



MENU GUIDE

SYSCO CORPORATION
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MENU GUIDE

Overview

This Menu Guide is designed as a resource to implement and manage the IMPAC Program. It is updated periodically based on current literature and program enhancements.

Please note the following:

- ⌘ The American Dietetic Association (ADA) Manual for Clinical Dietetics, 6th Edition (2000) and the ADA Nutrition Care Manual are the primary references used for this manual. This menu guide is not intended to replace the use of the ADA's Clinical Manuals as a standard resource within the foodservice operation, but is to be used in conjunction with this and other resources.
- ⌘ Exchange Lists for Meal Planning (2003) developed by The American Diabetic Association and the ADA is used for all calorie-controlled diet types. Meal patterns are established to ensure the appropriate distribution of nutrients throughout the day and can be referenced on Page 45. Modifications to diabetic diets may be made with a Registered Dietitian's approval at the facility level.
- ⌘ Diet descriptions and abbreviations found on the IMPAC Reports begin on page 1.
- ⌘ A total of 18 diet types are planned for the national IMPAC Program. Each Menu Set has a maximum of 15 "House" Diet Types available; although, some facilities may have less than the maximum 15. To help control dietary production costs, as well as promote menu compliance, it is recommended that ONLY the "house" diets be used in physician's orders. Providing this information to facility nursing staff as well as physicians increases awareness of appropriate diet orders.
- ⌘ IMPAC uses a standard naming pattern for all entree recipes throughout the menu program, excluding sandwiches. Within the name of a recipe the ounces of edible protein is identified. For example "BAKED FISH 3OZ SCR"; the recipe name indicates that this baked fish recipe contains 3oz edible protein per portion. On the diet spreadsheets, the amount to serve may be slightly higher. For example, BAKED FISH 3OZ SCR requires 4oz of fish to meet the requirement of 3 ounces edible protein. As a reminder, 1 ounce of edible protein is approximately 7 grams of protein. IMPAC counts edible protein as protein

derived from HBV (High Biological Value) protein sources such as meat, poultry, fish, dairy, and eggs.

- ⌘ The IMPAC Program follows a “liberalized” philosophy. This menu planning philosophy is supported in the literature and by the ADA’s 2005 position statement, “It is the position of the American Dietetic Association (ADA) that the quality of life and nutritional status of older residents in long-term care facilities may be enhanced by liberalization of the diet prescription. The association advocates the use of qualified dietetics professionals to assess and evaluate the need for medical nutrition therapy according to each person’s individual medical condition, needs, desires and rights.” This 2005 ADA Position statement is available on ADA’s website <http://www.eatright.org>. The Position Paper may be found in its entirety on page 67 in this Menu Guide.
- ⌘ The IMPAC Program adopted a liberal philosophy for two important reasons: **(1)** to promote the guidelines established by the ADA and the American Diabetic Association. These associations have determined that moderation is the key to successful dietary regimens. **(2)** To reduce foodservice production by giving the regular version of a recipe to all diet types as long as diet integrity is maintained. Computerized nutrient analysis is used to determine if Regular recipes are appropriate for therapeutic/modified diets. When applicable the diet liberalization eliminates menuing diet versions.
- ⌘ **State regulations vary.** Your Consultant Dietitian can ensure that your facility menus comply with your state regulations and survey practices. It is the facility’s responsibility to have the menu reviewed by appropriate personnel to ensure that the menu is applicable for the facility’s population.
- ⌘ The ADA Manual of Clinical Dietetics, 6th Edition, ADA Nutrition Care Manual, Exchange Lists for Meal Planning, and National Dysphagia Diet, Standardization for Optimal Care may be purchased from ADA at their website, www.eatright.org or at the ADA’s Publication tollfree number, 800-366-1655.

STANDARD LONG TERM CARE DIET ORDER DESCRIPTIONS

Regular (REG)	This diet requires no dietary modification or restriction.
Mechanical Soft (MECH)	This diet consists of soft foods that are easy to chew and swallow. Bread must be served with margarine. Meats are ground or chopped, based on resident tolerance. The reference for this diet is the National Dysphagia Diet Level 3.
Puree (PU)	Follows the regular diet when possible and menu items are pureed. Specific recipes are available and typically incorporate food thickeners. The Puree diet reference is the National Dysphagia Diet Level 1.
Low Fat/ Low Cholesterol (LFLC)	The regular menu is followed with substitutions for foods high in fat and/or cholesterol. Egg substitute and skim milk are served. The goal total fat content per day is 60 gm/less than 30% total calories. Cholesterol intake is limited to less than 300 mg per day.
No Added Salt (NAS) (4000 mg – 6000 mg sodium per day)	The regular menu is served. Table salt is not served. A salt substitute should be served by physician's order only.
2 Gram Sodium (NA-2)	The total sodium intake does not exceed 2000 mg +/-200 mg per day. A salt substitute should be served with physician's order only.
Renal (RENAL)	Provides approximately 80+gm protein, 2 gm of sodium and 2 gm of potassium. Fluid is restricted to 32 oz (4 cups or 960 cc) beverages per day and soup is not included for this diet.
Reduced Concentrated Sweets (RCS)	This diet follows the regular diet; however, regular desserts are served only when carbohydrate content does not exceed 30 g per serving. Beverages are sugar free. An artificial sweetener replaces the sugar packet.
Controlled Carbohydrate Diet (CCHO)	Provides approximately 60 ± 15 g of carbohydrates at breakfast, lunch and dinner and 15-30 g at the HS Snack. Beverages are sugar free. An artificial sweetener replaces the sugar packet.
Calorie Controlled (1500) (1800) (1200) (2000)	Daily meal patterns for 1200, 1500, 1800, 2000 calories based on the <u>Exchange Lists for Meal Planning, 2003</u> .
1800 cal/2 gm Sodium	Follows the same meal pattern as the standard calorie controlled diets. High sodium foods are excluded and total sodium does not exceed 2000 mg ± 200 mg per day.

STANDARD LONG TERM CARE DIET ORDER DESCRIPTIONS

High Fiber (HI-FIB)	This diet is the regular diet with an emphasis on fiber-rich food sources including fiber-enhanced juice, fruits, wheat bread, and whole grain cereals.
High Calorie/HighProtein (HI-PRO)	This diet incorporates additional protein into the regular diet by adding one or all of the following: 1) an additional ounce of edible protein per meal, 2) 24 oz milk/day and 3) an HS snack of a high-protein milkshake.
Dysphagia (DYSPH)	This diet is a guide for patients requiring modified food textures to enhance chewing and swallowing abilities. It is based on the <i>National Dysphagia Diet Level 2</i> . Individual resident tolerance must be considered and menu adjusted, if needed, at the facility level.
Finger Food (FGRFD)	This diet follows the Regular Diet. Foods that may be eaten with minimal utensil involvement are included.

For all other diet types, refer to the ADA Manual for Clinical Dietetics and your Consultant Dietitian.

Menu Planning

The IMPAC menus for Long Term Care are based on the most recent recommendations made by the Food and Nutrition Board, Institute of Medicine, National Academies*. The Food and Nutrition Board has revised the 1989 Recommended Dietary Allowances (RDAs). The new Dietary Reference Intakes (DRI) will incorporate the RDA, as well as the Estimated Average Requirement (EAR), the Adequate Intake (AI), and the Tolerable Upper Intake Level (UL). The reference nutrient standard for IMPAC Menus is *Female, 51 – 70 Years*; however, when available, the amount recommended for *Female, 71 Years Plus* is also listed as a reference. See page 4.

The RDA, as well as the AI, are the recognized safe and adequate allowances for the maintenance of good health for 97 – 98% of the population. They are for healthy persons only; stress or malnutrition may increase nutrient needs and require appropriate evaluation by medical or nutritional personnel.

It is important to remember that the RDA and/or the AI are goals for average daily intake; however, the amount consumed may vary significantly from day to day without negative consequences.

In addition, nutritional information may not be reflective of the true nutrient content of the food item based on limited information received from product manufacturers.

*Trumbo, P, Schlicker, S, Yates, A, Poos, M. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids. *J Am Diet Assoc.* 2002;102:1621-1630.

**Dietary Reference Intakes
Recommended Intakes for Individuals
Food and Nutrition Board, Institute of Medicine, National Academies**

Nutrient	51- 70 Female Current DRI	71+ Female Current DRI
Calories* <i>kcal</i>		
Protein** <i>g</i>	46	46
Carbohydrate <i>g</i>	130 minimum	130 minimum
Vitamin A <i>g</i>	700	700
Vitamin D <i>g</i>	10	15
Vitamin E <i>mg</i>	15	15
Vitamin K <i>g</i>	90	90
Vitamin C <i>mg</i>	75	75
Thiamin <i>mg</i>	1.1	1.1
Riboflavin <i>mg</i>	1.1	1.1
Niacin <i>mg NE</i>	14	14
Vitamin B6 <i>mg</i>	1.5	1.5
Folate <i>g</i>	400	400
Vitamin B12 <i>g</i>	2.4	2.4
Calcium <i>mg</i>	1200	1200
Phosphorus <i>mg</i>	700	700
Magnesium <i>mg</i>	320	320
Iron <i>mg</i>	8	8
Zinc <i>mg</i>	8	8
Iodine <i>g</i>	150	150
Selenium <i>g</i>	55	55
Fiber <i>g</i>	21	21

* Calories requirements are individually determined based on height, weight, gender and activity level. In the Nutritional Analysis Report, the total calories of 1900 are listed as the daily goal. This is an arbitrary number to be used as a reference only. The resident may need fewer or more calories based on individual nutritional assessment.

** Protein requirements are shown to have a DRI of 46 g. Protein needs may also be determined by multiplying weight in kg by 0.8.

∇ This amount of carbohydrates is the minimum recommended. There is no stated maximum with the exception that added sugars should not comprise more than 25% of the daily calories.

The recommended distribution of daily calories for macronutrients are as follows:

Carbohydrate	45 – 65%
Protein	10 – 35%
Fat	20 – 35%

Regular Diet

The Regular Diet is designed to meet or exceed the cited recommendations by the Food and Nutrition Board as reported on page 4. The Regular Diet consists of a variety of food choices that will provide nutrients in adequate amounts for the majority of the population.

Individualizing the diet is particularly important for older adults in the long term care setting. A Dietitian or Dietetic Technician should evaluate each resident after admission. A nutritional assessment is necessary to develop specific diet order recommendations. An assessment may include, but is not limited to the following: current nutritional status; appropriate modifications in texture; resident food and beverage preferences; estimated needs for calories, protein and fluids; degree of independence for meal consumption; assessment of vitamin/mineral needs.

Ethnic, religious, and socioeconomic factors influence food habits, and affect the quality of life of older adults. These factors should be considered when planning meals and/or dietary modifications.

Alternate menu selections may need to be planned to help the foodservice staff accommodate individual food preferences.

Nutrient Guidelines

- ⌘ **Energy** needs decrease with age related to diminished lean body mass and physical activity. The Harris Benedict Equation may be used to estimate basal energy needs. Individualized assessment will incorporate an activity factor, an injury factor when applicable, as well as weight goals.
- ⌘ **Protein** needs are estimated at 0.8 g/kg body weight or 10-35% of total calories. Protein needs may increase related to pressure ulcers, labs indicative of depleted visceral protein stores, infection, trauma, or surgery. Risk factors associated with limited protein intake include chewing and swallowing difficulties, cognitive problems as well as self-restriction of various food items
- ⌘ **Carbohydrates** are one of the three main sources for energy. The dietary guideline for carbohydrates is 45-65% of total calories. Carbohydrates are found in fruits, vegetables, grains and milk. Choosing a variety of these foods can reduce the risk of chronic disease.

Nutrient Guidelines, continued

⌘ **Fat**

Provides essential fatty acids and a concentrated source of calories. The desire to significantly reduce fat intake in the older adult related to heart disease and other chronic illness warrants serious consideration and review of the risk vs. benefit in the restriction of the diet. Restricting the diet may negatively impact percent consumption depending on individual tolerance. Severe diet restriction may exacerbate the high risk of weight loss in the older adult population. Fat should provide 20 – 35% of total calories.

⌘ **Calcium**

Calcium recommendations have increased to 1200 mg/day for both men and women adults over the age of 50 years. This increase will help compensate for decreased absorption due to aging. Alone, an adequate calcium intake cannot prevent osteoporosis; however, it does play a role in the protection against bone loss in the disease. Supplementation may be warranted.

⌘ **Vitamin D**

Vitamin D recommendations increased with the most recent DRIs for men and women 51 years plus related to a decreased ability for the body to produce this vitamin during aging. In addition, many older adults are housebound and thus may have limited sun exposure that is necessary for Vitamin D synthesis. Vitamin D affects calcium metabolism and consequently bone resorption. Supplementation may be recommended by the physician.

⌘ **B Vitamins (6, 12 and folate)**

Adequate intakes of B6 and folate may reduce the risk of heart disease and stroke. Depleted B6 levels may have a negative affect on immunity in the elderly. B12 is not absorbed as well as the body ages and between 10 to 30% of older adults can no longer absorb Vitamin B12 found in food.

⌘ **Other Vitamins and Minerals**

The goal is to meet vitamin and mineral needs with food; however, at times, this is not a feasible goal and supplements may be warranted.

⌘ **Fluids**

Adults require at least 30cc fluid per kg body weight with a minimum of 1500cc per day. Fluid needs may increase related to fever, vomiting, diarrhea, or side effects of medications. To promote adequate fluid intake in the elderly, favorite fluids as well as assistance to drink the fluids may be needed. Certain diagnoses such as CHF, Renal Disease, or edema may affect fluid needs.

High Calorie/High Protein Diet

The High Calorie/High Protein Diet is based on the Regular Diet with additional protein sources. Estimated protein requirement for older adults is 0.8/kg body weight; however, protein needs may increase related to infection, pressure ulcers, surgery, trauma, or indicative lab values that reflect low visceral protein stores.

The American Dietetic Association Nutrition Care Manual states the recommended level of protein is 1-2 g/kg body weight/day. The IMPAC High Protein Diet typically incorporates an additional ounce of edible protein to each meal and 8 ounces of milk three times per day. A high-protein milkshake at HS may also be included in the nutritional analysis. Average daily protein cited above includes the protein provided by a daily high-protein shake.

High Fiber Diet

A High-Fiber Diet is used in the prevention or treatment of a number of gastrointestinal, cardiovascular, and metabolic disease including diverticular disease (except in acute phases or those associated with intestinal bleeding, perforation, or abscess), cancer of the colon, constipation, irritable bowel disease, hypercholesterolemia, diabetes mellitus, and obesity.

