



<b>Department:</b>	Dietary Services (DT)		
<b>Document:</b>	Multidisciplinary Policy and Procedure		
<b>Title:</b>	The Routine Hospital Diet		
<b>Applies To:</b>	All Dietary Services Staff , Physicians		
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## 1. PURPOSE:

1.1 To guide the dietary service staff about the routine hospital diets

## 2. DEFINITONS:

2.1 The Routine Hospital Diet – preferred diet to be used in Maternity and Children Hospital, Hafer Al Batin.

## 3. POLICY:

3.1 To adhere with the hospital routine diet used for all the patient of Maternity and Children Hospital, Hafer Al Batin

## 4. PROCEDURE:

### 4.1 General Diet:

4.1.1 **Regular, Full, or Normal Diet** – the regular or normal diet, the most frequently used of all hospital diets, is designed to maintain optimal nutritional status. It follows the principle of good meal planning and permits the use of all foods. Nutritional requirements vary depending on age, size, and activity level. The food plan outlined below provides approximately kilocalories and grams protein.

4.1.2 **Indications for Use** – for ambulatory or bed patients whose conditions do not necessitate a modified diet.

4.1.3 **Food Selection Guide** - all foods are allowed.

### 4.2 Simple Modifications of the Normal Diet

4.2.1 **High Fiber** – this is essentially a normal diet which includes liberal amounts of foods rich in dietary fibers. Fluids are also increased.

#### 4.2.1.1 **Indication for Use:**

4.2.1.1.1 Atonic Constipation

4.2.1.1.2 Diverticular Disease

4.2.1.1.3 Irritable Bowel Syndrome

4.2.1.1.4 Gastric Ulcers

4.2.1.1.5 Colon Cancer

4.2.1.1.6 Cardiovascular Disease

4.2.1.1.7 Diabetes Mellitus

4.2.1.2 **Food Selection Guide** – all foods are allowed. The following foods are emphasized

<b>Vegetable</b>	Leafy, Legumes (Lentils, Peas, and Beans)
<b>Fruits or Substitute</b>	Those With Edible Skin and Seeds
<b>Rice or Substitute</b>	Wholegrain Like Unpolished Rice and Whole Wheat
<b>Others</b>	Cereals (Rice, Wheat, etc.) Bran and Fiber Supplements,
	ONLY IF PRESCRIBED BY PHYSICIAN

4.2.2 **Full Bland Diet** – the full bland diet, also called Bland V, is a regular diet in which the only restrictions are foods which stimulate gastric acid secretion and motility. Aside from this restrictions and methods of preparation are the same as the Full or Regular Diet. Small, frequent meals help to reduce gastric acid secretion and motility

4.2.2.1 **Indication for Use:**

- 4.2.2.1.1 Hyperacidity
- 4.1.1.3.3 Gastric and Duodenal Ulcers

4.2.2.2 **Daily Food Plan and Selection Guide (See Regular or Normal Diet)**

- 4.2.2.2.1 Avoid: Hot Spices like black pepper, chili's (whole, powdered or sauce) and mustard.
- 4.2.2.2.2 Caffeine – containing beverages like regular coffee, tea, cola drinks.
- 4.2.2.2.3 Alcoholic beverages
- 4.2.2.2.4 Certain foods like cabbage, onions, garlic, etc. may cause distress in some patients. An individualized approached approach to meal planning is thus necessary.

4.2.3 **Vegetarian Diets** – either for religious reasons or out of concern for ecologic or basic health principles, many individuals today are choosing vegetarian dietary regimen. Vegetarian diets are classified as:

4.2.3.1 **Lacto – Ovo – Vegetarian Diet -**

- 4.2.3.1.1 This diet includes plant foods and allows moderate use of dairy products. The meal plan is similar to normal diet except for the main dish of legumes or meat analogues or textured vegetable protein made from cereals, legumes, and/or nuts is substitute for meats, fish or poultry. The diet is liberal of fruits and vegetables, and when well planned, meets the nutrient needs of normal adults. Growing children, pregnant and lactating women should take on iron supplement
- 4.2.3.1.2 Vege – meat is one of the common use meat analogues, and come in different forms – chucks, chaplets or ground. They may be prepared just like any meat recipe.
- 4.2.3.1.3 A critical nutrient lacking in most vegetarian diets is Vitamin B12 since this vitamin is found only in animal food products.

4.2.3.2 **Lacto – Vegetarian Diet**

- 4.2.3.2.1 This diet includes plant foods and allows the use of eggs. It may be low in calcium.

4.2.3.4 **Pesco – Vegetarian Diet**

- 4.2.3.4.1 This diet is similar to a lacto – ovo – vegetarian diet but allows fish.

