

ONE McLaren System Diet Order Suitabilities

Diets & Diet Modifiers	Suitabilities
Diet Regular	No Restrictions
Diet Cardiac	Sodium \leq 200mg; Total fat \leq 35% total energy, \leq 7% saturated/trans fat
Diet Consistent Carbohydrate	Total Daily Carbohydrate Choices - 14 (210g); Breakdown of daily carbohydrate choices by meal - 4/5/5; SF condiments; Regular desserts allowed that meet carbohydrate meal guidelines; Planned snacks are only provided to patients with a separate snack order
1500 Calorie Level Consistent Carbohydrate	Total Daily Carbohydrate Choices - 12 (180g); Breakdown of daily carbohydrate choices by meal - 4/4/4; SF condiments; Regular desserts allowed that meet carbohydrate meal guidelines; Planned snacks are only provided to patients with a separate snack order
1800 Calorie Level Consistent Carbohydrate	Total Daily Carbohydrate Choices - 14 (210g); Breakdown of daily carbohydrate choices by meal - 4/5/5; SF condiments; regular desserts allowed that meet carbohydrate meal guidelines; Planned snacks only provided to patients with a separate snack order
2000 Calorie Level Consistent Carbohydrate	Total Daily Carbohydrate Choices - 18 (270g); Breakdown of daily carbohydrate choices by meal - 6/6/6; SF condiments; Regular desserts allowed that meet carbohydrate meal guidelines; Planned snacks are only provided to patients with a separate snack order
2400 Calorie Level Consistent Carbohydrate	Total Daily Carbohydrate Choices - 21 (320g); Breakdown of daily carbohydrate choices by meal - 7/7/7; SF condiments; Regular desserts allowed that meet carbohydrate meal guidelines; Planned snacks are only provided to patients with a separate snack order
Gestational Diabetes	Individualized per patient needs. Recommended Total Daily Carbohydrate Choices - 21 (320g); Breakdown of daily meal carbohydrate choices with planned AM/PM/HS snacks - 5/2/5/2/5/2; SF condiments; Regular desserts allowed that meet carbohydrate menu item guidelines
Diet Renal	Sodium \leq 2000 mg; Potassium \leq 2400 mg; Phosphorus \leq 1200 mg; Protein 20% of kcal level
Diet Low Fat	Fat \leq 50g day
Diet Low Fiber	Limit fiber with \sim 13g daily total; no banana

Diet High Fiber	Equivalent to Regular; Daily Fiber ~24g/day with 8g Fiber per meal
Diet GI Soft (Gastrointestinal Soft)	Limits most raw, highly seasoned, and fried foods; moderate fiber with items allowed including banana and rice
High Calorie/High Protein	Equivalent to Regular with ~100g PRO Day
Diet Clear Liquid	Clear Liquids only; no solid foods
Diet Full Liquid	Strained soups, cream cereals, milk, all other fluids included in Clear Liquid diet; no solid foods
Diet NDD1 (Pureed)	Foods are thick and smooth and have a moist pudding-like consistency without pulp or small food particles; no coarse textures
Diet NDD2 (Ground)	Foods are moist, soft, and simple to chew, and they easily form a cohesive bolus. Moistened ground meats, vegetables cooked to a soft mashable texture, soft-cooked or canned fruits, and bananas are included
Diet NDD3 (Chopped)	Foods are moist, soft, in bite-size pieces, and nearly regular in texture. Hard, sticky, and crunchy foods are excluded; no crackers; bacon; sausage; hot dogs; bratwurst
Diet Mechanical (Dental) Soft	Equivalent to NDD3 diet with additional foods allowed including - dry cereals; saltine crackers; strawberries; shredded lettuce; bacon; sausage (without casing)
Diet Bariatric Surgery Stage I	Clear liquids free of carbonation, caffeine; only sugar free, low calorie clear liquids; no straws
Diet Bariatric Surgery Stage II	Full liquids should be low in sugar and higher in protein; no straws
Diet Bariatric Surgery Stage III	Pureed or soft semisolid foods; small protein portions with each meal; ground or finely diced meats; canned or soft fresh fruit; well cooked vegetables; no straws
Diet Bariatric Surgery Stage IV	Protein sources, low fat foods provided at every meal; no bacon or sausage; no straws
Diet Gluten Free	Strict avoidance of prolamins, which are proteins found in wheat, rye, barley, and triticale
Lactose Controlled	Unsuitable items include fluid lactose containing milk and ice cream. Milk in prepared foods are allowed (such as cheeses; baked goods; creamed foods; yogurt)
Diet Vegetarian	No animal products, no seafood. May include eggs and dairy unless patient request to omit

Diet Toddler (1- 2 years)	Dental soft foods, appropriate portion sizes for age group
Diet Preschool (2-5 years)	Appropriate portion sizes for age group
2 g sodium	</= 2000mg Sodium/day
50 gm Fat	</= 50g Fat/day
2 g potassium	</= 2000mg Potassium/day
60 g protein	</= 60g Protein/day
100 g protein	</= 100g Protein/day
1200 mg Phosphorus	</= 1200mg Phosphorus/day

Revised: October 2021