The High-Fiber Diet is a regular diet with an emphasis on fiber-rich food sources including fiber-enhanced juices, fruits, vegetables, whole-grain breads, and cereals. The American Dietetic Association Nutrition Care Manual states a high fiber diet includes 25-35g dietary fiber per day. Fiber contents of common foods are listed on pages 8 and 9.

Dietary Fiber Content of Common Foods*

High Fiber (5+g)	Medium Fiber (2 – 4 g)	Low Fiber (<2 g)
<i>Starchy Foods</i>		
<i>Breads</i>		
Fibread®, 1 sl	Bran muffin, 1 small Pumpnickel bread, 1 sl Rye bread, 1 sl Whole wheat, 1 sl Whole wheat bagel, ½ Whole wheat matzo, 1 Whole wheat pasta, ½ cup	Bagel, plain, ½ Biscuit, 1 small Bread stick, 2 English muffin, ½ Hamburger bun – ½ Kaiser roll – ½ Matzo (6"), 1 Dinner roll, 1 small White/cracked wheat bread – 1 sl
<i>Cereals (ready to eat)</i>		
All Bran®, 1/3 cup Bran Buds®, ½ cup Corn Bran®, ½ cup Fiber 1®, 1/3 cup 100% Bran®, 1/3 cup	Branflakes® (40%), ½ cup Grapenut Flakes®, ½ cup Puffed wheat, ½ cup Shredded Wheat®, 1 biscuit Shredded Wheat®, (bite size), 1/3 cup	Cheerios®, ¾ cup Rice Krispies®, 2/3 cup Special K®, 1 cup
<i>Cooked Cereals</i>		
Oat bran®, 1 cup Red River®, 1 cup	Oatmeal, 1 cup	Cream of Wheat®, 1 cup
<i>Grains</i>		
Barley, cooked, ½ cup	Bran, natural, 1 tbsp Brown rice, cooked, ½ cup Bulgar, kasha, dry, 2 tbsp Cooked, moist, ½ cup Cooked, 1/3 cup Wheat germ 1 tbsp	White rice, cooked, ½ cup
<i>Cookies/Crackers</i>		
Rye crackers, 1 triple	Graham crackers, 3 Oat cakes, 2 Triscuits, 3	Arrowroot, 3 Social teas, 4 Soda crackers, 6
<i>Pastas</i>		
Whole wheat pasta, 1 cup		Plain pasta, ½ cup
<i>Starchy Vegetables</i>		
Dried beans, peas, legumes, cooked, ½ cup Popcorn, air-popped, 3 cups	Corn, canned, whole kernel, ½ cup Corn-on-the cob, 1 small	Corn, canned, creamed, ½ cup Potato, whipped, no skin, ½ cup
		<i>Continued...</i>

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Dietary Fiber Content of Common Foods

High Fiber (5+g)	Medium Fiber (2 – 4 g)	Low Fiber (<2 g)
<p><i>Starchy Vegetables, cont.</i></p> <p>Fruits Apple, raw with skin, 1 medium Blackberries, ½ cup Blueberries, 1 cup Figs/dates, 10 Kiwi fruit, 2 medium Loganberries, 1 cup Mango, 1 medium Pear, raw, 1 medium Pears, canned, 1 cup Prunes, dried, 5 Prunes, stewed, ½ cup Raspberries, ½ cup</p> <p>Juices</p> <p>Vegetables Green peas, fresh, frozen, canned, ½ cup Snowpeas, 10 pods Swiss chard, cooked, 1 cup</p> <p>Nuts and Seeds Almonds, 1 oz</p>	<p>Potato, whole, cooked, with skin, ½ Sweet potato with skin, ½</p> <p>Apple, raw, no skin, 1 medium</p> <p>Orange, raw, 1 small Orange sections, ½ cup Pear sections, ½ cup Raisins, 2 tbsp Rhubarb, cooked, ½ cup Strawberries, 1 cup Tangerines, canned, ½ cup Tangerine, raw, 1 medium</p> <p>Prune juice, 1 cup</p> <p>Bean sprouts, ½ cup</p> <p>Beans, string, ½ cup Broccoli, fresh, frozen, or canned, ½ cup Brussels sprouts, ½ cup Carrots, raw, ½ cup Eggplant, ½ cup Parsnips, ½ cup Turnip, raw, ½ cup Vegetables, mixed, ½ cup</p> <p>Peanut butter, smooth, crunchy, 2 tbsp Peanuts (15), 1 oz Sesame seeds, whole, dried, 2 tbsp Sunflower seeds, with kernels, 2 tbsp</p>	<p>Potato, whole, no skin, ½</p> <p>Applesauce, 1 cup</p> <p>Apricots, canned, 3 halves Cantaloupe, ¼ Cantaloupe, pieces, 1 cup Cherries, canned, 1/3 cup Cherries, raw, 10 Grapefruit, raw, ½ Grapes, 1 cup Honeydew melon, 1 cup Mandarin oranges, canned, ½ cup Peaches, canned, ½ cup Peaches, raw, 1 medium Pineapple, canned, ½ cup Pineapple, raw, 1 slice Watermelon, 5" triangle Watermelon, pieces, 1 cup</p> <p>Grape, apple, orange, grapefruit juice, 1 cup Tomato, vegetable-based, 1 cup</p> <p>Asparagus, cooked, 6 spears</p> <p>Cabbage, raw, 1 cup Cauliflower, raw, ½ cup</p> <p>Celery, raw, ½ cup Cucumber, raw, ½ cup Mushrooms, raw, ½ cup Onions, raw, ½ cup Pepper, raw, 1 cup Tomatoes, canned or raw, 1 cup Zucchini, ½ cup</p> <p>Coconut, 2 tbsp</p> <p>Walnuts, 2 tbsp</p>

Mechanical Soft Diet - Level 3 NDD

The Mechanical Soft Diet is based on the National Dysphagia Diet (NDD) Level 3 – Dysphagia Advanced. The diet is the least restrictive of the Dysphagia diets. The diet consists of foods that are easy to chew with varying textures. Please refer to the table on the following pages for a complete list of food groups permitted on this diet.

▲ Liquid consistencies are not considered for the IMPAC Menu.

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▲ Considerations for specific food items:

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- **Bread** - plain bread or rolls must be served with margarine which is noted on the diet spreadsheet; sandwiches must be served with a condiment spread on the bread
- **Cookies** – need to be soft and moist; the recipe provided includes a sugar cookie softened with milk; a soft moist convenience cookie is also appropriate
- **Corn** – restricted. The pureed corn that is planned for the three levels of the National Dysphagia Diet is commercially prepared pureed corn. This product is smooth and does not present a choking hazard to the resident.
- **Fried Potatoes and Potatoes with Peels** - the potato peel is restricted and mashed potatoes are served as the substitute
- **Meats, Fish, Poultry** – served ground, moist and with gravy; casseroles are ground and do not require gravy as they typically have liquids incorporated into the recipe and are moist. Fried meats are restricted.
- **Pineapple** - restricted from all three levels of the National Dysphagia Diet
- **Raisins and other dried fruits** – restricted from diet
- **Nuts, Raw Fruits and Vegetables** – restricted with the exception of banana and shredded lettuce
- **Toast** – restricted

▲ The National Dysphagia Diet Level 3 serves as a guideline for the IMPAC Mechanical Soft Diet. **Meals need to be modified to suit individual resident tolerance as determined by appropriate personnel at the facility level.** The resident's acceptance and tolerance of the diet determines the extent of texture modification. Individual preferences need to be considered when planning the patient meal.

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▲ The mechanical soft diet receives many of the same items as the Regular diet. Therefore, often the recipes for the Mechanical Soft diet do not print. Additional instructions for the Mechanical Soft diet may be found on the Regular recipe.

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*2003, American Dietetic Association. "National Dysphagia Diet: Standardization for Optimal Care pp17 - 19."

**NATIONAL DYSPHAGIA DIET
LEVEL 3: DYSPHAGIA ADVANCED*
(Mechanical Soft in IMPAC Menu)**

Food Groups	Recommended Food	Avoid
<u>Beverages</u>	Any beverages, depending on recommendations for liquid consistency.	
<u>Breads</u>	Any well-moistened breads, biscuits, muffins, pancakes, waffles, etc. Need to add adequate syrup, jelly, margarine, butter, ect., to moisten well.	Dry bread, toast, crackers, etc. Tough, crusty breads such as French bread or baguettes.
<u>Cereals</u> <i>Cereals may have ¼ cup milk or just enough milk to moisten if thin liquids are restricted.</i>	All well-moistened cereals.	Coarse or dry cereals such as shredded wheat or All Bran®
<u>Desserts</u>	All others except those on the Avoid list.	Dry cakes, cookies that are chewy or very dry. Anything with nuts, seeds, dry fruits, coconut, or pineapple. These foods are considered thin liquids and should be avoided if thin liquids are restricted: Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin or any foods that become thin liquid at either room (70F) or body temperature (98F).
<u>Fats</u>	All other fats except those on the Avoid list.	All fats with coarse, difficult-to-chew, or chunky additives such as cream-cheese spread with nuts or pineapple.

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NATIONAL DYSPHAGIA DIET
LEVEL 3: DYSPHAGIA ADVANCED *
(Mechanical Soft in IMPAC Menu)

Food Groups	Recommended Food	Avoid
<u>Fruits</u>	<p>All canned and cooked fruits.</p> <p>Soft, peeled fresh fruits such as peaches, nectarines, kiwi, mangos, cantaloupe, honeydew, watermelon (without seeds).</p> <p>Soft berries with small seeds such as strawberries.</p>	<p>Difficult to chew fresh fruits such as apples or pears.</p> <p>Stringy, high-pulp fruits such as papaya, pineapple, or mango.</p> <p>Fresh fruits with difficult-to-chew peels such as grapes.</p> <p>Uncooked dried fruits such as prunes and apricots.</p> <p>Fruit leather, fruit roll-ups, fruit snacks, dried fruits.</p>
<u>Meats, Meat Substitutes, Entrees</u>	<p>Thin-sliced, tender, or ground meats and poultry.</p> <p>Well-moistened fish.</p> <p>Eggs prepared any way.</p> <p>Yogurt without nuts or coconut.</p> <p>Casseroles with small chunks of meat, ground meats or tender meats.</p>	<p>Tough, dry meats and poultry.</p> <p>Dry fish or fish with bones.</p> <p>Yogurt with nuts or coconut.</p> <p>Chunky peanut butter.</p>
<u>Potatoes and Starches</u>	<p>All, including rice, wild rice, moist bread dressing, and tender, fried potatoes.</p>	<p>Tough, crisp fried potatoes.</p> <p>Potato skins.</p> <p>Dry bread dressing.</p>
<u>Soups</u>	<p>All Soups except those on the Avoid list.</p> <p>Strained corn or clam chowder. (May need to be thickened to appropriate consistency if soup is thinner than prescribed liquid consistency).</p>	<p>Soups with tough meats.</p> <p>Clam or corn chowder.</p> <p>Soups that have large chunks of meat or vegetables > 1 inch.</p>

**NATIONAL DYSPHAGIA DIET
LEVEL 3: DYSPHAGIA ADVANCED *
(Mechanical Soft in IMPAC Menu)**

Food Groups	Recommended Food	Avoid
<u>Vegetables</u>	All cooked, tender vegetables. Shredded lettuce.	All raw vegetables except shredded lettuce. Cooked corn. Nontender or rubbery cooked vegetables.
<u>Miscellaneous</u>	All seasonings and sweeteners. All sauces. Nonchewy candies without nuts, seeds, or coconut. Jam, jellies, honey, preserves.	Nuts, seeds, coconut. Chewy caramel or taffy-type candies. Candies with nuts, seeds, or coconut.

Dysphagia Diet – Level 2 NDD

The Dysphagia Diet is a transition from the pureed diet and requires the ability to chew and tolerate mixed textures. Foods are soft and moist. At times, pureed versions of the menu items must be served to ensure integrity of the Dysphagia Diet. The IMPAC Menu Program plans the Dysphagia Diet based on the National Dysphagia Diet Level 2: Dysphagia Mechanically Altered*.

Fluid consistencies for the Dysphagia Diet are not addressed in the IMPAC Program.

Considerations for specific food items:

- **Bread** – pureed
- **Cereal** – served moistened with milk as stated in the guidelines on the following page
- **Cookies** – pureed
- **Corn** – restricted. The pureed corn that is planned for the three levels of the National Dysphagia Diet is commercially prepared pureed corn. This product is smooth and does not present a choking hazard to the resident.
- **Fried Potatoes and Potatoes with Peels** - the potato peel is restricted and mashed potatoes are served as the substitute; served with sauce or a gravy
- **Meats, Fish, Poultry** – served ground, moist and with gravy; casseroles are ground and do not require gravy as they typically have liquids incorporated into the recipe and are moist. Fried meats are restricted.
- **Pineapple** - restricted from all three levels of the National Dysphagia Diet
- **Nuts, Raisins and other dried fruits** – restricted from diet
- **Raw Fruits and Vegetables** – restricted with the exception of banana

The National Dysphagia Diet Level 2 serves as a guideline for the IMPAC Dysphagia diet. **Meals need to be modified to suit individual resident tolerance as determined by appropriate personnel at the facility level.** The resident's acceptance and tolerance of the diet determines the extent of texture modification. Individual preferences should be considered when planning the patient meal.

*©2003, American Dietetic Association. "National Dysphagia Diet: Standardization for Optimal Care, pp 13 -16."

NATIONAL DYSPHAGIA DIET
LEVEL 2: DYSPHAGIA MECHANICALLY ALTERED*
(Dysphagia Diet in the IMPAC Menu)

Food Groups	Recommended Food	Avoid
<u><i>Beverages</i></u>	All beverages with minimal amounts of texture, pulp, etc. (Any texture should be suspended in the liquid and should not precipitate out). (May need to be thickened, depending on liquid consistency recommended).	
<u><i>Breads</i></u>	Soft pancake, well moistened with syrup or sauce. Pureed bread mixes, pregelled or slurried breads that are gelled through entire thickness.	All others
<u><i>Cereals</i></u> <i>Cereals may have ¼ cup milk or just enough milk to moisten if thin liquids are restricted. The moisture should be well-blended into food.</i>	Cooked cereals with little texture, including oatmeal. Slightly moistened dry cereals with little texture such as corn flakes, Rice Krispies®, Wheaties®, etc. Unprocessed wheat bran stirred into cereals for bulk.	Very coarse cereals that may contain flax seed or other seeds or nuts. Whole grain dry or coarse cereals. Cereals with nuts, seeds, dried fruit and/or coconut.
<u><i>Desserts</i></u>	Pudding, custard. Soft fruit pies with bottom crust only. Crisps and cobblers without seeds or nuts and with soft breading or crumb mixture. Canned fruit (excluding pineapple) Soft, moist cakes with icing or slurried cakes. Pregelated cookies or soft, moist cookies that have been "dunked" in milk, coffee or other liquid.	Dry, coarse cakes and cookies. Anything with nuts, seeds, coconut, pineapple, or dried fruit. Breakfast yogurt with nuts. Rice or bread pudding.

