

Hospital Diet Order Options

NPO "Nothing by Mouth"

This diet is when you are not allowed to eat anything.

Clear Liquid

This diet is used before tests and before and after surgery.

It contains foods and beverages you can see through and are easy to digest.

Full Liquid

This diet includes all foods on the clear liquid diet as well as foods such as milk, ice cream, pudding and strained soups.

Texture Modified

This diet provides foods that are easier to chew or swallow.

Food may be diced, minced, mashed or pureed. Liquids may need to be thickened.

Cardiac

This diet limits salt, saturated fat, total fat and cholesterol. Choosing low-fat dairy products, lean meats and other foods lower in fat can help improve heart health.

Renal

This diet is used for those who have reduced kidney function and may limit minerals such as potassium, phosphorus, and sodium (salt). Avoid foods such as tomatoes, bananas, potatoes, and dairy. Fluid may also be limited.

Consistent Carbohydrate (Diabetic)

This diet allows a specific amount of carbohydrates at each meal. Limiting carbohydrate intake can help control blood sugar levels. Foods containing carbohydrates include bread, cereal, fruit and fruit juices, milk and desserts.