

Department of Public Safety and Correctional Services
Clinical Services & Incarcerated Individual Health



Medical Diet Manual
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MEDICAL DIET MANUAL REVISION HISTORY

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This manual supersedes any prior existing Department communication, policy, directive, or information bulletin with which it conflicts.

This manual supersedes:

- DPSCS 130-400, Medical Diet Manual, dated August 2012.
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CHAPTER 1 – MEDICAL DIET MANUAL

I. Purpose.

The Department of Public Safety and Correctional Services shall:

- A. Ensure that there are alternate meal plans to the regular diet that meet dietary reference intake;
- B. Ensure that an incarcerated individual with specific medical diagnosis receives dietary clinical consultation as requested by the clinician in accordance with this manual;
- C. Ensure prompt delivery of the appropriate diet to an incarcerated individual;
- D. Ensure that a clinician orders and cancels therapeutic diets in accordance with this manual;
- E. Provide therapeutic diets to an incarcerated individual diagnosed with medical conditions requiring specific dietary requirements;
- F. Provide guidance to a clinician who orders therapeutic diets for an incarcerated individual; and
- G. Provide regular and therapeutic diets that are:
 - (1) Compatible with the health needs of the incarcerated individual;
 - (2) Nutritionally compliant; and
 - (3) Regularly monitored.

II. Scope.

This policy applies to incarcerated individuals within a Department of Public Safety and Correctional Services correctional facility and the employees who work within a correctional operation.

III. Policy.

The Department of Public safety and Correctional Services shall provide nutritious and medically appropriate meals to all incarcerated individuals.

IV. Definitions.

- A. In this manual, the following terms have the meanings indicated.
- B. Terms defined.
 - (1) “Clinician” means a:
 - (a) Dentist;

- (b) Nurse Practitioner;
 - (c) Physician; or
 - (d) Physician Assistant.
- C. “Dietary consultation” means, with respect to medical nutrition therapy:
- (1) A medical meal plan that consists of a:
 - (a) In-person review; or
 - (b) Telephone review.
 - (2) Therapeutic meal plan considered necessary by a registered and licensed dietitian;
 - (3) Written advice made by a registered and licensed dietitian on the request of a clinician;
 - (4) Written advice request within the parameters specified in [§V.D.](#) of this manual; and
- D. “Diet ordering” means:
- (a) The process of issuing a written directive made by a clinician with regard to the nutritional care of an incarcerated individual; and
 - (b) Following the protocol specified in [§V.C.](#) of this manual for ordering and canceling diets.
- E. “Dietary Reference Intake (DRI)” means a generic term for a set of nutrient reference values that includes:
- (1) AI (Adequate Intake);
 - (2) EAR (Estimated Average Requirement), which covers 50% of the general population.
 - (3) RDA (Recommended Dietary Allowances), which covers 95%-98% of the population; and
 - (4) Tolerable UL (Upper Intake Level).
- F. “Food allergy” means an immune system reaction that occurs soon after eating a certain food.
- G. “Meat analogue” means a meat substitute made from soybean products.
- H. “Therapeutic diet” means a specially prepared diet prescribed by a licensed healthcare provider for an incarcerated individual with a specific medical condition.

V. Procedures.

A. Program Administration.

- A. A correctional dietary officer shall provide a medically diagnosed incarcerated individual with a therapeutic diet that is based on the DPSCS approved regular diet, and modified to meet the medical needs of the incarcerated individual as specified in [§IV.B.](#) of this manual (Regular and Therapeutic Diets).
- B. A registered dietitian shall evaluate regular diets and therapeutic diets annually, or as clinically indicated to ensure nutritional adequacy.
- C. Whenever indicated, only a clinician shall:
 - (1) Cancel medical diets;
 - (2) Order medical diets;
 - (3) Provide monthly medical diet updates to dietary staff;
 - (4) Review medical diets annually or as necessary; and
 - (5) Revise medical diet orders.
- D. The correctional dietary regional manager (CDRM), or a designated licensed correctional dietary manager (CDM) shall train correctional dietary officers annually to:
 - (1) Maintain dietary records based on established protocols; and
 - (2) Prepare and deliver therapeutic diets to the appropriate incarcerated individual.
- E. The DPSCS Chief Medical Officer and Director of Food Services, or designee shall review the Medical Diet Manual annually and reissue the manual every 5th year regardless of whether there are changes.
- F. A correctional dietary officer may provide snacks, listed as approved menu options, only for the following:
 - (1) Diabetic meal patterns;
 - (2) High calorie diet;
 - (3) Pregnancy Diet;
 - (4) When otherwise medically indicated.
- G. The facility CDM and CDRM shall participate in the regional monthly Medical Advisory Committee (MAC) meetings.

B. Regular and Therapeutic Diets.

A. Regular and therapeutic diets shall:

- (1) Provide an incarcerated individual, including those in restrictive housing and protective custody, with adequate diets based on current dietary reference intake guidelines; and
- (2) Consist of items from the USDA Dietary Guidelines for Americans (DGA) available on the internet at <https://www.dietaryguidelines.gov>:
 - (a) Dairy;
 - (b) Fruits;
 - (c) Grains;
 - (d) Protein Foods; and
 - (e) Vegetables.
- (3) Not contain pork, pork products, or have pork derivatives.

B. Therapeutic Diets.

- (1) A clinician ordering therapeutic diets for special medical conditions shall adhere to the medical diets approved by the:
 - (a) Chief Medical Officer; or
 - (b) DPSCS Registered Dietitian.
- (2) A registered dietitian may modify a meal pattern if the modified meal pattern is within the guidelines of the diet.
- (3) A clinician or health care practitioner may not order foods:
 - (a) Based on preference of an incarcerated individual; or
 - (b) Without medical basis or necessity.
- (4) Many incarcerated individuals with chronic medical conditions are assigned diets as ordered by a medical clinician. To promote the health and well-being of those incarcerated individuals and to ensure compliance with assigned medical diets, commissary privileges will change to reflect additional measures to maintain a standard of care.
 - (a) Medical staff shall counsel incarcerated individuals regarding the importance of the medical diet to their medical condition.

- (b) An incarcerated individual shall have the option to accept or reject a medical diet. An incarcerated individual already on a medical diet may discontinue the diet at any time with a submitted written request to the medical department.
 - (c) The medical department shall supply commissary staff with a list of incarcerated individuals on a medical diet.
 - (d) Commissary staff shall make certain non-detrimental items available for purchase. Such items include coffee, tea, tuna in water, sugar free items, sugar substitutes (Equal, Splenda, etc.), oatmeal, and granola.
 - (e) The managing official, or designee shall consult with the assigned physician and the commissary manager to ensure that such non-detrimental items are included on the authorized commissary purchase list for those on a medical diet.
 - (f) At each meeting of the Medical Advisory Committee, the medical director is encouraged to advise the managing official, or designee of recommended changes to the list of generally authorized items available for purchase in the commissary.
- C. Except for an incarcerated individual on a Renal Diet, referenced on [pages 59 - 62](#) of this manual, or a life threatening allergy, a correctional dietary officer shall provide a bag meal to an incarcerated individual when the individual is being transported:
- (1) From one correctional facility to another;
 - (2) To court; or
 - (3) Out of the facility on work detail or work release.
- D. Correctional dietary officers shall serve religious diets in accordance with [COMAR 12.03.02.03](#), Religious Diet Program. The Lacto-Ovo Vegetarian Diet is also available to meet the needs of other recognized faiths.
- E. An appropriate diet modification will be made for a life threatening allergy.

C. Ordering and Canceling Diets.

- A. When medically indicated, a clinician shall order therapeutic diets as identified in this manual.
- B. A clinician may not combine medical diets without consulting with a registered dietitian.

- C. A clinician may order therapeutic diets not defined in this manual but medically indicated under the following circumstances:
- (1) Approval of the Chief Medical Officer or the Chief Medical Officer's designee; and
 - (2) A dietary consultation by a registered dietician.
- D. A clinician ordering a therapeutic diet shall:
- (1) Complete, sign and date *OPS.130-12bR Medical Diet Referral form* ([Appendix B](#)) to this manual;
 - (2) Ensure that all medical diet orders have a start and end date;
 - (3) File *OPS.130-12bR Medical Diet Referral form* ([Appendix B](#)) in the incarcerated individual's medical file;
 - (4) Forward a copy of the completed *OPS.130-12bR Medical Diet Referral form* ([Appendix B](#)) to the CDM within 24 hours; and
 - (5) Submit a written order for a therapeutic diet, within 1 working day of the initial telephone or verbal order.
- E. Transfers.
- (1) A medical diet shall expire when an incarcerated individual transfers to another facility.
 - (2) The clinician of the receiving facility shall medically assess the incarcerated individual within 24 hours of intake, excluding holidays and weekends, and order the appropriate medical diet.
 - (3) If the transfer occurs on a weekend or a holiday, the receiving facility shall honor the current medical diet until the incarcerated individual is assessed.
- F. The CDM, or a designee shall:
- (1) Date and time stamp the ordered medical diet upon receipt;
 - (2) Start the ordered medical diet within 48 hours; and
 - (3) Return any incomplete *OPS.130-12bR Medical Diet Referral form* ([Appendix B](#)) to the sender.
- G. As a part of an ongoing clinical evaluation of assigned therapeutic diets, a clinician shall conduct therapeutic diet renewals and reviews annually, or more often as clinically indicated.

- H. To cancel a therapeutic diet, the clinician shall complete, date, and sign the *OPS.130-12bR Medical Diet Referral form* ([Appendix B](#)) of this manual.
- I. The CDM, or a designee shall:
- (1) Begin the cancellation of all medical diets within 48 hours of receiving the *OPS.130-12bR Medical Diet Referral form* ([Appendix B](#)) from the clinician.
 - (2) Recommend to the clinician an incarcerated individual's removal from a medical diet, if the individual demonstrates non-compliance with a therapeutic meal plan.
 - (a) 75% of the time; and
 - (b) Within a 1-month period.

D. Dietary Consultation.

- A. A registered dietitian shall provide dietary consultation as ordered by a clinician if an incarcerated individual has been diagnosed with one or more of the following conditions:
- (1) Chronic weight loss and failure to improve on a high calorie diet;
 - (2) Crohn's disease or other gastrointestinal disease with clinically relevant malabsorption;
 - (3) Documented severe life threatening food allergies of one of the nine most common adult allergies listed in [§V.D.](#) through record retrieval and history taking;
 - (4) Need for sustained clear or full liquid diets that require nutritional supplements;
 - (5) Need for modifications in consistency, as on dental requirements;
 - (6) Newly diagnosed diabetes;
 - (7) A diagnosis requiring medications with clinically significant interactions with food (i.e., monoamine oxidase inhibitors);
 - (8) Renal disease requiring a therapeutic diet;
 - (9) Skin breakdown of stage 2 or above; or
 - (10) Specific medical diagnosis requiring a combination or special diet not provided in the DPSCS standard of therapeutic diets.
- B. Food Allergy.

- (1) A tiny amount of allergy-causing food can trigger signs and symptoms such as digestive problems, hives, or swollen airways.
- (2) In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as anaphylaxis.
- (3) Food allergy risk factors include:
 - (a) Asthma – Asthma and food allergy commonly occur together. When they do, both food allergy and asthma symptoms are more likely to be severe.
 - (b) Family history – A person is at risk of food allergies if asthma, eczema, hives or seasonal allergies (hay fever) are common in the person’s family history.
 - (c) Severe allergies – Allergies to nuts and shellfish are likely to be lifelong.
- (4) Factors that may increase the risk of developing an anaphylactic reaction include:
 - (a) Being a teenager or younger;
 - (b) Having a history of asthma;
 - (c) Not having hives or other skin symptoms; and
 - (d) Waiting to treat the food allergy symptoms with epinephrine.
- (5) The most common food allergy symptoms include:
 - (a) Fainting, dizziness, or lightheadedness;
 - (b) Itching, hives, or eczema;
 - (c) Swelling of the lips, face, tongue and throat, or other parts of the body;
 - (d) Tingling or itching in the mouth;
 - (e) Vomiting, abdominal pain, diarrhea, or nausea; and
 - (f) Wheezing, trouble breathing, or nasal congestion.

C. Anaphylaxis.

- (1) In some people, a food allergy can trigger a severe allergic reaction called anaphylaxis. This can cause life-threatening symptoms, including:
 - (a) A swollen throat or the sensation of a lump in the throat that makes it difficult to breathe;
 - (b) Constriction and tightening of the airways;
 - (c) Dizziness, lightheadedness, or loss of consciousness;

- (d) Rapid pulse; and
 - (e) Shock, with a severe drop in blood pressure.
- (2) Emergency treatment is common for anaphylaxis. Untreated, anaphylaxis can cause coma or death.

D. Most Common Food Allergies, Statistics, and Treatment Recommendations.

- (1) 90% of all allergic reactions are to the “top nine” food items below:
- (a) Eggs;
 - (b) Fish (such as Bass, Cod, and Flounder);
 - (c) Milk;
 - (d) Peanuts;
 - (e) Sesame, Tahini;
 - (f) Shellfish (such as Crabs, Lobster, and Shrimp);
 - (g) Soy (the Department utilizes soy products in the DPSCS vegetarian diet);
 - (h) Tree nuts (such as Walnuts, Pecans, Almonds, and Cashews); and
 - (i) Wheat.
- (2) Food allergies are less common in adults, but more common in children.
- (3) About 7 out of 100 children have food allergies.
- (4) Only 3 to 4 out of 100 adults have food allergies.
- (5) If a person has a food allergy as an adult, the person will most likely have it for life.
- (6) Most adults who have food allergies have had them since childhood.
- (7) 80% of African Americans have lactose intolerance to milk and milk products.
- (8) The best treatment for a food allergy is to avoid eating foods which may cause allergy.