4.2.3.5 **Semi – Vegetarian Diet**

- 4.2.3.5.1 This is a lacto – ovo vegetarian diet with the inclusion of chicken and fish. Red meats are excluded.

4.2.3.6 **Total Vegetarian Diet (VEGAN)**

- 4.2.3.6.1 This does not include all foods of animal origin and is thus likely to be deficient in many nutrients.

#### 4.3 Paediatric Diets:

##### 4.3.1 Supplemental Diet:

4.3.1.1 **One – Six (1 – 6) Months:** The main food for infants is milk. Breast milk is best and breastfeeding should be encouraged at all times. Breast milk has a specific characteristic that suits the nutritional needs and physiological development of infant. Furthermore, breast feeding enhances the bonding process of mother and child during the first year of life. Except for vitamin D, the nutritional needs of infant for the first six months of life can be met by breastfeeding alone provided breast feeding is adequate. The aim of supplemental feeding between 4 and 6 months is to introduce spoon feeding and new textures and flavors to the infant to prepare him for later weaning and to establish healthy eating habits early in life. Early supplementation of vitamin D is desirable.

4.3.1.1.1 **Indication for Use:** The diet below is suitable for healthy infants' age 4 to 6 months. Earlier supplementation depends on the needs and developmental readiness of the infant as determined by the attending physician

4.3.1.1.2 **Ordering Information:** When additional foods are desired for infants aged 4 to 6 months (or younger), the order should be specific and state the food and amount to be given.

##### 4.3.1.1.3 Food Selection Guide:

Supplemental Foods	Age Started
Cereals, strained or blenderized, thin porridge, scraped or mashed fruit, vegetable water.	4 months
Thick porridge, vegetable puree, strained juice.	5 months
Flaked fish or ground meat, hard cooked egg yolk.	5 months

4.3.1.2 **Infant Diet: Six – Twelve (6 – 12) Months:** The diet for infants aged 6 – 12 months is designed to meet their increasing nutritional needs, which cannot be met by milk alone. Breast milk is still best for babies at that this age and mothers should be encouraged continuing to breastfeeding as long as they can.

4.3.1.2.1 **Indication for Use:** This diet is designed for infants aged 6 – 12 months. The infant's individual growth and development pattern is the most suitable guide when to determine semi-solid foods as well as how much to introduce. Indications for readiness for solid foods are when:

4.3.1.2.1.1 The infant has doubled his or her birth weight.  
4.3.1.2.1.2 The infant consumes 8oz. formula and is hungry for less than 4 hours.

4.3.1.2.1.3 The infant consumes 32 oz. of milk a day and wants more.

4.3.1.2.1.4 The infant is 6 months old

##### 4.3.1.2.2 Ordering Information:

The order should state the age of the infant.

4.3.1.2.3 Daily Food Plan and food Selection Guide:

FOOD GROUP	AMOUNT	ALLOWED FOODS
Rice and substitute	1 – 3 exchanges	Preferably enriched, rice gruel, soft cooked for older infants; strained oatmeal, farina, toast or crackers
Sugar	6 teaspoons	Sucrose, corn syrup.
Fat	2 teaspoons	Butter or margarine
Milk	As ordered by physician	Prepared according to formula
Meat or Substitute	1 – 2 exchanges	Mashed hard cooked egg yolk; whole egg after ninth months; pureed or sieved, chopped, thinly sliced lean meat, liver, and chicken; flaked fish and mashed dried beans.
Fruit	3 – 4 tablespoons	Pureed or mashed, finely diced, sliced banana, papaya, ripe mango, apple sauce, fruit juices.
Vegetables	4 – 5 tablespoons	Pureed, sieved, mashed or chopped squash, carrots, etc.

4.3.1.2.4 Foods to Avoid:

- 4.3.1.2.4.1 Strong – Flavored Vegetables as Onions, Radish, and Cabbage.
- 4.3.1.2.4.2 Very Hot or Very Cold Food.
- 4.3.1.2.4.3 Fried Foods.
- 4.3.1.2.4.4 Excessive Spices and Seasoning
- 4.3.1.2.4.5 Monosodium Glutamate.
- 4.3.1.2.4.6 Candy, Chocolates, Nuts.
- 4.3.1.2.4.7 Coffee, Tea, Carbonated Beverages

4.3.1.3 **Diets for the Preschool Children:** The diet for preschool children is designed to include a variety of foods with different textures and flavours provided throughout the day. The diet aims to promote optimal growth and to meet the child's developmental and behavioural needs. Foods are given in age appropriate amounts, and nutrient-dense forms are especially important since the child's nutritional requirements for growth are great.

4.3.1.3.1 **Indication for Use:**

Healthy preschool children aged 1 – 6 years.

