

Adult Diet Name	Definition
NPO	NPO “nil per os” or nothing by mouth. No meal trays or snacks are provided from Nutrition and Food Services. Concurrent tube feeding order is allowed.
Clear Liquid Diet	This diet provides visually clear and minimum residue liquids like juice, broth, tea and coffee. Caffeine is restricted only if specified. The diet provides 90g of carbohydrate distributed in three meals and is appropriate for patients with diabetes. This diet is nutritionally inadequate for patients of all ages.
Full Liquid Diet (Blenderized Liquid Diet)	This diet provides foods that are liquid or semi-liquid at room temperature and strained so that they can be consumed with a straw. A house selection provides 1800-2000 calories and approximately 4g of sodium.
Regular Diet	A well-balanced diet that contains a wide variety of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, fish and poultry and small portions of red meat. A house selection provides 1800-2000 calories and approximately 4g of sodium.
Vegetarian Diet	A well-balanced diet that contains a wide variety of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, dairy, and eggs. A house selection provides 1800-2000 calories and approximately 4g of sodium.
Vegan Diet	A well-balanced diet that contains a wide variety of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, and vegetable sources of protein. A house selection provides 1800-2000 calories and approximately 4g of sodium.
Carbohydrate Controlled Diet	A well-balanced diet that contains a wide variety of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups and protein sources. A house carbohydrate controlled diet provides approximately 1800 calories and approximately 200-250g of carbohydrate distributed in three meals per day. Snacks can be added by the dietitian to aid in blood glucose management. The amount of carbohydrate varies based on the specific calorie level ordered by the physician.
Cardiac	A well-balanced diet that contains a wide variety of options of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups and protein sources. The calorie distribution is 25-35% fat, 50-60% carbohydrate and approximate 15% protein. Cholesterol level is less than 300mg per day averaged over 7 days. Sodium content is between 2-3g daily.
Low Sodium Diet	A well-balanced diet that contains a wide variety of options of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups and protein sources. The calorie distribution is 25-35% fat, 50-60% carbohydrate and approximate 15% protein. Sodium content is between 2-3g daily.
Low Sodium Diet with Carbohydrate Control	This diet offers a well-balanced diet that contains a wide variety of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups and protein sources. The calorie distribution is 25-35% fat, 50-60% carbohydrate and approximate 15% protein. Cholesterol level is less than 300mg per day averaged over 7 days. Sodium content is 2-3g daily. Carbohydrate content is 200-250g distributed in three meals per day. Snacks can be added by the dietitian to aid in blood glucose management.
Renal Diet	This diet offers a variety of foods that provide approximately 2-3g of sodium, 2-3g of potassium and approximately 85g of protein per day. Dairy foods are limited to 2 servings per day to moderate phosphorous intake.
Renal Diet with Carbohydrate Control	This diet offers a variety of foods that provide approximately 2-3g of sodium, 2-3g of potassium and approximately 85g of protein per day. Dairy foods are limited to 2 servings per day to moderate phosphorous intake. Carbohydrate content is 200-250g distributed in three meals per day. Snacks can be added by the dietitian to aid in blood glucose management.
Dysphagia Pureed Diet	This diet consists of only pureed foods and liquids of desired consistency. Foods are blended and strained for a smooth consistency. The food requires no mastication. The meal plan consists of a pureed meat, mashed potatoes, vegetable purée, fruit purée, and pudding providing, approximately 1800 calories, 60-70g of protein and approximately 3g of sodium per day. Appropriate consistency of liquids is determined based on a swallow evaluation.
Dysphagia Ground Diet	This diet consists of foods that are mechanically altered by blending, chopping, grinding or mashing so that foods are easy to chew and swallow. Meats are moist. Vegetables are soft, well-cooked and diced finely. Starches include hot cereals and mashed potatoes. Pureed or well-cooked diced fruits are offered. Appropriate consistency of liquids is determined based on a swallow evaluation.

