Consider removal if appropriate/ necessary.</p> <ul style="list-style-type: none"> • dry crackers served alone • hard boiled egg • peanut butter • dry hard toast, dry hard cereal bars, bagels, croissants • dried fruit/ nuts • fruit/ vegetables with tough skins e.g. tomato wedge, bean salad, grapes, dill pickle • crispy fried potatoes • crispy fried fish • sticky squares e.g. rice krispie square, puffed wheat cake • citrus fruit • yogurt with fruit <p>Note: It may be necessary to provide extra sauce or gravy.</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>

DIET TYPE: ALLERGY – EGG

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing egg

*excludes all components as identified on label

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • soy and peanut lecithin • food items with glucose polymer and skim milk powder as per coding criteria • thickened beverages • Ener G egg replacer® 	<ul style="list-style-type: none"> • whole egg • albumin • conalbumin (ovotransferrin) • dried egg • egg from all poultry • egg powder • egg protein • egg white • egg yolk • frozen egg • globulin • livetin • lipovitellin • lysozyme • meringue • mayonnaise • ovalbumin • ovoglobulin • ovomucin • ovomucoid • ovovitellin • pasteurized egg • phosvitin • Simplese® • sodium silcoaluminate • vitellin • eggnog • egg replacements – e.g. Egg Beaters® • egg lecithin • lecithin

Details & General Comments

The majority of egg allergens are found in egg white, such as ovalbumin, conalbumin (ovotransferrin) and ovomucoid.

Egg yolks are also avoided since some egg yolk proteins may induce production of IgE antibodies and antigenic cross-reactivity may occur between egg yolk and egg white protein. It is also impossible to separate egg yolk and egg white proteins purely during food processing.

Although cooked eggs may be tolerated in some cases all cooked and raw eggs are avoided.

DIET TYPE: ALLERGY – FISH AND SHELLFISH

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing fish and shellfish
- exclusion of artificial fish and shellfish flavouring

* excludes all components as identified on label

CAUTION: 'Natural flavouring' is included in the diet as components are undeclared.

Items Compliant	Items NOT Compliant
	<p>Shellfish;</p> <ul style="list-style-type: none"> • crab • crayfish (crawfish) • lobster • prawn/shrimp (Crevette) • surimi (reformed fish) <p>Molluscs;</p> <ul style="list-style-type: none"> • clam • oyster • scallop • mussel • octopus • sepia (cuttlefish) • squid (calamari) • snail • abalone <p>Fin Fish (all varieties; only some examples listed below);</p> <ul style="list-style-type: none"> • anchovies • bass • bluefish • char • cod • fish sticks/patties • haddock • halibut • pickerel • Pollock • salmon • sole • tuna <p>Flavourings;</p> <ul style="list-style-type: none"> • caviar/roe • fish/shellfish flavouring • fish oil • oyster sauce • worcestershire sauce (if it contains anchovies)

DIET TYPE: ALLERGY – FISH AND SHELLFISH (Continued)

Details & General Comments
<p>Some food processing may cause reduction of allergenicity (e.g. canned salmon and tuna).</p> <p>Shellfish are generally not “hidden” in foods.</p> <p>A common fish allergen is the protein parvalbumin that results in an allergic reaction.</p>

DIET TYPE: ALLERGY – MILK PROTEIN

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing milk and milk products
- exclusion of artificial butter and cheese flavouring

*excludes all components as identified on label

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.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • coconut milk • lactate • lactic acid • lactylate • milk free margarines • non dairy creamers • non dairy toppings • nut milk • Rice Dream® • soy milk • food items with glucose polymer as per coding criteria 	<ul style="list-style-type: none"> • caseins – alpha caseins, alphas 1 & 2, beta caseins, kappa caseins, gamma caseins, rennet • caseinates (ammonium, calcium, magnesium, potassium, sodium) • whey protein – alpha lactoglobulin, beta lactoglobulin • alpha lactalbumin • lactalbumin phosphate • lactoferrin • hydrolysates (casein, milk protein, protein, whey, whey protein) • liquid and evaporated milk • fermented milk (yogurt, buttermilk) • cream • all cheeses • ice cream, ice milk • butter, butter fat • artificial butter flavour • margarine containing non-compliant ingredients • condensed milk • milk solids • milk powder • milk protein • curd • sherbet • sour cream • lactose • sugar substitute containing lactose • chocolate containing non-compliant ingredients
Details & General Comments	
<p>The heat stability of individual milk proteins vary with regards to allergenicity.</p>	

DIET TYPE: ALLERGY – PEANUT

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing peanut

* excludes all components as identified on label

CAUTION: 'Natural flavouring' is included in the diet as components are undeclared.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • soy lecithin • egg lecithin • coconut • nutmeg • water chestnuts 	<ul style="list-style-type: none"> • arachis oil • artificial nuts • hydrolyzed peanut protein • hydrolyzed plant protein • hydrolyzed vegetable protein • goober peas • goober nuts • ground nuts • lecithin • mandalonas nut • mixed nuts • nut meats • peanut butter • peanut protein • peanut extracts • peanut flour • peanut oil
Details & General Comments	
<p>Pure peanut oil is non-allergenic but contamination with peanut protein is highly probable and therefore should be avoided.</p> <p>Important to identify oil source of products. Oils can be labelled as “oil” or “hydrogenated vegetable oil” (except coconut oil, palm oil, palm kernel oil, peanut oil or cocoa butter).</p>	

DIET TYPE: ALLERGY – TREE NUTS

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing almonds, brazil nut, cashew, chestnut, filbert/hazelnut, macadamia, pecan, pine nuts, pistachio & walnut

* excludes all components as identified on label

CAUTION: 'Natural flavouring' is included in the diet as components are undeclared.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • water chestnuts • coconut • nutmeg • mace • food items with glucose polymer and skim milk powder as per coding criteria • thickened beverages as per coding criteria 	<ul style="list-style-type: none"> • almonds • artificial nuts • brazil nut • cashew • chestnut • filbert/hazelnut • hickory nuts • macadamia nuts • marzipan/almond paste • nougat • nut butters, nut oil, nut paste • pecans (Mashuga) • pesto • pine nuts (Pignolia, Pinon) • pistachio • walnuts • pure almond extract
Details & General Comments	

DIET TYPE: ALLERGY – SESAME/MUSTARD SEED

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing sesame and mustard seed

* excludes all components as identified on label

CAUTION: 'Natural flavouring' is included in the diet as components are undeclared.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• food items with glucose polymer and skim milk powder as per coding criteria• thickened beverages	<ul style="list-style-type: none">• sesame seeds• sesame oil• sesame seed flour• mustards• mustard seed• mustard seed oil• mustard flour
Details & General Comments	

DIET TYPE: ALLERGY – WHEAT

- Compendium Definition - Standard diet with:**
- exclusion of all known foods* containing wheat

*excludes all components as identified on label

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.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • buckwheat • cornstarch • mustard flour • rice starch • food items with glucose polymer and skim milk powder as per coding criteria • thickened beverages as per coding criteria 	<ul style="list-style-type: none"> • wheat (e.g. durum, farina, graham, semolina, triticale) • bran • bread • bread crumbs • bulgur • couscous • flour • sietan • wheat \starch
Details & General Comments	

DIET TYPE: LIMITED STANDARD

Compendium Definition - Standard diet with:

- 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

CAUTION: All specific allergens must be stated when ordering this diet. Consult dietitian for individualization.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• Food items with less than or equal to five ingredients	<ul style="list-style-type: none">• Food items that have components
Details & General Comments	
To order this diet, see CBORD Diet Office Policy & Procedure 40.20.85. See reference manual for food detailed listing of food items allowed.	