4.3.1.3.2 **Ordering Information:**

The diet order should state the age of the child.

4.3.1.3.3 Daily Food Plan and Food Selection Guide:

FOOD GROUP	AMOUNT		ALLOWED FOOD
	TOODLER	PRE -SCHOOL	
Rice	5 – 6 exchanges	7 – 8 exchanges	All except whole kernel corn and glutinous rice
Sugar	6 tsp	6 tsp	Sucrose, syrups, jam, jelly
Fat	5 tsp	6 tsp	Cream, butter, or margarine
Desserts	As needed: made from food allowances		Plain pudding, gelatin, ice cream, cakes and cookies
Soup and Beverages	Made food allowance		
Milk		2 cups	
Meat, fish or Substitute	2 – 3 exchanges	3 – 4 exchanges	Chopped or ground lean meat, liver, chicken, flaked fish, eggs, mashed dried beans, mild cheese
Fruit	1 – 2 changes one should be vitamin C –Rich	2 changes one should be vitamin C Rich	
Vegetables	1 – 2 exchanges	2 exchanges	All except strong flavored for the younger children; chopped or cut in small pieces, skin, seeds and long fiber if any removed.

4.3.1.3.4 Foods to Avoid::

- 4.3.1.3.4.1 Whole Kernel Corn, Nuts.
- 4.3.1.3.4.2 Highly Seasoned and Strong Flavored Vegetables.
- 4.3.1.3.4.3 Nuts and Coconuts Except Properly Processed.
- 4.3.1.3.4.4 Candy and Excess Sweets
- 4.3.1.3.4.5 Rich Cakes and Pastries
- 4.3.1.3.4.6 Highly Seasoned Soups.
- 4.3.1.3.4.7 Coffee, Tea, Carbonated Beverages
- 4.3.1.3.4.8 Monosodium Glutamate

4.4 Diet for Pregnancy and Lactation: These diets are designed to meet the increased nutrient needs during pregnancy and lactation due to normal physiological changes. The iron and calcium content of the diets are somewhat lower than RDA, more milk will improve calcium while iron supplement are highly recommended.

#### 4.4.1 Daily Food Plan

FOOD GROUP	PREGNANCY	LACTATION
Rice or Substitute	12 exchanges	13 exchanges
Sugar	6 teaspoon	6 teaspoon
Fat	7 teaspoon	7 teaspoon
Milk	1 cup	1 cup
Meat or substitute	4 exchanges Liver or glandular organs twice a week; 3 – 4 times a week	4 – 5 exchanges Liver or glandular organs twice a week; 1 egg daily
Fruit	3 – 4 ; 2 of which should be rich in vitamin C	Same as pregnancy
Vegetables	3 exchanges; 1 – 2 of which should be leafy or green	4 exchanges; 2 of which should be green and leafy

4.5

**Diet for the Elderly:** This diet is lower in energy value than the normal since energy requirements are reduced in the elderly.

#### 4.5.1 Daily Food Plan

FOOD GROUP	AMOUNT
Vegetables	At least 2 servings: $\frac{1}{2}$ - $\frac{3}{4}$ cup cooked per serving; one should be leafy, green, or yellow.
Fruit	2 – 3 exchanges: one should be rich in vitamin C
Milk	As tolerated
Rice or Substitute	10 exchanges
Meat, fish or substitute	5 – 6 exchanges: liver or glandular organs once a week; $\frac{1}{2}$ cup dried beans may be substituted for 1 meat exchange
Fat	1 tablespoon
Sugar	5 teaspoon

4.5.2 **Food Selection Guide:** The food selection guide for the normal diet may be followed with the following modifications:

- 4.5.2.1 Avoid fried and fatty foods, gravies, cream sauces, salad dressings, rich dessert.
- 4.5.2.2 Avoid excessive spices and seasonings.
- 4.5.2.3 Avoid strong coffee and tea, if this cause nervousness, sleeplessness. Decaffeinated coffee or coffee substitute maybe used instead.
- 4.5.2.4 Large and hard pieces of food maybe chopped ground or pureed if mechanical soft diet is needed.
- 4.5.2.5 Certain foods like dried beans, cabbages, cauliflower, radishes may be omitted if these cause distress.
- 4.5.2.6 Limit foods with little nutritive value such as gelatin desserts, clear broth and carbonated beverages.
- 4.5.2.7 Include liberal amounts of fruits and vegetables for dietary fiber
- 4.5.2.8 Encourage plenty of fluids

4.6

**Soft Diet:** The soft diet follows the normal diet pattern but is modified in consistency. It is designed for patients who are physically or psychologically unable to tolerate the normal diet. Foods allowed are those easy to digest, such as fruits and vegetables with low cellulose content, and meat with little or no tough connective tissue like elastin. Thorough cooking, cutting, mashing, pureeing and removal of skin and seeds from fruits and vegetables and gristle and elastin from meats can increase the digestibility of these foods. Depending on the diet with vitamins and minerals is recommended if the diet is used for prolonged period.

