

**OKLAHOMA DEPARTMENT OF CORRECTIONS
THERAPEUTIC DIET MANUAL**

PRESCRIBED MEDICAL DIETS

The Therapeutic Diet Manual has been reviewed and adopted by the Oklahoma Department of Corrections, Health Services Division.

1. Clear Liquid Diet

This diet includes minimum residue fluids that are transparent (i.e., broth, juices without pulp). This diet is nutritionally inadequate for long-term use. Nutrition support will be considered if on a clear liquid diet for more than three days. Dairy products, soups, hot cereals, and solid foods are not allowed.

This diet consists of three meals per day, each comprised of:

- 6 oz. fortified fruit drink packets
- 16 oz. low sodium chicken or beef broth
- 6 oz. flavored gelatin
- 8 oz. juice (no pulp)

Indications:

- In acute conditions for pre-surgical and/or post-surgical inmates.
- As the first step in restarting oral feeding.
- For fluid and electrolyte replacement in diarrheal diseases.
- As a test diet.

2. Full Liquid Diet

This diet includes fluids that are creamy, in addition to foods allowed on a clear liquid diet. Ice cream, pudding, thinned hot cereal, custard, strained cream soups, milk, and juices with pulp are allowed. This diet is nutritionally inadequate for long term use. A nutrition supplement will be added to meals if on a full liquid diet for more than five days. Solid foods are not allowed.

Sample full liquid diet, daily meal plan:

- Breakfast
 - 16 oz. fortified fruit drink packets
 - 2 cups farina, cream of wheat, or cream of rice (no oatmeal)
 - 16 oz. milk
 - 8 oz. juice
- Lunch and Dinner
 - 16 oz. fortified fruit drink packets
 - 16 oz. strained cream soup
 - 2 cups pudding
 - 8 oz. juice

Indications:

- As the second step after clear liquid diet in restarting oral feeding
- Post – operative or inability to chew a Mechanical Soft Diet

**OKLAHOMA DEPARTMENT OF CORRECTIONS
THERAPEUTIC DIET MANUAL**

PRESCRIBED MEDICAL DIETS

3. Puree Diet

This diet is a nutritionally adequate diet in which foods have been pureed to a smooth, liquid consistency and thinned down so they may pass through a straw. This diet follows the normal dietary pattern with modifications in consistency as necessary for patients with minimal or no chewing.

- Whenever possible, liquids of high nutritional value (e.g., milk, juice, cheese sauce, tomato sauce) will be used in the puree process.
- Nuts, seeds, skins, raw vegetables, and raw fruits will be avoided.
- Foods will be pureed separately whenever possible.
- Sample puree diet, daily meal plan:
 - Breakfast
 - 8 oz. juice
 - 1 cup pureed fruit
 - 2 cups pureed scrambled eggs
 - 1 cup pureed pancake or muffin
 - 2 cups cooked cereal, blended with milk
 - 16 oz. milk
 - 2 margarine servings, sugar
 - Lunch and Dinner
 - 8 oz. juice
 - 1 cup blended soup
 - 1 cup pureed meat or entree with gravy/broth
 - 1 cup mashed potato
 - 1 cup pureed vegetable
 - 1 cup pureed fruit
 - 1 cup thinned pudding
 - Margarine, sugar

Indications:

- Fractured jaw
- Extremely poor dentition in which chewing is inadequate
- Strokes (CVA), surgery of the mouth, radiation or chemotherapy

4. Mechanical Soft Diet

This diet consists of foods that are moderately soft in texture and easy to swallow. Main line diet, with the following exceptions when the related item is offered on the Main line:

- Easy to chew foods will be substituted when necessary.
- Meat is ground with gravy/broth.
- Fruit is soft (e.g., bananas, ripe melon, canned).
- Vegetables are cooked thoroughly.
- Instruct inmate to avoid potato skins.

Indications:

- Edentulous
- Upon practitioner order
- Dysphagia
- After dental surgery
- Poor dentition

OKLAHOMA DEPARTMENT OF CORRECTIONS
THERAPEUTIC DIET MANUAL

PRESCRIBED MEDICAL DIETS

5. Bland Diet

A bland diet can be used to treat ulcers, heartburn, nausea, vomiting, diarrhea, and gas. A bland diet includes foods that are soft, not very spicy, and low in fiber.

- Avoid dairy food, such as whipped cream or high-fat ice cream.
- Avoid strong cheeses, such as bleu or Roquefort cheese.
- Avoid raw vegetables (onions, peppers, asparagus, cabbage and broccoli).
- Avoid whole grains or bran cereal.
- Avoid spices, such as hot pepper and garlic.
- Avoid fried foods.
- Avoid seeds and nuts.
- Avoid citrus juices, tomato juice.
- Avoid chocolate, peppermint.

Indication:

- Stomach or intestinal surgery
- Ulcers
- Hiatal Hernia

6. Nothing by mouth (NPO)

Medical instructions to withhold fluids, foods and medications. Some medications and a sip of water are allowed per the healthcare provider instructions.