Intentionally left blank

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>

DIET TYPE: GLUTEN FREE

Compendium Definition:

The Gluten-Free diet is based on the Canadian Celiac Association Guidelines with the exclusion of:

- wheat
 - rye
 - oats
 - barley
 - triticale
 - and all derivatives* thereof, e.g. wheat starch
- *excludes all components as identified on the label

CAUTION: The dietary fibre content may be less than 15 grams per day.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • malt sugar (maltose) • maltol • glucose polymer • skim milk powder • gluten free thickened beverages • rice, corn and bean flours • flax • icing sugar (if no wheat starch) • oral nutritional supplements 	<p>All foods/beverages that contain ingredients designated as not allowed as per the Canadian Celiac Association's <u>Acceptability of Foods & Ingredients of the Gluten-Free Diet - Pocket Dictionary (2005)</u> and Canadian Celiac Association @ www.celiac.ca</p> <ul style="list-style-type: none"> • baking powder (if contains component of excluded grains or unspecified) • barley • bran (oat & wheat) • bulgur • couscous • dinkel • einkorn • farro • durum wheat • farina (if made from wheat) • gluten, gluten flour • HVP/HPP (if made from wheat) • instant coffee containing components of non-compliant grains • kamut • malt, malt extract, malt flavouring, malt syrup, malted milk, malt vinegar • modified starch • mustard flour • oats, oat gum, oat flour • pasta products • rye • semolina • spelt • triticale • wheat, wheat germ, wheat starch flour • worcestershire sauce • soy sauce • graham flour • honey powder (if contains wheat)

DIET TYPE: GLUTEN FREE (Continued)

Details & General Comments
<p>The gluten free diet is used for individuals with celiac disease, and for individuals with herpetiformis dermatitis to promote healing of the small intestine and allow normal nutrient digestion and absorption. It is also used to decrease symptoms caused by sensitivity to gluten and gluten containing products and to treat the dermatitis herpetiformis rash.</p>

DIET TYPE: LOW LACTOSE

Compendium Definition - Standard diet with:

- exclusion of milk and milk products as listed
- inclusion of yogurt and lactose reduced milk

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.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • lactose-reduced milk • yogurt • lactic acid • lactalbumin • lactate • sodium steryl-2-lactylate • casein • whey • butter/margarine • foods prepared with small amounts of milk (e.g. cakes, cookies, pancakes) • natural cheeses e.g. cheddar, mozzarella, colby, cream • non-dairy creamers • ≤ 30 ml cream or whipping cream • oral nutritional supplements 	<ul style="list-style-type: none"> • fresh milk, chocolate milk, buttermilk as a beverage • milk creamers • pudding • cream soups • cottage cheese, processed cheese spread • ice cream, sherbet • skim milk powder • Carnation Breakfast Anytime® • mousse • sour cream
Details & General Comments	
<p>The low lactose diet is used to prevent or reduce gastrointestinal symptoms of bloating, flatulence, cramping, nausea, and diarrhea associated with consumption of lactose. The diet is intended for those with heightened sensitivity. A standard diet with the exclusion of milk to drink may be appropriate for those who report a mild intolerance to lactose.</p>	

DIET TYPE: LOW SODIUM BENZOATE

Compendium Definition:

- exclusion of foods containing sodium benzoate*
 *excludes all components as identified on the label

CAUTION: Trace amounts of sodium benzoate may be found in secondary ingredients in some food items.

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none"> • natural/ artificial flavourings – chocolate, lemon, orange, cherry, fruit, nut • sodium benzoate • benzoic acid • benzyl • benzoyl • benzoyl peroxide • parabens • methyl-p-hydroxybenzoate • propyl-p-hydroxybenzoate • propylparaben • methylparaben • heptylparaben • benzyl alcohol
Details & General Comments	
<p>Serious reactions to benzoates are very rare. Individuals should avoid benzoates as an additive if they have sensitivities or have experienced adverse reactions.</p>	

DIET TYPE: LOW SULPHITE

Compendium Definition:

- exclusion of foods containing added sulphite*
*excludes all components as identified on label

CAUTION: Trace amounts of sulphite may be found in some ingredients. In Canada, manufacturers are required to label a product if it contains sulphites.

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• potassium bisulphite• potassium metabisulphite• sodium bisulphite• sodium metabisulphite• sodium sulphite• sodium dithionite• sulphurous acid• sulphur dioxide• sulphiting agents• alcoholic beverages• fresh grapes

Details & General Comments

Health Canada does not require sulphites to be labelled on alcoholic beverages.

Sulphites are no longer permitted to be used on fresh fruits (except raw grapes) to be consumed raw.

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 *

NUTRITION THERAPY FOR INBORN ERRORS OF METABOLISM

DISORDER	MISSING OR INACTIVE ENZYME	NUTRITIONAL MANAGEMENT	ADJUNCT TREATMENT (Prescribed by physician)	DIET COMPENDIUM DIET ORDER (All in combination with age specific Pediatric Standard diet)
AMINO ACID DISORDERS				
Homocystinuria	Cystathionine- β -synthase	Low methionine diet, Metabolic form*	Betaine, folate, pyridoxine, cystine if needed	Controlled Protein (less than 20 grams protein)
Maple Syrup Urine Disease (MSUD)	Branched chain ketoacid dehydrogenase complex	Low leucine, isoleucine and valine diet, Metabolic form*	Thiamin	Controlled Protein (less than 20 grams protein)
Phenylketonuria (PKU)	Phenylalanine hydroxylase	Low phenylalanine diet, Metabolic form*	Tyrosine if needed	Controlled Protein (less than 20 grams protein)
Tyrosinemia type I	Fumaryl-acetoacetate hydrolase	Low tyrosine, phenylalanine and methionine diet, Metabolic form*	2-(2-nitro-4-trifluoromethyl-benzoyl)-1,3-cyclohexadione [NTBC]	Controlled Protein (less than 20 grams protein)
Trimethylaminuria	Flavin-containing Mono-oxygenase 3 (FM03) gene	Low choline diet ¹	Folate ¹	Age specific Pediatric Standard Low Choline Diet
UREA CYCLE DISORDERS				
Arginase Deficiency	Arginase	Low protein diet, Metabolic form*	L-carnitine, phenylbutyrate**	Controlled Protein (less than 20 grams protein)
Argininosuccinic aciduria	Argininosuccinate lysase	Low protein diet, Metabolic form*	L-carnitine, L-arginine, phenylbutyrate**	Controlled Protein (less than 20 grams protein)
Carbamyl phosphate synthetase deficiency	Carbamyl phosphate synthetase	Low protein diet, Metabolic form*	L-carnitine, L-citrulline, L-arginine, phenylbutyrate**	Controlled Protein (less than 20 grams protein)
Citrullinemia	Argininosuccinate synthetase	Low protein diet, Metabolic form*	L-carnitine, L-arginine, phenylbutyrate**	Controlled Protein (less than 20 grams protein)
Ornithine transcarbamylase deficiency	Ornithine transcarbamylase	Low protein diet, Metabolic form*	L-carnitine, L-citrulline, L-arginine, phenylbutyrate**	Controlled Protein (less than 20 grams protein)