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NATIONAL DYSPHAGIA DIET
LEVEL 2: DYSPHAGIA MECHANICALLY ALTERED*
(Dysphagia Diet in the IMPAC Menu)

Food Groups	Recommended Food	Avoid
<u>Fats</u>	Butter, margarine, cream for cereal (depending on liquid consistency), gravy, cream sauces, mayonnaise, salad dressings, cream cheese, cream cheese with soft additives, sour cream, sour cream dips with soft additives, whipped toppings.	All fats with coarse or chunky additives.
<u>Fruits</u>	Soft drained canned or cooked fruits without seeds or skin. Fresh soft/ripe banana. Fruit juices with small amount of pulp. If thin liquids are restricted, fruit juices should be thickened to appropriate viscosity.	Fresh or frozen fruits. Cooked fruit with skin or seeds. Dried fruits. Fresh, canned, or cooked pineapple.
<u>Meats, Meat Substitutes, Entrees</u> <i>Meat pieces should not exceed ¼ inch cube and should be tender.</i>	Moistened ground or cooked meat, poultry, or fish. Moist ground or tender meat may be served with gravy or sauce. Casseroles without rice. Moist macaroni and cheese, well-cooked pasta with meat sauce, tuna-noodle casserole, soft moist lasagna. Moist meatballs, meat loaf, fish loaf. Protein salads such as tuna or egg without large chunks, celery, or onion. Cottage cheese, smooth, quiche without large chunks.	Dry meats, tough meats (such as bacon, sausage, hot dogs, bratwurst). Dry casseroles or casseroles with rice or large chunks. Cheese slices and cubes. Peanut butter. Hard-cooked or crisp fried eggs. Sandwiches. Pizza.

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NATIONAL DYSPHAGIA DIET
LEVEL 2: DYSPHAGIA MECHANICALLY ALTERED*
(Dysphagia Diet in the IMPAC Menu)

Food Groups	Recommended Food	Avoid
<p><u>Meats, Meat Substitutes, Entrees, cont.</u> <i>Meat pieces should not exceed ¼ inch cube and should be tender.</i></p>	<p>Poached, scrambled, or soft-cooked eggs (egg yolks should not be “runny” but should be moist and mashable with butter, margarine, or other moisture added to them). (Cook eggs to 160 F or use pasteurized eggs for safety.)</p> <p>Souffles may have small soft chunks.</p> <p>Tofu.</p> <p>Well-cooked, slightly mashed, moist legumes such as baked beans.</p> <p>All meats or protein substitutes should be served with sauces, or moistened to help maintain cohesiveness in the oral cavity.</p>	
<p><u>Potatoes and Starches</u></p>	<p>Well-cooked, moistened, boiled, baked, or mashed potatoes.</p> <p>Well-cooked shredded hash brown potatoes that are not crisp. (All potatoes need to be moist and in sauces.)</p> <p>Well-cooked noodles in sauce.</p> <p>Spaetzel or soft dumplings that have moistened with butter or gravy.</p>	<p>Potato skins and chips.</p> <p>Fried or french-fried potatoes.</p> <p>Rice.</p>
<p><u>Soups</u></p>	<p>Soups with easy to chew or easy to swallow meats or vegetables: particle sizes in soups should be <1/2 inch. (Soups may need to be thickened to appropriate consistency, if soup is thinner than prescribed liquid consistency.)</p>	<p>Soups with large chunks of meat and vegetables.</p> <p>Soups with rice, corn, peas.</p>

NATIONAL DYSPHAGIA DIET
LEVEL 2: DYSPHAGIA MECHANICALLY ALTERED*
(Dysphagia Diet in the IMPAC Menu)

Food Groups	Recommended Food	Avoid
<u>Vegetables</u>	All soft, well-cooked vegetables. Vegetables should <1/2 inch. Should be easily mashed with a fork.	Cooked corn and peas. Broccoli, cabbage, brussel sprouts, asparagus, or other fibrous, nontender or rubbery cooked vegetables.
<u>Miscellaneous</u>	Jams and preserves without seeds, jelly. Sauces, salsas, etc., that may have small tender chunks <1/2 inch. Soft, smooth chocolate bars that are easily chewed.	Seeds, nuts, coconut, sticky foods. Chewy candies such as caramel and licorice.

Pureed Diet – Level 1 NDD

The Pureed Diet follows the regular diet menu items whenever possible with the modification of pureeing the food item. Foods are modified to a consistency to that is “pudding-like.” The reference for the Pureed diet is Level 1 of the National Dysphagia Diet.*

Depending on individual choice and consumption, the diet can be nutritionally adequate. If conventional foods and beverages do not meet nutritional needs, a nutritional supplement may be appropriate.

Fluid consistencies for the Dysphagia diet are not addressed in the IMPAC Program.

Considerations for specific food items:

- **Bread** – pureed
- **Cereal** – hot cereal served
- **Corn** – restricted. The pureed corn that is planned for the three levels of the National Dysphagia Diet is commercially prepared pureed corn. This product is smooth and does not present a choking hazard to the resident.
- **Fried Potatoes and Potatoes with Peels**- the potato peel is restricted and mashed potatoes are served as the substitute; served with sauce or a gravy
- **Juice** – pulp-free; the IMPAC Menu specifies bases
- **Meats, Fish, Poultry** – served pureed with gravy; casseroles are ground and do not require gravy as they typically have liquids incorporated into the recipe and are moist. Fried meats are restricted.
- **Pineapple** - restricted from all three levels of the National Dysphagia Diet
- **Nuts, Raisins and other dried fruits** – restricted from diet
- **Raw Fruits and Vegetables** – restricted with the exception of banana

The National Dysphagia Diet Level 1 serves as a guideline for the IMPAC Puree diet. **Meals need to be modified to suit individual resident tolerance as determined by appropriate personnel at the facility level.** The resident's acceptance and tolerance of the diet determines the extent of texture modification. Individual preferences should be considered when planning the patient meal.

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**NATIONAL DYSPHAGIA DIET
LEVEL 1: DYSPHAGIA PUREED*
(Pureed Diet in the IMPAC Menu)**

Food Groups	Recommended Food	Avoid
<u>Beverages</u>	Any smooth, homogenous beverages without lumps, chunks, or pulp. Beverages may need to be thickened to appropriate consistency.	Any beverages with lumps, chunks, seeds, pulp, etc.
<u>Breads</u>	Commerically or facility-prepared pureed bread mixes, pregelled slurried breads, pancakes, sweet rolls, Danish pastries, French toast, etc., that are gelled through entire thickness of product	All other breads, rolls, crackers, biscuits, pancakes, waffles, French toast, muffins, etc.
<u>Cereals</u> <i>Cereals may have just enough milk to moisten.</i>	Smooth homogenous, cooked cereals such as farina-type cereals. Cereals should have a "pudding-like" consistency.	All dry cereals and any cooked cereals with lumps, seeds, chunks. Oatmeal.
<u>Desserts</u>	Smooth puddings, custards, yogurt pureed desserts and soufflés.	Ices, gelatins, frozen juice bars, cookies, cakes, pies, pastry, coarse or textured puddings, bread and rice pudding, fruited yogurt. These foods are considered thin liquids and should be avoided if thin liquids are restricted: Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin, or any foods that become thin liquids at either room (70F) or body temperature (98F).
Fats	Butter, margarine, strained gravy, sour cream, mayonnaise, cream cheese, whipped topping. Smooth sauces such as white sauce, cheese sauce or hollandaise sauce.	All fats with coarse or chunky additives.

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**NATIONAL DYSPHAGIA DIET
LEVEL 1: DYSPHAGIA PUREED*
(Pureed Diet in the IMPAC Menu)**

Food Groups	Recommended Food	Avoid
<p><u>Fruits</u></p> <p><u>Meats, Meat Substitutes, Entrees</u></p>	<p>Pureed fruits or well-mashed fresh bananas.</p> <p>Fruit juices without pulp, seeds, or chunks (may need to be thickened to appropriate consistency if thin liquids are restricted).</p> <p>Pureed meats.</p> <p>Braunschweiger.</p> <p>Souffles that are smooth and homogenous.</p> <p>Softened tofu mixed with moisture.</p> <p>Hummus or other pureed legume spread.</p>	<p>Whole fruits (fresh, frozen, canned, dried).</p> <p>Whole or ground meats, fish, poultry.</p> <p>Nonpureed lentils or legumes.</p> <p>Cheese, cottage cheese.</p> <p>Peanut butter unless pureed into foods correctly.</p> <p>Nonpureed fried, scrambled, or hard-cooked eggs.</p>
<p><u>Potatoes and Starches</u></p>	<p>Mashed potatoes or sauce, pureed potatoes with gravy, butter, margarine, or sour cream.</p> <p>Well-cooked pasta, noodles, bread dressing, or rice that have been pureed in a blender to smooth, homogenous consistency.</p>	<p>All other potatoes, rice, noodles.</p> <p>Plain mashed potatoes, cooked grains.</p> <p>Nonpureed bread dressing.</p>

**NATIONAL DYSPHAGIA DIET
LEVEL 1: DYSPHAGIA PUREED*
(Pureed Diet in the IMPAC Menu)**

Food Groups	Recommended Food	Avoid
<u><i>Soups</i></u>	Soups that have been pureed in a blender or strained. May need to be thickened to appropriate viscosity.	Soups that have chunks, lumps, etc.
<u><i>Vegetables</i></u>	<p>Pureed vegetables without chunks, lumps, pulp, or seeds.</p> <p>Tomato paste or sauce without seeds.</p> <p>Tomato or vegetable juice (may need to be thickened to appropriate consistency if juice is thinner than prescribed liquid consistency.)</p>	<p>All other vegetables that have not been pureed.</p> <p>Tomato sauce with seeds, thin tomato juice.</p>
<u><i>Miscellaneous</i></u>	<p>Sugar, artificial sweetener, salt, finely ground pepper, and spices.</p> <p>Ketchup, mustard, BBQ sauce, and other smooth sauces.</p> <p>Honey, smooth jellies.</p> <p>Very soft, smooth candy such as truffles.</p>	<p>Coarsley ground pepper and herbs.</p> <p>Chunky fruit preserves and seedy jams.</p> <p>Seeds, nuts, sticky foods.</p> <p>Chewy candies such as caramels or licorice.</p>

Low Fat/Low Cholesterol Diet

The Low Fat/Low Cholesterol Diet is designed to help reduce blood levels of cholesterol and triglycerides and is adapted from recommendations by the National Cholesterol Education Program. It is used in the prevention and treatment of coronary heart disease.

No more than 60g or less than 30% of the total calories is derived from fat. Less than 10% of total calories is from saturated fat. Carbohydrates provide 50%-60% of total calories, and protein provides 10%-20% of total calories. The diet contains less than 300 mg/day of cholesterol.

Foods rich in saturated fat include: meat and poultry fat; dairy products such as butter, whole milk, cheese, ice cream; palm oil; coconut oils; palm kernel oil; and cocoa butter.

Cholesterol is found in all products of animal origin including: dairy products, meat, fish, poultry, and egg yolks. Organ meats are particularly high in cholesterol.

Egg substitutes are served for breakfast. Whole eggs, which are allowed in cooking, are limited to 3 per week. Skim milk is served.

LOW FAT/LOW CHOLESTEROL DIET*

Food Group	Choose	Decrease
<u>Lean meat, poultry, fish, and alternatives <5-6 oz/day</u>	Beef, pork, lamb – lean cuts well trimmed before cooking	Beef, pork, lamb, regular ground beef, fatty cuts, spare ribs, organ meats
	Poultry without skin	Poultry with skin, fried chicken
	Fish, shellfish	Fried fish, fried shellfish
	Processed meat prepared from lean meat, e.g., lean ham, lean frankfurters, lean meat with soy protein or carrageenan	Regular luncheon meat, egg, bologna, salami, sausage, frankfurters
	Dry beans and peas	
<u>Eggs</u>	Low-fat tofu, tempeh; low-fat or nonfat meat analogs	
	Egg whites (two whites can be substituted for one whole egg in recipes), cholesterol-free egg sub	Egg yolks; includes eggs used in cooking and baking
<u>Low-fat dairy products</u> 2-3 servings/day	Milk-nonfat, ½% fat, or 1% fat (fluid, powdered, evaporated), buttermilk	Whole milk (fluid, evaporated, condensed), 2% fat milk, imitation milk
	Yogurt – nonfat or low-fat yogurt or yogurt beverages; 1% or nonfat soy or rice beverages	Whole-milk yogurt, whole-milk yogurt beverages
	Cheese – low-fat natural or processed cheese	Regular cheeses (American, blue, Brie, cheddar, Colby, Edam, Monterey Jack, whole-milk mozzarella, Parmesan, Swiss), cream cheese, Neufchatel cheese
		<i>Continued...</i>

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 Examples of Foods to Choose or Decrease for the Step I and Step II Diets. Used with permission.