Indications:

- Pre-anesthesia for surgery or other procedure
- Pre-labs

7. Diet for Health

A diet for health is designed to help improve blood cholesterol, blood sugar levels, high blood pressure and body weight. Diet for health is a diet that is reduced in sodium, fat, cholesterol, and calories.

Indications:

- Diabetes
- Cardiac conditions (e.g., hypertension, hyperlipidemia)
- Metabolic syndrome
- Obesity

8. Renal/Hepatic/ Diet

The renal diet is to minimize complications associated with acute and chronic renal failure, and to provide specific amounts of protein, sodium, potassium, phosphorus, and fluids, with sufficient calories to prevent deficiency and maintain food nutritional status. Inmates with renal or hepatic disorders will be assessed by the Registered Dietitian or consultant (hepatologist, nephrologist) on an individual basis when medically necessary.

Indications:

- Renal and Hepatic Disorders

OKLAHOMA DEPARTMENT OF CORRECTIONS THERAPEUTIC DIET MANUAL

PRESCRIBED MEDICAL DIETS

9. Neutropenic Diet

This diet is intended for use by patients with compromised immune status. This diet helps protect them from bacteria and other harmful organisms.

- Avoid all fresh fruits and vegetables, including all fresh garnishes. Cooked vegetables, canned fruits, and juices are fine.
- Avoid yogurt and yogurt products with live and active cultures.
- Avoid raw or rare-cooked meat, fish, and eggs. Meat will be cooked to the "well-done" stage. All eggs will be thoroughly cooked (no runny yolks).

Indications:

- Bone Marrow Transplant
- Chemotherapy
- Weakened immune systems

9. Food Allergy Diet

A food allergy, or hypersensitivity, is an abnormal response to a food that is triggered by the immune system.

Main food allergies are tomato and/or peanut.

Main line diet, with the following exceptions:

- The inmate is instructed to avoid the food to which she/he is allergic.
- Food service will be given a Medical Diet Request indicating the main food allergy.
- When the food an inmate is allergic to is on the Main line, the inmate will be provided a substitute for that food.

Indications:

- Confirmed allergy, according to policy, to tomato and/or peanut.

10. Gluten Free Diet

Gluten is a protein found in wheat, rye, oats and barley. This diet excludes wheat, rye, and barley. Replace with vegetable proteins found in beans, grains, potatoes, corn, and rice products.

Indications:

- Celiac Disease

11. Pregnancy Diet

Nutrition is important before, during, and following pregnancy. A healthy pregnancy diet will promote the baby's growth and development. In order to get the nutrients needed, the inmate will eat from a variety of food groups, including fruits and vegetables, breads and grains, protein sources and dairy products. The basic principles of healthy eating include fruits and vegetables, breads and grains, protein sources and dairy products.

Main line, Female

- Daily prenatal vitamin/mineral supplement
- Extra 24 oz. of milk
- One snack

Indications:

- Pregnancy

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THERAPEUTIC DIET MANUAL**

INMATE SELF-SELECTED DIETS

1. Lactose Intolerance/Lactase Deficiency Diet

Lactose is the primary carbohydrate in milk. Lactose intolerance is not the same as a milk allergy; it has nothing to do with allergy. The Medical Diet Request Form will not be completed. The inmate will obtain the Main line diet. Lactase tablets may be prescribed for treatment of lactase deficiency. Proper use of lactase tablets will be instructed when ordered.

Mainline diet

- Lactose intolerance/lactase deficiency will be treated through lactase tablets.
- Instruct inmate on use of lactase tablets.

Indications:

- Lactose Intolerance or Deficiency

2. Food Allergy Diet other than Main Food Allergies

Main line diet

- Instruct inmate to avoid foods to which she/he is allergic.

Indications:

- Allergy to food other than main food allergies (i.e., tomato and/or peanut).

3. Weight Reduction Diet

Weight reduction diet is the practice of eating food in a regulated and supervised fashion to decrease, maintain, or increase body weight. Weight reduction diet is often used in combination with physical exercise to lose weight.

Mainline diet

- Encourage avoidance of margarine, gravies, mayonnaise, desserts, and sweets.
- Encourage appropriate food purchases at commissary.
- Encourage daily physical activity.

Indications:

- Obesity

4. Gastroesophageal Reflux Disease, Peptic Ulcer Disease, Dyspepsia Diet

The foods ingested affect the amount of acid the stomach produces. They can also be directly irritating to the esophagus. The diet for gastroesophageal reflux disease (GERD) is designed to decrease symptoms associated with the reflux of gastric (stomach) fluid into the esophagus.

Mainline diet

- Encourage avoidance of spices, pepper, chocolate, caffeine, carbonated beverages, tomatoes and tomato products.
- Encourage avoidance of excess fat and calories.

Indications:

- Peptic Ulcer Disease (PUD) or Gastroesophageal Reflux Disease (GERD) (R 09/23)