4.6.1 **Indication for Use:**

- 4.6.1.1 Post – operative cases when patient can tolerate solid food but not normal diet.
- 4.6.1.2 Fevers and mild infections
- 4.6.1.3 Gastro – intestinal disturbances
- 4.6.1.4 Convalescence.
- 4.6.1.5 Transition from fluid to regular diet.

4.6.2 **Food Selection Guide**

Food Group	Allowed	Avoided
<b>Vegetables</b>	WELL-COOKED: carrots, beans, squash, peeled eggplant without seeds	All raw: strongly-flavored, high fiber like cabbage, matured beans, etc.
<b>Fruits</b>	Ripe mango, banana, grapes without skin and seeds, juices, canned or cooked; pared apples, peaches, etc.	All Raw except those on allowed
<b>Milk and Beverage</b>	All except as interdicted by physician	
<b>Rice and Substitute</b>	Soft cooked rice, well-cooked refined cereals, white breads, plain cookies, noodles, potatoes and tubers without skin.	Whole grain cereals and products like brown bread, graham crackers; whole kernels corn, corn meal or grits.
<b>Meat, fish or substitute</b>	Boiled, baked or broiled fish, tender, ground or minced beef, liver lean meat, chicken; canned corned beef sausages, egg cooked in anyway except fried, cheese.	Meat with excessive fat and connective tissues; deep fried and highly spiced canned or cured meats, fish or poultry; sharp or spicy cheese spread.
<b>Fat</b>	Butter, margarine, mayonnaise, cream, smooth peanut butter.	All other including nuts and fried or greasy foods.
<b>Sugar</b>	In moderation: plain candies, jellies, jam, and marmalade made from allowed fruits, syrups.	Excessive amounts
<b>Dessert</b>	Plain cakes, cookies, puddings, custards, gelatin, ice cream, others made from allowed foods.	Those made with foods not allowed as fibrous and seeded fruits and nuts, rich pastries and desserts.

4.7 **Liquid Diet**

4.7.1 **Clear Liquid Diet:** This diet is made up of clear liquid foods which leaves no residue in the gastro – intestinal tract. It is non – distending, non – irritating, non – stimulating to peristaltic action. The diet also called non – residue diet. It is intended to supply fluid and energy food in a form that requires minimal digestion. It is used to relieve thirst, to provide fluid for prevention of dehydration, to minimize stimulation of gastrointestinal tract, and to serve as initial feeding after surgery or intravenous feeding. The diet is very in adequate nutritionally in all respects and its use should therefore be limited to 24 to 48 hours . Otherwise parenteral feeding is recommended.

4.7.1.1 **Indication for Use:**

- 4.7.1.1.1 Pre-operative and post-operative cases with normal GIT motor function.
- 4.7.1.1.2 Acute diarrhea, as initial diet.
- 4.7.1.1.3 Vomiting, if tolerated
- 4.7.1.1.4 Intestinal obstruction.

- 4.7.1.1.5 Acute phase of fevers and infections before diagnosis.
- 4.7.1.1.6 Acute inflammatory conditions of the gastrointestinal tract.
- 4.7.1.1.7 When it is necessary to reduce fecal material.

4.7.1.2 Daily Food Plan and Selection Guide:

Food Group	Amount	Allowed
<b>Fruit</b>	6 exchanges	Strained juices only
<b>Egg white and gelatin</b>	As allowed by physician	
<b>Sugar and Sweets</b>	10 tbsp.	Table sugar, syrup, honey lactose, corn syrup, Hard candy
<b>Beverages</b>	As desired	Black coffee and tea; ginger ale and non – carbonated soft drinks
<b>Soup</b>	As desired	Fat free meat, fish or chicken broth.

4.8 **Full Liquid Diet:** The full liquid diet is an allowance of foods which are liquid or which readily become liquid at body temperature. When carefully planned, the diet may be made adequate in energy value and protein and therefore can be used for several days. However, prophylactic supplementation with vitamins and minerals especially vitamin A and Iron, is recommended. The diet is given in six or more feedings per day.