E. Foods Served.

- (1) DPSCS dietary staff may serve hot dogs that are chicken or turkey mixture.
- (2) DPSCS dietary staff may serve processed breaded fish (non-shellfish) once weekly.
- (3) DPSCS dietary staff may not serve pork, pork products, or shellfish such as crabs and shrimp.

F. Food Intolerance.

- (1) Many people think they have a food allergy, but in fact, what they have is food intolerance.
- (2) Food intolerances are common and can cause some of the same symptoms such as a mild food allergy, like:
 - (a) Intestinal gas;
 - (b) Nausea; or
 - (c) Upset stomach.
- (3) Food intolerance may make you feel bad, but it is not dangerous.
- (4) Food intolerance may not cause a life-threatening allergic reaction.

G. Serious Food Allergy.

- (1) A serious food allergy can be dangerous.
- (2) A clinician shall complete a thorough evaluation of any incarcerated individual who:
 - (a) Claims to have peanut associated allergy, but does not have any prior existing documentation of the reaction or treatment; or
 - (b) Has previous positive documentation of egg allergy.
- (3) A clinician shall evaluate an incarcerated individual who self-reports food allergies, for referral purposes to:
 - (a) Determine if the incarcerated individual's medical change history is suggestive of a life-threatening food allergy or rather, an actual food intolerance; and
 - (b) Treat an incarcerated individual who presents food intolerances (e.g. wheat, gluten), ingestion associated with milk (lactose intolerance – lactase enzyme deficiency), and not true life-threatening reactions by avoidance of the food (see section H below).
- (4) Once an incarcerated individual verbalizes an allergy to a certain food, in the absence of documentation, the clinician shall:
 - (a) Document the type of reaction (rash, itching, etc.);
 - (b) Write a therapeutic meal order after the incarcerated individual's medical history of a potentially life threatening allergy condition has been

- substantiated by old medical records, ER (emergency room) records, or an outpatient allergist documentation;
- (c) Provide the incarcerated individual with written instructions to avoid the food item; and
 - (d) If there are any questions as to whether the individual may have a true allergy to food, seek support and advice from the regional Medical Director or the Chief Medical Officer, Clinical Services.
- (5) Severe allergic reactions may represent a reaction to a food and must be taken seriously.
- (a) A clinician shall recommend, for an incarcerated individual who has documented historical and clinical evidence of past severe allergic reactions, that the incarcerated individual be:
 - (i) Educated regarding food options and ways to avoid getting into difficulty with the offending food; and
 - (ii) Evaluated through appropriate history taking and old record review to determine if the allergy condition has been substantiated to one of the life-threatening reactions, listed in [§V.D\(5\)\(b\)\(i-iv\)](#) to certain foods.
 - (b) Life-threatening reactions include:
 - (i) Anaphylactic-type reaction;
 - (ii) Hives;
 - (iii) Shortness of breath; and
 - (iv) Welts.

H. Incarcerated Individual Self-Report Food Intolerance or Allergy.

- (1) An incarcerated individual who self-reports a food intolerance or allergy, other than those that are life threatening, such as tomatoes or onions, shall be counseled to avoid most of the offending foods and will not receive a food substitution.
- (2) The clinician shall treat an incarcerated individual who presents food intolerances (wheat, gluten), ingestion associated with mild lactase enzyme deficiency and not true life-threatening reactions by avoidance of the food.
- (3) The clinician shall document:

- (a) In the medical record, that the offending food reaction represents an intolerance and not a true allergy and does not require listing it as an allergy, but may be listed on the “Problem List” of the incarcerated individual as “Food Intolerance” with documentation of the symptoms; and
- (b) In the progress notes, the education and options provided to the incarcerated individual, and the date.
- (c) If life-threatening reactions have been observed and documented, a special diet may be ordered. The clinician shall complete *OPS.130-12cR Medical Dietary Consultation Request form* ([Appendix C](#)) in the incarcerated individuals medical record and forward a copy to the CDM for nutrition intervention.

I. Medical Dietary Consultation Request.

- (1) The CDM shall return incomplete forms to the requesting clinician.
- (2) The clinician shall place the *OPS.130-12cR Medical Dietary Consultation Request form* ([Appendix C](#)) in the incarcerated individual’s medical record and forward a copy to the dietitian for nutrition intervention.
- (3) The CDM shall:
 - (a) Date and time stamp all consultation requests on receipt; and
 - (b) Ensure that a registered dietitian initiates dietary consultation within 7 working days of receipt.
- (4) The registered dietitian shall:
 - (a) Prepare a dietary consultation for a special diet for an incarcerated individual; and
 - (b) Forward the completed dietary consultation form to the medical unit for filing in the incarcerated individuals medical record.
 - (c) The clinician shall order therapeutic diets not included in this manual, but recommended by the dietary consultation as indicated on *OPS.130-12bR Medical Diet Referral form* ([Appendix B](#)) to this manual, under “Other.”

E. Therapeutic Diet Delivery.

- A. A registered dietitian shall prepare, issue, and distribute a weekly medical diet spreadsheet delineating a meal plan for each medical diet provided in the correctional facility.
- B. In accordance with this manual, meal plans are required for medical diets.

C. The clinician shall:

- (1) Update the roster of incarcerated individuals receiving medical diets on a monthly basis; and
- (2) Forward the updated roster to the CDM by the 15th day of each month.

D. The CDM or designee shall:

- (1) Identify an incarcerated individual on a medical diet list, prior to meal service, to ensure the diagnosed incarcerated individual receives the specific medical diet; and
- (2) Instruct and monitor the correctional dietary officer, assigned to the meal line, to ensure that medical diets are in accordance with the medical diet spreadsheet.

E. The correctional dietary officer shall maintain the *OPS.130-12dR Medical Diet Compliance Log Checklist* ([Appendix D](#)) this manual.

F. The CDM shall:

- (1) Maintain and review compliance logs each month; and
- (2) Notify the clinician when an incarcerated individual is administratively 75% noncompliant with a medical diet over a one-month period.

G. A correctional officer and or correctional dietary officer shall submit a “matter of record” according the DPSCS practices, when observing an incarcerated individual altering special diets in the dining room by:

- (1) Refusing medical diet meals;
- (2) Selecting regular meals through the regular meal line;
- (3) Receiving and trading food; and
- (4) Giving away food.

H. A correctional officer and correctional dietary officer shall submit the completed “matter of record” for appropriate administrative action to the:

- (1) Facility medical department; and
- (2) CDM or CDRM.

F. Lacto-Ovo Vegetarian Meal Plan.

A. The Lacto-Ovo Vegetarian meal plan is the modification of the regular diet that replaces meat, fish and poultry with the following variety of:

- (1) Cereals;
 - (2) Cheeses;
 - (3) Eggs;
 - (4) Meat analogues;
 - (5) Milk products; and
 - (6) Peanut butter (peanut based).
- B. The lacto-ovo vegetarian meal plan shall not:
- (1) Combine with an order for a medical diet; or
 - (2) Meet the criteria for medical diets.
- C. With the exception of an incarcerated individual on a prescribed medical diet, an incarcerated individual shall select either the:
- (1) Lacto-Ovo Vegetarian Diet, [pages 26-27](#) to this manual;
 - (2) Religious Diet; or
 - (3) Regular Diet, [page 24 \(male\)](#) and [page 25 \(female\)](#) to this manual.
- D. An incarcerated individual shall:
- (1) Register dietary food plan preferences at intake; and
 - (2) Re-register dietary food plan preferences:
 - (a) Within fifteen days after being transferred from one facility to another; and
 - (b) Within six months from the date of re-registration.
- E. The Chief of Religious Services shall process religious registration changes out of schedule if the request for re-registration is associated with an approved change in religious preference.
- F. The registration process shall be coordinated by the:
- (1) Chief of Religious Services, or designee; or
 - (2) CDM, or designee.

G. Meal Planning.

- A. A vegetarian substitution may be used as necessary for the general population. The basic vegetarian menu shall correspond with the:
- (1) Planned facility menu; and

- (2) Certified facility menu.
- B. Vegetarian substitutions shall include at least 2-3 servings of five meat equivalents daily.
- C. When offering a variety of entrees, a registered and licensed dietitian shall choose from the following:
- (1) Protein Foods
 - (a) 1-2 meat equivalents from the egg or mild product groups; or
 - (b) 1-2 meat equivalents from the plant based protein; or
 - (c) 1-2 meat equivalents from the legume group;
 - (2) 1 meat equivalent equals any of the following:
 - (a) ½ cup dried beans, peas, or lentils;
 - (b) 1 tablespoon of peanut butter;
 - (c) 1oz. cheese;
 - (d) 1 cup cottage cheese;
 - (e) 1 egg, or 4oz. tofu (2 ½" X 2 ½" X 1")
 - (f) 1 oz. nuts or as specified for individual nutritional analysis;
 - (g) 2oz. meat analogues made from soy protein, or as specified for individual nutritional analysis.
 - (3) Dairy:

2 cups or 16 oz. of all types of milk, yogurt, cottage cheese and fortified drinks with calcium and Vitamin-D.
 - (4) Vegetables:

3-5 servings daily including a serving of dark green or yellow vegetables, beans, peas, lentils, starchy vegetables and one cup of vegetable soup may be considered a serving of vegetables.
 - (5) Fruits:

2-3 servings daily to include a serving of citrus fruit or juice; or vitamin C fruit or juice.
 - (6) Grains:

10 servings daily of whole or refined grains.

- D. The registered and licensed dietitian shall:
- (1) Categorize all vegetarian diets as lacto-ovo to ensure that good quality protein is included in the planned menus.
 - (2) Utilize commercially prepared food items made from vegetable shortening, such as:
 - (a) Baked goods;
 - (b) Cookies;
 - (c) Crackers; or
 - (d) Pancake flour.
 - (3) Provide three exchanges of margarine or vegetable shortening in cooking per day.
- E. The CDRM or CDM, who is a registered dietitian, shall plan the lacto-ovo vegetarian substitutes and make available seasonal “good buys” to enhance the vegetarian substitutions and ensure nutritional adequacy.
- F. The procedures for receiving, storing, preparing, and serving vegetarian meals shall be the same as preparing a regular diet.
- G. An incarcerated individual in special confinement who selects the Lacto-Ovo Vegetarian Diet shall receive meals in the cell or a designated housing area.
- H. Adequacy.
- (1) The Lacto-Ovo Vegetarian Diet shall contain all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Reference Intake.
 - (2) Some lacto-ovo vegetarians may be at risk of developing a Vitamin B-12 deficiency during periods of increased needs such as repeated blood loss.

CHAPTER 2 – MEDICAL DIETS

Regular Diet (Male).

The Regular Diet (Male) is served to all persons, unless an alternative diet is ordered. Menus are planned to meet nutritional needs and the requirements and objectives of the Department of Public Safety and Correctional Services.

The Regular Diet (Male) is the basis for modified diets, whenever possible.

Adequacy.

This diet will meet nutrient requirements based on the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute of Medicine for ages 19-50 years and above.

Approximate Composition.

Calories	2700-3000	kcal.
Protein	89-110	Grams
Fat	92-105	Grams
Carbohydrate	386-492	grams
**Dietary Fiber	25-38	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Fruit/Juice, ½ cup	Soup, 1 cup, or Potato/Starchy Vegetable Equivalent, ½ cup	Meat/Protein Substitute, 3-4 oz. (EP)
Cereal – Hot, 1 cup/Cold ¾ cup	Meat/Protein Substitute, 2 oz. (EP)	Potato/Starchy Vegetable Equivalent, 1cup
Egg, 2 each, or Protein Substitute, 2 oz., or Scrambled Egg, 4 oz.	Vegetable ½ cup, or Salad, 1 cup	Vegetable ½ cup, or Salad 1 cup
Bread, 3 slices	Bread, 3 slices	Bread, 3 slices
*Butter or Margarine, 1 tsp.	*Butter or Margarine, 1 tsp.	*Butter or Margarine, 1 tsp.
1% Milk, 1 cup	Fruit/Dessert, ½ cup	Fruit/Dessert, ½ cup
Coffee, Sweetened, 1 cup	Beverage, Sweetened, 1 cup	Beverage, Sweetened, 1 cup
		1% Milk, 1 cup (3x/week)

*Additional 4-5 tsp. of fat used in cooking.

**The Academy of Nutrition and Dietetics, and the National Cancer Institute recommends a daily fiber intake of approximately 25-38 grams of dietary fiber per day.

Regular Diet (Female).

The Regular Diet (Female) is served to all persons, unless an alternative diet is ordered. Menus are planned to meet nutritional needs and the requirements and objectives of the Department of Public Safety and Correctional Services.

The Regular Diet (Female) is the basis for modified diets, whenever possible.

Adequacy.

This diet will meet nutrient requirements based on the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute of Medicine for ages 19-50 years old and above, with the exception of iron for pregnant females.

Approximate Composition.