LOW FAT/LOW CHOLESTEROL DIET

Food Group	Choose	Decrease
<u>Low-fat dairy products, continued</u>	Other low-fat or nonfat varieties, e.g., cottage cheese – low-fat, nonfat, or dry curd, e.g., 0%-2% fat	Cottage Cheese (4% fat)
	Frozen dairy dessert – low-fat or nonfat ice cream, frozen yogurt (low-fat or nonfat)	Regular ice cream
<u>Low-fat dairy products</u> <i>2-3 servings/day</i>	Low-fat coffee creamer; low-fat or nonfat sour cream	Cream, half & half, whipping cream, nondairy creamer, whipped topping, sour cream
	Unsaturated oils – safflower, sunflower, corn, soybean, cottonseed, canola, olive, peanut	Coconut, palm kernel, palm oil
<u>Fats and oils</u> <i><6-8 tsp/day</i>	Margarine – made from unsaturated oils listed above, light or diet margarine, especially soft or liquid forms	Butter, lard, shortening, bacon fat, stick margarine
	Salad dressings – made with unsaturated oils listed above, low-fat or fat-free varieties	Dressing made with egg yolk, cheese, sour cream, or whole milk
	Seeds and nuts – peanut butter, other nut butters	Coconut
	Cocoa powder	Milk chocolate
<u>Breads, cereals, rice, and pasta</u> <i>6 or more servings/day</i>	Breads – whole-grain bread, English muffins, bagels, buns, corn or flour tortillas	Breads in which eggs, fat, and/or butter are a major ingredient; croissants
	Cereals – oat, wheat, corn, multi-grain	Most granolas
	Pasta	
	Rice	<i>Continued...</i>

LOW FAT/LOW CHOLESTEROL DIET

Food Group	Choose	Decrease
<p><u>Breads, cereals, rice, and pasta</u> 6 or more servings/day</p> <p><u>Soups</u></p> <p><u>Vegetables</u> 3-5 servings/day</p> <p><u>Fruits</u> 2-4 servings/day</p> <p><u>Sweets and modified-fat desserts</u></p>	<p>Crackers – low-fat animal, graham, soda; breadsticks; melba toast</p>	<p>High-fat crackers</p>
	<p>Homemade baked goods using unsaturated oil, nonfat or 1% milk, and egg substitute – quick breads, biscuits, cornbread muffins, bran muffins, pancakes, waffles</p>	<p>Commercially baked pastries, biscuits</p>
	<p>Reduced or low-fat and reduced sodium varieties, e.g., chicken or beef noodle, minestrone, tomato, vegetable, potato; reduced-fat soups made with nonfat milk</p>	<p>Soups containing whole milk, cream, meat fat, poultry fat, or poultry skin</p>
	<p>Fresh, frozen, canned, without added fat or sauce</p>	<p>Vegetables fried or prepared with butter, cheese, or cream sauce</p>
	<p>Fruit – fresh, frozen canned, or dried</p>	<p>Fried fruit or fruit served with butter or cream sauce; avocados; olives</p>
	<p>Beverages – fruit-flavored drinks, lemonade, fruit punch</p>	
<p>Sweets – sugar, syrup, honey, jam, preserves; candy made without fat (candy corn, gumdrops, hard candy); fruit-flavored gelatin</p>	<p>Candy made with milk chocolate, chocolate, coconut oil, palm kernel oil, or palm oil</p>	
<p>Frozen desserts – low-fat and nonfat yogurt, low-fat or nonfat ice cream, sherbet, sorbet, fruit ice, Popsicles®</p>	<p>Ice cream and frozen treats made with regular ice cream</p>	
<p>Cookies, cake, pie, pudding prepared with egg whites, egg substitute, nonfat milk, or 1% milk, and unsaturated oil or margarine; ginger snaps; fig and other fruit bar cookies; fat-free cookies; angelfood cake</p>	<p>Commercially baked pies, cakes, doughnuts, high-fat cookies, cream pies</p>	

Sodium-Controlled Diets

The Sodium Controlled Diet may be used to manage hypertension in sodium-sensitive individuals, cardiovascular disease, impaired liver and kidney function and to help promote the loss of excess fluids in residents with edema or ascites.

A physician's order is required to serve a salt-substitute for a resident on a sodium-restricted diet.

The following pages provide a list of **High Sodium Foods** which provide more than 400 mg per serving. This chart is intended for reference and does not mandate diet planning.

No Added Salt

The No Added Salt Diet is based on the regular menu with the elimination of salt at the table. The goal total sodium content of the diet is 4000 to 6000 mg daily. This level of restriction is appropriate in long term care to maintain palatability and encourage consumption to maintain weight or prevent weight loss.

2 Gram Sodium

The 2 Gram Sodium Diet does not exceed 2000 mg (+/- 200mg) of sodium per day. Generally, regular versions of recipes and food items are incorporated into the sodium-controlled diets as long as the integrity of the diet is maintained. At times, the menu item does use a salt-free recipe to stay within the stated range of sodium. Guidelines for the 2 Gram Sodium Diet follow.

HIGH-SODIUM FOODS

Each item listed contains approximately 400 mg sodium and should be used sparingly in the 2 Gram Sodium Diet.

Miscellaneous items

- 1/4 tsp. Salt.
- 1 tsp. soy sauce
- 4 tsp. Worcestershire sauce
- 2 1/3 tbsp. Catsup
- 2 tbsp mustard, chili sauce, or barbecue sauce
- 4 2/3 tbsp tartar sauce
- 4 2/3 tbsp mayonnaise
- 4 tbsp Thousand Island salad dressing
- 3 tbsp Russian salad dressing
- 2 tbsp French salad dressing
- 1 1/3 tbsp Italian salad dressing
- 4 medium, 3 extra large, or 2 giant green olives (16 g)
- 4 tbsp sweet pickle relish (60 g)

Meat items:

- 1 small hot dog
- 1 slice lunch meat
- 3 slices bacon
- 1 1/2 oz. cooked pork sausage
- 1 1/2 oz. ham or corned beef
- 1 1/2 oz. regular canned tuna
- 3 oz. regular canned salmon
- 1 1/2 oz. regular canned crab
- 3/4 cup cottage cheese
- 2 oz. Cheese
- 1/4 of 12-inch thin-crust cheese pizza

Bread, cereal, dessert group items

- 20 pretzels, small
- 2 twisted, medium pretzels
- 1 Dutch or soft pretzel

Vegetable items

- 2 servings (1/2 cup each) regular canned vegetables
- 1/3 cup canned regular sauerkraut, drained
- 1/2 large dill pickle (30 g)
- 1 oz (approximately 20) potato chips

Soup items

(All soups listed are canned soups diluted and equal amounts of water.)

- 2/3 cup beef broth or vegetarian vegetable
- 1/2 cup bisque of tomato, clam chowder (Manhattan style), chicken gumbo, cream of asparagus, cream of celery, tomato rice, or tomato
- 1/3 cup cream of mushroom

GUIDELINES FOR 2 GRAM SODIUM DIET*

Food Category	Allowed	Excluded or Limited
<u>Beverages</u>	Milk (limit to 16 oz daily), buttermilk (limit to 1 cup); eggnog; all fruit juices; low-sodium, salt-free vegetable juices; low-sodium carbonated beverages	Malted milk, milkshake, chocolate milk; regular vegetable or tomato juices; commercially softened water used for drinking or cooking
<u>Breads and cereals</u>	Enriched white, wheat, rye, and pumpernickel bread, hard rolls, and dinner rolls; muffins, cornbread, and waffles; most dry cereals, cooked cereal without added salt; unsalted crackers and breadsticks; low-sodium or homemade bread crumbs	Breads, rolls, and crackers with salted tops; quick breads; instant hot cereals; pancakes; commercial bread stuffing; self-rising flour and biscuit mixes; commercial bread crumbs or cracker crumbs
<u>Desserts and sweets</u>	All; desserts and sweets made with milk should be within allowance	Instant pudding mixes and cake mixes
<u>Fats</u>	Butter or margarine; vegetable oils; unsalted salad dressings, regular salad dressings limited to 1 tbsp (15 ml); light, sour, and heavy cream	Regular salad dressings containing bacon fat, bacon bits, and salt pork; snack dips made with instant soup mixes or processed cheese
<u>Fruits</u>	Most fresh, frozen, and canned fruits	Fruits processed with salt or sodium containing compounds, e.g. some dried fruits
<u>Meats and meat substitutes</u>	Any fresh or frozen beef, lamb, pork, poultry, fish, and shrimp; canned tuna or salmon, rinsed; eggs and egg substitutes; low-sodium cheese; regular yogurt; low-sodium peanut butter; dried peas and beans; frozen dinners (≤ 500 mg or 22 mmol sodium/serving)	Any smoked, cured, salted, koshered, or canned meat, fish, or poultry including bacon, chipped beef, cold cuts, ham, hot dogs, sausage, sardines, anchovies, crab, lobster, imitation seafood, marinated herring, and pickled meats
		<i>Continued...</i>

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GUIDELINES FOR 2 GRAM SODIUM DIET

Food Category	Allowed	Excluded or Limited
<u>Meats and meat substitutes, continued</u>		Frozen breaded meats; pickled eggs; regular hard and processed cheese, cheese spreads and sauces; salted nuts
<u>Potatoes and potato substitutes</u>	White or sweet potatoes; squash; enriched rice, barley, noodles, spaghetti, macaroni, and other pastas cooked without salt; homemade bread stuffing	Commercially prepared potato, rice, or pasta mixes; commercial bread stuffing
<u>Soups</u>	Low-sodium commercially canned and dehydrated soups, broths, and boullions; homemade broth and soups without added salt and made with allowed vegetables; cream soups within milk allowance	Regular canned or dehydrated soups, broths, or bouillon
<u>Vegetables</u>	Fresh, frozen vegetables and low-sodium canned vegetables	Regular canned vegetables, sauerkraut, pickled vegetables, and others prepared in brine; frozen vegetables in sauces; vegetables seasoned with ham, bacon, or salt pork
<u>Miscellaneous</u>	Salt substitute with physician's approval; pepper, herbs, spices; vinegar, lemon, or lime juice; hot pepper sauce; low-sodium soy sauce (1 tsp or 5 ml); low-sodium condiments (catsup, chili sauce, mustard); fresh ground horseradish; unsalted tortilla chips, pretzels, potato chips, popcorn, salsa (2 tbsp, 30 ml)	Any seasoning made with salt including garlic salt, celery salt, onion salt, and seasoned salt; sea salt, rock salt, kosher salt; meat tenderizers; monosodium glutamate; regular soy sauce, barbecue sauce, teriyaki sauce, steak sauce, Worcestershire sauce, and most flavored vinegars; canned gravy and mixes; regular condiments; salted snack foods; olives

Renal Diet

The Renal Diet is intended for residents with End-Stage Renal Disease requiring hemodialysis or peritoneal dialysis treatment. The diet is high in protein with limited sodium, potassium, phosphorus, and fluids.

Fluids are typically restricted in this population; however, specific fluid restrictions must be determined on an individual basis. At breakfast, the menu provides 8 oz of milk, 8 oz of coffee or tea and 4 oz of juice. At lunch, dinner, and HS Snack a 4 oz beverage is provided. Soup is not planned for the renal diet.

The following recommendations from the National Renal Diet, Professional Guide, Second Edition* are the guidelines used for the Renal Diet. The majority of the macro and micronutrients have specific ranges specified according to ideal body weight (IBW) or adjusted weight/day. Because the goals for the nutrients are individualized based on resident's weight and lab values, the goals stated for this diet are strictly guidelines that are used in menu planning. Further individualization must be determined at the facility level by appropriate personnel.

- ☒ Protein 1.1 – 1.4 g/kg IBW or adjusted weight /day; \geq 50% High Biological Value
IMPAC Goal: 80+ g
- ☒ Energy 30 –35 kcal/kg IBW or adjusted weight/day \geq 60 years
35 kcal/kg IBW or adjusted weight/day if <60 years
- ☒ Phosphorus Individualized or <17 mg/kg IBW or adjusted weight/day
IMPAC Goal: 800 – 1200 mg
- ☒ Sodium Individualized or 2,000 – 3,000 mg/day
IMPAC Goal: 2000 mg
- ☒ Potassium Individualized or 40mg/kg IBW or adjusted weight/day
IMPAC Goal: 2000 mg
- ☒ Fluid 500 – 960 ml/day plus urine output
IMPAC Goal: 32 oz or 960 ml/day
- ☒ Calcium Individualized, approximately 1,000 mg/day

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P 2.

Renal Diet, continued

Food Lists for End Stage Renal Disease begin on page 33. These lists are intended as a reference. For IMPAC, the foods that are typically restricted in the Renal Diet are the High Potassium Foods and High Sodium Foods; however, the menu planning philosophy is to permit foods as long as diet integrity is maintained.

The average sodium or potassium amount in the cycle (35 days) does not exceed 2000 mg (+/- 200mg) per day. Reference for potassium levels of fruits and vegetables may be found on page 37. Coffee and tea are served at breakfast only. Fats and concentrated carbohydrates are used to increase calories.

The Renal Diet planned in IMPAC is intended for residents requiring hemodialysis or peritoneal dialysis treatments therefore the protein is not restricted. If a reference is needed for a more protein-restricted renal diet, refer to the ADA Manual of Clinical Dietetics, 6th edition.

In general, reducing the portion sizes of the following items listed will provide closer to 60 g of total protein:

1. Breakfast – reduce egg to $\frac{1}{4}$ cup and milk to $\frac{1}{2}$ cup (difference of ~11g of protein)
2. Lunch – reduce lunch entrée by 1 oz edible protein (difference of ~7 g protein)

There are many variables that must be considered when providing a Renal Diet. Any changes made to the Renal Diet should be approved by appropriate personnel and of course be reflective of the physician's order.

Food Lists for End Stage Renal Disease, Hemodialysis*

Milk and Dairy Choices

Average per choice; 4 g protein, 120 kcal, 80 mg sodium, 185 mg potassium, 110 mg phosphorus

Milk (fat-free, low-fat, whole)	1/2 cup
Alterna®	1 cup
Buttermilk, cultured	1/2 cup
Chocolate milk	1/2 cup
Light cream or half and half	1/2 cup
Ice milk or ice cream	1/2 cup
Yogurt, plain or fruit-flavored	1/2 cup
Evaporated milk	1/4 cup
Cream cheese	3 tbsp
Sour cream	4 tbsp
Sherbet	1 cup
Sweetened condensed milk	1/4 cup

Nondairy Milk Substitutes

Average per ounce: 0.5 g protein, 140 kcal, 40 mg sodium, 80 mg potassium, 30 mg phosphorus.

Dessert, nondairy frozen	1/2 cup
Dessert topping, nondairy frozen	1/2 cup
Liquid nondairy creamer, polyunsaturated	1/2 cup

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Meat Choices

Average per ounce: 7g protein, 65 Kcal, 25mg sodium, 100 mg potassium, 65 mg phosphorus.

Prepared without added salt

Beef	
Round, sirloin, flank, cubed, T-bone and porterhouse steak; tenderloin, rib, chuck and rump roast; ground beef or ground chuck	1 oz
Pork	
Fresh ham, tenderloin, chops, loin roast, cutlets	1 oz
Lamb	
Chops, leg, roasts	1 oz
Veal	
Chops, roasts, cutlets	1 oz
Poultry	
Chicken, turkey, Cornish hen, domestic duck and goose	1 oz
Fish	
All fresh and frozen fish	1 oz
Lobster, scallops, shrimp, clams	1 oz
Crab, oysters	1 1/2 oz
Canned tuna, canned salmon (unsalted)	1 oz
Sardines (unsalted)	1 oz
Wild game	
Venison, rabbit, squirrel, pheasant, duck, goose	1 oz
Egg	
Whole	1 large
Egg white or yolk	2 large
Low-cholesterol egg product	1/4 cup
Chitterlings	2 oz
Organ meats*	1 oz

Prepared with added salt

Beef	
Deli-style roast beef#	1 oz
Pork	
Boiled or deli-style ham#	1 oz
Poultry	
Deli-style chicken or turkey#	1 oz
Fish	
Canned tuna, canned salmon#	1 oz
Sardines#	1 oz
Cheese	
Cottage#	1/4 cup

#High in sodium

Should be used in limited quantities:

- Bacon
- Frankfurters, bratwurst, Polish sausage
- Lunch meats including bologna, braunschweiger, liverwurst, picnic loaf, salami, summer sausage
- All cheeses except cottage cheese

Continued...