ORGANIC ACID DISORDERS	MISSING OR INACTIVE ENZYME	NUTRITIONAL MANAGEMENT	ADJUNCT TREATMENT (Prescribed by physician)	DIET COMPENDIUM DIET ORDER (All in combination with age specific pediatric diet)
Glutaric Aciduria type I	Glutaryl-CoA dehydrogenase	Low protein diet, Metabolic form*	L-carnitine, riboflavin	Controlled Protein (less than 20 grams protein)
Glutaric Acidemia type II	Electron transfer flavoprotein ubiquinone oxidoreductase	Low fat, low protein diet, Metabolic form*	L-carnitine, riboflavin	Controlled Fat, Controlled Protein (less than 20 grams protein)
Ketone utilization disorder	2-methylacetoacetyl-CoA thiolase	Low protein (restrict isoleucine), high complex carbohydrate diet, avoid fasting	L-carnitine, bicitra	Controlled Protein (less than 20 grams protein)
Isovaleric acidemia	Isovaleryl-CoA dehydrogenase	Low protein (restrict leucine) diet, Metabolic form*	L-carnitine, glycine	Controlled Protein (less than 20 grams protein)
Methylmalonic aciduria	Methylmalonyl-CoA mutase	Low protein (restrict isoleucine, methionine, threonine, valine) diet, Metabolic form*	L-carnitine, vitamin B-12***	Controlled Protein (less than 20 grams protein)
Propionic aciduria	Propionyl-CoA carboxylase	Low protein (restrict isoleucine, methionine, threonine, valine) diet, Metabolic form*	L-carnitine, biotin	Controlled Protein (less than 20 grams protein)
CARBOHYDRATE DISORDERS				
Galactosemia	Galactose-1-phosphate uridyl transferase	No lactose, low galactose diet; use soy protein isolate formula		Allergy – Milk Protein
Glycogen storage disease Type 1	Glucose-6-phosphatase	Low lactose, fructose, sucrose diet; high complex carbohydrates	Overnight dextrose feedings; raw cornstarch	Low Lactose Fructose, Sucrose and Sorbitol Restricted 250 ml cornstarch per day
Fructose 1, 6-diphosphatase deficiency	Fructose 1,6-diphosphatase	Low sucrose, fructose diet		Fructose, Sucrose and Sorbitol Restricted
Hereditary fructose intolerance	Fructose-1-phosphate aldolase	Low sucrose, fructose diet		Fructose, Sucrose and Sorbitol Restricted

FATTY ACID OXIDATION DISORDERS	MISSING OR INACTIVE ENZYME	NUTRITIONAL MANAGEMENT	ADJUNCT TREATMENT (Prescribed by physician)	DIET COMPENDIUM DIET ORDER (All in combination with age specific pediatric diet)
Adrenoleukodystrophy	Defect in gene ABCD1	Limit dietary fat to 10-15% of Kcal, supplement essential fatty acids (5% of Kcal) ²	Lorenzo's oil ²	Controlled Fat
Carnitine Palmitoyl Transferase (CPT 1) Deficiency	Carnitine palmitoyl transferase 1	Low LCT fat, high carbohydrate diet, avoid fasting, Portagen formula used in some cases ³	Raw cornstarch at bedtime after 1 yr of age, MCT oil ³	Low Long Chain Triglyceride (Low LCT)
Carnitine Palmitoyl Transferase (CPT 2) Deficiency	Carnitine palmitoyl transferase 2 (muscle)	Low fat, high carbohydrate diet, avoid fasting ³		Controlled Fat
Long-chain acyl-CoA dehydrogenase deficiency (LCAD)	Long-chain acyl-CoA dehydrogenase	Low fat, low LCT fat diet, avoid fasting	L-carnitine***, MCT oil	Low Long Chain Triglyceride (Low LCT)
Long-chain 3-hydroxy-acyl-CoA dehydrogenase deficiency (LCHAD)	Long-chain 3-hydroxy-acyl-CoA dehydrogenase	Low LCT fat diet, avoid fasting	L-carnitine***, MCT oil	Low LCT
Medium-chain acyl-coA dehydrogenase deficiency (MCAD)	Medium-chain acyl-CoA dehydrogenase	Low fat diet, no MCT fat, avoid fasting	L-carnitine Raw cornstarch at bedtime after 1 yr of age	Controlled Fat
Short-chain acyl-CoA dehydrogenase deficiency (SCAD)	Short-chain acyl-CoA dehydrogenase	Low fat, low short-chain fat diet, avoid fasting	L-carnitine	Controlled Fat
Very-long-chain acyl-CoA dehydrogenase deficiency (VLCAD)	Very-long-chain acyl-CoA dehydrogenase	Low fat, low LCT fat diet, avoid fasting	MCT oil, L-carnitine***	Low LCT
3-hydroxy-acyl-CoA dehydrogenase deficiency (SCHAD)	3-hydroxy-acyl-CoA dehydrogenase	Low fat, low short-chain fat diet, avoid fasting	L-carnitine	Controlled Fat

* Metabolic form = Specific metabolic formula for the particular inborn error of metabolism.

** Phenylbutyrate is a chemical administered to enhance waste ammonia excretion; other compounds producing the same effect are also used.

*** Indicates patient may or may not respond to the compound

Table adapted from Manual of Pediatric Clinical Dietetics, Second Edition; American Dietetic Association, 2003.

Additional References:

1. Yanicelli, S and Camp, K. Diet Guide for individuals with Trimethylaminuria (TMA) Choline-Restricted Diet. March 2002.
2. Moser HW et al. Follow-up of 89 asymptomatic patients with adrenoleukodystrophy treated with lorenzo's oil. Archives of Neurology, 2005; 62: 1073-1080.
3. Hale, DE and Benneett, MJ. Fatty oxidation disorders: a new class of metabolic diseases. Journal of Pediatrics, 1992; 121(1): 1-11.

DIET TYPE: CONTROLLED PROTEIN (< 20 grams)

Compendium Definition – Pediatric Standard diet (age-specific):

- 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

CAUTION: May not meet Eating Well with Canada’s Food Guide minimum recommendations for Milk and Milk Products, Meat and Alternates, and Grain Products.

Details & General Comments

All foods have been coded non-compliant for this diet. Dietitian to create individualized meal plans for these patients.

DIET TYPE: CONTROLLED FAT

Compendium Definition - Pediatric Standard diet (age-specific) with:

- **exclusion of high fat foods and beverages to provide 20-30 grams of total fat per day**

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • As per coding criteria • Fat-free salad dressings • Skim milk • Skim soy beverages • Food items with glucose polymer and skim milk powder as per coding criteria • Thickened beverages, including thickened milk 	<ul style="list-style-type: none"> • As per coding criteria • All regular and light salad dressings • Whole, 2%, 1% milk • Non-dairy milk substitute • Added fats
Details & General Comments	
<p>Limit intake of total fat to 10-20% total Kcal. <small>American Dietetic Association, 2003</small> 20-30 g total fat calculated based on Pediatric Standard Diet 2-5 years of age, which is 1500 Kcal.</p> <p>Give dry toast.</p> <p>Allow only 1 tsp (5 ml) fat/day on sandwich only.</p> <p>Oral nutritionals are compliant – to be provided as per order from facility – not routinely given as there is no course code requirement.</p> <p>Course code restrictions will apply.</p>	

FAT & CHOLESTEROL CONTENT BY COURSE AND MEAL – CONTROLLED FAT

MEAL	COURSE	FAT CONTENT (g)
Breakfast	Juice/Fruit	0
	Cereal/Sugar	≤ 1.0
	Entrée	≤ 5.5
	Toast/Muffin	≤ 1.0
	Margarine	0
	Jam/Jelly	0
	Milk	0.2
Total for Meal		≤ 7.7
Lunch	Entrée	≤ 7.5
	Gravy/Sauce	0
	Starch	≤ 2.0
	Vegetable	≤ 0.5
	or	
	Sandwich	≤ 12.5
	Salad/Dressing	0
	Dessert	≤ 1.0
Milk	0.2	
Total for Meal		≤ 11.2 – 13.7
Supper	Entrée	≤ 7.5
	Gravy/Sauce	0
	Starch	≤ 2.0
	Vegetable	≤ 0.5
	Dessert	≤ 1.0
	Milk	0.2
Total for Meal		≤ 11.2
Daily Total		≤ 30.1 – 32.6

DIET TYPE: FRUCTOSE, SUCROSE, & SORBITOL RESTRICTED

Compendium Definition: Pediatric Standard diet (age-specific) with:

- controlled amounts of foods containing sorbitol, sucrose and fructose (levulose)
- inclusion of foods containing glucose (dextrose) and lactose

Note: Small amounts of sucrose and/or fructose (levulose) will be allowed based on individualized patient care plan.