Calories	1800-2200	kcal.
Protein	80-105	grams
Fat	60-80	grams
Carbohydrate	280-350	grams
**Dietary Fiber	25-35	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Fruit/Juice, ½ cup	Soup, 1 cup, or Potato/Starchy Vegetable Equivalent, ½ cup	Meat/Protein Substitute, 3-4 oz. (EP)
Cereal – Hot, 1 cup/Cold ¾ cup	Meat/Protein Substitute, 2 oz. (EP)	Potato/Starchy Vegetable Equivalent, ½ cup
Egg, 2 each, or Protein Substitute, 2 oz., or Scrambled Egg, 4 oz.	Potato/Equivalent, ½ cup, Vegetable/Salad ½ cup	Vegetable ½ cup, or Salad 1 cup
Wheat Bread, 2 slices	Wheat Bread, 2 slices	Wheat Bread, 2 slices
*Butter or Margarine, 1 tsp.	*Butter or Margarine, 1 tsp.	*Butter or Margarine, 1 tsp.
1% Milk, 1 cup	Fruit/Dessert, ½ cup	Fruit/Dessert, ½ cup
Coffee, Sweetened, 1 cup	Beverage, Sweetened, 1 cup	Beverage, Sweetened, 1 cup
		1% Milk, 1 cup (3x/week)

*Additional 4-5 tsp. of fat used in cooking.

**The Academy of Nutrition and Dietetics, and the National Cancer Institute recommends a daily fiber intake of approximately 25-38 grams of dietary fiber per day.

Lacto-Ovo Vegetarian Diet.

The Lacto-Ovo Vegetarian Diet is a modification of the Regular Diet. Meat, fish, and poultry are replaced with a variety of legumes, meat analogues, cereals, nuts, cheeses, dairy products, and eggs. The Lacto-Ovo Vegetarian Diet corresponds with the planned and certified institutional menu and uses a vegetarian substitute for the meat items only. The lacto-Ovo Vegetarian diet is not available to an incarcerated individual on prescribed medical diets.

Adequacy.

This diet, when carefully planned, contains all nutrients necessary to provide and maintain nutrition based on the Dietary Reference Intake (DRIS), Food and Nutrition Board, Institute of Medicine, National Academy for ages 19-50 years and above. Some lacto-ovo vegetarians may be at risk of developing Vitamin B-12 deficiency during periods of increased needs such as repeated blood loss.

Approximate Composition.

Calories	2800-3000	kcal.
Protein	89-97	grams
Fat	92-105	grams
Carbohydrate	386-492	grams
**Dietary Fiber	25-38	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Fruit/Juice, ½ cup	Soup, 1 cup, or Potato/Starchy Vegetable Equivalent, ½ cup	Protein Substitute, 3-4 oz. (EP)
Cereal – Hot, 1 cup/Cold ¾ cup	Protein Substitute, 2 oz. (EP)	Potato/Starchy Vegetable Equivalent, 1 cup, or Salad 1 cup
Egg, 2 each, or Protein Substitute, 2 oz., or Scrambled Egg, 4 oz.	Vegetable/Salad ½ cup	Bread, 3 slices
Bread, 3 slices	Bread, 3 slices	*Butter or Margarine, 1 tsp.
*Butter or Margarine, 1 tsp.	*Butter or Margarine, 1 tsp.	Fruit/Dessert, ½ cup
1% Milk, 1 cup	Fruit/Dessert, ½ cup	Beverage, Sweetened, 1 cup
Coffee, 8oz. 1 cup	Beverage, Sweetened, 1 cup	1% Milk, 1 cup (3x/week)

*Additional 4-5 tsp. of fat used in cooking.

LACTO-OVO VEGETARIAN DIET FOOD GROUPS

Foods Allowed Daily and Daily Amounts

FOOD GROUPS	EQUIVALENTS	AMOUNT
Milk	All Types, Yogurt.	2 cups or more.
Meat	Cheese, Eggs, Dried Beans, Peanut Butter, Nuts, Meat Analogues, Yogurt, Tofu	1 oz. cheese, or ¼ cup cottage cheese; or 1 egg, or 1 tablespoon peanut butter; or Nuts (check individual nutritional analysis for amounts required; or Meat analogues (check individual nutritional analysis for amounts required).
Fruits and Vegetables	All types of citrus or high vitamin C fruit daily. Dark green leafy or deep yellow vegetables.	3-4 times a week, 4 or more servings.
Soups	All made with allowed foods.	As desired.
Breads and Cereals	All types with allowed foods.	As desired.
Fats	All types with allowed foods.	As desired.
Beverage	All types with allowed foods.	As desired.
Desserts	All types with allowed foods.	As desired.
Miscellaneous	Sugar, Condiments, Jelly Preserves, Syrup, Sweets with allowed foods.	As desired. As needed for adequate calorie intake

Clear Liquid Diet.

The clear liquid diet is prescribed for acutely ill incarcerated individuals until a full liquid diet or solid foods are tolerated. Nourishments between meals are necessary.

Adequacy.

This diet is inadequate in all nutrients. It should be used for limited periods, usually no longer than 72 hours.

Approximate Composition.

Calories 1200 kcal.
 Protein 25-29 grams

Foods Allowed.

- Clear broth or bouillon
- Flavored gelatin (plain)
- Water, ice, popsicles, or fruit ice
- Fruit flavored drinks or fruit juices
 - Apple, Clear cranberry, strained orange juice, or lemonade
- Beverages
 - Tea, coffee, or carbonated beverages
- Sugar or sugar substitutes
- Water

Foods to Avoid.

- Avoid all others.
- Some physicians may request avoidance of red colored items while on a clear liquid diet prior to examining the colon or intestines.

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Strained Orange Juice, 1 cup. Gelatin Dessert, ½ cup. Coffee or Tea with Sugar, 1 cup.	Apple Juice, 1 cup. Chicken Broth, 1 cup. Gelatin Dessert, ½ cup. Coffee or Tea with Sugar, 1 cup.	Clear Cranberry Juice, 1 cup. Beef Bouillon, 1 cup. Gelatin Dessert, ½ cup. Coffee or Tea with Sugar, 1 cup.

Mid-Morning Nourishment	Mid-Afternoon Nourishment	Evening Nourishment
Clear Grape Juice, 1 cup. Gelatin Dessert, 1 cup.	Strained Orange Juice, 1 cup. Carbonated Beverage, 1 cup.	Apple Juice, 1 cup. Gelatin Dessert, 1 cup.

Full Liquid Diet.

The full liquid diet consists of foods that are liquid or will become liquid at room temperature. This diet is indicated for persons who are acutely ill or who are unable to swallow or chew solid foods. Serve nourishments between meals. After 2-3 days, the need for this diet should be evaluated to assure the progression to a more adequate diet. If circumstances indicate this diet is required for an extended period, commercially prepared and nutritionally adequate supplements may become an essential component of this diet.

Adequacy.

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute of Medicine for all ages 19-50 years and above, with the exception of folic acid, iron and Vitamin B6.

Approximate Composition.

Calories 2400-2700 kcal.
 Protein 75-85 grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Fruit Juice, 1 cup Cooked Cereal, 1 cup Milk 1%, 1 cup Coffee or Tea with Sugar, 1 cup Creamer ½ oz.	Fruit Juice, 1 cup Strained Soup, 1 cup Pudding, ½ cup Milk 1%, 1 cup Coffee or Tea with Sugar, 1 cup Creamer, ½ oz.	Fruit Juice, 1 cup Strained Soup, 1 cup Pudding, ½ cup Milk 1%, 1 cup Coffee or Tea with Sugar, 1 cup Creamer, ½ oz.

Mid-Morning Nourishment	Mid-Afternoon Nourishment	Evening Nourishment
Milk 1%, 1 cup	Custard, ½ cup Fruit Punch, 1 cup	Fruit Juice, 1 cup Pudding, ½ cup

FULL LIQUID DIET FOOD GROUPS

Foods Allowed

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Cereals	Refined cooked cereals, gruel.	All others.
Fats	Margarine, butter, cream, non-dairy creamer.	All others
Desserts	Pudding, custard, gelatin, plain ice cream, ice milk, sherbet, fruit ice, popsicles, plain frozen yogurt.	All others.
Beverages	All types.	None.
Miscellaneous	Vanilla, honey, sugar, syrup, salt, chocolate syrup, cinnamon, nutmeg, commercially prepared nutritional supplements.	All others.
Milk	All types, cocoa, hot chocolate.	None.
Meat and Equivalent	Eggs or egg substitutes in custard or pudding, homogenized meats (baby foods) in soups.	All others.
Fruits and Vegetables	All juices and nectars; one serving per day of citrus juice.	All others.
Soups	Vegetable juices, vegetable purees that are strained and diluted in soups. Bouillon, broth, strained meat, vegetable or creamed soups.	All others

Pureed Diet.

The pureed diet is adapted from the regular diet menu and includes soft, smooth, blenderized or pureed foods for persons who have difficulty in chewing or swallowing foods. The menu pattern is similar to the regular diet.

Adequacy.

This diet will provide nutrients to meet the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute for Medicine for ages 19-50 years old and above, with the exception of iron for pregnant women.

Approximate Composition.

Calories	2800-3000	kcal.
Protein	89-97	grams
Fat	92-105	grams
Carbohydrate	386-492	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Fruit Juice, 1 cup. Cooked Cereal, 1 cup. 1% Milk, 1 cup. Coffee or Tea with Sugar, 1 cup. Creamer, ½ oz.	Fruit Juice, 1 cup. Strained Soup, 1 cup. Pudding, ½ cup. 1% Milk, 1 cup. Coffee or Tea with Sugar, 1 cup. Creamer, ½ oz.	Fruit Juice, 1 cup. Strained Soup, 1 can. Pudding, ½ cup. 1% Milk, 1 cup. Coffee or Tea with Sugar, 1 cup. Creamer, ½ oz.

Mid-Morning Nourishment	Mid-Afternoon Nourishment	Evening Nourishment
1% Milk, 1 cup.	Custard, ½ cup. Fruit Punch, 1 cup.	Fruit Juice, 1 cup. Pudding, ½ cup.

PUREED DIET FOOD GROUPS

Foods Allowed

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk	All Types	None
Bread	Refined and finely ground, breads, saltines or graham crackers mixed with liquid.	Bread or rolls with tough crust or seeds, cornbread, biscuits, waffles, pancakes, French toast.
Cereal	Refined cooked cereals and finely ground whole wheat.	Dry cereals, coarse whole grain cooked cereals.
Desserts	Plain pudding, custard, gelatin desserts. Ice cream, sherbet, ices, fruit purees and whips.	All others.
Eggs	Plain scrambled, chopped, or creamed.	Whole hard boiled eggs and others not allowed.
Fats	Any tolerated.	None.
Fruit or Fruit Juices	Fruit juices, finely mashed blenderized or pureed cooked fruit or bananas as tolerated.	Raw fruits, whole fruit with or without seeds or skins.
Cereals	Refined cooked cereals, gruel.	All others.
Fats	Margarine, butter, cream	All others.
Deserts	Pudding, custard, gelatin, plain ice cream, ice milk, sherbet, fruit ice, popsicles, plain frozen yogurt.	All others.
Beverages	All Types	None.
Miscellaneous	Vanilla, honey, sugar, syrup, salt, chocolate syrup, cinnamon, nutmeg, commercially prepared nutritional supplements.	All others.

Mechanical Soft Diet.

This diet modifies the consistency of the regular diet and is prescribed when there is difficulty in chewing regular foods. All foods allowed on the regular diet may be included. Certain foods must be ground or chopped depending on the texture of foods and individual needs.

Adequacy.

This diet will provide nutrients to meet the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute of Medicine for ages 19-50 years old and above, with the exception of iron for pregnant females.

Approximate Composition.

Calories	2800-3000	kcal.
Protein	89-110	grams
Fat	92-105	grams
Carbohydrate	386-492	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Soft Fruit/Juice, ½ cup.	Soup, 1 cup, or Potato/Starchy Vegetable Equivalent, ½ cup	Mechanical Meat, 3-4 oz., or Protein Substitute, 3- 4oz.
Cereal – Hot, 1 cup/Cold ¾ cup	Mechanical Meat, 2 oz., or Protein Substitute, 2 oz.	Potato, 1 cup, or Starchy Vegetable Equivalent, 1 cup.
Egg, 2 each, or Protein Substitute, 2 oz., or Scrambled Egg, 4 oz.	Mechanical Vegetable, 2 oz., or Salad, ½ cup.	Mechanical Vegetable, ½ cup
Bread, 3 slices	Bread, 3 slices	Bread, 3 slices
*Butter or Margarine, 1 tsp.	*Butter or Margarine, 1 tsp.	*Butter or Margarine, 1 tsp.
1% Milk, 1 cup	Soft Fruit/Dessert, ½ cup	Pureed Fruit/Dessert, ½ cup
Coffee, Sweetened, 1 cup.	Beverage, Sweetened, 1 cup	Beverage, Sweetened, 1 cup
		1% Milk, 1 cup (3x/week)

*Additional 4-5 tsp. of fat used in cooking.

MECHANICAL SOFT DIET FOOD GROUPS

Foods Allowed

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk	All Types, yogurt.	None
Meat and Equivalent	Ground meat and poultry (gravy/sauces may be added to moisten). Soft boneless fish, ground meat casseroles, cheese sauce, soft cheese, cottage cheese, shaved luncheon meats, eggs, creamy peanut butter, meat loaf/ham loaf, Salisbury Steak, finely chopped meat, tuna, egg salad.	Whole meats, whole hot dogs, hard cheeses, any other difficult to chew food.
Fruit	All fruit juices, cooked or canned fruit, soft fresh fruit as tolerated.	Dried fruits, hard fresh fruits.
Vegetables	All vegetable juices, well-cooked soft vegetables, chopped or diced vegetables, shredded salads as tolerated.	Whole raw vegetables, corn on the cob.
Soups	All types.	Any not tolerated.
Bread/Cereal/Grains	Breads, crackers, dry cereals, French toast, pancakes and waffles with syrup, doughnuts, muffins without nuts/seeds, croissants, pastries without nuts or dried fruit.	Granola or granola-type cereals, any food with nuts or dried fruits, bagels.
Potatoes/Starches	Baked, boiled or mashed potatoes, French fries, pasta.	Wild rice.
Fats	All types, crisp bacon as tolerated.	None.
Desserts	Most types.	Any containing nuts, coconut, or dried fruit.
Beverages	All types.	None.
Miscellaneous	Herbs, spices, salt, pepper, gravies/sauces, ketchup, mayonnaise, mustard, pickle slices.	Nuts, coconut, whole pickles, popcorn.