4.8.1 **Indication for Use:**

- 4.8.1.1 Post – operative cases.
- 4.8.1.2 Fevers and infections, when solid foods cannot be tolerated.
- 4.8.1.3 Difficulty in swallowing as in fractured jaw and after oral surgery.
- 4.8.1.4 Lesion in the mouth and gastro – intestinal tract.
- 4.8.1.5 Transition from clear liquid to soft or normal diet

4.8.2 Daily Food Plan and Selection Guide:

Food Group	Amount	Allowed
<b>Vegetable</b>	1 exchange	Pureed or as juice.
<b>Fruit</b>	5 exchanges	Pureed or as juice.
<b>Milk</b>	3 exchanges	All, unless lactose intolerant in which case, use low lactose formula
<b>Rice or substitute</b>	3 exchanges	Strained cereal gruels, cornstarch, and refined flour as thickener in soup, sauces and custards.
<b>Meat, fish or substitute</b>	3 exchanges	Soft- cooked egg, pureed and strained meat, fish, and chicken.
<b>Fat</b>	3 teaspoon	Cream, butter or margarine
<b>Sugar</b>	8 tbsp.	Plain hard candy, honey, sugar to sweetened beverages and desserts.
<b>Dessert</b>	As desired, made from allowed food	Soft or baked custard, plain gelatin. Ice cream, sherbet, ices, plain pudding
<b>Soup</b>	As desired	Broth; strained cream, meat or vegetables soup
<b>Beverage</b>	As desired	Coffee, tea, cocoa, soft drinks

4.9 **Cold Liquid Diet**

- 4.9.1 This is used after tonsillectomy, dental extraction, or other minor operations on the mouth and throat.
- 4.9.2 All liquids are served cold or iced. Sharp and sour fruit juices and hot soups are not given as they may cause pain and bleeding of the operated area.

4.10 **Bland Diet (CAP – Free Diet)**

- 4.10.1 A bland diet provides foods that are not irritating to the digestive tract and do not increase acid production in the stomach.
- 4.10.2 CAP stands for: C = caffeine; A = Alcohol, P = Pepper
- 4.10.3 Stimulating foods containing CAP are to be avoided.
- 4.10.4 Avoid foods that have caffeine, alcohol and pepper.
- 4.10.5 Eat regularly.
- 4.10.6 Eat in a relaxed manner
- 4.10.7 Manage stress. It can overly increase gastric secretion.
- 4.10.8 Observe your tolerance for eating. Since food effects vary from one person to another, master your digestive system. Fresh fruits and vegetables, whole cereals, nuts and grains may negatively affect some patients.
- 4.10.9 Avoid spicy foods like instant noodles, chips, spicy nuts, sauces and fatty food. They can cause discomfort and irritation.

4.11 **High Fiber Diet:** A modified balanced diet with higher fiber content. This is effected by including more fruits, nuts, vegetables and whole grains in meal preparation. Fiber, the “forgotten nutrient”, is also called or roughage, its helpful effects never change. It helps reduce the amount of fats and sugar in the bloodstream. It makes the elimination of waste products faster thus preventing constipation. Fish, milk, meat and eggs contain no fiber. Fiber can only be taken from fruits, nuts, vegetables, cereals, whole grains, and legumes. The more the food is in its natural forms (unrefined), the higher is its fiber content. Processing – reduces fiber content.

- 4.11.1 **Some tips on High – Fiber Diet**
  - 4.11.1.1 Establish a regular eating schedule
  - 4.11.1.2 Eat 3 good meals daily with breakfast as the heaviest and supper as the lightest.
  - 4.11.1.3 Take time to enjoy you’re your food
  - 4.11.1.4 Use unrefined foods instead of processor or refined products.
  - 4.11.1.5 Substitute meat and fish with legumes and nuts.
  - 4.11.1.6 Include leafy vegetables in meals as much and as frequent as possible.
  - 4.11.1.7 Increase fluid intake. Drink 8 to 10 glasses of water daily between meals.
  - 4.11.1.8 Eat fruits, vegetables, cereals and grains with seeds, skin and membrane when possible.
  - 4.11.1.9 Avoid apple, banana, guava, star apple and the likes if you have constipation. Instead, eat papaya, pineapple, prunes, oranges (whole segment), and watermelon. Include a variety of foods from meal to meal.
  - 4.11.1.10 Avoid tea, coffee, alcoholic and carbonated beverages.

4.12 **Enteral Alimentation (Tube Feeding)**

- 4.12.1 Purpose:
  - 4.12.1.1 Tube feedings are indicated as means of nourishment when normal swallowing has been inhibited or interfered with as in:
    - 4.12.1.1.1 Difficulty with sucking and/or swallowing with demonstrated risk of aspiration.
    - 4.12.1.1.2 Anomalies: Cleft palate, Esophageal Atresia, Tracheoesophageal Fistula, other GI tract anomalies
    - 4.12.1.1.3 Neurologic Disorder.
    - 4.12.1.1.4 Head and neck surgery

- 4.12.1.5 Mandibular fractures.
- 4.12.1.6 Severe comatose or unconscious state.
- 4.12.1.7 Trauma or paralysis of oral pharyngeal cavity.
- 4.12.1.8 When nutrient needs cannot be met orally: Anorexia, weight loss, growth failure, inadequate nutrient intake, hyper metabolic states, chronic non – specific diarrhea, short gut syndrome.
- 4.12.1.9 Other GI problems.