Items Compliant	Items NOT Compliant
<p>Sweets</p> <ul style="list-style-type: none"> • Pure corn syrup, glucose, dextrose, lactose, maltose • Artificial sweeteners such as aspartame, sucralose, Acesulfame potassium, mannitol, maltitol (a synthetic flavouring agent) and all other alcohol sugars. • Diet syrup – Limit to 16 mL/day = 1.8g CHO <p>Breads</p> <ul style="list-style-type: none"> • Breads, crackers, plain and/or artificially flavoured muffins, plain pancakes, waffles • Cooked and cold cereals with little or no added sugar (e.g. Cheerios, Rice Krispies, Cornflakes, Special K) • Plain pasta • Rice <p>Dairy</p> <ul style="list-style-type: none"> • Whole, 2%, 1%, skim, powdered, evaporated, buttermilk • Plain unflavoured yoghurt, diet vanilla yoghurt • Goat's milk <p>Meats and Alternatives</p> <ul style="list-style-type: none"> • All plain meat, fish and poultry, eggs <p>Vegetables</p> <ul style="list-style-type: none"> • Potatoes only – limit to one whole or 125ml mashed per day ** <p>Fruits</p> <ul style="list-style-type: none"> • None <p>Desserts</p> <ul style="list-style-type: none"> • Plain cookies with little added sugar (e.g. arrowroot) • Sugar free gelatin & puddings prepared with allowed artificial sweeteners 	<p>Sweets</p> <ul style="list-style-type: none"> • Added white sugar, brown sugar, icing sugar, honey, molasses, corn syrup (unless pure), maple syrup, maple sugar • Regular and sugar-free jams, jellies & marmalades • Artificial sweeteners containing fructose (levulose) and/or sucrose, sorbitol • Regular and sugar-free candies, chocolate, marshmallow, popsicles (check label) <p>Breads</p> <ul style="list-style-type: none"> • Breads, muffins containing fruit &/or nuts/seeds • Sweet &/or iced rolls • Sweetened or sugar coated cereals • Cereals containing nuts and/or fruits/seeds <p>Dairy</p> <ul style="list-style-type: none"> • Cheese containing fruit, vegetables &/or nuts/seeds • Condensed milk, commercially flavoured milk (e.g. chocolate, strawberry, banana), sweetened drink powders • Regular and diet fruit flavoured yoghurt • Regular and diet ice cream, ice milk, sherbet <p>Meats and Alternatives</p> <ul style="list-style-type: none"> • Dried peas, beans, lentils, nuts, seeds, tofu, and soybean paste • Peanut butter * <p>Vegetables</p> <ul style="list-style-type: none"> • All except potatoes • All vegetable juices <p>Fruits</p> <ul style="list-style-type: none"> • All fruits and fruit juices <p>Desserts</p> <ul style="list-style-type: none"> • All desserts except those compliant

DIET TYPE: FRUCTOSE, SUCROSE, & SORBITOL RESTRICTED (Continued)

Items Compliant	Items NOT Compliant
<p>Fats</p> <ul style="list-style-type: none"> • Butter, margarine, oil, mayonnaise <p>Miscellaneous</p> <ul style="list-style-type: none"> • Salt, pepper, spices & herbs • Pure cocoa powder • Mustard • Foods containing soy derivatives (e.g. soybean oil, soybean isolate, soy protein isolate, hydrolyzed soy protein) • Hydrolyzed vegetable protein • Pretzels • All beverages artificially sweetened with allowed sweeteners. • Limit ketchup, relish, soya sauce to total of 15 mL/day*** <p>Breast milk / Iron fortified breast milk substitute</p> <ul style="list-style-type: none"> • Breast milk <p>Formula without sucrose (e.g. Enfamil A+, Prosobee, Similac)</p>	<p>Fats</p> <ul style="list-style-type: none"> • Non-dairy milk substitutes, salad dressing containing fruit and/or vegetables, nuts/seeds <p>Miscellaneous</p> <ul style="list-style-type: none"> • Popcorn, potato chips, taco chips, any food of which the ingredients are unknown. • Oral supplements containing sucrose and/or fructose/sorbitol • Soy beverages • Barbecue sauce <p>Breast milk / Iron fortified breast milk substitute Formula with sucrose and/or fructose (e.g. Isomil, Alimentum)</p>
Details & General Comments	
<p>Fructose (levulose) - fruit sugar; a monosaccharide found in corn syrup, honey, fruit and vegetables. It is also an end product of sucrose and sorbitol metabolism.</p> <p>Sorbitol - a crystalline alcohol found in some berries and fruits. Often used as a nutritive sweetener.</p> <p>Sucrose – a disaccharide made up of glucose and fructose.</p> <p>Many dietetic foods are not compliant with this diet due to the sorbitol content.</p> <p>Drug products may contain significant amounts of fructose, sucrose and/or sorbitol. Check with pharmacist.</p> <p>If diet long term, a mineral vitamin supplement may be indicated; nutrients at risk include Vitamin C, folic acid and B vitamins.</p> <p>* Peanut butter may be allowed on an individualized basis (maximum 15 mL/d = 3 g carbohydrate).</p> <p>** Potato provided at supper in hospital</p> <p>*** Ketchup, relish, and soya sauce may be allowed on an individualized basis (maximum 15 mL in total/day ≤ 3 g CHO)</p>	

DIET TYPE: LOW LONG CHAIN TRIGLYCERIDES

Compendium Definition – Pediatric Standard diet (age-specific) with:

- 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 *

Items Compliant	Items NOT Compliant
<p>Code as per coding criteria. See attached reference sheet for foods brought in from outside.</p> <p>Meat and Alternatives</p> <ul style="list-style-type: none"> • Limit to 75g (3oz) cooked per day • Egg whites <p>Miscellaneous</p> <ul style="list-style-type: none"> • Salt, pepper, spices, herbs, sugar, jam, jelly, syrup, honey, marshmallows, sugar candy • Popcorn (air popped), pretzels • Glucose polymers • Artificial sweeteners • Resource Fruit beverage <p>Breast milk / Iron fortified breast milk substitute</p> <ul style="list-style-type: none"> • None ** 	<p>Fats</p> <ul style="list-style-type: none"> • All added fats, oils, gravies, sauces • MCT oil* <p>Meat and Alternatives</p> <ul style="list-style-type: none"> • Egg yolk • Pork & beans <p>Breads and Cereals</p> <ul style="list-style-type: none"> • Cereals containing nuts, seeds, coconut • Egg noodles <p>Fruits & Vegetables</p> <ul style="list-style-type: none"> • Avocado & guacamole <p>Miscellaneous</p> <ul style="list-style-type: none"> • Commercially prepared popcorn, potato chips, Cheezies, nacho chips • Oral nutritionals • Olives <p>Infant Formulas</p> <ul style="list-style-type: none"> • Regular breast milk substitutes containing long chain triglycerides (e.g. Enfamil A+, Similac, Good Start, Prosobee, Isomil) • Portagen**

Details & General Comments

Limit fat intake from meat, fish poultry to a total of 6g/day

1 egg yolk or 60 grams low fat cheese (up to 7% M.F.) – may be substituted for entire meat allowance

Only skim milk dairy products

* MCT oil is contraindicated in some medical conditions (e.g. MCADD = medium chain acyl – CoA dehydrogenase deficiency)]

** If medically approved breast milk and/or Portagen will be allowed. Portagen contains 5% total Kcal from LCT and 34% total Kcal from MCT.