Cardiovascular Diet (Low Sodium, Low Cholesterol, Fat Controlled).

The low sodium *OPS.130-12fR* ([Appendix F](#)), low cholesterol *OPS.130-12gR* ([Appendix G](#)), fat controlled diet provides 2-4 grams of sodium, 300 milligrams of cholesterol and 50-60 grams of fat. This diet may be considered for persons who have a history of hypertension, edema, chronic cardiovascular disease and have elevated serum. This diet may also be considered for persons who have a history of high cholesterol or triglycerides or persons who are high-risk candidates for coronary artery disease.

Polyunsaturated fats are encouraged and saturated fats are restricted. Since the amount of fat is restricted, additional parts of foods high in carbohydrates should be added to provide adequate calories.

Adequacy.

This diet meets the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute of medicine for ages 19-50 years old and above, with the exception of iron for pregnant females.

Approximate Composition.

Calories	2700-2900	kcal.
Protein	89-110	grams
Fat	50-65	grams
Carbohydrate	375-450	grams
Sodium	2-4	grams
Cholesterol	250-350	milligrams
Dietary Fiber	25-38	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Fruit/Juice, ½ cup	Soup, 1 cup, or Potato/Starchy Vegetable Equivalent, ½ cup	Meat/Protein Substitute, 3-4 oz. (EP) Potato/Starchy Vegetable Equivalent, ½ cup
Cereal – Hot, 1 cup/Cold, ¾ cup	Meat/Protein Substitute, 2 oz. (EP)	Vegetable, ½ cup, or Salad, 1 cup
Egg, 1 ea. (3-4 eggs/week), or Egg Substitute, 2 oz.	Vegetable, ½ cup, or Salad, 1 cup	Bread, 3 slices
Bread, 3 slices	Bread, 3 slices	Butter or Margarine, 1 tsp
Butter or Margarine, 1 tsp.	Butter or Margarine, 1 tsp.	Fruit/Desert, ½ cup
1% Milk, 1 cup	Fruit/Dessert, ½ cup	Beverage, Sweetened, 1 cup
Coffee, Sweetened, 1 cup	Beverage, Sweetened, 1 cup	Milk 1%, 1 cup (3x's/week)

CARDIOVASCULAR DIET FOOD GROUPS

Foods Allowed

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Skim Milk, 1% Milk, buttermilk made with skim milk, fat-free powered milk, coffee, tea drinks, carbonated beverages.	All beverages made with cream, ice cream, whole milk 2% or chocolate milk, egg base beverages, culture buttermilk. Limit milk or nutritional supplements to two cups per day.
Breads	White, rye or whole grain enriched bread. Crackers; graham, unsalted, matzo.	Biscuits, muffins containing excess fat and salt toppings. Doughnuts, French toast, cornbread, sweet rolls, pancakes. Quick breads made with regular baking powder, baking soda or self-rising flour.
Cereals	All Types.	None.
Desserts	Fruit, fruit ices, fruit whips made with egg white, gelatin desserts, angel food cake, sherbet.	Ice cream, commercial baked products or pastries, desserts made with 2% or whole milk, cream, coconut fat, nuts or chocolate or egg yolks except as allowed.
Eggs	3-4 eggs/week, hard cooked or scrambled without additional fat. Egg whites, cholesterol-free egg substitutes.	Whole eggs or egg yolk, except as allowed, fried, creamed, buttered or prepared with whole, 2% milk or saturated fats.
Fats	Polyunsaturated vegetable oils such as corn, sunflower, canola peanut, safflower, soybean, and cottonseed oils. Margarine, salad dressings, and mayonnaise made from the above oils and olive oil.	Butter, cream, other saturated fats such as lard, suet, bacon, salt pork, coconut oil, non-dairy cream substitutes, hydrogenated vegetable shortening, limit regular margarine to 6 tsp. per day including fat used in cooking.
Fruits or Fruit Juices	All Types.	None.

CARDIOVASCULAR DIET FOOD GROUPS

Foods Allowed

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Meat, Fish, Poultry and Cheese	<p>Limit to 6oz. or equivalent daily.</p> <p>Lean meat, fish any style except fried or cooked with excess fat: beef, lamb, pork, veal, fresh fish, chicken, turkey.</p> <p>Cottage cheese, skim milk and low fat cheeses. Water packed tuna.</p> <p>For nutritional value, 2-3oz. of liver biweekly is allowed.</p>	<p>Fatty meat, salt pork, kosher sausage, bacon, organ meats, liver (in excess of allowance), sweetbreads, brains, fried meats, whole milk cheeses, sardines, tuna packed in oil.</p> <p>All canned, salted or smoked meats or processed luncheon meats, duck and goose.</p> <p>Regular peanut butter, processed cheese and cheese spreads.</p>
Potato or substitute	White or sweet potatoes, macaroni, spaghetti, noodles, rice, corn meal, grits.	Potato chips, fried potatoes, au gratin or creamed potatoes, hominy.
Soups	Homemade soups with allowed ingredients, fat removed, salt-free bouillon, consommé, and clear broth.	Soups made with cream and whole milk, commercial soups regular bouillon cubes.
Sweets	Sugar, honey, jam syrup, molasses, plain sugar candies.	Candy containing nuts, chocolate or large amounts of fat.
Vegetables	Fresh, canned or frozen.	Sauerkraut or vegetables in brine, fried, creamed, buttered or prepared with whole, 2% milk or saturated fat, canned baked beans.
Miscellaneous	All unsalted seasonings, vinegar, herbs, pepper, cocoa, strained gravies.	Chocolate, nuts, coconut, gravy, olives, cream sauces, peanut butter, buttered popcorn, salt with meals, salted snacks, ketchup, chili sauce, prepared mustard, pickles, relishes, regular baking powder and baking soda, seasonings salts, MSG, meat tenderizer.

Diabetic Diet (Calorie Restricted).

The purpose of the diabetic diet, *OPS.130-12eR* ([Appendix E](#)) is to achieve and attain a desirable body weight and to maintain plasma glucose levels near normal limits for the age group. This diet controls calories and the kinds and amounts of foods. The distribution and timing of food intake should be planned.

The planning of diabetic diets in this manual follows the methodology outlined in the production “Chose Your Food,” Food List for Diabetics, by the Academy of Nutrition and Diabetes. American Diabetes Association, Inc. 2019 revision. Foods are divided into three main groups (Carbohydrates, Protein and Fats). This system is based on averages and foods are grouped according to the essential nutrients provided. “Choice” is used to describe a certain quantity of food within a group of similar foods.

Diabetic diets should be considered for persons with insulin dependent and non-insulin dependent diabetes and for those whom a calorie restricted diet is indicated.

Adequacy.

Diets of 1500 calories and above contain all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute of Medicine for ages 19-50 years and above. Diets below 1500 calories may be marginal or inadequate in nutrients and should be individually evaluated for nutritional adequacy.

Approximate composition.

Diet composition varies depending on prescribed diet and meal plan. Refer to suggested meal plans.

The Academy of Nutrition and Dietetics standardized meal plans are no longer published. However, meal plans can be used as a guide if they are adjusted to fit the specific needs of the individual. For this reason, meal plans of 1500, 1800, 2400 calories, and House Diabetic Diet (no concentrated sweets) are included in the Department’s Medical Diet Manual. Evening snacks are offered to persons who are insulin dependent. Diets are planned to meet the Academy of Nutrition & Dietetics, and USDA and recommendations for 45-65% carbohydrates, 15-20% protein and 30% fat.

DIABETIC DIET (CALORIE RESTRICTED)

Foods Allowed

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Beverages	Coffee, tea, non-caloric carbonated beverages, non-caloric fruit flavored beverages.	Regular carbonated beverages, prepared drink mixes with sugar added.
Milk	All types except chocolate and condensed.	Chocolate milk and condensed milk.
Meat and Equivalent	All types, Pizza (thin crust)	Commercially prepared (batter-coated and breaded).
Fruits	Fresh, frozen and canned without added sugar; unsweetened juices and fruit nectars. Include citrus or Vitamin C enriched daily.	Fruits canned in syrup, sweetened juices.
Soups	Made with allowed foods, broth and bouillon.	All others.
Breads and Cereals	Enriched breads, rolls, crackers, hot or cold cereal except pre-sweetened cereal, taco shell, tortilla, waffle, pancake.	Doughnuts, danish, and sweet rolls, fruit/nut breads; sugar-coated sweets.
Fats	Fortified margarine, butter, vegetable oils, salad dressings, non-dairy creamer, cream, gravy	All others.
Desserts	Dietetic puddings and gelatin	Pies, pastries, other sugar concentrated desert items; frosting.
Miscellaneous	Sugar substitute, spices, herbs, salt, pepper, vinegar, nuts, mustard, ketchup, dietetic jelly, dietetic syrup, dill and sour pickles.	Candy, jelly, jam, marmalade preserves, honey, molasses, syrup, sugar.

DIABETIC DIET (CALORIE RESTRICTED)

Starch

A starch choice contains a mean of 77 grams per serving and 15 grams of carbohydrates, 3 grams of protein, 0-1 grams of fat and 80 calories.

The list shows the kinds and amounts of breads, cereals, grains, starchy vegetables, crackers and snacks, beans, peas and lentils in use for one starch choice. The general rule for starchy foods that are not on this list is $\frac{1}{2}$ cup of cereal, grain, or $\frac{1}{3}$ cup cooked rice or pasta is one serving; $\frac{3}{4}$ to 1 oz. of crackers grain bread snack foods; 1 oz. of bread product is considered a 1 oz. serving.

Bread

Bagel, about 4 oz.	$\frac{1}{4}$ (1 oz.)
Bread: reduced calorie	2 slices (1 $\frac{1}{2}$ oz.)
Bread: white, whole wheat, pumpernickel rye	1 slice (1 oz.)
English Muffin	$\frac{1}{2}$ muffin
Hot dog or hamburger bun	$\frac{1}{2}$ (3/4 oz.)
Pancake (4 inches across)	1 pancake
Pita (6 inches across)	$\frac{1}{2}$ pita
Roll, plain, small	1 (1 oz.)
Raisin bread, unfrosted	1 slice (1 oz.)
Tortilla, corn (6 inches across)	1 corn tortilla (small)
Tortilla, flour (6 inches across)	1 corn tortilla (small)
Tortilla, flour (10 inches across)	$\frac{1}{3}$ flour tortilla (large)
Waffle (4 inch square, or 4 inches across)	1 waffle
Corn Bread (1 $\frac{3}{4}$ inch cube)	1 $\frac{1}{2}$ oz.

DIABETIC DIET (CALORIE RESTRICTED)

Cereals and Grains

Barley, cooked	⅓ cup
Bran cereals	½ cup
Bulgur	½ cup
Cereals cooked (oats, oatmeal)	½ cup
Cereals, unsweetened (ready-to-eat)	¾ cup
Granola (low fat, regular)	¼ cup
Grits, cooked	½ cup
Millet	⅓ cup
Pasta	⅓ cup
Puffed cereal	1 ½ cups
Rice, white or brown	⅓ cup
Shredded Wheat (plain)	½ cup
Sugarcoated (cereal)	½ cup
Wheat Germ	3 tbsp.
Wild rice, cooked	½ cup

Starchy Vegetables

Corn (Kernel)	½ cup
Corn on the cob, large	½ large
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	½ cup
Plantain	⅓ cup
Potato, baked with skin	¼ large, 3 oz.
Potato, mashed, boiled	½ cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	½ cup (3 ½ oz.)
Succotash	½ cup
Marinara, Pasta or Spaghetti sauce	½ cup

DIABETIC DIET (CALORIE RESTRICTED)

Crackers and Snacks

Animal Crackers	8 crackers
Graham Crackers (2 ½ inch square)	3 squares
Matzo	¾ oz.
Melba Toast (2 inch x 4 inch)	4 pieces
Oyster Crackers	20 crackers
Popcorn (popped, no fat added or low fat microwave)	3 cups
Pretzels	¾ oz.
Rice Cakes (4 inches across)	2 cakes
Saltine-type crackers	6 crackers
Regular snack chips, baked (potato, pita)	8 chips (¾ oz.)
Whole-wheat crackers, no fat added	5 (¾ oz.)

Beans, Peas, and Lentils

Count as a mean of 115 grams per serving and 1 starch exchange, plus 1 very lean meat exchange.

Baked Beans (canned)	⅓ cup
Beans (black, garbanzo, navy, pinto, lima)	½ cup (cooked, drained and rinsed)
Beans (kidney, white)	½ cup
Lentils	½ cup
Peas (black-eyed) and split cooked or canned	½ cup (drained and rinsed)
Refried beans (canned)	½ cup

Starchy Foods Prepared with Fat

Count as a mean of 116 grams per serving and 1 starch exchange, plus 1 fat exchange.

