

**Missouri**

**Department of Mental  
Health**

**Diet Manual Guide**

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## **Acknowledgements**

Thank you to the following professionals for their time, effort and dedication to this project. We hope the Department of Mental Health consumers will benefit as a result of their hard work.

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## Table of Contents

|  |   |
|--|---|
| <a href="#"><u>Diet Manual Review and Approval</u></a> .....                         | 1 |
| <a href="#"><u>Introduction</u></a> .....  | 2 |
| <a href="#"><u>Diet Manual Policy</u></a> .....                                      | 3 |
| <a href="#"><u>Rationale for Liberalized Diets</u></a> .....                         | 4 |
| <a href="#"><u>Liberalized Diet Terminology</u></a> .....                            | 5 |
| <a href="#"><u>Diet Texture Terminology</u></a> .....                                | 6 |
| <a href="#"><u>Other Diet Terminology and Interpretations</u></a> .....              | 7 |
| <a href="#"><u>General Directions to the On-Line Nutrition Care Manual</u></a> ..... | 8 |

## Diet Manual Review and Approval

The Nutrition Care Manual and the Diet Manual Guide are reviewed and approved for use in all facilities operated by the Missouri Department of Mental Health

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[Back to Table of Contents](#)



## Introduction

The Academy of Nutrition and Dietetic's **Nutrition Care Manual (NCM)** is the diet manual for the Missouri Department of Mental Health. It is an Internet-based diet and professional practice manual for Registered Dietitians and allied health professionals. NCM is purchased by annual subscription and gives online access to evidence- and knowledge-based nutrition information for more than 100 diseases, conditions, and topics. It is updated with the latest research on an annual basis.

### Nutrition Care Manual®

- Is consistent with the Centers for Medicare & Medicaid Services' *Interpretive Guidelines for the Hospital Conditions of Participation*
- Meets the Joint Commission's *Hospital Accreditation Standards*.
- Has been named the preferred diet manual by the Healthcare Facilities Accreditation Program.
- Complies with DNV's NIAHO accreditation program.

To achieve the goals of providing appropriate medical nutrition therapy while enhancing quality of life, this **Diet Manual Guide** was designed to:

1. Assist in the interpretation of diet prescriptions.
2. Assist the practitioner in providing appropriate medical nutrition therapy to individuals in psychiatric and MRDD care settings.
3. Provide a more liberal approach to diet therapy.
4. Enhance quality of life while satisfying dietary needs.

There are two ways to obtain information from the on-line Nutrition Care Manual. Since the Manual is very large and complex, it is recommended that you link to specific information through the hyperlinks listed on [Pages 5 – 7](#) of this Guide.

You can also access the “entire” Nutrition Care Manual and navigate to the information needed following the directions on [Page 8](#) of this Guide.

**There are a limited number of subscriptions, so please “Log Out” when finished or when called away from your session.**

[Back to Table of Contents](#)

## Diet Manual Policy

- I. Objective:
  - A. To provide standardization of nomenclature in ordering diets.
  - B. To provide for consistency in administering consumer dietary prescriptions.
  - C. To serve as a guide in the development of menus for modified diets.
  - D. To provide a basis for the content of instructional materials provided to consumers.
  
- II. Policy

A current and approved diet manual shall serve as a guide to ordering and providing diets and as a nutritional care reference for health care personnel. [Sample NCM Approval Form](#)
  
- III. Procedure
  - A. The on-line [Nutrition Care Manual](#) published by the Academy of Nutrition and Dietetics is the official Diet Manual for the Missouri Department of Mental Health. This manual is revised annually with the most up-to-date medical nutrition therapy.
  
  - B. All patient areas, food service areas, and professional staff have access to the entire [Nutrition Care Manual](#). Staff can also access specific medical nutrition therapies in the Manual through the hyperlinks listed on [Pages 5 – 7](#) of this Guide.
  
  - C. The Nutrition Care Manual is approved in writing by the Medical Director and Registered/Licensed Dietitian at least every three years.

[Back to Table of Contents](#)

## Liberalizing Diets

The Dietitians in the Department of Mental Health write menus based on the principles of the USDA MyPlate and the US Dietary Guidelines. The Regular menu includes mild reductions in sugar, fat, and sodium and adequate amounts of fiber. For this reason, strict therapeutic diets are often not necessary. The DMH Dietitians endorse the liberalized diets listed on [Page 5](#) for individuals in psychiatric and Developmental Disabilities care settings.