FAT CONTENT BY COURSE AND MEAL – LOW LONG CHAIN TRIGLYCERIDES

MEAL	COURSE	FAT CONTENT (g)
Breakfast	Juice/Fruit	≤ 0.1
	Cereal/Sugar	≤ 1.0
	Entrée	0
	Toast/Muffin	≤ 1.0
	Jam/Jelly	0
	Milk	≤ 0.2
	Total for Meal	
Lunch	Entrée	≤ 3.0
	Gravy/Sauce	≤ 0
	Starch	≤ 1.0
	Vegetable	0
	Or	
	Sandwich	≤ 4.0
	Salad/Dressing	0
	Dessert	≤ 1.0
Milk	0.2	
Total for Meal		≤ 5.2
Supper	Entrée	≤ 3.0
	Gravy/Sauce	0
	Starch	≤ 1.0
	Vegetable	0
	Dessert	≤ 1.0
	Milk	0.2
	Total for Meal	
Daily Total		≤ 12.7

Calculations are based on course code minimums i.e. nonselective menu.

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

DIET TYPE: KOSHER STYLE

Compendium Definition – Standard diet with:

- 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

CAUTION: May not meet Eating Well with Canada’s Food Guide minimum recommendations for Milk and Milk Products.

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• lard
Details & General Comments	
<p>Some foods are prepared in a non-certified Kosher environment.</p> <p>CBORD preference instructions are required to prevent dairy products from being served with meat products (see CBORD Diet Office Policy & Procedure 40.20.45).</p> <p>Eggs, fish and peanut butter are considered pareve (they do not belong to either dairy or meat groups) and may be eaten with either dairy or meat products.</p> <p>Regular dishware and cutlery are acceptable for use.</p>	

DIET TYPE: KOSHER

Compendium Definition – Kosher Style diet with:

- inclusion of certified Kosher entrees (meat/alternate, starch, vegetable) at lunch and supper
- inclusion of paper plates and plastic cutlery

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.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • coffee, tea & hot water served in regular mugs 	<ul style="list-style-type: none"> • pork or pork products (including lard) • foods with meat based gelatin • shellfish & shellfish products • cheese made with rennet or rennin • food items with glucose polymer and skim milk powder
Details & General Comments	
<p>Regular glassware is acceptable for use.</p> <p>CBORD preference instructions are required to prevent dairy products from being served with meat products (see CBORD Diet Office Policy & Procedure 40.20.50).</p> <p>Eggs, fish and peanut butter are considered pareve (they do not belong to either dairy or meat groups) and may be eaten with either dairy or meat products.</p> <p>Foods served during Passover must have a ‘Kosher for Passover’ designation on the label.</p> <p>To accommodate a therapeutic and/or texture modified diet, the Kosher diet will need to be changed to Kosher Style (see CBORD Diet Office Policy & Procedure 40.20.45).</p>	

DIET TYPE: NO BEEF

Compendium Definition - Standard diet with:

- **exclusion of all known food containing beef and veal**

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• items containing beef/veal: entrees, gravies, soups (e.g. beef noodle), beef consommé• items with small amounts of beef or veal by-products (e.g. beef tallow in baked product, beef base/broth in soup, gelatin in a dessert)
Details & General Comments	

DIET TYPE: NO BELL PEPPERS

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing green, red and yellow bell peppers

*excludes all components as identified on label

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• all peppers other than bell peppers are compliant	<ul style="list-style-type: none">• green, red and yellow bell peppers
Details & General Comments	

DIET TYPE: NO CHOCOLATE

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing chocolate or cocoa

*excludes all components as identified on label

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• chocolate• cocoa
Details & General Comments	

DIET TYPE: NO CITRUS (ORANGE, LEMON, LIME, GRAPEFRUIT)

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing citrus fruit

*excludes all components as identified on label

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• citric acid	<ul style="list-style-type: none">• lemons/lemon juice• oranges/orange juice• grapefruits/grapefruit juice• limes/lime juice• tangerines• kumquat
Details & General Comments	

DIET TYPE: NO MUSHROOM

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing mushrooms

*excludes all components as identified on label

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• mushrooms
Details & General Comments	

DIET TYPE: NO ONION

Compendium Definition - Standard diet with:

- exclusion of foods prepared with cooking, green and red onions
- inclusion of onion as flavouring/seasoning allowed

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• onion powder, onion salt• onion juice	<ul style="list-style-type: none">• leeks• shallots• dehydrated or dried onion flakes
Details & General Comments	

DIET TYPE: NO PORK

- Compendium Definition - Standard diet with:**
- **exclusion of all food items containing pork**

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• items containing pork, ham, bacon, pork sausages, gravy, soups (e.g. bean and bacon)• items containing small amounts of pork or pork by-products (e.g. gelatin, lard in baked product)
Details & General Comments	

DIET TYPE: NO POULTRY

- Compendium Definition - Standard diet with:**
- **exclusion of food items containing chicken and turkey**

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• items containing obvious chicken/turkey: entrees, gravies, soups (e.g. cream of chicken), chicken consommé• items containing small amounts of poultry by-products (e.g. chicken base/broth in soup)
Details & General Comments	

DIET TYPE: NO STRAWBERRY AND RASPBERRY

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing strawberries and raspberries

***excludes all components as identified on label**

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• strawberry fruit, juice or flavour• raspberry fruit, juice or flavour
Details & General Comments	
Artificially flavoured/coloured products will not be provided as food item does not include product label and may result in confusion at bedside.	

DIET TYPE: NO TOMATO

Compendium Definition - Standard diet with:

- exclusion of all known foods* containing tomato

*excludes all components as identified on label

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• tomato• tomato sauce• tomato paste• ketchup• sun-dried tomato• tomato juice• tomato powder• tomato flakes
Details & General Comments	

DIET TYPE: VEGAN

Standard diet with:

- 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

CAUTION: May contain trace amounts of lard, butter, meat based gelatin or soup bases.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• insect-derived foods (e.g. honey)• foods containing insignificant amounts of animal-derived components (e.g. calcium caseinate, calcium stearate, lactose, myristic acid, etc.)	<ul style="list-style-type: none">• albumen (egg-derived)• desserts listing lard, butter or tallow as the primary fat source (e.g. pies, pastries, cookies)• gelatin• marshmallows• whey
Details & General Comments	
<p>Given the limitations of the existing sourced system, it is impossible to provide a diet which completely eliminates all animal-derived food components or foods which were manufactured using processing aids of animal origin (e.g. in the processing of table sugar from sugar cane, the sugar may have been decolorized through a cow bone filter).</p> <p>Oatmeal + Flax will be the first choice for the vegan diet.</p> <p>Note: B12 and Iron status should be monitored for individuals receiving this diet.</p>	

DIET TYPE: LACTO-VEGETARIAN

Compendium Definition - Vegan diet with:

- inclusion of milk and milk products
- soy beverage available

CAUTION: May contain trace amounts of lard, meat based gelatin or soup bases.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• insect-derived foods (e.g. honey)• foods containing insignificant amounts of animal-derived components (e.g. calcium caseinate, calcium stearate, lactose, myristic acid, etc.)	<ul style="list-style-type: none">• albumen (egg-derived)• desserts listing lard or tallow as the primary fat source (e.g. pies, pastries, cookies)• gelatin• marshmallows
Details & General Comments	
<p>To order this diet, (see CBORD Diet Office Policy & Procedure 40.20.70).</p> <p>Given the limitations of the existing sourced system, it is impossible to provide a diet which completely eliminates all animal-derived food components or foods which were manufactured using processing aids of animal origin (e.g. in the processing of table sugar from sugar cane, the sugar may have been decolorized through a cow bone filter).</p>	

DIET TYPE: OVO-VEGETARIAN

Compendium Definition - Vegan diet with:

- inclusion of eggs and egg products
- inclusion of soy beverage

CAUTION: May contain trace amounts of lard, butter, meat based gelatin or soup bases.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • insect-derived foods (e.g. honey) • foods containing insignificant amounts of animal-derived components (e.g. *calcium caseinate, *calcium stearate, *lactose, *myristic acid, etc.) 	<ul style="list-style-type: none"> • desserts listing lard, butter or tallow as the primary fat source (e.g. pies, pastries, cookies) • gelatin • marshmallows
Details & General Comments	
<p>To order this diet, (see CBORD Diet Office Policy & Procedure 40.20.70). *Because the Ovo Vegetarian diet is ordered with No Milk Protein (allergy diet), the patient will not receive any known foods containing milk and milk products.</p> <p>Given the limitations of the existing sourced system, it is impossible to provide a diet which completely eliminates all animal-derived food components or foods which were manufactured using processing aids of animal origin (e.g. in the processing of table sugar from sugar cane, the sugar may have been decolorized through a cow bone filter).</p>	

DIET TYPE: LACTO-OVO-VEGETARIAN

Compendium Definition - Vegan diet with:

- inclusion of milk and milk products
- inclusion of eggs and egg products
- soy beverage available

CAUTION: May contain trace amounts of lard, meat based gelatin or soup bases.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • insect-derived foods (e.g. honey) • foods containing insignificant amounts of animal-derived components (e.g. calcium caseinate, calcium stearate, lactose, myristic acid, etc.) 	<ul style="list-style-type: none"> • desserts listing lard or tallow as the primary fat source (e.g. pies, pastries, cookies) • gelatin • marshmallows
Details & General Comments	
<p>Given the limitations of the existing sourced system, it is impossible to provide a diet which completely eliminates all animal-derived food components or foods which were manufactured using processing aids of animal origin (e.g. in the processing of table sugar from sugar cane, the sugar may have been decolorized through a cow bone filter).</p>	

DIET TYPE: PESCO-VEGETARIAN

Compendium Definition - Lacto-Ovo Vegetarian diet with:

- inclusion of fish and fish products
- soy beverage available

CAUTION: May contain trace amounts of lard, meat based gelatin or soup bases.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• insect-derived foods (e.g. honey)• foods containing insignificant amounts of animal-derived components (e.g. calcium caseinate, calcium stearate, lactose, myristic acid, etc.)	<ul style="list-style-type: none">• desserts listing lard or tallow as the primary fat source (e.g. pies, pastries, cookies)• gelatin• marshmallows
Details & General Comments	
<p>Given the limitations of the existing sourced system, it is impossible to provide a diet which completely eliminates all animal-derived food components or foods which were manufactured using processing aids of animal origin (e.g. in the processing of table sugar from sugar cane, the sugar may have been decolorized through a cow bone filter).</p>	

DIET TYPE: POLLO-VEGETARIAN

Compendium Definition - Lacto-Ovo Vegetarian diet with:

- inclusion of poultry and poultry products
- soy beverage available

CAUTION: May contain trace amounts of lard, meat based gelatin or soup bases.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• insect-derived foods (e.g. honey)• foods containing insignificant amounts of animal-derived components (e.g. calcium caseinate, calcium stearate, lactose, myristic acid, etc.)	<ul style="list-style-type: none">• desserts listing lard or tallow as the primary fat source (e.g. pies, pastries, cookies)• gelatin• marshmallows
Details & General Comments	
<p>Given the limitations of the existing sourced system, it is impossible to provide a diet which completely eliminates all animal-derived food components or foods which were manufactured using processing aids of animal origin (e.g. in the processing of table sugar from sugar cane, the sugar may have been decolorized through a cow bone filter).</p>	

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>

DIET TYPE: CAFFEINE FREE

Compendium Definition - Standard diet with:

- exclusion of caffeine containing foods and beverages
- exclusion of decaffeinated and herbal beverages

CAUTION: Begin diet 1 day prior to MIBI scan.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• food items with glucose polymer and skim milk powder as per coding criteria• thickened beverages as per coding criteria	<ul style="list-style-type: none">• coffee, caffeinated and decaffeinated• coffee flavouring• tea, caffeinated, decaffeinated and herbal• chocolate• cocoa• soft drinks/beverages with added caffeine
Details & General Comments	
The accuracy of a MIBI or thallium scan is affected by caffeine intake. To ensure no caffeine is ingested during the test period, all tea and coffee have been coded non-compliant.	

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

DIET TYPE: LOW IODINE

Compendium Definition - ≤ 100 mmol Sodium diet with:

- 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

Note: Given the variability of iodine content in food, foods excluded from the diet are based on research and best practice.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • foods containing small amounts of egg and/or milk • foods containing soy derivative e.g. soy bean oil, soy bean isolate, hydrolyzed soy protein • cooked cereals made without added salt • unsweetened juice from concentrate • potato without skin 	<p>Milk products</p> <ul style="list-style-type: none"> • dairy/dairy-based products including milk, thickened milk, buttermilk, chocolate milk, yogurt, cream, cheese, ice cream, sherbet, milkshakes, sour cream, pudding, cream soups <p>Meats and alternatives</p> <ul style="list-style-type: none"> • organ meats, processed and cured meats (e.g. ham, corned beef, bacon, sausage, sauerkraut) • eggs • seafood (e.g. fish, shellfish, kelp, seaweed) • soy products (e.g. soy milk, tofu, soy sauce) • beans (e.g. pinto, lima, navy, kidney, red, cowpeas, chickpea) <p>Grain products</p> <ul style="list-style-type: none"> • breads made with iodate dough conditioners • all packaged cereals • processed crackers <p>Fruits and vegetables</p> <ul style="list-style-type: none"> • canned/dried fruit, canned fruit juice • canned vegetables • potatoes with skin (french fries, sweet potato) • instant potatoes, scallop potatoes <p>Miscellaneous</p> <ul style="list-style-type: none"> • iodized salt, sea salt • sulfured molasses • chocolate, cocoa • food and medication containing Red Dye FD&C No. 3 “erythrosine” (e.g. candies, maraschino cherries, gelatin, jams/jellies) • foods containing these ingredients: iodates (e.g. potassium iodate, calcium iodate), iodides, algin, alginates, carrageenan, agar-agar, nori • oral nutritional

Details & General Comments

Assumption: Salt used in food preparation is iodized salt.