Biscuit, (2 ½ inches across)	1 biscuit
Chow mein noodles	½ cup
Crackers, round butter type	6 crackers
Croutons	1 cup
French-fried potatoes (frozen, oven baked)	1 cup (2 oz.)
Muffin (large)	⅓ (1 oz.)
Popcorn, microwave with butter (2 fats)	3 cups
Sandwich crackers, cheese, or peanut butter filling	3 crackers
Snack Chips, regular (tortilla, potato – 2 fats)	13 chips (¾ oz.)
Taco shell (5 inches across)	2 taco shells
Whole-wheat crackers, fat added	2-5 (¾ oz.)
Tortilla chips, Potato chips	13 chips (1 oz.)

DIABETIC DIET (CALORIE RESTRICTED)

Fruit Exchanges

One choice of fruit contains a mean of 63 grams per serving and 15 grams of carbohydrates and 60 calories. The weight includes skin, core, seeds and rind. In general, 1 fruit choice is ½ cup unsweetened canned or frozen fruit; 1 small fresh fruit; ½ cup of unsweetened 100% fruit juice; 2 tbsp. dried fruit.

This list shows the kinds and amounts of fruits to use for one Fruit Exchange.

Apple, unpeeled, small	1 whole (4oz.)
Applesauce, unsweetened	½ cup
Apples, dried	4 rings
Apricots, fresh	4 whole (5 ½ oz.)
Apricots, dried	8 halves
Apricots (canned), juice pack	½ cup
Banana, extra small	1 (4 oz.) 4 inches long
Blackberries	1 cup
Blueberries	¾ cup
Cantaloupe, small	1 cup diced (⅓ melon)
Cherries (sweet, fresh or canned)	12 (3 ½ oz.) fresh, ½ cup canned
Dates, small	3 pieces
Figs, fresh	2 medium, (3 ½ oz.)
Figs, dried, small	3 pieces
Fruit Cocktail (canned), juice pack	½ cup
Grapefruit, large	½ (5 ½ oz.)
Grapefruit sections, canned	¾ cup
Grapes, small	17 (3 oz.)
Honeydew melon	1 cup diced
Peach, medium, fresh	1 (6 oz.)
Peaches (canned), juice pack	½ cup
Pear, large, fresh	½ (4 oz.)
Pears (canned), juice pack	½ cup
Pineapple, fresh	¾ cup
Pineapple (canned), juice pack	½ cup
Plums, small	2 (5 oz.)
Plums (canned), juice pack	½ cup
Prunes, dried	3 pieces
Raisins	2 tbsp.
Raspberries	1 cup
Strawberries	1 ¼ cup, whole berries
Tangerines, large	1-6 oz.
Watermelon	1 ¼ cup cubes

DIABETIC DIET (CALORIE RESTRICTED)

Fruit Juice

(Mean of 53 grams per serving.)

Apple juice or cider	½ cup
Fruit juice blends, 100% juice	⅓ cup
Grape juice	⅓ cup
Grapefruit juice	½ cup
Orange juice	½ cup
Pineapple juice	½ cup
Prune juice	⅓ cup

DIABETIC DIET (CALORIE RESTRICTED)

Milk and Substitutes

One choice of milk contains 12 grams of carbohydrates and 8 grams of protein. One milk choice is about 1 cup of milk or plain yogurt.

This list shows the kinds and amounts of milk and milk products to use for one Milk Choice. The higher the fat contents of milk and yogurt, the greater the amount of saturated fat and cholesterol. The following list is divided into three parts based on the amount of fat and calories: skim/very low-fat milk and whole milk.

	Carbohydrate	Protein	Fat	Calories
Skim, fat-free and low-fat, 1%	12 grams	8 grams	0-3 grams	100
Reduced fat (2%)	12 grams	8 grams	5 grams	120
Whole	12 grams	8 grams	8 grams	160

Skim, Fat-Free and Low-Fat Milk (1%)

(0-3 grams of fat per serving)

Fat-free, Skim or Low-fat 1% milk	1 cup
1% milk	1 cup
Evaporated skim milk	½ cup
Plain yogurt	⅔ cup (1 reduced fat-free milk, 2%)
Non-fat or low-fat fruit (flavored yogurt sweetened with a sugar substitute.)	⅔ cup (1 fat-free milk, 1%)
Fat-free or 1% low fat lactose free milk	1 cup

Reduced fat (2%)

(5 grams of fat per serving)

2% milk	1 cup
Plain low-fat yogurt	⅔ cup
Sweet acidophilus milk, Lactaid	1 cup (1 reduced fat free milk 2%)
Lactose free milk 2%	1 cup

Whole Milk

(8 grams of fat per serving)

Whole milk	1 cup
Evaporated whole milk	½ cup
Yogurt, plain	1 cup

DIABETIC DIET (CALORIE RESTRICTED)

Non-Starchy Vegetables

One choice of vegetables contains about 5 grams of carbohydrates, 2 grams of protein, 0 grams of fat and 25 calories.

This list shows the kinds of vegetables to use for one vegetable choice. Unless otherwise noted, the serving size for vegetable choice is ½ cup of cooked vegetables or vegetable juice; 1 cup of raw vegetables and 3 cups of salad or leafy greens.

Artichoke	Mushrooms
Artichoke hearts	Okra
Asparagus	Onions
Beans (green, wax, Italian)	Pea Pods
Bean sprouts (Alfalfa, Soybean, Mongo)	Peppers (all varieties)
Beets	Radishes
Broccoli	Salad greens (endive, escarole, lettuce, romaine, arugula, watercress)
Brussel sprouts	
Cabbage	Sauerkraut
Carrots	Spinach
Cauliflower	Summer squash
Celery	Tomato
Cucumber	Tomatoes, canned
Eggplant	Tomato sauce
Green onions or scallions	Tomato or vegetable juice
Greens (collard, kale, mustard or turnip)	Turnips
Kohlrabi	Zucchini
Leeks	

Starchy vegetables such as corn, peas, winter squash and potatoes that contain large amounts of calories and carbohydrates are on the starch list.

DIABETIC DIET (CALORIE RESTRICTED)

Protein

Meat, fish, poultry, cheese, eggs and many types of plant-based foods give you protein along with some fat. This list is divided into four parts based on the amount of fat and calories: lean protein, medium-fat protein, high-fat protein and plant based protein. 1 oz. of each of these included.

	Carbohydrate	Protein	Fat	Calories
Plant Based Protein	Varies (grams)	7 grams	Varies (grams)	Varies
Lean	0 grams	7 grams	2 grams	45
Medium Fat	0 grams	7 grams	5 grams	75
High Fat	0 grams	7 grams	8 grams	100

DIABETIC DIET (CALORIE RESTRICTED)

Lean Protein

One choice of lean protein is equal to 0 grams of carbohydrate, 7 grams of protein, 0-2 grams of fat and 45 calories. One lean protein choice is equal to one of the following items:

Poultry:	Chicken or turkey (no skin), Cornish hen (no skin)	1oz.
Fish:	Fresh or frozen cod, flounder, haddock, halibut, trout, catfish tilapia, tuna, fresh or canned in water.	1oz.
Shellfish:	Clams, crab, lobster, scallops, shrimp.	1oz.
Game:	Duck or pheasant (no skin), venison, buffalo, ostrich.	1oz.
Cheese:	3 grams or less fat per ounce	1oz.
	Non-Fat or Low-fat cottage cheese. (curd style cheese) Fat-free	¼ cup ¼ cup
Eggs:	Egg whites	2 each
	Egg substitutes, plain	¼ cup
Processed Meats:	Sandwich meats with 3 grams or less fat per ounce, such as deli thin, shaved meats, chipped beef, turkey or ham.	1 oz.
	Sausage with 3 grams or less fat per ounce.	1 oz.
	Hot dogs with 3 grams or less fat per ounce (1 ¾ oz.)	1 each
Organ meats:	Kidney (high in cholesterol), liver or heart.	1 oz.
Beef:	USDA Select or Choice grades of lean beef trimmed of fat, roast, round sirloin, chuck, rump, steak (T-bone porterhouse, flank cubed, tenderloin.	1 oz.
*Pork:	Lean pork, such as fresh ham, Canadian bacon, tenderloin, center loin chop, rib.	1 oz.
Lamb:	Roast, chop, leg.	1 oz.
Veal:	Cutlet (No breading) loin chop, roast.	1 oz.

* Not served on DPSCS menu.

DIABETIC DIET (CALORIE RESTRICTED)

Medium-Fat Protein

One medium-fat protein choice is equal to 0 grams of carbohydrate, 7 grams of protein, 5 grams of fat and 75 calories. One medium-fat choice is equal to one of the following items:

Beef:	Trimmed of visible fat.	1 oz.
	Ground beef (85% or lower lean / 15% or higher fat). Most beef products fall into the category (meatloaf, corned beef). USDA prime grades of meat (Rib roast, Short ribs).	
*Pork:	Ground, shoulder roast.	1 oz.
Lamb:	Rib roast, ground.	1 oz.
Poultry w/skin:	Chicken, turkey, fried chicken.	1 oz.
Fish:	Fried fish product.	1 oz.
Cheese:	With 4-7 grams of fat per ounce.	
	Feta	1 oz.
	Mozzarella	1 oz.
	Ricotta	¼ cup (2 oz.)
	Pasteurized processed cheese spread	1 oz.
	Reduced fat cheese	1 oz.
Other:		
	Egg	1 egg
	Sausage with 4-7 grams of fat per ounce.	1 oz.

These foods are higher in saturated fat, cholesterol and calories. These foods may also raise blood cholesterol levels if eaten on a regular basis. One choice of high-fat protein is equal to 0 grams of carbohydrate, 7 grams of protein, 8 grams of fat and 100 calories. One high-fat protein choice is equal to one of the following items:

*Pork:	Spare ribs, ground pork, pork sausage, pork bacon.	1 oz.
Cheese:	All regular classes, such as American, Cheddar, Monetary, Jack, Swiss, Parmesan.	1 oz.
Processed sandwich meats:	Bologna, salami, pastrami.	1 oz.
	Bratwurst, Italian, knockwurst, Polish, Smoked chorizo.	1 oz.
	Bacon, turkey (before cooking)	3 slices (1 oz. ea.)
	Count as one high fat meat plus one fat exchange. Hot dog (beef, turkey, chicken or combination.	10 hot dogs per 1lb. package

* Not served on DPSCS menu.

DIABETIC DIET (CALORIE RESTRICTED)

Plant Based Proteins

Carb content varies among plant-based protein foods. Check food labels for Total Carbohydrate amount (1 carb choice = about 15 grams of carbohydrates).

FOODS	SERVING SIZE	CHOICES PER SERVING
"Bacon" strips, soy-based	2 strips (½ oz.)	1 lean protein
Beans (black, garbanzo, kidney, lima, navy, pinto, white) cooked or canned, drained.	½ cup	1 carb + 1 lean protein
"Beef" or "sausage" crumbles, meatless	1 oz.	1 lean protein
"Chicken" nuggets, soy-based	2 nuggets (1 ½ oz.)	½ carb + 1 medium-fat protein
Edamame, shelled	½ cup	½ carb + 1 lean protein
Falafel (spiced chickpea and wheat patties)	3 patties (2" across)	1 carb + 1 high-fat protein
Hot Dog, meatless	1 hot dog (1 ½ oz.)	1 lean protein
Hummus	⅓ cup	1 carb + 1 medium-fat protein
Lentils, cooked or canned, drained and rinsed	½ cup	1 carb + 1 lean protein
Meatless burger, soy-based	3 oz.	½ carb + 2 lean proteins
Meatless deli slices	1 oz.	1 lean protein
Mycoprotein ("chicken" tenders), meatless	2 oz.	½ carb + 1 lean protein
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter	1 tbsp.	1 high-fat protein
Peas (black-eyed and split peas), cooked or canned, drained and rinsed.	½ cup	1 carb + 1 lean protein
Refried beans, canned	½ cup	1 carb + 1 lean protein
"Sausage" breakfast-type patties, meatless	1 (½ oz.)	1 medium-fat protein
Soy nuts, unsalted	¾ oz.	½ carb + 1 medium-fat protein
Tempeh, plain, unflavored	¼ cup (1 ½ oz.)	1 medium-fat protein
Tofu	½ cup (4 oz.)	1 medium-fat protein
Tofu, light	½ cup (4 oz.)	1 lean protein

- Beans, peas and lentils are also found on the starch list.
- Nuts and nut butters in smaller amounts are found on the fat list.
- Canned beans, lentils and peas can be high in sodium unless they are labeled *no salt added* or *low sodium*.
- Draining and rinsing canned beans, peas and lentils reduces sodium by about 40%.

DIABETIC DIET (CALORIE RESTRICTED)

Fat List

A choice on the fat list contains 5 grams of fat and 45 calories. In general, a fat choice is: 1 tsp. of oil or solid fat or 1 tbsp. of salad dressing.

Unsaturated Fats:	Avocado, medium	2 tbsp.
	Oil (Canola, Olive, Peanut)	1 tsp.
Olives:	Ripe (black)	8 olives.
	Green, stuffed	10 large
Nuts:	Almonds, Cashews	6 nuts
	Mixed (50% peanuts)	6 nuts
	Peanuts	10 nuts
	Pecans	4 halves
	Peanut butter, smooth or crunchy	1 ½ tsp.
	Pistachio	16 nuts

Polyunsaturated Fats List

Salad Dressing:	Regular	1 tbsp.
	Reduced Fat	2 tbsp.
Margarine:	Stick, tub or squeeze	1 tsp.
	Lower-fat (30% - 50% vegetable oil)	1 tbsp.
Oil:	Corn, Soybean, Sunflower, Safflower	1 tsp.
Mayonnaise:	Regular	1 tsp.
	Reduced Fat	1 tsp.
Seeds:	Pumpkin, Sunflower	1 tbsp.
	Sesame, Sesame paste or Tahini	2 tsp.