Starch Choices

Average per choice: 2 g protein, 90 kcal, 80 mg sodium, 35 mg potassium, 35 mg phosphorus

Breads and Rolls

Bread (French, Italian, raisin, light rye, sourdough white)	1 slice (1 oz)
Bagel	1/2 small (1 oz)
Bun, hamburger or hot dog type	1/2
Danish pastry or sweet roll, no nuts	1/2 small
Dinner roll or hard roll	1 small
Doughnut	1 small
English muffin	1/2
Muffin, no nuts, bran or whole-wheat	1 small (1 oz)
Pancake*	1 small
Pita or pocket bread	1/2 6-in
Tortilla, corn or	2 6-in
Flour	1 6-in
Waffle*	1 small (1 oz)

Cereals and Grains

Cereals, ready to eat, most brands#	3/4 cup
Puffed rice	2 cups
Puffed wheat	1 cup
Cooked cereal	
Cream of rice or wheat, farina,	1/2 cup
Malt-O-Meal®	
Oat bran or oatmeal, Ralston®	1/3 cup
Corn meal, cooked	3/4 cup
Grits, cooked	1/2 cup
Flour, all-purpose	2 1/2 tbsp
Pasta (noodles, macaroni, spaghetti),	1/2 cup
Cooked	
Pasta made with egg (egg noodles),	1/3 cup
Cooked	
Rice, white or brown, cooked	1/2 cup

Crackers and Snacks

Crackers (saltines, round butter)	4
Graham crackers	3 squares
Melba toast	3 oblong
RyKrisp®#	3
Popcorn, plain	1 1/2 cups popped
Tortilla chips	3/4 oz (9 chips)
Pretzels#, sticks or rings	3/4 oz (10 sticks)

Desserts

Cake, angelfood	1/20 cake or 1 oz
Cake	2 X 2-in square or 1 1/2 oz
Sandwich cookies*	4
Shortbread cookies	4

Continued...

*High phosphorus and sodium

#High sodium

Starch Choices

Desserts, *continued*

Sugar cookies	4
Sugar wafers	4
Vanilla wafers	10
Fruit pie (apple, berry, cherry, peach)	1/8 pie
Sweetened gelatin	1/2 cup

High in low-quality protein and phosphorus--should be used rarely and in limited quantities.

Bran cereal or muffins, Grape-Nuts®,
granola cereal or bars
Boxed, frozen, or canned meals, entrees, or side dishes
Pumpnickel, dark rye, whole-wheat or oatmeal breads
Whole-wheat crackers
Whole-wheat cereals

Continued...

VEGETABLE AND FRUIT CHOICES

Vegetables--Average per choice: 1 g protein, 25 kcal, 20 mg phosphorus, 15 mg sodium.
Prepared or canned without added salt.

Fruits--Average per choice: 0.5 g protein, 70 kcal, 15 mg phosphorus.

All portions are 1/2 cup unless otherwise indicated.

Low Potassium 0-100 mg K+	Medium Potassium 101 - 200 mg K+	High Potassium 201 - 350 mg K+
Alfalfa sprouts (1 cup) Bamboo shoots, canned Beans, green or wax Bean sprouts Cabbage, raw Chinese cabbage, new Chard, raw Cucumber, peeled Endive Escarole Lettuce, all varieties (1 cup) Pepper, green, sweet Water chestnuts, canned Watercress Applesauce Blueberries Cranberries (1 cup) Cranberry juice cocktail (1 cup) Grape juice Lemon (1/2) Papaya nectar Peach nectar Pears, canned Pear nectar	Artichoke Broccoli Cabbage, cooked Carrots (1 small raw) Cauliflower Celery, raw (1 stalk) Collards Corn (or 1/2 ear) † Eggplant Kale Mushrooms, canned or fresh Mustard greens Onions Peas, green † Radishes Snow peas † Spinach, raw Squash, summer Turnip greens Turnips Apple (1 small, 2 1/2-in diameter) Apple juice Apricot nectar Blackberries Cherries, sour or sweet Figs, canned Fruit cocktail Grapes (15 small) Grapefruit (1/2 small) Grapefruit juice Gooseberries Lemon juice Mango Papaya Peach, canned Peach, fresh (1 small, 2-in diameter) Pineapple, canned or fresh Plums, canned or fresh (1 medium) Raisins (2 tbsp) Raspberries Rhubarb Strawberries Tangerine (2 1/2-in diameter) Watermelon (1 cup)	Asparagus † (5 spears) Avocado (1/4 whole) Beets Brussels sprouts † Celery, cooked Kohlrabi Mushrooms †, fresh cooked Okra † Parsnips † Pepper, chili Potato †, boiled or mashed Pumpkin Rutabagas Tomato (1 medium) Tomato juice, unsalted Tomato juice, regular # Tomato puree (2 tbsp) Tomato sauce (1/4 cup) Vegetable juice cocktail, unsalted Vegetable juice cocktail, regular # Bamboo shoots, ** fresh cooked Beet greens ** (1/4 cup) Chard, ** cooked Potato, ** baked (1/2 medium) Potato, ** hash browned Potato chips ** (1 oz or 14 chips) Spinach, cooked † ** Sweet potato † ** Tomato paste † (2 tbsp) Winter squash † (1/4 cup) Apricots, canned or fresh (2 halves) Apricots, dried (5) Banana ** (1/2 medium) Cantaloupe (1/8 small) Dates (1/4 cup) Figs, dried (2 whole) Honeydew melon (1/8 small) Kiwifruit (1/2 medium) Nectarine (1 small, 2-in diameter) Orange juice Orange (1 small, 2 1/2-in diameter) Pear, fresh (1 medium) Prune juice ** Prunes, ** dried or canned (5)

Very high sodium

** Very high potassium - ≥ 300 mg/serving.

† High phosphorus > 40mg/serving

Fat Choices

Average per choice: trace protein, 45 kcal, 55 mg sodium, 10 mg potassium, 5 mg phosphorus

Unsaturated Fats

Margarine	1 tsp
Reduced-calorie margarine	1 tbsp
Mayonnaise	1 tsp
Low-calorie mayonnaise	1 tbsp
Oil	
Safflower, sunflower, corn, soybean olive, peanut, canola	1 tsp
Salad dressing, Mayonnaise-type	2 tsp
Salad dressing, oil-type	1 tbsp
Low-calorie salad dressing (mayonnaise-type)	2 tbsp
Low-calorie salad dressing (oil-type)	2 tbsp
Tartar sauce	1 1/2 tsp

Saturated Fats

Butter	1 tsp
Coconut	2 tbsp
Powdered coffee whitener	1 tbsp
Solid shortening	1 tsp

High-Calorie Choices

Average per choice: trace protein, 100 kcal, 15 mg sodium, 20 mg potassium, 5 mg phosphorus.

Beverages (count within fluid allowance)

Carbonated beverages	1 cup
Fruit flavors, root beer, colas or pepper type*	
Cranberry juice	1 cup
Cocktail	
Fruit-flavored drink	1 cup
Kool-Aid®	1 cup
Limeade	1 cup
Lemonade	1 cup
Tang®	1 cup
Wine**	1/2 cup

*High phosphorus $\geq 20\text{mg/serving}$

** Check with physician for recommendation regarding alcohol

Frozen Desserts (count within fluid allowance)

Fruit ice	1/2 cup
Juice bar (3 oz)	1 bar
Popsicle® (3 oz)	1 bar
Sorbet	1/2 cup

Candy and Sweets

Candy corn	20 pieces or 1 oz	Butter mints	14
Gumdrops	15 small	Fruit Chews	4
Hard Candy	4 pieces	Chewy Fruit Snacks	1 pouch
Jellybeans	10	Fruit Roll-Ups®	2
LifeSavers®/cough drops	12	Cranberry sauce or relish	1/4 cup
Marshmallows	5 large		
Honey	2 tbsp		
Sugar, brown or white	2 tbsp		
Jam/jelly	2 tbsp		
Sugar, powdered	3 tbsp		
Marmalade	2 tbsp		
Syrup	2 tbsp		

Salt Choices

Average per choice: 250 mg sodium

Salt	1/8 tsp
Seasoned salts (onion, garlic)	1/8 tsp
Accent®	1/4 tsp
Barbecue Sauce	2 tbsp
Bouillon	1/3 cup
Catsup	1 1/2 tbsp
Chili Sauce	1 1/2 tbsp
Dill Pickle	1/6 large or 1/2 oz
Mustard	4 tsp
Olives, green	2 medium or 1/3 oz
Olives, black	
Soy Sauce	3/4 tsp
Steak Sauce	2 1/2 tbsp
Sweet Pickle Relish	2 1/2 tbsp
Taco Sauce	2 tbsp
Tamari Sauce	3/4 tsp
Teriyaki Sauce	1 1/4 tsp
Worcestershire Sauce	1 tbsp

Beverage Choices

The following beverages may be used as desired within daily fluid allowance

Carbonated beverages (except Moxie®, colas, and pepper-type)

Ice

Lemonade

Limeade

Mineral water

Water

The following beverages contain moderate amounts of potassium and/or phosphorus and should be used in limited quantities.

Beer and wine**

Coffee, regular or decaffeinated

Coffee, substitute (cereal grain beverage)

Fruit-flavored drinks with added vitamin C

Tea

Thirst quencher beverages

*** Check with physician for recommendation regarding alcohol*

The following liquids are very high in sodium and/or potassium and should only be used as advised by a physician or dietitian.

Broth

Bouillon

Consommé

Salt-free broth or bouillon containing potassium chloride (KCl)

Remember: *Anything that is liquid or melts at room temperature must also be counted in fluid allowance (for example, ice cream, Popsicles®, sherbet, gelatin).*

Reduced Concentrated Sweets

The Reduced Concentrated Sweets (RCS) Diet follows the regular diet; however, regular desserts are served only when carbohydrate content does not exceed 30g per serving. Desserts may be a half portion, modified version of the regular menu that provides less sugar, or may be a fruit. Artificial sweeteners replace sugar.

Liberalization from the calorie-count type of diabetic diet is particularly applicable in the long term care facility. Meals are served at routine times; meal portions are consistent; and portions are of moderate size, all of which promote blood glucose control.

Glucose control is the overall goal in any diabetic population, however, special considerations should be made for the older adult relating to restriction in the diet vs. adjusting medication. Severely restricting the diet affects the resident's quality of life. Please refer to the ADA Position Paper, *Liberalization of the Diet Prescription Improves Quality of Life for Older Adults in Long Term Care— Position of ADA* on page 67 for further information.

Controlled Carbohydrate Diet

The Controlled Carbohydrate (CCHO) Diet is planned limiting carbohydrates at meal and snack times. The CCHO Diet permits foods that provide concentrated sources of carbohydrates if the food item fits within the goal carbohydrate content planned for that meal.

The American Dietetic Association (ADA) Manual for Clinical Dietetics, 6th Edition (2000) indicates that the *source* of the carbohydrate is not as critical as the *total amount* of carbohydrate consumed at a meal or snack. Individual responses in blood glucose to carbohydrate patterns of meals need to be evaluated by appropriate personnel to determine any needed adjustments in medication or food intake.

The IMPAC Menu provides an average of 60-75g of carbohydrate at each of the meals and 15-30g of carbohydrate at the HS snack. The carbohydrate goal range for each of the meals is 60-75g (a difference of one starch exchange). The calorie goal range is 1800 – 2200 kcal per day total.

<u>Meal</u>	<u>Goal Range</u>
Breakfast	60 ± 15g CHO
Lunch	60 ± 15g CHO
Dinner	60 ± 15g CHO
HS Snack	15-30g CHO

Significant effort is made to incorporate as much of the Regular Diet into the CCHO Diet as possible and yet maintain the appropriate range of carbohydrates. At times, portion sizes may be changed or a different menu item may be used so that the goal range of carbohydrates is met.

The following portion sizes are typically used for the food items noted:

- Juice – ½ cup
- Sandwiches – 1 slice of bread only
- Rice – 1/3 cup
- Pasta – 1/3 cup
- Desserts – may use ½ portion of the regular dessert or substitute a fruit or other item with fewer carbohydrates per serving

*©2007, American Dietetic Association "Nutrition Care Manual" on Carbohydrate Counting

* Marion J. Franz et al: Evidence-Based Nutrition Principles and Recommendations for the Treatment and Prevention of Diabetes and Related Complications. *Diabetes Care* 25: 148-198, 2002.

Calorie Controlled Diets

The **Calorie Controlled Diet** types and the **1800 Calorie/2 gram Sodium Controlled Diet** may be used in the nutrition management of diabetes or to promote weight change in an individual.

The latest edition of the Exchange Lists for Menu Planning (2003)* is used as a reference. For more information than what is provided in this Menu Guide, you can purchase this booklet for a nominal fee online at www.eatright.org or contact the American Dietetic Association at 800-366-1655 or the American Diabetes Association at 800-342-2383.

The 1200, 1500, 1800, and 2000 calorie levels are planned and provide approximately 50% carbohydrate, 20% protein, and 30% fat. The goal is to have calorie total vary by no more than 100 calories/day; however, there may be exceptions to this when production considerations outweighed calorie requirements.

The Calorie Controlled/Sodium Controlled Diets contain 1800 calories and 2000 mg of sodium +/- 200 mg per day. High sodium foods are restricted.

The Exchange Reference List included in the IMPAC Menu Box provides specific diabetic exchanges based on the nutrient analysis of a recipe. An updated list is included with every new menu cycle. The IMPAC Exchange List has been developed based on a computerized nutritional analysis of recipes in the IMPAC recipe database. The Exchange Reference List is particularly helpful when planning meals containing combination foods.

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"Exchange Lists for Meal Planning"

IMPAC
INTEGRATED MENU PLANNING AND CONTROL

Exchange Lists

Foods are grouped together that provide a similar amount of the macronutrients. The following chart provides carbohydrate, protein, fat and calories per group.