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Dysphagia Soft Chewable Diet	This diet consists of foods that are easily chewed and swallowed. Meats are tender cooked with no pieces larger than ¼ inch, well-cooked vegetables less than ½ inch pieces. Starches include moistened dry cereals, pancakes moistened with syrup, and soft cooked pastas. Fruits offered are soft, well-cooked and fresh soft bananas or strawberries. Appropriate consistency of liquids is determined by the based on a swallow evaluation.
Soft Diet	This diet is the Regular Diet with soft fruit, well cooked vegetables and entrée selections for ease of mastication. Includes choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, fish and poultry and small portions of red meat. A typical selection provides 1800-2000 calories and approximately 4g of sodium.
Low Lactose Diet	A well-balanced diet that contains a wide variety of solids and liquids. Restricts lactose containing foods. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, fish and poultry and small portions of red meat. A typical selection provides 1800-2000 calories and approximately 4g of sodium.
Gluten Free Diet	A well-balanced diet that contains a wide variety of solids and liquids. Restricts gluten-containing foods. Offers choices that promote intake of gluten free pasta, potatoes, rice, fresh fruit and vegetables, homemade soups, fish and poultry and small portions of red meat. A typical selection provides 1800-2000 calories and approximately 4g of sodium.
Kosher Diet	UCSF Medical Center does not have a Kosher kitchen. Nutrition and Food Services personnel will consult with the patient and/or family to accommodate patient's religious preference within UCSF resources. The meal service provides packaged and sealed entrees that are purchased from a certified Kosher food vendor. The diet provides approximately 1800-2000 calories and approximately 4g of sodium. Meat and dairy are not served at the same meal.
Low Residue Diet	This diet restricts high fiber foods and lactose-containing foods. Vegetables and lean meats are well cooked. Grains are refined, fruit is canned or cooked. Milk is lactose-free. A house selection provides 1800-2000 calories and approximately 4g of sodium.
GVHD Clear Liquid Diet (Graft vs. Host Disease Phase A)	This diet is the first diet in a series of three designed as a trial diet to evaluate tolerance to oral intake following a period of bowel rest for acute gastrointestinal GVHD, a complication of bone marrow or stem cell transplantation. Liquids are selected to minimize gastric irritation and gut stimulation. There are three phases of the diet. All phases may need to be supplemented with nutrition support to meet energy and nutrient requirements.
GVHD Diet (Graft vs. Host Disease Phase B)	This diet is the second in a series of three designed as a trial diet to evaluate tolerance of solid foods for acute gastrointestinal GVHD, a complication of bone marrow or stem cell transplantation. Solid and liquid foods are selected to minimize gastric irritation and gut stimulation. There are three phases of the diet. All phases may need to be supplemented with nutrition support to meet energy and nutrient requirements.
GVHD Phase C Diet (Graft vs. Host Disease Phase C)	The diet continues to be bland, low fiber, low fat. Because this diet is the most liberalized of the three diets, it is geared towards discharge planning. Lactose-containing foods may be allowed on this diet.
Fluid Restriction	Fluids on the meal trays are limited to the amount ordered by the provider. The fluid content of solid foods is not included in the estimation of total fluid intake. Liquid nutrition supplements are provided as ordered by the provider and are not considered as part of the fluid restriction. Nutrition and Food Services will generally provide half of the fluid restriction volume on meal trays and snacks. The other half is reserved for nursing care.
Gestational Diabetes Diet	A house gestational diabetes diet provides approximately 2000 calories and approximately 225-240g of carbohydrate distributed in three meals per day and three snacks. Only one carbohydrate exchange for either milk or fruit is included per meal or snack. The amount of carbohydrate and meal plan can be customized based on the specific calorie level ordered by the physician.
Low Iodine	This diet consists of fresh fruits, plain steamed vegetables, plain cooked meats, and plain grains such as rice and oats. Restricts foods prepared with iodized salt and foods high in naturally occurring iodine. This diet is limited in variety, low in sodium and given on a temporary basis to patients receiving radioactive iodine therapy.
Low Tyramine	This diet provides foods low in tyramine for patients on monoamine oxidase

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	inhibitor drugs. Restricts foods high in tyramine (aged and fermented foods). Offers a variety of food choices that promote intake of whole grains, fresh fruits and vegetables, homemade soups and protein sources.
Sugar-Free Clear Liquid Diet	This diet provides visually clear and minimum residue liquids like both, tea, and coffee. Juices, -gelatins, and broths have 1 gram of carbohydrate or less per serving. This diet provides less than 5 grams of carbohydrate per meal. This diet is nutritionally inadequate for patients of all ages.
Neuro Full Liquid Diet	This diet provides only commercially pre-thickened liquids of either nectar or honey consistency. No other foods will be sent on the tray. This diet is nutritionally inadequate for patients of all ages.

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Clear Liquid Diet	This diet provides visually clear and minimum residue liquids like juice, broth, tea and coffee. Caffeine is restricted only if specified. The diet provides 90g of carbohydrate distributed in three meals and is appropriate to use for patients with diabetes. This diet is nutritionally inadequate for patients of all ages.
Full Liquid Diet (Blenderized Liquid Diet)	This diet provides foods that are liquid or semi-liquid at room temperature and strained so that they can be consumed using a straw. A house selection provides 1800-2000 calories and approximately 4g of sodium.
Pediatric Diet	A well-balanced diet that contains a wide variety of solids and liquids. Food choices are appropriate for age-specific needs and preferences. Includes choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, fish and poultry and small portions of red meat. A house selection provides 1800-2000 calories and approximately 4g of sodium.
Baby Chopped (for developmental ages 2-3years)	A well-balanced diet that contains a wide variety of solids and liquids. Food choices are appropriate for age specific needs and preferences. Includes choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, fish and poultry and small portions of red meat. Foods are cooked soft and chopped into bite size pieces. Foods considered a choking risk are excluded.
Vegetarian Diet	A well-balanced diet that contains a wide variety of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, dairy, and eggs. A house selection provides 1800-2000 calories and approximately 4g of sodium.
Vegan Diet	A well-balanced diet that contains a wide variety of solids and liquids that a patient can select from. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, and vegetable sources of protein. A house selection provides 1800-2000 calories and approximately 4g of sodium.
Pediatric, Type I DM Diet	A well-balanced diet that contains a wide variety of solids as well as liquids. Food choices are appropriate for age specific needs and preferences. Includes choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups, fish and poultry and small portions of red meat. A house selection provides 1800-2000 calories and approximately 4g of sodium. Carbohydrate grams are listed on the patient tray tickets for ease of insulin dose estimation by the patient or parent.
Cardiac	A well-balanced diet that contains a wide variety of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups and protein sources. The calorie distribution is 25-35% fat, 50-60% carbohydrate and approximate 15% protein. Cholesterol level is less than 300mg per day averaged over 7 days. Sodium content is between 2-3g daily.
Low Sodium Diet	A well-balanced diet that contains a wide variety of solids and liquids. Offers choices that promote intake of whole grains, fresh fruit and vegetables, homemade soups and protein sources. The calorie distribution is 25-35% fat, 50-60% carbohydrate and approximate 15% protein. Sodium content is between 2-3g daily.
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Ketogenic	The ketogenic diet consists of approximately 70% to 90% of energy from fat, with the remaining energy coming from protein and carbohydrate. The diet is used only in pediatrics with close supervision by the keto diet dietitian and pediatric neurology. Foods included: Cream, fats, meat, egg, low carbohydrate vegetables. Grains, fruit and vegetables are limited to small portions. The diet is inadequate in vitamins and minerals.