Saturated Fats List

One fat choice contains 5 grams of fat and 45 calories. *Not served on DPSCS menu.

*Bacon	Cooked (regular), or turkey	1 slice
Butter	Stick	1 tsp.
	Whipped	2 tsp.
	Reduced Fat	1 Tbsp.
*Chitterlings	Boiled	2 Tbsp.
Coconut	Sweetened, shredded	2 Tbsp.
Cream	Half and Half	2 Tbsp.
Cream Cheese	Regular	1 Tbsp. (½ oz.)
	Reduced Fat	1 ½ Tbsp. (¾ oz.)
Shortening	Lard	1 tsp.
Sour Cream	Regular	2 Tbsp.
	Reduced Fat	3 Tbsp.

DIABETIC DIET (CALORIE RESTRICTED)

One Carbohydrate Choice

One carbohydrate choice equals 15 grams of carbohydrates and about 70 calories.

Food: Brownies, Cake, Cookies, Gelatin, Pies & Pudding, Pastries, Donuts, Muffins, Frozen bars.

Angel food cake, unfrosted	1 slice	2 carbohydrates
Brownie, small, unfrosted	1 ¼ inch, or ⅞ inch high	1 carbohydrate, 1 fat
Cake, unfrosted	2 inch square	1 carbohydrate, 1 fat
Cookie, or sandwich cookie with cream filling	2 small	1 carbohydrate, 1 fat
Cupcake, frosted	1 small (1 ¾ oz.)	2 carbohydrates, 1 ½ fat
Cookies – plain, large	1 cookie (3oz.)	4 carbohydrates, 3 fats
Chocolate chip cookies	2 small	1 carbohydrate, 2 fats
Cranberry sauce, jellied	¼ cup	2 carbohydrates
Doughnut, plain cake	1 medium (1 ½ oz.)	1 ½ carbohydrates, 2 fats
Fruit cobbler	½ cup	3 carbohydrates, 1 fat
Fruit snacks, chewy (puree fruit concentrate)	1 roll (¾ oz.)	1 carbohydrate
Gelatin, regular	½ cup	1 carbohydrate
Gingersnaps	3 small	1 carbohydrate
Granola bar	1 bar (1oz.)	1 ½ carbohydrate
Honey	1 tbsp.	1 carbohydrate
Ice Cream, regular	½ cup	1 carbohydrate, 2 fat
Ice Cream, light	½ cup	1 carbohydrate, 1 fat
Ice Cream, no sugar added	½ cup	1 carbohydrate, 1 fat
Jam or jelly, regular	1 tbsp.	1 carbohydrate
Pie, fruit, 2 crusts	⅙ pie of 8 inch pie	3 carbohydrates, 1 ½ fats
Pie, pumpkin or custard	⅙ pie of 8 inch pie	1½ carbohydrate, 1 ½ fats
Pudding, regular (made with reduced fat milk)	½ cup	2 carbohydrates
Pudding, sugar-free (made with reduced fat milk)	½ cup	1 carbohydrate
Sherbet, sorbet	½ cup	2 carbohydrates
Sugar, white granulated	1 tbsp.	1 carbohydrate
Sweet roll or danish	1 (2 ½ oz.) pastry	2 ½ carbohydrates, 2 fats
Syrup, regular	1 tbsp.	1 carbohydrate
Syrup, light	2 tbsp.	1 carbohydrate
Yogurt, frozen fat-free	⅓ cup	1 carbohydrate
Yogurt, frozen regular	½ cup	1 carbohydrate, 0-1 fat
Yogurt, low-fat with fruit	⅓ cup (6oz.)	1 carbohydrate, 1 fat free milk
Vanilla wafers	5 cookies	1 carbohydrate, 1 fat

DIABETIC MEAL PLAN

Sugar Substitutes

Sugar substitutes, alternatives or replacements that are approved by the Food and Drug Administration (FDA) are safe to use. Each sweetener is tested for safety before it can be sold.

Common types include the following:

- Aspartame, neotame (blue packet)
- Monkfruit (orange packet)
- Saccharin (pink packet)
- Stevia (green packet)
 - Stevia leaf and crude stevia extracts are not FDA approved
- Sucralose (yellow packet)

If foods are made with sugar substitutes, check the label for other ingredients that contain calories, such as carbs, protein, and fats. Eating sugar substitutes is a personal choice.

Suggested Diabetic Meal Plans

Suggested meal plans for diabetic calorie controlled diets are based on the use of lean to medium fat meat and 1% milk choices.

	1500 Calories	1800 Calories	2400 Calories
Breakfast			
Milk, 1%	1	1	1
Vegetables, Non-Starchy	-	-	-
Fruit	1	1	2
Bread/Starch	2	2	3
Meat – Protein	1	1	2
Fat	1	1	1
Lunch			
Milk, 1%	-	1	1
Vegetables, Non-Starchy	1	1	1
Fruit	1	2	2
Bread/Starch	2	2	3
Meat – Protein	2	2	2
Fat	1	2	2
Dinner			
Milk, 1%	1	1	1
Vegetables, Non-Starchy	2	2	2
Fruit	1	1	1
Bread/Starch	2	2	3
Meat – Protein	2	2	2
Fat	1	1	2
Evening Nourishment			
Fruit	2	2	2
Bread/Starch	-	-	2
Meat – Protein	-	-	1
Fat	-	-	1
Approximate Composition			
Carbohydrate, grams	204 (52%)	231 (52%)	321 (52%)
Protein, grams	75 (19%)	83 (19%)	112 (18%)
Fat, grams	50 (29%)	57 (29%)	82 (30%)
Calories	1566	1769	2470
Total Exchanges Per Day			
Milk, 1%	2	3	3
Vegetables, Non-Starchy	3	3	3
Fruit	5	6	7
Bread/Starch	6	6	11
Meat – Protein	5	5	7
Fat	3	4	6

No Concentrated Sweets (NCS).

This diet closely resembles the regular diet, restricting only those foods that are high in sugar or other concentrated sweets. A diabetic person whose weight and blood sugar levels are under control can use this diet. It does not require adherence to a strict meal pattern and it does not restrict calories and it should not be ordered for persons who need to lose weight.

Adequacy.

This diet contains all nutrients necessary to provide and maintain adequate nutrition based on the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute of Medicine, National Academies for ages 19-50 years old and above.

Approximate Composition.

Calories	2500-2800	kcal.
Protein	89-110	grams
Fat	90-100	grams
Carbohydrates	276-400	grams
**Dietary Fiber	25-38	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Fruit/Juice, ½ cup	Soup, 1 cup, or Potato/Starchy Vegetable Equivalent, ½ cup	Meat/Protein Substitute, 3-4 oz. (EP)
Cereal – Hot, 1 cup/Cold ¾ cup	Meat/Protein Substitute, 2 oz. (EP)	Potato/Starchy Vegetable Equivalent, 1 cup
Egg, 2 each, or Protein Substitute, 2 oz., or Scrambled Egg, 4 oz.	Vegetable, ½ cup, or Salad, 1 cup	Vegetable, ½ cup, or Salad 1 cup
Bread, 3 slices	Bread, 3 slices	Bread, 3 slices
*Butter or Margarine, 1 tsp.	*Butter or Margarine, 1 tsp.	*Butter or Margarine, 1 tsp.
1% Milk, 1 cup	Fruit/Dessert, Unsweetened, ½ cup	Fruit/Dessert Unsweetened, ½ cup
Coffee, Unsweetened, 8 oz. 1 cup	Beverage, Unsweetened, 1 cup	1% Milk, 1 cup (3x/week)
Sugar Substitute, 2 packets	Unsweetened Juice, 1 cup	

* Additional 4-5 tsp. fat used in cooking.

No Concentrated Sweets (NCS)

Foods Allowed

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk	All types, plain or sweetened with artificial sweetener.	Chocolate milk, sweetened condensed milk.
Meat and Equivalent	All types. Use the leanest cuts of meat, skinless poultry and low or lower fat cheeses.	Glazed, honey coated meats or prepared with sugar or syrup.
Fruits	All types. Fresh, frozen, canned without sugar, unsweetened juices, fruits frozen or canned with fruit juice or sugar substitute Citrus or high Vitamin C fruit daily.	Fruit canned or frozen in syrup, sugar or syrup sweetened juices. Candied fruit.
Vegetables	All types including potatoes, corn. Lima beans, peas. Dark green leafy or deep yellow vegetables (3-4 times a week)	Candied vegetables.
Soups	Homemade soup with allowed foods. All types, especially whole grains, quick breads, cooked and prepared cereals (without sugar coating).	Fruit soups made with sugar.
Fats	All types.	None
Deserts	Made with foods allowed. Dietetic gelatin.	Cakes, pies, other dessert items, cookies with icing, cinnamon rolls, sweet rolls, glazed doughnuts, sugar-coated cereals, cereals with sugar as first ingredient.
Beverages	Coffee, tea, diet soda, diet non-carbonated fruit flavored beverages.	Regular carbonated beverages sweetened with sugar.
Miscellaneous	Sugar substitutes; dietetic and all-fruit jam, jelly, preserves, low calorie diet syrup, Cocoa powder, chocolate flavoring, herbs, spices, flavorings, salt, vinegar, pickles, mustard, Worcestershire sauce, soy sauce.	Sugar, regular jam, jelly, preserves, syrups, honey, molasses, sweetened powdered sugar, sweet pickles.
Eggs	As allowed.	None.

Renal Diet (Pre-Dialysis).

60 Grams Protein, 1.8-2.0 Grams Sodium, 1.5-1.8 Grams Potassium (38.4-51.2mEq)

The renal diet is planned for individuals diagnosed with acute or chronic renal failure where retention of toxic end-products of metabolism occurs. This diet is recommended for pre-dialysis renal individuals. This purpose is to restrict the intake of protein and phosphorus, in addition to potassium, sodium and fluid.

Adequacy.

Renal diets containing 60 grams of protein or less are inadequate in copper, Vitamin A, Vitamin B-6, magnesium and zinc based on the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute of Medicine for ages 19-50 years and above. Additional jelly or hard candies could be provided if the physician desires additional calories. Fluid restriction or additional fluids may be at the physician’s discretion. The addition of multivitamins is recommended to meet vitamin or mineral needs. Calcium recommendations for chronic kidney disease (CKD) are different from those without renal impairment. The physician will evaluate needs on an individual basis.

Approximate Composition.

Calories	1900-2100	kcal.
Protein	60-65	grams
Fat	60-70	grams
Carbohydrates	280-290	grams
Sodium	1.8-2.0	grams
Potassium	1.5-1.8	grams
Phosphorus	800-900	milligrams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Allowed Juice, ½ cup	Meat/Protein Substitute, 2 oz.*	Meat/Protein Substitute, 3 oz.*
Cereal, ½ cup*	Starch, ½ cup	Starch, ½ cup
Toast, 1 slice	Vegetable, ½ cup	Vegetable, ½ cup
Egg/Egg Substitute, 1*	Bread, 1 slice	Bread, 1 slice
Margarine, 2 tsp.	Margarine, 3 tsp.	Butter, 3 tsp.
Jelly, 2 tbsp.	Jelly, 2 tbsp.	Jelly, 2 tbsp.
1% Milk, ½ cup	Fruit, ½ cup	Fruit, ½ cup
Sugar, 4 tsp.	Allowed Juice, ½ cup	Allowed Juice, ½ cup

*These foods may not exceed the quantities listed. Drain all fruits and vegetables for fluid restricted persons. The above-listed meal plan provides 480 cc fluid.

Renal Diet (Dialysis).

90 Grams Protein, 2-2.5 Grams Sodium, 2.5-2.8 Grams Potassium (63.9-71.6mEq)

This renal diet has been liberalized and emphasizes liberal intake of protein, is less restrictive and planned for persons undergoing renal dialysis. This diet is used to encourage an individual diagnosed with a specific degree of renal failure to improve oral intake and help prevent malnutrition.

Adequacy.

Renal diets containing 60 gm of protein or less are inadequate in copper, Vitamin A, Vitamin B-6 and magnesium based on the Dietary Reference Intake (DRI), Food and Nutrition Board, Institute of Medicine for ages 19-50 years and above. Additional jelly or hard candies could be provided if the physician desires additional calories. Fluid restriction of additional fluids may be at the physician’s discretion. The addition of multivitamins is recommended to meet vitamin/mineral needs. Calcium recommendations for chronic kidney disease (CKD) are different from those without renal impairment. The physician will evaluate calcium needs on an individual basis.

Approximate Composition.

Calories	2800-3000	kcal.
Protein	85-95	grams
Fat	80-90	grams
Carbohydrates	400-450	grams
Sodium	2.0-2.5	grams
Potassium	2.5-2.8	grams
Phosphorus	1.0-1.5	grams
Fluids	1500-2000	cc total (dietary and nursing fluids) per 24 hours.

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Allowed Juice, 1 cup Cereal, ½ cup* Toast, 2 slices Egg or Egg Substitute, 2* Protein Substitute, 2oz or (1/2 scrambled) Margarine, 3 tsp. Jelly 3 tbsp. 1% Milk, ½ cup Sugar, 4 tsp.	Meat/Protein Substitute, 3 oz.* Starch/Equivalent, ½ cup Allowed Vegetable, ½ cup* Bread, 1 slice Margarine, 3 tsp. Jelly, 3 tbsp. Fruit, ½ cup Allowed Juice, 1 cup	Meat/Protein Substitute, 3 oz.* Starch/Equivalent, ½ cup Allowed Vegetable, ½ cup Bread, 1 slice Margarine, 3 tsp. Jelly, 3 tbsp. Fruit, ½ cup Allowed Juice, 1 cup

*These foods may not exceed the quantities listed. Drain all fruits and vegetables for fluid restricted persons. The above-listed meal plan provides approximately 960 cc fluid. An additional 1040cc can be provided by nursing to equal 2000 cc (2 liters) fluid per day.