DIET TYPE: LOW OXALATE

Compendium Definition - Standard diet with:

- exclusion of food items containing moderate to high levels of oxalate (≥ 2 mg oxalate per serving)

Note: Given the variability of oxalate content in food, foods excluded from the diet are based on research and best practice.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • foods containing soy derivative e.g. soy bean oil, soy bean isolate, hydrolyzed soy protein • food containing traces of nut and seeds • foods prepared with small amounts of soya sauce or tomato • foods prepared with black pepper 	<p>Meats and alternatives</p> <ul style="list-style-type: none"> • peanuts, tree nuts, nut butters <p>Grain products</p> <ul style="list-style-type: none"> • wheat germ, wheat bran, whole wheat bread, white bread <p>Fruits</p> <ul style="list-style-type: none"> • gooseberries, blueberries, strawberries, raspberries, blackberries, grapes, oranges, tangerines, rhubarb, red currants, apricots, purple plums, black olives • cranberries, cranberry juice, grape juice, tomato juice <p>Vegetables</p> <ul style="list-style-type: none"> • asparagus, green and wax beans, beets and beet greens, carrots, celery, dandelion greens, collards, eggplant, escarole, kale, leeks, okra, parsnips, sweet potatoes, potatoes, rutabagas, spinach, summer squash, swiss chard, watercress, tomatoes • soybean products (e.g. tofu, soy milk) <p>Entrees</p> <ul style="list-style-type: none"> • baked beans, canned in tomato sauce • entrees in tomato sauce <p>Soups</p> <ul style="list-style-type: none"> • tomato soup <p>Desserts</p> <ul style="list-style-type: none"> • fruitcake <p>Beverages</p> <ul style="list-style-type: none"> • tea, instant coffee, Ovaltine™ <p>Miscellaneous</p> <ul style="list-style-type: none"> • chocolate, cocoa, carob, black pepper package, sesame seeds, marmalade

DIET TYPE: LOW OXALATE (Continued)

Details & General Comments
<p>Bolded & italicized foods listed above represent foods containing moderate amounts (2-10 mg/serving) of oxalate. Dietitian may individualize diet to include foods with moderate amounts of oxalate up to a maximum of two servings/day through the supplement field (F6 screen).</p>

DIET TYPE: LOW TYRAMINE

Compendium Definition - Standard diet with:

- exclusion of food items containing moderate to high levels of tyramine (approximately ≥ 6 mg tyramine per serving)

CAUTION: Continue diet for two weeks post discontinuation of MAOI drug therapy.

Note: Given the variability of tyramine content in food, foods excluded from the diet are based on research and best practice.

Items Compliant	Items NOT Compliant
<p>Milk products</p> <ul style="list-style-type: none"> • cream cheese • cottage cheese • processed cheese slices and spread • havarti cheese • ricotta cheese • sour cream • yogurt • soy milk <p>Meats and alternatives</p> <ul style="list-style-type: none"> • foods containing soy derivative (e.g. soy bean oil, soy bean isolate, hydrolyzed soy protein) • fresh sausage (e.g. breakfast sausage), wieners, ham, corned beef, bologna <p>Fruits and vegetables</p> <ul style="list-style-type: none"> • bananas (assume peel not consumed) <p>Miscellaneous</p> <ul style="list-style-type: none"> • chocolate • monosodium glutamate • meat extracts (e.g. Bovril, Oxo, gravy base) 	<p>Milk products</p> <ul style="list-style-type: none"> • aged cheeses (any cheese not listed as compliant) and foods containing same <p>Meats and alternatives</p> <ul style="list-style-type: none"> • aged and dry/fermented meats or sausages (e.g. pepperoni, salami, mortadella, summer sausage, etc.) • liver • smoked or pickled fish • fava or broad bean pods • tofu <p>Fruits and vegetables</p> <ul style="list-style-type: none"> • banana peel • sauerkraut <p>Miscellaneous</p> <ul style="list-style-type: none"> • yeast extracts (e.g. Marmite™, Vegemite™), yeast containing dietary supplements • soy sauce

Details & General Comments

Dietitian can individualize diet (to be less restrictive) for patients based on individual tolerance, as some MAOI drugs have less tyramine potentiation.

Assumptions: No spoiled or overripe food is served and no food is served after expiry date.

DIET TYPE: KETOGENIC DIET

Compendium Definition:

- **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)**

Details & General Comments

All foods have been coded non-compliant for this diet. Dietitian to create individualized meal plans for these patients.

DIET TYPE: NPO or TPN or TUBE FEEDING

Definition for Diet Criteria for Menu Database Development:

- **Nothing by mouth**

Items Compliant	Items NOT Compliant
	<ul style="list-style-type: none">• all foods and beverages
Details & General Comments	
A tray ticket will not be printed for these diet orders.	

DIET TYPE: TPN or TUBE FEEDING WITH TRAY

Definition for Diet Criteria for Menu Database Development:

- **Must be ordered in conjunction with a specific diet**

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• all foods & beverages• food items with glucose polymer and skim milk powder• thickened beverages	
Details & General Comments	
TPNTRY or TFTRAY is to be used when combining enteral or parenteral feeding with oral feeding.	

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Nutrition and Food Services Appendix

DIET TYPE: FULL FLUID - Non-Compendium

Compendium Definition: Clear Fluid diet with:

- residue containing liquids
- inclusion of milk products of fluid or pudding consistency
- inclusion of pureed soup
- inclusion of refined cooked cereal

CAUTION: Nutritionally inadequate diet designed for short term use only. Does not meet Eating Well with Canada's Food Guide minimum recommendations for Meat and Alternates, Grain Products and Vegetables and Fruit. The addition of oral nutritional supplements should be considered if a patient is on this diet for more than 24-48 hours.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • oatmeal • cream of wheat 	
Details & General Comments	

DIET TYPE: ≤ 100 MMOL SODIUM PUREED - Non-Compendium

SODIUM CONTENT BY COURSE AND MEAL FOR PUREE DIETS - ≤ 100 mmol

MEAL	COURSE	FAT CONTENT (g)
Breakfast	Juice/Fruit	≤ 1.0
	Cereal/Sugar	0
	Entrée and Toast/Muffin	≤ 14.6
	Milk	≤ 3.0
	Hot Beverage	0
	Creamer/Sugar/	0
	Seasoning/Pepper	0
	Cereal Sugar	0
Total for Meal		≤ 18.6
Lunch	Juice/Soup	≤ 4.0
	Entrée	≤ 14.0
	Starch	≤ 0.7
	Vegetable	≤ 3.0
	Dessert	≤ 8.0
	Milk	≤ 3.0
	Hot Beverage	0
	Creamer/Sugar	0
	Seasoning/Pepper	0
	Gravy/Sauces	≤ 2.5
Total for Meal		≤ 44.5
Supper	Juice/Soup	≤ 4.0
	Entrée	≤ 14.0
	Starch	≤ 0.7
	Vegetable	≤ 3.0
	Dessert	≤ 8.0
	Milk	≤ 3.0
	Hot Beverage	0
	Creamer/Sugar	0
	Seasoning/Pepper	0
	Gravy/Sauces	≤ 2.5
Total for Meal		≤ 35.2
Daily Total		≤ 98.3
* Trepuree will be offered once per day		

Calculations are based on course code minimums i.e. nonselective menu.

DIET TYPE: < 90 MMOL SODIUM PUREED - Non-Compendium

SODIUM CONTENT BY COURSE AND MEAL FOR PUREE DIETS - < 90 mmol

MEAL	COURSE	FAT CONTENT (g)
Breakfast	Juice/Fruit	≤ 1.0
	Cereal	0
	Entrée and Toast/Muffin	≤ 14.6
	Milk	≤ 3.0
	Hot Beverage	0
	Creamer/Sugar/	0
	Seasoning/Pepper	0
	Cereal Sugar	0
	Desert	0
Total for Meal		≤ 18.6
Lunch	Juice/Soup	≤ 4.0
	Entrée	≤ 14.0
	Starch	≤ 0.7
	Vegetable	≤ 3.0
	Dessert	≤ 6.0
	Milk	≤ 3.0
	Hot Beverage	0
	Creamer/Sugar	0
	Seasoning/Pepper	0
	Gravy/Sauces	≤ 2.5
Total for Meal		≤ 42.5
Supper	Juice/Soup	≤ 4.0
	Entrée	≤ 14.0
	Starch	≤ 0.7
	Vegetable	≤ 3.0
	Dessert	≤ 6.0
	Milk	≤ 3.0
	Hot Beverage	0
	Creamer/Sugar	0
	Seasoning/Pepper	0
Gravy/Sauces	≤ 2.5	
Total for Meal		≤ 33.2
Daily Total		≤ 94.3
* Trepuree will be offered once per day		

Trepuree*
≤ 27.0

Trepuree*
≤ 27.0

Calculations are based on course code minimums i.e. nonselective menu.