### **Rationale:**

Restrictive therapeutic diets may:

- Be bland, dry, and unappealing
- Decrease client satisfaction
- Decrease feelings of normality
- Interfere with other treatment therapies

### **Benefits:**

Liberalized diets may:

- Improve the quality of life
- Improve client satisfaction
- Reduce meal complaints
- Improve dietary compliance

[Back to Table of Contents](#)



## **Liberalized Diet Terminology - Preferred Diet Orders**

Mealtime is often the highlight of the day for individuals in psychiatric and developmental disabilities care settings. Food and mealtimes can have a major impact on how one views quality of life. The diets listed below are preferred by the DMH Dietitians and encouraged for use with most individuals in the Department of Mental Health. More restrictive diets are also available (Page 7) and should be discussed with the clinical dietitian when ordering.

For those clients in Developmental Disabilities facilities, the diet order should have two parts, one for the diet prescription and one for the texture modification (listed on the next page). If there is no texture order, a regular texture is assumed.

### **Liberalized Diets**

#### **Regular Diet**

The Regular Diet provides approximately 2200 to 2500 calories and has no diet restrictions. However, the menus are written with mild reductions in sugar, sodium, and fat to work towards the US Dietary Guidelines while maintaining palatability and acceptability. This diet is similar to [General Healthful Nutrition](#).

#### **Regular Diet with No Added Salt (NAS)**

This diet is often used for individuals with sodium-sensitive hypertension. It is similar to the Regular Diet without a salt packet or salt shaker. [General Healthful Nutrition](#).

#### **Heart Healthy Diet**

The Heart Healthy Diet provides a mild calorie restriction - approximately 1800-2200 calories per day. It limits total dietary fat ( $\leq 35\%$ ), reduces saturated fat, reduces cholesterol ( $\leq 300$  mg/day), reduces sodium ( $\leq 4$  grams/day), and increases high fiber foods. This diet is appropriate for those who have cardiac problems, hypertension, hyperlipidemia, and/or who are overweight or obese. Liberal guidelines are used so no particular food item is eliminated from the diet. In the Nutrition Care Manual, the Heart Healthy Diet is similar to [Heart Healthy Nutrition Therapy](#) with a slightly more liberal restriction in cholesterol and sodium.

#### **Heart Healthy Consistent Carbohydrate Diet**

The Heart Healthy Consistent Carbohydrate Diet is similar to the Heart Healthy Diet except that it provides daily carbohydrates in a consistent meal pattern. Simple sugars are allowed in limited amounts. This diet is appropriate for those with cardiac problems, hypertension, hyperlipidemia, metabolic syndrome, diabetes, and/or overweight or obesity. In the Nutrition Care Manual, the Heart Healthy Consistent Carbohydrate Diet is a combination of the [Heart Healthy Nutrition Therapy](#) and [Type 2 Diabetes Nutrition Therapy](#).

#### **Heart Healthy Reducing Diet**

The Heart Healthy Reducing Diet is similar to the Heart Healthy Consistent Carbohydrate Diet except calories are limited to 1400-1800 per day. This diet is used for individuals who need fewer calories and/or want to achieve weight loss. In the Nutrition Care Manual, the Heart Healthy Reducing Diet is a combination of the [Heart Healthy Nutrition Therapy](#), [Type 2 Diabetes Nutrition Therapy](#), [Sample 1500 Calorie Meals](#) or [Sample 1800 Calorie Meals](#).

#### **Vegetarian Diets**

Vegetarian Diets are also available for personal preference or for religious reasons. See [Vegetarian Nutrition](#) for the various types of vegetarian diets.

## Texture Altered Diets

Dysphagia can be defined as any difficulty chewing or swallowing. The National Dysphagia Diet (NDD) is a science-based multi-level, standardized diet for individuals demonstrating or diagnosed with dysphagia. These diets can also be used for individuals with eating behaviors associated with choking risk. The NDD provides four levels of solid food textures and four levels of liquid viscosity.

### Regular Consistency

All foods textures are allowed.

### Level 1 - Pureed

Description: The diet consists of foods that are easy to swallow because they are blended, whipped, or mashed until they are a “pudding-like” texture. Coarse textured foods such as raw fruits and vegetables, or nuts, should be avoided. All foods on this diet should be smooth and free of lumps.

Rationale: This diet is designed for people who have moderate to severe dysphagia, with poor oral phase abilities and reduced ability to protect their airway.

### Level 2 - Mechanically Altered

Description: This diet consists of foods that are mechanically altered by blending, chopping, grinding, or mashing so that they are easy to chew and swallow. Foods should be well-moistened. Foods in large chunks or foods that are too hard to be chewed thoroughly should be avoided.

Rationale: This diet is a transition from the pureed textures to more solid textures. Chewing ability is required. The textures on this level are appropriate for individuals with mild to moderate dysphagia and those with very limited chewing ability. Patients should be assessed for tolerance to mixed textures. It is expected that some mixed textures are tolerated.

### Level 3 - Advanced/Soft Foods

Description: This diet consists of foods that are soft and easy to chew and swallow. Foods are nearly regular textures but excludes very hard, sticky, chewy, or crunchy foods. Foods should be moist and in “bite-size” pieces.