Renal Diet (Dialysis)

Foods Allowed

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk	Limit to 1 cup daily.	Buttermilk.
Meat and Equivalent	Limit to 5oz. daily (60 grams of protein) and 6oz. daily (90 grams of protein). Meat, poultry, fish, cottage cheese, low-sodium cheeses.	In excess of allowed amounts of cheese spreads, regular cheeses, peanut butter, smoked, cured or canned meat, poultry fish, shellfish, corned beef, ham, frankfurters, sausage, luncheon meats, liverwurst.
Eggs	1 egg per day.	None.
Fruits	Three (½ cup servings) fruits daily. Canned applesauce, cherries, fruit cocktail, peaches, pears, pineapple, fresh apple, blueberries, cherries, grapes, grapefruit, pineapples, strawberries, watermelon, juices such as apple, apricot nectar, cranberry or grape juices. Drain all canned fruit when on fluid restriction.	Canned apricots, figs, mandarin oranges, papaya, plums, prunes, fresh apricots, bananas, cantaloupe, dates, figs, honeydew melon, kiwi, nectarines, oranges, papaya, pears, peaches, plums, raisins. All dried fruit juices except as allowed.
Vegetables	Two (½ cup servings) vegetables daily. Well cooked and drained frozen asparagus, canned bamboo shoots, bean sprouts, cabbage, carrots, cauliflower, corn, cucumbers, eggplant, green and wax beans, onions, green peppers, rutabagas, turnips, summer squash, raw lettuce, 2 thin slices of raw tomato.	Tomato or V8 vegetable juices. Fresh cooked bamboo shoots, beets, broccoli, brussel sprouts, dried beans, dried peas, greens (beet, chard, collard, kale, mustard, spinach), celery, mushrooms, okra, pumpkin, parsnips, radishes, winter squash, soy beans, tomato paste, potatoes, sweet potatoes.
Soups	Made with allowed unsalted vegetables and allowed milk.	Soup prepared with meat extracts, broths, commercial canned soups regular bouillon cubes, instant soup and mixes.
Breads and Cereal	Enriched white, light rye or wheat bread. Corn flakes, cornmeal, farina, grits, rice krispies, puffed rice, noodles, rice, unsalted popcorn, macaroni, spaghetti.	All brain cereals, oatmeal, Ralston, Life, dark rye or pumpernickel bread, cornbread, waffles, pancakes, muffins, brown rice and pasta mixes, salted crackers, instant cereals.
Fats	Shortenings, oil, unsalted salad dressings, regular butter, margarine, mayonnaise, non-dairy creamer.	Bacon (all types), bacon fat, salad dressings, commercially prepared sauces and gravies.
Deserts	Allowed fruits, tapioca, gelatin desserts, sherbet, fruit ices, popsicles.	Milk desserts unless made with milk allowance. Cakes, cookies, pies made with regular flour or cream of tartar.
Beverages	Cola drinks, ginger ale, lemonade, Dr. Pepper, Royal Crown Cola, Root Beer, Kool Aid, Seven-Up, Hawaiian Punch, Pepsi-Cola.	All coffees, teas, cocoa, Coco-Cola, beer, wine. All other beverages.
Miscellaneous	Herbs, lemon juice, spices, Tabasco sauce, vinegar, pepper, flavorings such as vanilla, hard candies, jams, jellies, corn or white syrup, corn starch, refined sugar.	Steak sauce, barbecue sauce, chili sauce, soy sauce, Worcestershire sauce, cooking wine, chocolate, coconut, horseradish, Kitchen Bouquet, yeast, molasses, salt, salt substitutes, sodium free baking powder and baking soda, salt, nuts, potato chips, pretzels and other snack chips. Low sodium products must be checked for potassium content.

Pregnancy Diet.

The regular diet is modified to provide the increased requirements for nutrients needed during pregnancy by providing two points (4 cups) of milk per day and providing an evening snack.

Adequacy.

Vitamin supplementation including iron is recommended to meet increased requirements during pregnancy.

For persons who are unable to tolerate dairy products, a calcium supplement is recommended.

Approximate Composition.

Calories	3300-3500	kcal.
Protein	125-135	grams
Fat	110-126	grams
Carbohydrates	428-534	grams
Calcium	1000-1500	grams
**Dietary Fiber	25-35	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Fruit/Juice, ½ cup	Soup, 1 cup, or Potato/Starchy Vegetable Equivalent, ½ cup	Meat/Protein Substitute, 3 oz. (EP)
Cereal – Hot, 1 cup/Cold ¾ cup	Meat/Protein Substitute, 2 oz. (EP)	Potato/Equivalent, ½ cup
Egg, 2 ea. Protein Substitute, 2 oz. or Scrambled Egg, 4 oz.	Potato/Equivalent, ½ cup	Vegetable/Salad, ½ cup
Bread, 2 slices	Vegetable/Salad, ½ cup	Bread, 2 slices
Butter or Margarine, 1 tsp.	Bread, 2 slices	Butter or Margarine, 1 tsp.
1% Milk, 1 cup	Butter or Margarine, 1 tsp.	Fruit/Dessert, ½ cup
Coffee, sweetened, 1 cup	Fruit/Dessert, ½ cup	Beverage, Sweetened, 1 cup
	Beverage, Sweetened, 1 cup	1% Milk, 1 cup (3x/week)

Evening Nourishment
1% Milk, 1 cup
Meat/Protein substitute 2oz.
Bread, 2 slices
Mayonnaise, 1 tsp

*Additional 4-5 tsp. of fat used in cooking.

High Calorie Diet.

The high calorie diet is indicated only for persons with medical conditions such as cancer, resulting in a documented unplanned weight loss of 10% of ideal body weight. The standard menus are adapted to meet additional nutritional needs and are calculated to give additional calories and extra protein.

Adequacy.

This diet will provide nutrients to meet the Dietary Reference intake, Food and Nutrition Board, Institute of Medicine, National Academies for ages 19-50 years old and above.

Approximate Composition.

Calories	3300-3500	kcal.
Protein	135-145	grams
Fat	110-126	grams
Carbohydrates	428-534	grams
**Dietary Fiber	25-38	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Fruit/Juice, ½ cup	Soup, 1 cup, or Potato/Starchy Vegetable Equivalent, ½ cup	Meat/Protein Substitute, 3-4 oz. (EP)
Cereal – Hot, 1 cup/Cold – ¾ cup	Meat/Protein Substitute, 2 oz. (EP)	Potato/Equivalent, ½ cup
Egg, 2ea, or Protein Substitute, 2 oz., or Scrambled Egg, 4 oz.	Potato/Equivalent, ½ cup	Vegetable/Salad, ½ cup
Bread, 3 slices	Vegetable/Salad, ½ cup	Bread, 3 slices
Butter or Margarine, 1 tsp.	Bread, 3 slices	Butter or Margarine, 1 tsp.
1% Milk, 1 cup	Butter or Margarine, 1 tsp.	Fruit/Desert, ½ cup
Coffee, Sweetened, 1 cup	Fruit/Dessert, ½ cup	Beverage, Sweetened, 1 cup
	Beverage, Sweetened, 1 cup	1% Milk, 1 cup (3x/week)

Evening Nourishment
Meat/Protein Substitute, 2 oz.
Bread, 2 slices
Mayonnaise, 1 tsp.
1% Milk, 1 cup

*Additional 4-5 tsp. of fat used in cooking.

Gluten Free Diet.

A gluten free diet is a modification of a regular diet that excludes foods containing gluten. Gluten is a protein found in wheat, barley, rye and triticale (a cross between wheat and rye). A gluten free diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with gluten.

Adequacy.

Malabsorption of fat, fat-soluble vitamins, folate, Vitamin B12 and iron may occur. It is important to read labels carefully for gluten content.

Approximate Composition.

Calories	2825	kcal.
Protein	101	grams
Fat	110	grams
Carbohydrates	371	grams

DAILY MEAL GUIDE		
BREAKFAST	LUNCH	DINNER
Juice or Fresh Fruit, 8 oz.	Plain Meat, 3 oz.	Plain Meat, 4 oz.
Hot Cereal, 16 oz.	Starch, 8 oz.	Starch, 8 oz.
Egg/Equivalent, 2 ea., or Plain Meat, 2 oz.	Vegetable, 4 oz.	Vegetable, 4 oz.
Margarine, 2 tbsp.	Fruit, 8oz., or 2 Fresh Fruit	Fruit, 8 oz., or 2 Fresh Fruit
Milk, 8 oz.	Margarine, 2 tbsp.	Margarine, 2 tbsp.
Coffee, w/2tsp. Sugar, 8 oz.	Fruit Beverage or Milk, 8 oz.	Fruit Beverage or Tea, 8 oz.

Gluten Free Diet

Foods Allowed

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk	Milk, buttermilk, plain yogurt, cheese, cream cheese, cottage cheese, cheddar and Swiss cheese.	Flavored yogurt, malted milk.
Bread and Grain	Bread or baked products made from corn, rice, arrowroot, cornstarch, soy, Amaranth potato, flour, sago, potato starch, tapioca, whole-bean flour, flax arrowroot, rice bran, buckwheat, millet, cornmeal, pea flower, corn tacos, corn tortillas.	Bread baked containing wheat, rye barley, oat bran, bulgur, spelt wheat-based semolina, rye, oats.
Cereals	Cream of rice, soy cereal, hominy, grits, brown and wild rice, cornmeal, quinoa flakes, buckwheat grouts, millet, puffed rice, puffed corn.	Cereals made of wheat, rye, oats, triticale, barley, cereals made with added malt extract and malt flavorings, caramel color, Farina, cream of wheat.
Pastas	Macaroni, spaghetti and noodles from rice, quinoa, corn, soy, potato, peas, beans or other allowed flours.	Pastas made from wheat, wheat starch and other ingredients not allowed. Semolina (the part of milled wheat in pasta and couscous).
Meats and Alternatives	Meats with textured vegetable protein – (TVP) Lean, non-processed meats, fish and poultry.	Fish canned in vegetable broth containing hydrolyzed vegetable protein (HVP). Turkey basted or injected with HVP/HPP, hot dogs. Prepared or preserved meats such as ham, luncheon meat and sandwich spreads, sausages, meat product extenders.
Eggs	Eggs, liquid whole eggs, egg yolks and egg whites.	Imitation bacon, imitation seafood, egg substitutes.
Others	Lentils, chickpeas, beans, nuts, tofu, seeds, peas, peanut butter.	Beans, peas, nuts, legumes in processed forms.
Fruits	Fresh, Frozen canned fruits and fruit juices.	Dried fruit, fruit pie filling.
Vegetables	Fresh, frozen and canned.	Dried fruit, fruit pie filling.
Soups	Homemade broth, gluten free bouillon, cream soups and stocks made from allowed ingredients.	Soups made with ingredients not allowed. Bouillon containing HPP or HVP. Canned soup mixes, soup base, bouillon cubes, dried soup mixes.

Gluten Free Diet

Foods Allowed (Continued)

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Fats	Butter, lard, cream, shortening, margarine, homemade dressings from allowed ingredients.	Packed suet, prepared marinades, salad dressing, some mayonnaise with ingredients not allowed.
Desserts and Sweets	Ice cream, sherbet, ice whipped toppings, egg custard, gelatin, cakes, cookies, pastries made with ingredients allowed, honey, jam, jelly, sugar, gluten free pudding.	Ice cream with not allowed ingredients. Ice cream cones, cakes, cookies, pastries made with not allowed ingredients. Licorice, candies with not allowed ingredients. Marshmallow with wheat starch.
Snack Foods	Plain popcorn and nuts, plain potato chips, tortilla (corn chips).	Pizza, unless made with allowed ingredients. Flavored potato chips.
Condiments	Plain pickles, olives, relish, ketchup, mustard, vinegars, pure black pepper, pure spices and herbs, tomato paste, gluten free soy sauce, modified food starch from tapioca, corn potato, Worcestershire sauce.	Soy sauce, mustard, pickles, imitation pepper, steak sauce with ingredients not allowed, mixed spices (curry powder, chili powder).
Other	Sauces and gravies made with allowed ingredients, pure cocoa, chocolate chips, MSG, cream of tartar, coconut, aspartame, baking soda, carob chips and powder, yeast, brewer's yeast, baking powder with potato or cornstarch.	Sauces and gravies made with not allowed ingredients and oat grain.