Food Group	Carbohydrate g	Protein g	Fat g	Calories
Starch	15	3	0-1	80
Fruit	15	-	-	60
Milk				
Fat-free, low-fat	12	8	0-3	90
Reduced-fat	12	8	5	120
Whole	12	8	8	150
Vegetables (non-starchy)	5	2	-	25
Meat				
Very Lean	-	7	0-1	35
Lean	-	7	3	55
Medium-Fat	-	7	5	75
High-Fat	-	7	8	100
Fat	-	-	5	45

DIABETIC CALORIE CONTROLLED MEAL PATTERN

DAILY FOOD PATTERN

CALORIES	1200	1500	1600*	1800	2000	2200*	2400*
<u>CONTENT</u>							
Carbohydrate (g)	154	184	184	214	244	271	283
Protein (g)	70	76	83	89	96	110	125
Fat (g)	35	50	60	65	70	75	85
<u>BREAKFAST</u>							
Meat	1	1	1	1	2	2	2
Starch/Bread	1	2	2	3	3	3	3
Fat	0	1	2	2	2	2	2
Fruit	1	1	1	1	2	2	2
Milk, Skim	1 skm	1 skm	1 skm	1 skm	1 skm	1 skm	1 skm
<u>NOON MEAL</u>							
Meat	2	2	3	3	3	3	3
Starch/Bread	2	2	2	2	2	3	3
Fat	1	2	2	3	3	3	4
Fruit	1	1	1	1	2	1	1
Vegetable	1	1	1	1	1	1	1
Milk	0	0	0	0	0	0	1 skm
<u>EVENING MEAL</u>							
Meat	2	2	2	2	2	2	3
Starch/Bread	1	2	2	3	3	3	3
Fat	1	2	2	2	2	3	3
Fruit	1	1	1	1	1	1	1
Vegetable	1	1	1	1	1	1	1
Milk	0	0	0	0	0	1 skm	1 skm
<u>HS FEEDING</u>							
Milk	1 skm	1 skm	1 skm	1 skm	1 skm	1 skm	1 skm
Starch/Bread	1	1	1	1	1	2	2

* Not planned for National IMPAC Menu

EXCHANGE LISTS FOR MEAL PLANNING*

STARCH

Starch Exchange = 15 g carbohydrate, 3 g protein, 0-1 g fat, 80 calories

Examples of starches:

Cereals, grains, pasta, breads, crackers, starchy vegetables, and cooked beans, peas, and lentils

Typical portion sizes after cooking:

- ½ cup of cereal or starchy vegetable
- 1 oz of a bread product, such as 1 slice of bread
- ¾ to 1 oz of most snack foods (Some snack foods may also have added fat.)
- 1/3 cup rice or pasta

Bread			
Bagel	½ (1 oz)	Pita, 6 in. across	½
Bread, reduced-calorie	2 sl (1½ oz)	Raisin bread, unfrosted	1 slice (1 oz)
Bread, white, whole-wheat, pumpernickel, rye	1 slice (1 oz)	Roll, plain, small	1 (1 oz)
Bread sticks, crisp, 4 in. long x ½ in.	4 (2/3 oz)	Tortilla, corn, 6 in. across	1
English muffin	½	Tortilla, flour, 6 in. across	1
Hot dog or hamburger bun	½ (1 oz)	Waffle, 4 in. square, reduced-fat	1
Pancake, 4 in. across, ¼ in thick	1		

Cereals and Grains			
Bran cereal	½ cup	Millet	1/3 cup
Bulgur	½ cup	Muesli	¼ cup
Cereals, cooked	½ cup	Oats	½ cup
Cereals, unsweetened, ready to eat	¾ cup	Pasta	1/3 cup
Cornmeal, dry	3 tbsp	Puffed Cereal	1½ cups
Couscous	1/3 cup	Rice, white or brown	1/3 cup
Flour, dry	3 tbsp	Shredded Wheat®	½ cup
Granola, low-fat	¼ cup	Sugar-frosted cereal	½ cup
Grape-Nuts®	¼ cup	Wheat germ	3 tbsp
Grits	½ cup		
Kasha	½ cup		

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 "Exchange Lists for Meal Planning"

Exchange Lists for Meal Planning, Starch List, cont.

Starchy Vegetables			
Baked beans	1/3 cup	Potato, baked or boiled	1 small (3 oz)
Corn	1/2 cup	Potato, mashed	1/2 cup
Corn on cob, large	1/2 (5 oz)	Squash, winter (acorn, butternut, pumpkin)	1 cup
Mixed vegetables with corn, peas or pasta	1 cup	Yam, sweet potato, plain	1/2 cup
Peas, green	1/2 cup		
Plantain	1/2 cup		

Crackers and Snacks			
Animal crackers	8	Pretzels	3/4 oz
Graham crackers, 2 1/2 in. square	3	Rice cakes, 4 in. across	2
Matzoh	3/4 oz	Saltine-type crackers	6
Melba toast	4 slices	Snack chips, fat-free (tortilla, potato)	15 – 20 (3/4 oz)
Oyster crackers	20	Whole-wheat crackers, no fat added	2 – 5 (3/4 oz)
Popcorn (popped, no fat added or low-fat microwave)	3 cups		

Beans			
Count as 1 starch exchange + 1 very lean meat exchange			
Beans and peas (garbanzo, pinto, kidney, white, split, black-eyed)	1/2 cup	Lima beans	2/3 cup
Miso	3 tbsp	Lentils	1/2 cup

Starchy Foods Prepared with Fat			
Count as 1 starch exchange + 1 fat exchange			
Biscuit, 2 1/2 in. across	1	Popcorn, microwave	3 cups
Chow mein noodles	1/2 cup	Sandwich crackers, cheese or peanut butter filling	3
Corn bread, 2 in. cube	1 (2 oz)	Snack chips (potato, tortilla)	9-13 (3/4 oz)
Crackers, round butter type	6	Stuffing, bread (prepared)	1/3 cup
Croutons	1 cup	Taco shell, 6 in. across	2
French-fried potatoes, oven-baked	1 cup (2 oz)	Waffle, 4 1/2 in. square	1
Granola	1/4 cup	Whole-wheat crackers, fat added	4 – 6 (1 oz)
Hummus	1/3 cup		

Muffin, small

1 (1/2 oz)

Exchange Lists for Meal Planning, continued

Fruit List

**One fruit exchange = 15 g carbohydrate and 60 calories
(weight includes skin, core, seeds, and rind)**

Fruits:

Fresh, frozen, canned, dried fruits and fruit juices

Typical Portions:

- 1 small fruit (4 oz)
- ½ cup of canned or fresh fruit or unsweetened fruit juice
- ¼ cup of dried fruit
- Canned fruit is either packed in juice, is “no sugar added” or in “extra light syrup”

Fruit			
Apple, unpeeled, small	1 (4 oz)	Kiwi	1 (3½ oz)
Applesauce, unsweetened	½ cup	Mandarin oranges, canned	¾ cup
Apples, dried	4 rings	Mango, small	½ fruit (½ cup)
Apricots, fresh	4 whole (5 ½ oz)	Nectarine, small	1 (5 oz)
Apricots, dried	8 halves	Orange, small	1 (6½ oz)
Apricots, canned	½ cup	Papaya	½ fruit or 8 oz or 1 cup cubes
Banana, small	1 (4 oz)	Peach, medium, fresh	1 (4 oz)
Blackberries	¾ cup	Peaches, canned	½ cup
Blueberries	¾ cup	Pear, large, fresh	½ (4 oz)
Cantaloupe, cubed	1 cup	Pears, canned	½ cup
Cherries, sweet, fresh	12 (3oz)	Pineapple, fresh	¾ cup
Cherries, sweet, canned	½ cup	Pineapple, canned	½ cup
Dates	3	Plums, small	2 (5 oz)
Figs, fresh, medium	2	Plums, canned	½ cup
Figs, dried	1½	Prunes	3
Fruit cocktail	½ cup	Raisins	2 tbsp
Grapefruit, large	1/2	Raspberries	1 cup
Grapefruit sections, canned	¾ cup	Strawberries, whole	1¼ cup
Grapes, small	17 (3 oz)	Tangerines, small	2 (8 oz)
Honeydew melon, cubes	1 cup	Watermelon, cubes	1¼ cup

Fruit Juice			
Apple juice, cider	½ cup	Grapefruit juice	½ cup
Cranberry juice cocktail	1/3 cup	Orange juice	½ cup
Cranberry juice cocktail, reduced-calorie	1 cup	Pineapple juice	½ cup
Fruit juice blends, 100% juice	1/3 cup	Prune juice	1/3 cup
Grape juice	1/3 cup		

Exchange Lists for Meal Planning, cont.

Milk List

One milk exchange = 12 g carbohydrate and 8 g protein

Milk:

Grouped into low-fat, reduced-fat and whole

Look for:

- Cheese on Meat List
- Cream and other dairy fats on the Fat List
- Chocolate milk, rice milk, frozen yogurt, and ice cream on the Other Carbohydrates list
- Nondairy creamers on the free foods list

Fat-free and Low-fat Milk			
0 – 3 g fat per serving			
Fat-free milk	1 cup	Plain nonfat yogurt	2/3 cup
½ % milk	1 cup	Nonfat or low-fat fruit flavored yogurt sweetened with non-nutritive sweetener	2/3 cup
1 % milk	1 cup	Evaporated fat-free milk	½ cup
Fat-free or low-fat buttermilk	1 cup	Fat-free dry milk	1/3 cup
		Soy milk, low-fat or fat-free	1 cup

Reduced-fat Milk		Whole Milk	
5 g fat per serving		8 g fat per serving	
2 % milk	1 cup	Whole milk	1 cup
Plain low-fat yogurt	¾ cup	Evaporated whole milk	½ cup
Sweet acidophilus milk	1 cup	Goat's milk	1 cup
Soy milk	1 cup	Kefir	1 cup
		Yogurt, plain, made with whole milk	1 cup

Exchange Lists for Meal Planning, cont.

Other Carbohydrates List

One exchange = 15 g carbohydrate, or 1 starch, or 1 fruit, or 1 milk

Items on the Other Carbohydrates List can be substituted for a starch, fruit, or milk choice although vitamins and minerals are not as abundant in this list. Portions sizes are relatively small because the items listed often contain concentrated sources of carbohydrate and fat.

Food	Serving Size	Exchanges per Serving
Angel food cake, unfrosted	1/12 cake (2 oz)	2 carbohydrates (cho)
Brownie, small, unfrosted	2 in. square	1 cho, 1 fat
Cake, unfrosted	2 in. square	1 cho, 1 fat
Cake, frosted	2 in. square (2 oz)	2 cho, 2 fat
Cookie, fat-free	2 small	1 cho
Cookie or sandwich cookie with creme filling	2 small (2/3 oz)	1 cho, 1 fat
Cookie, sugar-free	3 small (3/4 – 1 oz)	1 cho, 1-2 fats
Cranberry sauce, jellied	1/4 cup	1½ cho
Cupcake, frosted	1 small	2 cho, 1 fat
Doughnut, plain cake	1 med, (1½ oz)	1½ cho, 2 fats
Doughnut, glazed	3¾ in. across (2 oz)	2 cho, 2 fats
Energy, sport or breakfast bar	1 bar (1 1/3 oz)	1 ½ cho, 0-1 fat
Energy, sport or breakfast bar	1 bar (2 oz)	2 cho, 1 fat
Fruit cobbler	1/2 cup (3 ½ oz)	3 cho, 1 fat
Fruit juice bars, froz, 100% juice	1 bar (3 oz)	1 cho
Fruit snack, chewy (puree fruit concentrate)	1 roll (¾ oz)	1 cho
Fruit spreads, 100% fruit	1 ½ tbsp	1 cho
Gelatin, regular	1/2 cup	1 cho
Gingersnaps	3	1 cho
Granola or snack bar, reg or low-fat	1 bar (1 oz)	1 ½ cho
Honey	1 tbsp	1 cho
Ice cream	1/2 cup	1 cho, 2 fats
Ice cream, light	1/2 cup	1 cho, 1 fat
Ice cream, low-fat	1/2 cup	1 ½ cho
Ice cream, fat-free, no sugar added	1/2 cup	1 cho
Jam or jelly, regular	1 tbsp	1 cho
Milk, chocolate, whole	1 cup	2 cho, 1 fat
Pie, fruit, 2 crusts	1/6 8-in pie	3 cho, 2 fats
Pie, pumpkin or custard	1/8 pie 8-in pie	2 cho, 2 fat
Pudding, regular, made with reduced-fat milk	1/2 cup	2 cho
Pudding, sugar-free, made with low-fat milk	1/2 cup	1 cho
Reduced-calorie meal replacement (shake)	1 can (10-11 oz)	1 ½ cho, 0-1 fat
Rice milk, low-fat, flavored	1 cup	1 ½ cho

Exchange Lists for Meal Planning, Other Carbohydrate List, cont.

Food	Serving Size	Exchanges per Serving
Salad dressing, fat-free	½ cup	1 cho
Sherbet, sorbet	½ cup	2 cho
Spaghetti/pasta sauce, canned	½ cup	1 cho, 1 fat
Sports drinks	8 oz (1 cup)	1 cho
Sugar	1 tbsp	1 cho
Sweet roll or danish	1 (2½ oz)	2½ cho, 2 fats
Syrup, light	2 tbsp	1 cho
Syrup, regular	1 tbsp	1 cho
Syrup, regular	¼ cup	4 cho
Vanilla wafers	5	1 cho, 1 fat
Yogurt, frozen	½ cup	1 cho, 0-1 fat
Yogurt, frozen, fat-free	1/3 cup	1 cho
Yogurt, low-fat with fruit	1 cup	3 cho, 0-1 fat

Vegetable List

One vegetable exchange = 5 g carbohydrates, 2 g protein, 0 g fat, and 25 calories

Typical Portions:

- ½ cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

Look for:

- Peas, corn, winter squash and potatoes on the Starch List
- Spaghetti sauce on the Other Carbohydrates List

Artichoke	Green onions/scallions	Sauerkraut
Artichoke hearts	Greens (collard, kale, mustard, turnip)	Spinach
Asparagus	Kohlrabi	Summer Squash
Beans (green, wax, Italian)	Leeks	Tomato
Bean sprouts	Mixed Vegetables (without corn, peas, pasta)	Tomatoes, canned
Beets	Mushrooms	Tomato sauce
Broccoli	Okra	Tomato/vegetable juice
Brussel sprouts	Onions	Turnips
Cabbage	Pea pods	Water chestnuts
Carrots	Peppers (all varieties)	Watercress
Cauliflower	Radishes	Zucchini
Celery	Salad greens (endive, escarole, lettuce, romaine, spinach)	
Cucumber		
Eggplant		

Exchange Lists for Meal Planning, cont.

Meat and Meat Substitutes List

Typical Portions:

- 1 oz meat, fish, poultry, or cheese,
- ½ cup beans, peas, and lentils.