Rationale: This diet is a transition to a regular diet. Adequate dentition and mastication are required. The textures of this diet are appropriate for individuals with mild dysphagia or somewhat limited chewing ability. Patients should be assessed for tolerance to mixed textures. It is expected that mixed textures are tolerated on this diet.

### Clear Liquid Diet      Sample Menu

This diet is used as a temporary diet (1-3 days) to maintain hydration while minimizing colonic residue for certain medical conditions such as gastrointestinal illness, bowel surgery, or as a transition diet from NPO to solid foods. Liquids are clear or transparent to light and are liquid at room temperature. This diet is nutritionally inadequate for patients of all ages.

### Full Liquid Diet

The traditional indication for the full liquid diet is for short term use as a transition step between the clear liquid and soft diets following gastrointestinal surgery. It includes all the liquids allowed on a clear liquid diet with the addition of milk and some fiber. This diet is often inadequate in vitamins and minerals and is contraindicated for patients with lactose intolerance.

## Other Diet Terminology and Interpretations

| Common Diet Orders  | NCM Terminology   |
|---|---|
| No Concentrated Sweets<br>Diabetic Diet<br>Consistent Carbohydrate<br>Calorie Controlled Diet | <a href="#">Carbohydrate Counting for People with Diabetes</a><br><a href="#">Type 1 Diabetes Nutrition Therapy</a><br><a href="#">Type 2 Diabetes Nutrition Therapy</a>  |
| Renal Diet<br>Low Protein Diet<br>Low Potassium Diet  | <a href="#">Chronic Kidney Disease Nutrition Guidelines</a><br><a href="#">High Protein Food List</a> , <a href="#">High Potassium Food List</a> ,<br><a href="#">High Phosphorus Food List</a> , <a href="#">Low Potassium Food List</a> |
| Low Sodium Diet<br>Dash Diet  | <a href="#">Low Sodium Nutrition Therapy</a><br><a href="#">Hypertension Nutrition Therapy</a>  |
| Cardiac Diet<br>Low Cholesterol Diet  | <a href="#">Heart Healthy Nutrition Therapy</a><br><a href="#">High Cholesterol Nutrition Therapy</a><br><a href="#">High Triglyceride Nutrition Therapy</a>  |
| Low Fat Diet  | <a href="#">Fat Restricted Nutrition Therapy</a><br><a href="#">Gallbladder Nutrition Therapy</a>   |
| Dental Soft Diet or<br>Mechanical Diet  | <a href="#">Level 2 - Mechanically Altered Foods</a><br><a href="#">Level 3 - Advanced Soft Foods</a>   |
| Pureed Diet   | <a href="#">Dysphagia Level 1 – Pureed</a>  |
| High Fiber Diet   | <a href="#">High Fiber Nutrition Therapy</a> , <a href="#">High Fiber Food List</a><br><a href="#">Constipation Nutrition Therapy</a>   |
| Low Fiber Diet<br>Low Residue Diet  | <a href="#">Low Fiber Nutrition Therapy</a><br><a href="#">Diarrhea Nutrition Therapy</a>   |
| Bland Diet  | <a href="#">Peptic Ulcer Nutrition Therapy</a>  |
| Gastroesophageal Reflux<br>Disease Diet (GERD)  | <a href="#">GERD Nutrition Therapy</a>  |
| Lactose Free Diet   | <a href="#">Lactose Controlled Nutrition Therapy</a>  |
| Gluten Free Diet  | <a href="#">Gluten Free Nutrition Therapy</a>   |
| Food Allergies  | <a href="#">Corn</a> , <a href="#">Egg</a> , <a href="#">Fish</a> , <a href="#">Milk</a> , <a href="#">Peanut</a> , <a href="#">Shellfish</a> , <a href="#">Soy</a> , <a href="#">Tree Nut</a> ,<br><a href="#">Wheat</a>                 |
| PKU Diet  | <a href="#">PKU Nutrition Therapy</a>   |
| Low Tyramine Diet   | <a href="#">Tyramine Restricted Nutrition Therapy</a>   |
| Ketogenic Diet  | <a href="#">Epilepsy Nutrition Therapy</a>  |
| High Calorie High Protein<br>Diet   | <a href="#">High-Calorie, High-Protein Nutrition Therapy</a>  |

**If links to the Nutrition Care Manual do not work, all subscriptions may be in use. Please try again after 15 minutes.**

**For a complete list of client education materials:**

- 1. Go to [Nutrition Care Manual](#).**
- 2. Click on Client Education.**

**For more information about nutrition care for various diseases:**

- 1. Go to [Nutrition Care Manual](#).**
- 2. Click on Conditions.**

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**[Back to Table of Contents](#)**