DIET TYPE: FINGER FOODS - Non-Compendium

Definition for Diet Criteria for Menu Database Development: Standard diet, modified with:

- **foods that are easy to pick up without utensils**
- **hot liquids/ soups served in double handled mugs**
- **gravies and sauces served on the side**

Individuals receiving this diet may require assistance with preparation of certain food items, e.g. meat cut up into serving size pieces.

Items Compliant	Items NOT Compliant
<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • dry cold cereals; hot cereals in a mug; bread/toast; rolls; pancakes; waffles; french toast; muffins; scones; crackers; bagels, croissants; plain pasta; perogies <p>Eggs</p> <ul style="list-style-type: none"> • omelets; hard boiled <p>Milk products</p> <ul style="list-style-type: none"> • all <p>Fruits</p> <ul style="list-style-type: none"> • fresh and drained canned fruit <p>Vegetables</p> <ul style="list-style-type: none"> • cooked vegetables in pieces that are easy to pick up; boiled or baked potato, french fries <p>Salads</p> <ul style="list-style-type: none"> • carrot and celery sticks; tomato wedges; cucumber slices; pickled beets; bean salad <p>Meat and alternates</p> <ul style="list-style-type: none"> • roast meat/poultry, chops, patties cut into strips/chunks; chicken fingers/nuggets; breaded fish, fish sticks; bacon; sausages; wieners; sandwiches; burgers; pizza <p>Soups</p> <ul style="list-style-type: none"> • all <p>Desserts</p> <ul style="list-style-type: none"> • cakes; squares; cookies; tarts; gelatin; puddings; ice cream; sherbet; custard; yogurt 	<p>Breads, cereals and pasta</p> <ul style="list-style-type: none"> • rice; pasta dishes <p>Eggs</p> <ul style="list-style-type: none"> • scrambled, poached <p>Fruits</p> <ul style="list-style-type: none"> • canned fruit with juice; applesauce <p>Vegetables</p> <ul style="list-style-type: none"> • creamed corn; mashed or whipped vegetables or potatoes; scalloped potatoes <p>Salads</p> <ul style="list-style-type: none"> • finely chopped coleslaw, shredded lettuce/carrots <p>Meat and alternates</p> <ul style="list-style-type: none"> • casseroles; meat/ fish or poultry served in sauces
Details & General Comments	

DIET TYPE: TOTAL MINCED/PUREED - Non-Compendium

Definition for Diet Criteria for Menu Database Development: Total Minced diet with:

- option of pureed foods

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none"> • items compliant to Total Minced • items compliant to Pureed diets 	
Details & General Comments	
<p>If ordering this diet for a patient/ resident with dysphagia, a Swallowing Assessment is recommended to determine tolerance level. The dietitian must individualize this diet according to patient tolerance to achieve the desired combination otherwise, only total minced food items will be given.</p> <p>Dysphagia Considerations – Certain individuals with dysphagia may have difficulty with the following items. Consider removal if appropriate/ necessary.</p> <ul style="list-style-type: none"> • items that contain pulp (e.g. creamed corn) • ice cream, sherbet and gelatin • consider cohesiveness of whipped or mashed cooked vegetables or pureed pasta casseroles • peanut butter, cheese whiz and cream cheese (not routinely given) • scrambled eggs • soft moist rice • oatmeal <p>Note: It may be necessary to provide extra sauces or gravy.</p>	

DIET TYPE: ESOPHAGECTOMY - Non-Compendium

Compendium Definition – Standard diet with:

- soft to chew foods
- exclusion of bread and bread products (except pasta)
- ½ serving of entrée, starch and vegetables at lunch and supper meals
- fluid limited to 250 ml per meal

Items Compliant	Items NOT Compliant
<p>Beverages</p> <ul style="list-style-type: none"> • Coffee, tea <p>Breads and Cereals</p> <ul style="list-style-type: none"> • Cooked cereal (cream of wheat, rolled oats) • Pasta • Rice in soups or casseroles <p>Milk</p> <ul style="list-style-type: none"> • Whole milk, 2%, low lactose milk, plain yogurt, fruit flavored yogurt without seeds or skin <p>Eggs</p> <ul style="list-style-type: none"> • Scrambled, poached, pureed, omelet (made with compliant food items), egg salad filling (no vegetables) <p>Fruits</p> <ul style="list-style-type: none"> • Soft fresh or canned fruit; minced/pureed fruit <p>Vegetables</p> <ul style="list-style-type: none"> • Soft cooked (double blanched), canned, minced or whipped cooked vegetables; soft cooked potatoes <p>Soups</p> <ul style="list-style-type: none"> • Cream and stock soups <p>Meats and alternates</p> <ul style="list-style-type: none"> • Moist soft or minced (processed through a mincer) meats/poultry; soft casseroles; fish; minced sandwich fillings; shaved/thinly sliced meats, sausage patty; cooked legumes; soft cheese portion; cottage cheese; peanut butter <p>Desserts</p> <ul style="list-style-type: none"> • Jello, pudding, ice cream, sherbet <p>Miscellaneous</p> <ul style="list-style-type: none"> • Ketchup, tartar sauce, mustard • Food items with skim milk powder 	<p>Breads and Cereals</p> <ul style="list-style-type: none"> • Cold cereals • Bread / rolls / toast / crackers / bread stick, scones, pancakes, French toast, muffins • Rice (side dish) <p>Milk</p> <ul style="list-style-type: none"> • Fruit yogurt with seed or skins <p>Eggs</p> <ul style="list-style-type: none"> • Boiled <p>Fruits</p> <ul style="list-style-type: none"> • Hard fresh fruit (e.g. apple); firm canned fruit (e.g. pineapple); dried fruit; fruit skins and seeds <p>Vegetables</p> <ul style="list-style-type: none"> • Hard fresh vegetables (e.g. whole raw carrot, whole raw celery, cucumber with skin, and whole raw broccoli); vegetable skins and seeds; corn; crispy fried potatoes; baked potato with skin <p>Meats and alternates</p> <ul style="list-style-type: none"> • Solid dry meats (e.g. roast beef, roast pork, plain baked ham, pork chop); crispy fried fish; bacon; casing of sausages and other meats; nuts and seeds; coconut; hard cheese portion; crunchy peanut butter, mozzarella cheese <p>Desserts</p> <ul style="list-style-type: none"> • Cakes, cookies, brownies (with or without nuts) <p>Miscellaneous</p> <ul style="list-style-type: none"> • Jams, jelly, cranberry sauce, marmalade, relish • Food items with glucose polymer (polycose)

DIET TYPE: ESOPHAGECTOMY - Non-Compendium (Continued)

Details & General Comments

This diet is for short- term use. Fluid is limited to reduce fullness and early satiety with solids. Foods of increased caloric value are emphasized, therefore, whole milk is first choice and coffee and tea are limited. The diet limits foods high in simple carbohydrate to help prevent dumping syndrome. Certain foods are omitted to reduce the risk of abrasion to the anastomotic site. Bread and bread products are omitted from the diet to prevent formation of a large bolus which may be a choking hazard or cause damage to the anastomosis.

Note: Extra gravy and margarine should be provided

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