4.12.2 Adequacy:

- 4.12.2.1 The adequacy of a tube feeding is dependent on the product used and the quantity provided. Refer to product information chart and consult with a Registered Dietician for specific information. Standard and modified (e.g. concentrated, diluted, fortified, etc) formulas must be analyzed by Registered Dietitian to assure the adequacy of calorie, carbohydrate, protein, vitamin, mineral and fluid content.

4.12.3 Diet Ordering:

- 4.12.3.1 All orders for tube feeding must include the following information:
  - 4.12.3.1.1 Formula(s)
  - 4.12.3.1.2 Formula volume per feeding (ml only) and total formula volume/ 24 hours (ml only).
  - 4.12.3.1.3 Frequency of feedings (Sig): include administration times
  - 4.12.3.1.4 Total calories per 24 hours.
  - 4.12.3.1.5 Additives (Carbohydrate or Protein powders, etc.: Amount added to each feeding in tablespoons, teaspoons, milliliters, or ounces and total amount per 24 hours).
  - 4.12.3.1.6 Tube Type (G.T., N.G. or J.J.)
  - 4.12.3.1.7 Feeding Method: Pump (including administration rate), Bolus or Gravity (number of minutes per feeding).
  - 4.12.3.1.8 Flushes (feeding and medication) before, after or both
  - 4.12.3.1.9 Type of system: closed or open.

4.13 **High Calorie Diet:** Allows food and drink with an energy value of 50 to 100 percent above the calorie requirement or above the actual food intake. The increase is based on the body's need of energy reflected in your physician's diet prescription.

- 4.13.1 Increase total food intake by making bigger servings or adding snacks to make a high – calorie diet.
- 4.13.2 Eat between meals if you are not used to eating much during regular mealtimes.
- 4.13.3 Choose nutritious and wholesome foods for snacks.
- 4.13.4 Choose nutritious drinks like fruit juices, fruits shakes, milk and milk shakes. Avoid coffee, tea, alcoholic beverages soft drinks.
- 4.13.5 Make food presentation and table setting more appealing and nice
- 4.13.6 Consider tips on how to improve appetite.
- 4.13.7 Establish a regular eating habit.
- 4.13.8 Eat a heavy breakfast, a moderate lunch and a light supper.
- 4.13.9 Eat food of the right kind, at the right time and interval, in the right amount and in the right condition of mind. Eating in a relaxed atmosphere is ideal.
- 4.13.10 Have at least a 5 hours interval between meals for digestion to be efficient. Last meal of the day should be taken at least 3 hours before sleeping.
- 4.13.11 Eat more fresh fruits.
- 4.13.12 Eat at least one serving of dark green leafy vegetables a day.
- 4.13.13 Eat more unrefined, unprocessed foods.
- 4.13.14 Avoid tea, coffee, alcoholic and carbonated beverages (soft drinks).
- 4.13.15 Drink at least 6 glasses of water a day between meals.

4.13.16 Include a variety of foods each meal  
 4.13.17 Take time to enjoy your food. Do not hurry.

4.14 **High Protein Diets:** A high protein diet is an allowance of food and drink which provides 1.5 grams of protein or more per kilogram of body weight per day or where the protein is increased to 50 – 100 percent above the normal allowance. Its aim is to meet increased needs or replace proteins lost from the body. The caloric value of the diet is usually increased in order to ensure the maximum utilization of dietary protein or to minimize the catabolism of body proteins as energy source. For ease of planning and service, the extra foods necessary to increase the protein intake are given in addition to the basic Normal Diet in the form of snacks and or extra portions at lunch and supper.

4.14.1 **Indication for Use:**

- 4.14.1.1 Protein Deficiency.
- 4.14.1.2 Before and After surgery when a normal diet can be tolerated.
- 4.14.1.3 Hyper catabolic conditions (e.g. injury, burn, fever and infections) when a full diet can be tolerated.
- 4.14.1.4 Hepatitis, portal cirrhosis (no impending hepatic coma).
- 4.14.1.5 Nephrosis, chronic nephritis with albuminuria and hypoproteinemia.
- 4.14.1.6 Convalescence from a catabolic illness.