	Carbohydrate (g)	Protein (g)	Fat (g)	Calories
Very lean	0	7	0 - 1	35
Lean	0	7	3	55
Medium-fat	0	7	5	75
High-fat	0	7	8	100

Consider:

- Weigh meat after cooking and without bones or fat
- 3 oz raw meat = 2 oz cooked meat; 4 oz raw meat = 3 oz cooked meat

Typical Portions:

- 1 oz meat, fish, poultry, or cheese,
- 2 oz meat = 2 meat choices, such as 1 small chicken leg or thigh; or ½ cup of cottage cheese or tuna
- 3 oz meat = 3 meat choices and is about the size of a deck of cards, such as 1 medium pork chop, 1 small hamburger, ½ of a whole chicken breast, 1 unbreaded fish fillet

Look for:

- Dried beans, peas and lentils are also on the Starch List
- Peanut butter and Bacon on the Fat List

Very Lean Meat and Substitutes List	
One exchange = 0 g carbohydrate, 7 g protein, 0-1 g fat, 35 calories	
Poultry: Chicken or turkey (white meat, no skin), Cornish hen (no skin)	1 oz
Fish: Fresh or frozen cod, flounder, haddock, halibut, trout; tuna fresh or canned in water, smoked salmon	1 oz
Shellfish: Clams, crab, lobster, scallops, shrimp, imitation shellfish	1 oz
Game: Duck or pheasant (no skin), venison, buffalo, ostrich	1 oz
Cheese with 1 g or less fat per ounce: Nonfat or lowfat cottage cheese	¼ cup
Fat-free cheese	1 oz
Other: Processed sandwich meats with 1 g or less fat per ounce, such as deli thin, shaved meats, chipped beef, turkey ham	1oz
Egg whites	2
Egg substitutes, plain	¼ cup
Hot dogs with 1 g or less fat per ounce	1 oz
Kidney (high in cholesterol)	1 oz
Sausage with 1 g or less fat per ounce	1 oz
Count as one very lean meat and one starch exchange:	
Beans, peas, lentils (cooked)	½ cup

Lean Meat and Substitutes List

One exchange = 0 g carbohydrate, 7 g protein, 3 g fat, 55 calories

Beef: USDA Select or Choice grades of lean beef trimmed of fat, such as round, sirloin, and flank steak; tenderloin; roast (rib chuck, rump); steak (T-bone, porterhouse, cubed); ground round	1 oz
Pork: Lean pork, such as fresh ham; canned, cured, or boiled ham; Canadian bacon; tenderloin, center loin chop	1 oz
Lamb: Roast, chop, leg	1 oz
Veal: Lean chop, roast	1 oz
Poultry: Chicken or turkey (dark meat, no skin), chicken (white meat with skin), domestic duck or goose (well-drained of fat, no skin)	1 oz
Fish:	
Herring (uncreamed or smoked)	1 oz
Oysters	6 med
Salmon (fresh or canned), catfish	1 oz
Sardines (canned)	2 med
Tuna (canned in oil, drained)	1 oz
Game: Goose (no skin), rabbit	1 oz
Cheese:	
4.5%- fat cottage cheese	¼ cup
Grated Parmesan	2 tbsp
Cheeses with 3 g or less fat per ounce	1 oz
Other:	
Hot Dogs with 3 g or less fat per ounce	1½ oz
Processed sandwich meat with 3 g or less fat per ounce, such as turkey pastrami or kielbasa	1 oz
Liver, heart (high in cholesterol)	1 oz

Medium- Fat Meat and Substitutes List

One exchange = 0 g carbohydrate, 7 g protein, 5 g fat, 75 calories

Beef: Most beef products are medium-fat (ground beef, meat loaf, corned beef, short ribs, Prime grades of meat trimmed of fat, such as prime rib)	1 oz
Pork: Top loin, chop, Boston butt, cutlet	1 oz
Lamb: Rib roast, ground	1 oz
Veal: Cutlet (ground or cubed, unbreaded)	1 oz
Poultry: Chicken (dark meat, with skin), ground chicken or ground turkey, fried chicken (with skin)	1 oz
Fish: Any fried fish product	1 oz
Cheese: With 5 g or less fat per ounce	
Feta	1 oz
Mozzarella	1 oz
Ricotta	1 oz
Other:	
Egg (high in cholesterol, limit to 3 per week)	1 oz
Sausage with 5 g or less fat per ounce`	1 oz
Soy milk	1 cup
Tempeh	¼ cup
Tofu	½ cup

Exchange Lists for Meal Planning, Meat and Substitutes List, cont.

High-Fat Meat and Substitutes List	
One exchange = 0 g carbohydrate, 7 g protein, 8g fat, 100 calories	
Pork: Spare ribs, pork sausage, ground pork	1 oz
Cheese: All regular cheeses, such as American, Monterey Jack, Swiss	1 oz
Other: Processed sandwich meats with 8 g or less fat per ounce, such as bologna, pimento loaf, salami	1 oz
Sausage, such as bratwurst, Italian, knockwurst, Polish, smoked	1 oz
Hot dog (turkey or chicken)	1 (10 ea/lb)
Bacon	3 slices (20 slices/ lb)
Count as one high-fat meat plus one fat exchange	1 (10/lb)
Hot dog (beef, pork, or combination)	

Fat List

One fat exchange = 5g fat, 45 calories

Fats are divided into three categories which are based on the main type of fat that they contain: monounsaturated, polyunsaturated, and saturated.

Typical Portions:

- 1 tsp regular margarine or vegetable oil
- 1 tbsp regular salad dressings

Look for:

- Fat-free salad dressings on the Other Carbohydrates List and the Free Foods List
- Nondairy coffee creamers, whipped topping, and fat-free products, such as margarines, salad dressings, mayonnaise, sour cream, cream cheese, and nonstick cooking spray on the Free Foods List

Monounsaturated Fats List	
One fat exchange equals 5g fat, 45 calories	
Avocado, medium	1/8 (1 oz)
Oil (canola, olive, peanut)	1 tsp
Olives, ripe (black), large	8
Olives, green, stuffed, large	10
Nuts: almonds, cashews, mixed (50% peanuts)	6
Peanuts	10
Pecans	4 halves
Peanut butter, smooth or crunchy	1/2 tbsp
Sesame seeds	1 tbsp
Tahini paste	2 tsp

Exchange Lists for Meal Planning, Fat List, cont.

Polyunsaturated Fats List	
One fat exchange = 5g fat, 45 calories	
Margarine: stick, tub, or squeeze	1 tsp
Margarine, lower-fat (30% - 50% vegetable oil)	1 tbsp
Mayonnaise, regular	1 tsp
Mayonnaise, reduced-fat	1 tbsp
Nuts, walnuts, English	4 halves
Oil (corn, safflower, soybean)	1 tsp
Salad dressing, regular	1 tbsp
Salad dressing, reduced-fat	2 tbsp
Miracle Whip Salad Dressing®, regular	2 tsp
Miracle Whip Salad Dressing®, reduced-fat	1 tbsp
Seeds: pumpkin, sunflower	1 tbsp

Saturated Fats List	
One fat exchange = 5g fat, 45 calories	
Bacon	1 slice (20 slices/lb)
Bacon, grease	1 tsp
Butter, stick	1 tsp
Butter, whipped	2 tsp
Butter, reduced-fat	1 tbsp
Chitterlings, boiled	2 tbsp (1/2 oz)
Coconut, sweetened, shredded	2 tbsp
Cream, half and half	2 tbsp
Cream cheese, regular	1 tbsp (1/2 oz)
Cream cheese, reduced-fat	1 1/2 tbsp (3/4 oz)
Fatback or salt pork	2 tbsp (1 oz)
Shortening or lard	1 tsp
Sour cream, regular	2 tbsp
Sour cream, reduced-fat	3 tbsp

Exchange Lists for Meal Planning, cont.

Free Foods List

Free food:

- Less than 20 calories or less than 5 grams carbohydrate per serving
- Limit to three servings per day, spread throughout the day
- If no serving size, can eat as often as desired

Fat-free or Reduced-fat Foods	
Cream cheese, fat-free	1 tbsp
Creamers, nondairy, liquid	1 tbsp
Creamers, nondairy, powdered	2 tsp
Mayonnaise, fat-free	1 tbsp
Mayonnaise, reduced-fat	1 tsp
Margarine spread, fat-free	4 tbsp
Margarine spread, reduced-fat	1 tsp
Miracle Whip®, nonfat	1 tbsp
Miracle Whip®, reduced-fat	1 tsp
Nonstick cooking spray	
Salad dressing, fat-free	1 tbsp
Salad dressing, fat-free Italian	2 tbsp
Sour cream, fat-free, reduced-fat	1 tbsp
Whipped topping, light	2 tbsp
Whipped topping, regular	1 tbsp

Sugar-free or Low-sugar foods	
Candy, hard, sugar-free	1 candy
Gelatin dessert, sugar-free	
Gelatin, unflavored	
Gum, sugar-free	
Jam or jelly, low-sugar or light	2 tsp
Sugar substitutes	
Syrup, sugar-free	2 tbsp

Drinks	
Bouillon, broth, consommé	
Bouillon or broth, low-sodium	
Carbonated or mineral water	
Club soda	
Cocoa powder, unsweetened	1 tbsp
Coffee	
Diet soft drinks, sugar-free	
Drink mixes, sugar-free	
Tea	
Tonic Water	

Exchange Lists for Meal Planning, Free Food List, cont.

Condiments		Seasonings
Catsup	1 tbsp	Flavoring extracts
Horseradish		Garlic
Lemon juice		Herbs, fresh or dried
Lime juice		Pimento
Mustard		Spices
Pickles, dill, medium	1½	Tabasco® or hot pepper sauce
Soy sauce, regular or light*	1 tbsp	Wine, used in cooking
Taco sauce	1 tbsp	Worcestershire sauce
Pickle relish	1 tbsp	Vinegar
Pickles sweet	2 slices or ¾ oz	
Salsa	¼ cup	
Yogurt	2 tbsp	

Combination Foods List*

Combination foods do not fit into any one exchange list. This is a list of exchanges for some typical combination foods.

IMPAC exchanges for these menu items may vary based on nutritional analysis.

Food	Serving Size	Exchanges Per Serving
Entrees:		
Tuna noodle casserole, lasagna, spaghetti with meatballs, chili with beans, macaroni and cheese	1 cup (8 oz)	2 cho, 2 medium-fat meats
Chow mien (without noodles or rice)	2 cups	1 cho, 2 lean meats
Tuna or chicken salad	½ cup (3 ½ oz)	½ cho, 2 lean meats, 1 fat
Pizza, meat topping, thin crust	¼ of 10 in. (5 oz)	2 cho, 2 medium-fat meat, 2 fats
Pot pie	1 (7 oz)	2 ½ cho, 1 medium-fat meat, 3 fats
Soups:		
Bean	1 cup	1 cho, 1 very lean meat
Cream (made with water)	1 cup (8 oz)	1 cho, 1 fat
Split pea (made with water)	½ cup (4 oz)	1 cho
Tomato (made with water)	1 cup (8 oz)	1 cho
Vegetable beef, chicken noodle, or other broth-type	1 cup (8 oz)	1 cho

*The exchange value may vary due to the recipe. Refer to the IMPAC Menu Exchange list for the specific exchange values for combination foods.

Finger Food Diet

The **Finger Food Diet** includes those menu items that can be eaten with minimal use of feeding utensils. This diet may be utilized to promote food intake in residents with Alzheimer's disease and/or arthritis and allows them to maintain an active role in daily meal consumption. Quality of life is enhanced as residents participate in food consumption and maintaining their nutritional status.

- ⌘ Regular entrees may be made into sandwiches by slicing or grinding meat portions and placing between two slices of bread. Scrambled eggs may also be served.
- ⌘ Soups and hot cereals can be served in mugs. Add a small amount of milk to the hot cereal to thin so that the cereal is drinkable.
- ⌘ Gravies and sauces can be served on the side.
- ⌘ Fresh fruits are preferable if the resident is able to tolerate the texture. Canned fruits should be well drained.
- ⌘ Whole foods may be served as strips, wedges, or chunks.
- ⌘ Utensils may be provided with each meal to encourage use.
- ⌘ Regular assessment of the resident's ability to self-feed is recommended.

Vegetarian Diet

A Vegetarian Diet* is a plant-based diet that may or may not include eggs and dairy products. In general, the diet should include:

- Grains 6 – 11 servings
- Vegetables 3 – 5 servings
- Fruit 2 – 4 servings
- Meat Substitutes 2 – 3 servings
(beans, peas, nuts, seeds, eggs, and meat analogs)
- Milk 6 – 8 servings
(and milk alternatives; one "serving" = ½ cup milk, yogurt, or fortified soymilk)
- Fats/Sweets Use sparingly

Depending on food intake, additional multivitamin/mineral supplementation may be necessary as with non-vegetarian diets.

Common classifications of vegetarian diets follow:

Type	Restricted Foods
Lacto-ovovegetarian	seafood, fish, poultry, meat
Lacto-vegetarian	seafood, fish, poultry, meat and eggs
Ovo-vegetarian	seafood, fish, poultry, meat, milk and milk products
Vegan	seafood, fish, poultry, meat, milk and milk products, eggs, and honey

The IMPAC Program does not include a planned Vegetarian diet. However, vegetarian recipes are included in the IMPAC Database available in Proprint® and NetRecipe®.



In addition, SYSCO carries a variety of meat analogs and other vegetarian products available as the MoonRose® brand. For your residents that request vegetarian entrees, the following pages provide SUPC, product description and application. Contact your Sysco representative to check stocking of MoonRose® products at your local operating company.

*©2000, American Dietetic Association. "Manual of Clinical Dietetics, 6th Edition, pp 159-176."