4.14.2 **Daily Food Plan**

To Be Added To Normal Diet	80 Gm Protein Diet	100gm Protein Diet
Milk	2 exchanges	2 exchanges
Meat and Fish		2 exchanges

4.15 **Low Protein Diet:** This diet provides about 30 grams of protein per day, two – thirds of which is high in biologic value. Sufficient calories are provided for the maximum utilization of the limited dietary protein and to prevent or minimize tissue breakdown. This is achieved with the liberal use of carbohydrates and fat. Cereals, beans and nuts are used in limited amounts as this contains significant levels of low biologic value proteins. The diet is low in B – vitamins and iron.

4.15.1 **Ordering Information:**

- 4.15.1.1 In ordering the diet, the amount of protein desired should be given on the prescription. Diets with less than 30 grams of protein require a reduction of rice and an increase of sugar or fat. Such a diet is unacceptable to most patients.
- 4.15.1.2 Chronic renal failure with impaired renal function without hypertension.
- 4.15.1.3 Advanced liver disease with hepatic insufficiency
- 4.15.1.4 Take note of salad dressing and sauces. These are usually fat – rich. Avoid coffee, tea, alcoholic beverages and soft drinks. Drink 6 to 8 glasses of water a day between meals.

4.16 **Low – Cholesterol Diet:** A balanced diet limiting food choices to only those with little or no cholesterol. This diet is planned so that cholesterol intake is no more than 300 mg per day. Because dietary fibers have been shown to have a cholesterol lowering effect, this is often prescribed. A patient prescribed with a low cholesterol diet will benefit from a vegetarian diet. **Note:** Cholesterol is important to the body, but is not a dietary essential since the human body can produce its own cholesterol needs from carbohydrates, proteins & fats taken in through foods. In fact, “taking in cholesterol”, from foods is not necessary because it often leads to hypercholesterolemia or increased blood level of cholesterol. Cholesterol can only be found in animal sources. Plants do not produce it. Rich sources include egg yolk, fatty meats, internal organs, etc. Cholesterol usually abounds in fat of animal foods.

- 4.16.1 Avoid foods high in cholesterol. This includes pork, shellfish, fat-rich dairy products and internal organs as heart, liver, kidney, brain, sweetbreads and animal fats.
- 4.16.2 Limit all cooked meat (lean meat, poultry) up to a maximum of 2 exchanges per day. Cut off fatty portions of meat.

- 4.16.3 Use plant proteins (beans, nuts, legumes) as often as possible in place of meat. By nature, they do not contain cholesterol.
- 4.16.4 Use sparingly polyunsaturated (liquid at room temperature) fats such as corn oil, soybean oil and peanut oil. These plant oils are cholesterol – free but are fat – rich.
- 4.16.5 Avoid egg and egg products like leche flan, rich cakes and rich desserts. Use egg white only; only the yolk has cholesterol. A yolk contains an average 240 mg cholesterol. Boil – pan or oven – broil, or bake food. Skim the fat off stews and soups. Avoid gravies. Eat fruits.
- 4.17 **Low Fat Diet:** A low fat diet allows a minimal amount of dietary fat which comprises 15% of the total calorie requirement of the person. The normal fat percentage is 20 to 35% of total calorie requirement per day. This diet is prescribed to persons with liver disorder, gall bladder problem, hyperlipidemia (increased blood lipid level), & heart disease. This is not a NO – fat diet but a low fat diet. A right amount of fat is important in the body's use of the fat-soluble vitamins A, D, E, and K.
  - 4.17.1 Avoid fatty meats, animal fats, and animal skin.
  - 4.17.2 Substitute meat with fish or with legume and grain combinations.
  - 4.17.3 Eat more unrefined or unprocessed foods
  - 4.17.4 Increase vegetable and fruit intake except avocado. Avocado is rich in fat.
  - 4.17.5 Eat fruits instead of rich cakes and sweets for desserts.
  - 4.17.6 Drink fruit juices instead of full cream milk, milk shakes, malted milk and chocolate drinks.
  - 4.17.7 Use and drink only soymilk, skim, low fat or non-fat milk. Whole milk and full cream milk products such as cheese and ice cream are fat-rich.
  - 4.17.8 Boil, bake, & broil as often as desired. Limit frying and sautéing. (In a meal, you may have fried dish if the rest is cooked without fat or you may have sautéed dish with little oil. However, the rest must be fat-free).
  - 4.17.9 Deep fry rather than fry with little oil when frying is unavoidable. In deep frying, the food absorbs less oil (when it is hot) than frying with little oil. Place fried foods over paper towels to reduce oiliness.
  - 4.17.10 Sauté once in a while provided just enough oil is used to sauté onion and garlic.
  - 4.17.11 Prefer plain rice over fat-rich bakery products.
  - 4.17.12 Eat regularly. A 3-meal-a-day diet is recommended. Eating between meals encourages intake of fat-rich snack foods.
  - 4.17.13 Eat a good, heavy breakfast and a light supper always.
  - 4.17.14 Minimize dining out. Commercial food preparations are generally rich in fats, salt, spices and sugar. Choose low fat soups like vegetable soup. Limit creamy soups. Avoid bulalo.
  - 4.17.15 Drink at least 6 to 8 glasses of water a day between meals.
  - 4.17.16 Include a variety of foods each meal.
  - 4.17.17 Take time to enjoy your food
- 4.18 **Diabetic Diet:** Basically it is a balanced diet measured to provide the number of exchanges or servings based on the individual's caloric requirement. Serving sizes are dictated by the Food Exchange List. Not only the amount but the kind of foods and regularity of meals are considered. Concentrated sweets and simple carbohydrates are avoided. The diabetic diet is high in fiber and low in fat.
  - 4.18.1 Avoid sugar and high-sugar containing food items such as candies, sweets, soft drinks, rich desserts, chocolates, sweetened juices, ice creams, cakes.
  - 4.18.2 Increase your fiber intake by including a generous amount of leafy vegetables daily in your diet.
  - 4.18.3 Use legumes and whole grains more than processed meat alternatives. They will help increase dietary fiber and contain no cholesterol.
  - 4.18.4 Limit fruits to 3 exchanges per day. The fresher the better. Processing and refining make natural sugars in fruits more readily absorbable which may lead to rapid rise in blood sugar. Drink a cup of low fat milk a day.
  - 4.18.5 Avoid coffee, tea, alcoholic beverages including wine and liquor. Drink 6 to 8 glasses of water a day between meals. Apply the low salt and low fat diets, and low-cholesterol diet suggestions. Diabetes may lead to hypertension and hypercholesterolemia when uncontrolled.