IMPAC



FROZEN Products

SUPC	Pack/Size	Product Description
		The following 7 products below are made entirely from vegetable sources including soybeans not originated from genetically modified sources. The manufacturing process creates unique, meatless products with a truly meat-like taste and texture. Each is high in protein, low in fat and less than 10g/serving of carbohydrates. They are fully cooked, pre-sauced, and need only to be sautéed before serving to brown and enhance flavor. These exciting new products are an innovative alternative to meat.
2650737 Available HAIN	1/10# Convenience	Vegetarian Honey Garlic "Chicken" Chunks VEGAN Fully cooked and pre-flavored "meatless meat" option. Pre-portioned in a diced shape with a traditional sweet and sour flavor. High protein and less than 10g/serving in carbohydrates make this product ideal for today's healthy lifestyles. Applications: Highly versatile, serve lightly sautéed or cold as a sandwich or salad ingredient.
2647618 Available HAIN	1/10# Convenience	Vegetarian Honey Garlic "Beef" Strips VEGAN An ideal "meatless" option with incredible taste. Fully cooked and coated with a dynamic honey garlic sauce, these natural shaped strips provide a healthy, nutritious choice. High protein and less than 10g/serving in carbohydrates. Applications: Highly versatile. Try sautéed strips as salad ingredient.
2651271 Available HAIN	1/10# Convenience	Vegetarian Teriyaki "Chicken" Strips VEGAN Unique, low fat. High protein and less than 10g/serving in carbohydrates. Rich in distinctive teriyaki flavor, these fully cooked naturally shaped strips add versatility and healthy choices to your menu. Applications: Sauté and serve warm. Use in salads or stir-fries.
2651156 Available HAIN	1/10# Convenience	Vegetarian Teriyaki "Beef" Strips VEGAN Add variety and flair to any dish with these naturally shaped "meatless meat" strips. Rich flavor and unparalleled texture...High protein and less than 10g/serving in carbohydrates. Applications: Pan-sauté to bring out the teriyaki flavor and serve. Ideal in your favorite salad.
2647618 Available HAIN	1/10# Convenience	Vegetarian Honey Garlic "Beef" Strips VEGAN Pre-coated and fully cooked, use these naturally shaped "meatless meat" strips in your favorite recipes for a satisfying, flavorful experience. High protein and less than 10g/serving in carbohydrates. Applications: Sauté and serve this high quality vegetarian beef in a variety of recipes. Warm salads or stir-fry.
2652022 Available HAIN	1/10#. Convenience	Vegetarian Peppered "Beef" Strips VEGAN Savory morsels of fully cooked, naturally shaped "meatless meat" strips. Pre-seasoned with that distinctive "pepper steak" flavor. High protein and less than 10g/serving in carbohydrates. Applications: Bold and Spicy flavors for...Fajitas, Quesadillas or Tacos to name just a few.
2648343 Available HAIN	1/10# Convenience	Vegetarian BBQ "Beef" Strips VEGAN Smoky and delicious, these naturally shaped "meatless meat" strips will thrill you with their texture and flavor. Fully cooked and pre-sauced, they are an easy, healthy alternative for a wide variety of dishes. Applications: Smoky, sweet, and delicious... a natural fit for Burritos, BBQ sandwiches or pizzas.





FROZEN Products

- 3987278** **48/3.4 oz. Original Grain Veggie Patty**
Available **Convenience** All natural vegetable patty with all natural ingredients including mushrooms, cooked brown rice, mozzarella cheese, rolled oats and bulgur wheat. Grill, bake, broil, pan-fry or microwave.
Gardenburger **Applications:** *Entrée item or sandwich.*
- 3987047** **60/2.5 oz. Original Grain Veggie Patty**
Available **Convenience** All natural vegetable patty with all natural ingredients including mushrooms, cooked brown rice, mozzarella cheese, rolled oats and bulgur wheat. Grill, bake, broil, pan-fry or microwave.
Gardenburger **Applications:** *Entrée item or sandwich.*
- 3990892** **48/3.4 oz. Vegan Grain Veggie Patty** **VEGAN**
Available **Convenience** A Vegan burger with all natural ingredients including mushrooms, onions, carrots, water chestnuts, chives, red and yellow bell peppers, cooked brown rice, rolled oats and bulgur wheat. Grill, bake, broil, pan-fry or microwave.
Gardenburger **Applications:** *Serve as a classic burger, or serve grilled, sliced and wrapped in a warm tortilla with veggies, herbs, and peanut sauce.*
- 5864079** **48/3.4 oz. Flame Grilled Soy Burger** **VEGAN**
Available **Convenience** A Vegan flame grilled burger with a rich smoky flavor. Made with soy. Grill, bake, broil, pan-fry or microwave.
Gardenburger **Applications:** *Make the perfect vegan patty melt with onion, mushroom and vegan cheese sauce.*
- 0060640** **48/3.4 oz. Diner Deluxe Soy Burger** **VEGAN**
Available **Convenience** A Vegan burger with classic and traditional burger flavor. Straight off the flat top grill taste. Filled with protein without the fat. Grill, bake, broil, pan-fry or microwave.
Gardenburger **Applications:** *Make the perfect vegan patty melt with onion, mushroom and vegan cheese sauce.*
- 5491535** **48/3.4 oz. Black Bean Veggie Patty** **VEGAN**
Available **Convenience** A spicy gourmet veggie burger made with black beans, brown rice, onions, corn, Anaheim chilies, bell peppers, spices and chili powder.
Gardenburger **Applications:** *Burger, sandwich, wrap, or sliced and tossed with greens for a main dish salad.*
- 9545609** **106/1.5 oz. Meatless Breakfast Sausage** **VEGAN**
Available **Convenience** A savory patty that makes breakfast healthy and delicious. Great as a meat alternative ingredient for omelettes, frittatas, wraps or as a breakfast side
Gardenburger **Applications:** *Serve as breakfast sausage or as a flavorful ingredient in savory recipes.*
- 1202381** **48/3 oz. Herb Crusted Cutlet** **VEGAN**
Available **Convenience** A tender and juicy alternative to the classic meat counterpart. Serve as a meatless eggplant or chicken parmesan.....a meatless chicken piccata.....a buffalo chicken sandwich.....or slice and fry and serve as an appetizer.
Gardenburger **Applications:** *Center of plate entrée, sandwich, or appetizer.*



FROZEN Products

- 1203157** **1/10#** **Meatless Chik'n Nugget** **VEGAN**
Available Soon Convenience Savory breaded meatless Chik'n Nuggets, Ideal as appetizers, or for kids. Dipped, sautéed, baked or fried.
Gardenburger
- 9974973** **6/4 lb.** **Southwestern Vegetable Blend**
Available soon Frozen A festive vegetable blend of meat substitute, wheat, kidney beans, diced red and green pepper, pineapple tidbits, green beans, corn, and a zesty blend of spices.
SUPERIOR **Applications:** Side dish, casseroles, or a base for entrees.
- 0383729** **4/2.5#** **Vegetarian Meatballs** **VEGAN**
Available soonADM Convenience A meat-free, cholesterol-free, low fat alternative to traditional meatballs. Made with a savory blend of soy protein and seasoning. This product is certified Kosher.
Applications: Serve within a main dish, on a sandwich or as an appetizer.
- 0848036** **88/2 oz.** **Vegetarian Sausage Patty** **VEGAN**
Available soon ADM Convenience A meat-free, cholesterol-free alternative to traditional breakfast sausage patties. Made with a savory blend of soy protein and spices. This product is certified Kosher.
Applications: Breakfast sausages, sandwiches or as an ingredient in a savory recipe.
- 9939299** **45/4 oz.** **Vanilla Hard Pack Frozen Soy Product, Individual Portion** **VEGAN**
Available YO CREAM Dairy Cultured frozen dessert made with four beneficial live natural cultures. High in protein and ideal for colleges, universities, and healthcare. Made from ingredients not genetically modified, all natural, kosher certified.
Applications: Snacks, desserts.
- 9939174** **45/4 oz.** **Chocolate Hard Pack Frozen Soy Dessert, Individual Portion** **VEGAN**
Available YO CREAM Dairy Cultured frozen dessert made with four beneficial live natural cultures. High in protein and ideal for colleges, universities, and healthcare. Made from ingredients not genetically modified, all natural, kosher certified.
Applications: Snacks, desserts.
- 9939380** **45/4 oz.** **Strawberry Hard Pack Frozen Soy Dessert, Individual Portion** **VEGAN**
Available YO CREAM Dairy Cultured frozen dessert made with four beneficial live natural cultures. High in protein and ideal for colleges, universities, and healthcare. Made from ingredients not genetically modified, all natural, kosher certified.
Applications: Snacks, desserts.
- 9940354** **6-1/2 gal.** **Vanilla Soft Serve Soy** **VEGAN**
Available YO CREAM Dairy Cultured frozen dessert made with four beneficial live natural cultures. High in protein and ideal for colleges, universities, and healthcare. Made from ingredients not genetically modified, all natural, kosher certified.
Applications: Snacks, desserts, base for soy smoothies.
- 9939232** **6-1/2 gal.** **Chocolate Soft Serve Soy** **VEGAN**
Available YO CREAM Dairy Cultured frozen dessert made with four beneficial live natural cultures. High in protein and ideal for colleges, universities, and healthcare. Made from ingredients not genetically modified, all natural, kosher certified.
Applications: Snacks, desserts, base for soy smoothies.
- 9939356** **6-1/2 gal.** **Strawberry Soft Serve Soy** **VEGAN**
Available YO CREAM Dairy Cultured frozen dessert made with four beneficial live natural cultures. High in protein and ideal for colleges, universities, and healthcare. Made from ingredients not genetically modified, all natural, kosher certified.
Applications: Snacks, desserts, base for soy smoothies.



FROZEN Products

9803883
Available
SUPERIOR

12/2 lb.
Frozen

Mukimame – Whole Shelled Soybean **VEGAN**

These sweet soybeans are shelled Edamame. Great taste and nutrition without the pod.

Applications: *Succotash, Shepherd's Pie, Casseroles, Stir-Fry, Butter Sauces to reduce fat.*

Frozen
Soups

All soups listed below are Campbell's®

1269406
Available

3 / 4- lb.
tubs
Convenience

Garden Vegetable with Rotini Soup

A delicious assortment of rotini pasta, carrots, diced tomatoes, celery, green beans, and onions in a rich tomato broth in a high-quality frozen soup format. Lacto Ovo vegetarian. Low fat, low saturated fat, low cholesterol, & excellent source of vitamin A. Split tray frozen soup format.

1268523
Available

3 / 4- lb.
Tubs
Convenience

Creamy Garden Broccoli Soup

A delicious combination of tasty broccoli florets in a flavorful real cream base. Lacto vegetarian. Low cholesterol & a good source of calcium. Split tray frozen soup format.

2582260
Available

3 / 4- lb.
Tubs
Convenience

Creamy Garden Vegetable Soup – Not in Moonrose packaging YET.

A creamy soup with a medley of broccoli, Italian green beans, cauliflower, carrots, zucchini, peas and sweet red peppers, seasoned to perfection. Lacto vegetarian. Good source of fiber. Split tray frozen soup format.

3226834
Available

3 / 4- lb.
tubs
Convenience

Cream of Mushroom Soup

A traditional favorite of large diced mushrooms in a smooth and delicious real cream base. Lacto vegetarian. Split tray frozen soup format.

1268648
Available

3 / 4- lb.
tubs
Convenience

Cream of Spinach Soup

Tender and tasty spinach, carefully selected and blended in a smooth real cream base. Lacto vegetarian. Good source of calcium & vitamin A. Split tray frozen soup format.

2582294
Available

3 / 4- lb.
tubs
Convenience

Cream of Cauliflower Soup

A delectable blend of cauliflower, corn, and carrots in a seasoned base made with real cream. Lacto vegetarian. Split tray frozen soup format.

1268630
Available

3 / 4- lb.
Tubs
Convenience

Tomato Ravioli Soup

For a heartier offering, this mildly spiced soup features plump cheese-filled mini raviolis in a smooth tomato broth. Lacto Ovo vegetarian. Low fat, low saturated fat, low cholesterol, & a good source of vitamin A. Split tray frozen soup format.

1269505
Available

3 / 4- lb.
Tubs
Convenience

Garden Vegetable Soup **VEGAN**

A delicate tomato broth, loaded with carrots, potatoes, tomatoes, green beans, corn, zucchini, peas, celery and onions. Vegan soup. Low fat, low saturated fat, low cholesterol, & excellent source of vitamin A. Split tray frozen soup format.



FROZEN Products

- 1269562 **3 / 4- lb. tubs** **Seven Bean Soup** VEGAN
Available **Convenience** A robust soup with seven varieties of beans, accented with chopped tomatoes, celery, carrots, sweet red peppers, and onions. Low fat, low saturated fat, low cholesterol, a good source of vitamin A & excellent source of fiber.

- 0698803 **4/3LB** **Vegan Tortellini**
Available **Convenience**
 Carla's
- 0698704 **4/3LB** **Pacific Rim Vegan Ravioli**
Convenience
 Carla's

Refrigerated Products

- 0684936 **12/14 oz.** **Extra Firm Tofu (Water Pack)** VEGAN
Available Dairy Moonrose Extra Firm Tofu contains less water, maintains its shape, and is ideal for slicing, dicing, frying and broiling. Extra Firm Tofu has the most protein and fat content. It can be frozen and thawed then added to casseroles, lasagna or spaghetti sauce..
VITASOY

- 0684977 **12/14 oz.** **Firm Tofu (Water Pack)** VEGAN
Available Dairy Firm tofu is not as dense as extra firm tofu, though it holds its shape for slicing, dicing and frying. Firm tofu can be used in desserts, dressings and as a cheese substitute, particularly for cottage cheese, ricotta and cream cheese.
VITASOY

- 0606442 **4/5 lb.** **Veggie Mozzarella Shreds**
Available Dairy Alternative replacement for full "fat" cheese on pizza, lasagna, and all pasta dishes.
GALAXY NO Saturated Fat, NO Trans-fatty Acids, NO Cholesterol, NO Lactose, Calcium Enriched, 50% Fewer Calories

- 0602326 **4/5 lb.** **Soy Veggie Slices – American 120 ct**
Available Dairy **Veggie slices are great add-ons to veggie burgers, sandwiches and subs.**
GALAXY **NO Saturated Fat, NO Trans-fatty Acids, NO Cholesterol, NO Lactose, Calcium Enriched, 50% Fewer Calories**

- 0605105 **4/5 lb.** **Soy Veggie Slices – Pepper Jack 120 ct**
Available Dairy Veggie slices are great add-ons to sandwiches and subs.
GALAXY NO Saturated Fat, NO Trans-fatty Acids, NO Cholesterol, NO Lactose, Calcium Enriched, 50% Fewer Calories

- 0605147 **6/5 lb. Bags** **Vegan Cheddar Cheese Sauce** VEGAN
Available Dairy Great for veggie nachos or a vegan mac & cheese.
GALAXY NO Saturated Fat, NO Trans-fatty Acids, NO Cholesterol, NO Lactose, Calcium Enriched, 50% Fewer Calories

Large and Small Portions

Large and small portions for a diet may be ordered by the physician to improve meal intake. These diets are not menu-planned for the IMPAC Program; however, they can be easily incorporated by adjusting portion sizes as noted below.

Large Portions

Entrée – 1 ½ portions
Starch - 2 portions
Vegetable – 1 portion
Bread – 2 portions
Dessert – 1 portion

Small Portions*

Entrée – ¾ portion
Starch – ¾ portion
Vegetable – 1 portion
Bread – ½ slice
Dessert – 1 portion

- Depending on a resident's individualized protein and calorie needs, a calorie/protein and/or multivitamin/mineral supplement may be warranted with small portions as determined by appropriate facility personnel.

Resources

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