4.18.6 Rather than rich desserts which are high in fats and "eggs". Eat more fruits, vegetables, unrefined cereal (egg, Oatmeal and unpolished rice), nuts and grains. High-fiber diet helps in lowering blood cholesterol. Drink 6 to 8 glasses of water daily in addition to fresh juices. Avoid milk shakes, chocolate drinks, coffee, tea, alcoholic beverages. Keep a regular 3-meal-a-day schedule. Eat a heavy breakfast, a moderate lunch and a light supper. Do not overeat.

4.19 **Low Salt Diet:** Some foods naturally contain sodium. A low salt diet allows the use of such foods plus not more than 1 teaspoon of salt in food preparation per day. Sodium is concentrated in table salt (sodium chloride), vetsin (monosodium glutamate), preservatives (sodium sulfate, sodium benzoate), baking soda and baking powder (sodium bicarbonate). These items are not included in the 2000 mg sodium allowance.

4.19.1 Limit the use of hidden sodium such as vetsin, preservatives, baking soda & powder, meat tenderizer.

4.19.2 Enjoy the natural flavor of unsalted foods.

4.19.3 Avoid (sauce) and table salt. Food seasoned with little salt is better than unseasoned food served with separate sauce.

4.19.4 Eat fresh, natural food instead of processed (canned, smoked, cured) ones.

4.19.5 Avoid salted fish (dried fish).

4.19.6 Have fresh fruits instead of baked products for dessert

4.19.7 Eat plain rice rather than bread, fried seasoned rice, instant rice, instant noodles & other instant cereals.

4.19.8 Avoid commercial chips and crackers. They are high in salt

4.19.9 Minimize dining out. Regular commercial menus have more seasonings which are high in sodium.

4.19.10 Read labels. Sodium can be found in food, water, medicines, toothpastes and mouthwashes.

4.19.11 Reduce sodium in the diet, gradually.

4.19.12 Eat more fresh fruits instead of rich desserts

4.19.13 Avoid tea, coffee, alcoholic and carbonated beverages (soft drinks)

## 5. MATERIALS AND EQUIPMENT:

5.1 N/A

## 6. RESPONSIBILITIES:

6.1 Dietary Services Staff

6.2 Physicians

## 7. APPENDICES:

7.1 N/A

## 8. REFERENCES:

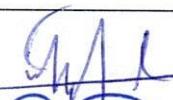
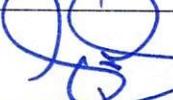
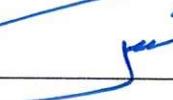
8.1 Medical Nutrition Therapy Book

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8.3 Dietary Guidelines for Saudis, General Directorate of Nutrition, 2012

8.4 General Directorate of Health Affairs (Al – JOUF), Maternity & Children's Hospital [JF - MCH], Kingdom of Saudi Arabia, 1434.

9. APPROVALS:

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