References and Standards

American Correctional Association (ACA) Standards:

<i>ACI 4th Edition</i>	<i>ACI 5th Edition</i>	
4-4316 (M)	5-ACI-5C-04 (M)	Dietary Allowances
4-4318	5-ACI-5C-06	Therapeutic Diets
4-4319	5-ACI-5C-07	Religious Diets
4-4320	5-ACI-5C-08	Food as Disciplinary Measure
4-4328	5-ACI-5C-16	Frequency of Meals

American Correctional Association (ACA) CORE Standards:

<i>ACI 4th Edition</i>	<i>Reference</i>	
1-CORE-4A-01 (M)	4-ALDF-4A-07	Dietary Allowances
1-CORE-4A-02	4-ALDF-4A-09	Therapeutic Diets
1-CORE-4A-02	4-ALDF-4A-10	Therapeutic Diets
1-CORE-4A-06	4-ALDF-4A-17	Frequency of Meals
1-CORE-4A-06	4-ALDF-4A-18	Frequency of Meals
1-CORE-5C-06	4-ALDF-5C-07	Religious Diets

Maryland Commission on Correctional Standards (MCCS):

MCCS .03A	Menu Approval
MCCS .03B	Frequency of Meals
MCCS .03F	Special Diets
MCCS .03F	Religious Practices

Code of Maryland Regulation (COMAR)

COMAR 10.07.12.00	COMAR 12.14.03.04
COMAR 10-15.03.00	COMAR 12.14.04.03
COMAR 12.03.02.00	COMAR 12.14.05.03

- A. [Academy of Nutrition and Dietetics \(2023\). "Healthful Eating with Diabetes."](#)
- B. [American Diabetes Association \(2024\). "What Superstar Foods are Good for Diabetes?"](#)

- C. [Annotated Code of Maryland. Correctional Services Article §2-109\(c\).](#)
- D. [Annotated Code of Maryland. Correctional Services Article §3-205.](#)
- E. [Annotated Code of Maryland. Correctional Services Article §4-208.](#)
- F. [Annotated Code of Maryland. Correctional Services Article §5-201.](#)
- G. [Department of Health and Mental Hygiene \(2014\). Diet Manual for Long Term Care Residents \(Rev. Edition\).](#)
- H. Department of Public Safety and Correctional Services (2012). Food Services Manual.
- I. Department of Public Safety and Correctional Services (2017). Religious Diet Program.
- J. [National Commission on Correctional Healthcare \(2008\). Standards for Health Services in Prisons.](#)
- K. [Institute of Medicine 2010. Dietary Reference Intakes: The Essential Guide to Nutrient Requirements: Washington, DC: The National Academies Press.](#)
- L. [U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2020-2025 Dietary Guidelines for Americans. 9th Edition. December 2020.](#)

Appendix

- A. [OPS.130-12aR Body Mass Index](#)
- B. [OPS.130-12bR Medical Diet Referral Form](#)
- C. [OPS.130-12cR Medical Dietary Consultation Request Form](#)
- D. [OPS.130-12dR Medical Diet Compliance Log or Checklist Form](#)
- E. [OPS.130-12eR Education Handout – Diet and Diabetes](#)
- F. [OPS.130-12fR Education Handout – Sodium](#)
- G. [OPS.130-12gR Education Handout – Cholesterol](#)
- H. [OPS.130-12hR “What’s on Your Plate”](#)



DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
BODY MASS INDEX

BMI (kg/m²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	173	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	148	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	203	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

BMI	
18.5 or less	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 – 39.9	Obese
40 or greater	Extremely Obese



**DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
MEDICAL DIET REFERRAL FORM**

NAME: _____ DOC#: _____ BIRTHDATE: _____ DATE: _____

HEIGHT: _____ WEIGHT: _____ START DATE: _____ STOP DATE: _____

MEDICAL DIET: NEW RENEWAL CHANGE CANCEL

DIETS:

- | | | | |
|-----------------------------|------------------------|------------------------------|--|
| 1. <input type="checkbox"/> | CLEAR LIQUID | 9. <input type="checkbox"/> | HOUSE DIABETIC (NCS) |
| 2. <input type="checkbox"/> | FULL LIQUID | 10. <input type="checkbox"/> | PRE-DIALYSIS RENAL (60 grams Protein) |
| 3. <input type="checkbox"/> | PUREED | 11. <input type="checkbox"/> | DIALYSIS RENAL DIET (90 grams Protein) |
| 4. <input type="checkbox"/> | MECHANICAL SOFT | 12. <input type="checkbox"/> | HIGH CALORIE |
| 5. <input type="checkbox"/> | CARDIOVASCULAR | 13. <input type="checkbox"/> | PREGANCY |
| 6. <input type="checkbox"/> | 1500 CALORIES DIABETIC | 14. <input type="checkbox"/> | GLUTEN-FREE DIET (Celiac disease only) |
| 7. <input type="checkbox"/> | 1800 CALORIES DIABETIC | 15. <input type="checkbox"/> | OTHER – (Not for food preferences)
Ordered only with dietary consultation. |
| 8. <input type="checkbox"/> | 2400 CALORIES DIABETIC | | |

Is the incarcerated individual Insulin dependent?

YES: NO:

Lacto-Ovo Vegetarian or Religious diets can be requested through the institutional sign-up process.

DATE

Signature of Ordering Health Care Provider



DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
MEDICAL DIETARY CONSULTATION REQUEST FORM

NAME: _____ DOC#: _____ BIRTHDATE: _____ DATE: _____

HEIGHT: _____ WEIGHT: _____ START DATE: _____

DIAGNOSIS: _____

REASON FOR REFERRAL:

SIGNATURE: _____
Health Care Provider

Medical Director

CONSULT:

Signature of Dietitian

Date



**DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
MEDICAL DIET COMPLIANCE LOG/CHECKSHEET**

FACILITY: _____

Month/Year	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Name/Diet																																
Name/Diet																																
Name/Diet																																
Name/Diet																																



DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
EDUCATION HANDOUT – DIET AND DIABETES
MAKING SENSE OF DIET AN DIABETES

When you eat your blood sugar goes up. Your body will provide insulin to adjust your blood glucose levels. You have diabetes either because your body does not produce enough insulin or because your body cells cannot use the insulin that is produced.



Insulin is the “key” that helps your cells absorb and use the glucose (sugar) in your blood. If the insulin is not present to “open” your cells or cannot be used, the level of glucose in your blood stays elevated.

When you are first diagnosed with diabetes, you can do the most to protect yourself from the long-term effects of diabetes. If your blood glucose is high for long periods over a number of years it can result in major damage to your nervous system, eyes, kidneys, heart, and extremities. Control can include diet, exercise, and medication. All diabetics need to follow a meal plan. This does not mean you will have to eat differently than other people. It includes a variety of foods and is a more healthful way of eating. The key is the type and amount of food you eat determine how high and how fast your blood glucose levels go up. Carbohydrates affect your blood glucose the most.

According to the American Diabetes Association and American Dietetic Association, you should keep the following goals in mind when planning your meals:

- The best blood levels possible. With normal blood glucose, you will feel better.
- Blood fats (cholesterol and triglycerides) in normal ranges to lower your risk of heart disease.
- The proper amount of calories is based on age, sex, and level of physical activity to help control your weight.
- All the nutrients you need.

What foods contain carbohydrates?

- Bread, crackers, and cereals
- Pasta, rice, and grains
- Vegetables
- Milk and yogurt
- Fruit and juice
- Table sugar, honey, syrup, and molasses
- Alcohol





DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
EDUCATION HANDOUT – DIET AND DIABETES
MAKING SENSE OF DIET AN DIABETES

What's to eat?

There is no right way to eat. Based on your individual needs, your meal plan is developed with the assistance of a registered dietitian. Some general guidelines are:

Choose healthful foods from the different food groups:

- Bread, cereal, rice, or pasta 7 to 10 servings
- Vegetables – 3 to 5 servings
- Fruit – 2 to 4 servings
- Milk, yogurt, and cheese – 2 to 3 servings
- Meat, poultry, fish, beans, eggs, and nuts – 6 to 8 ounces daily
- Use fats, oils, and sweets sparingly
- Eat sugars and sweets in moderation
- Eat less total fat
- Eat less saturated fat
- Try to get on a regular meal schedule and stick with it
- Read nutritional fact panels on food labels



How does exercise affect your diet?



Regular exercise is an important part of your health care.

- It makes weight loss or maintenance easier
- It can help use up extra sugar in your blood
- A snack before exercising may be helpful so your blood sugar does not go too low
- Be physically active at least 30 minutes most days of the week

Please contact your physician if you have questions.

References

American Diabetes Association. (1998). *Diabetes Information for Prisoners*.

“Choose Your Food” Food List for Diabetics; 2019 revision.

The American Dietetic Association. (1990). *Diabetes and Food: A Guide for People with Non-Insulin Dependent Diabetes Mellitus*.

United States Department of Agriculture. (2011). Choose My Plate. Retrieved June 1, 2012, from <http://www.ChooseMyPlate.gov/website>.



DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
EDUCATION HANDOUT – SODIUM
MAKING SENSE OF SODIUM

Sodium, a mineral that occurs naturally in foods, is essential to health. The primary source of sodium in the American diet is salt, also known as sodium chloride. Sodium is found in a number of other forms such as baking soda and baking powder. Sodium is involved in nearly all body functions including:

- Helping maintain a proper water balance
- Regulating blood pressure
- Transmitting nerve impulses
- Maintaining normal muscle activity

Americans typically consume adequate salt; most healthy individuals should choose an eating pattern that is moderate in salt. For some people, too much sodium in the diet may contribute to high blood pressure, or hypertension. A high sodium diet alone, however, does not cause high blood pressure. Many factors can affect blood pressure, these include family history, weight, age, physical activity, alcohol intake, and smoking.



The best approach to moderating your sodium is balancing your food choice over time. When you eat a food high in sodium, later choose from foods that are lower in sodium. It is also important to moderate your portion sizes. According to the nutrition fact panel found on most packaged foods, the recommended average intake of sodium for health Americans is 2300 milligrams, although lower sodium levels are more desirable. Keep in mind that one teaspoon of salt contains about 2000 milligrams of sodium.

Suggestions for moderating sodium intake:

- Omit adding salt to your food when cooking or during mealtime
- Avoid all salted foods such as bouillon, canned soups and stews, bread and rolls with salted toppings, salted crackers, salted nuts, popcorn, potato chips, pretzels, and other salted snacks
- Reduced sodium products may be used, check labels
- Avoid all salt cured, smoked and processed smoked meats, such as ham, bacon, bologna, cold cuts, chipped and corned beef, frankfurters, koshered or kosher style meats, canned meat and poultry
- Avoid salted and smoked fish, such as cod, herring, sardines, canned salted salmon, and tuna
- Avoid sauerkraut, olives, pickles, relish, and other vegetables prepared in brine, tomato and vegetable juice cocktail juices canned with salt



DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
EDUCATION HANDOUT – SODIUM
MAKING SENSE OF SODIUM

- Avoid seasonings such as salt, garlic salt, Worcestershire sauce, soy sauce, and others containing salt
- Use no salt substitutes unless approved by your physician
- Limit processed cheeses to 2 servings per week unless it is low sodium, check labels
- In addition to items listed above, remember to review labels when buying commissary items and avoid products such as beef jerky, Spam, hot sauces, dry soups, cheese spreads, and party mixes

Please contact your physician if you have questions.

References

Department of Health and Mental Hygiene. (2014). *Diet Manual for Long-Term Care Residents*. (Rev. ed.) Office of Health Care Quality.

United States Department of Health and Human Services, (December 2020) US Department of Agriculture. (2020-2025). *Dietary Guidelines for Americans*. Center Nutrition and Policy Promotion.



DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
EDUCATION HANDOUT – CHOLESTEROL
MAKING SENSE OF CHOLESTEROL

Cholesterol is a waxy substance your body uses to protect nerves, make cell tissues and produce certain hormones. All the cholesterol your body needs is made by your liver. Cholesterol in the food you eat (such as eggs, meats and dairy products) is extra, and too much cholesterol can have negative impacts on your health.



While some cholesterol is needed for good health, too much cholesterol in your blood can raise your risk of having a heart attack or stroke.

The extra cholesterol in your blood may be stored in your arteries (blood vessels that carry blood from your heart to the rest of your body). Buildup of cholesterol (called plaque) in your arteries will cause your arteries to narrow and harden (called atherosclerosis). Large deposits of cholesterol can completely block an artery.

If an artery that supplies blood to make muscles in your heart becomes blocked, a heart attack can occur. If an artery that supplies blood to your brain becomes blocked, a stroke can occur.

When should I start having my cholesterol levels checked?

Men 35 years of age or older and women 45 years of age and older should have their cholesterol checked yearly. Depending on what your cholesterol level is and what risk factors for heart disease you have, you may need to have it checked more often.

Risk factors for heart disease:

- Having already had a heart attack
- Being a man 35 years of age or older
- Being a woman 45 years of age or older
- Being a woman who is going through menopause or has complete menopause
- Having an immediate family member (parent or sibling) who had heart disease
- Smoking cigarettes
- Having high blood pressure or diabetes
- Being overweight or obese
- Being inactive

What are the different types of cholesterol?

Cholesterol travels through the blood in different types of packages, called lipoproteins.

- Low-density lipoproteins (LDL) deliver cholesterol to the body. Too much LDL cholesterol is bad for the body. If your total cholesterol level is high because of high LDL level, you may be at higher risk of heart disease or stroke.



DEPARTMENT OF PUBLIC SAFETY & CORRECTIONAL SERVICES
EDUCATION HANDOUT – CHOLESTEROL
MAKING SENSE OF CHOLESTEROL

- High-density lipoproteins (HDL) remove cholesterol from the bloodstream. High levels of HDL are good. If your total level is high because of a high HDL level, you may be a lower risk.

Total cholesterol level:

- Less than 200 is best
- 200 to 239 is borderline high
- 240 or more means a higher risk of heart disease

LDL cholesterol level:

- Below 100 is optimal for people who have a higher risk of heart disease
- 100 to 129 is near optimal
- 130 to 159 is borderline high
- 160 or more means a higher risk for heart disease

HDL cholesterol level

- Less than 40 means a higher risk for heart disease
- 60 or higher greatly lowers risk of heart disease

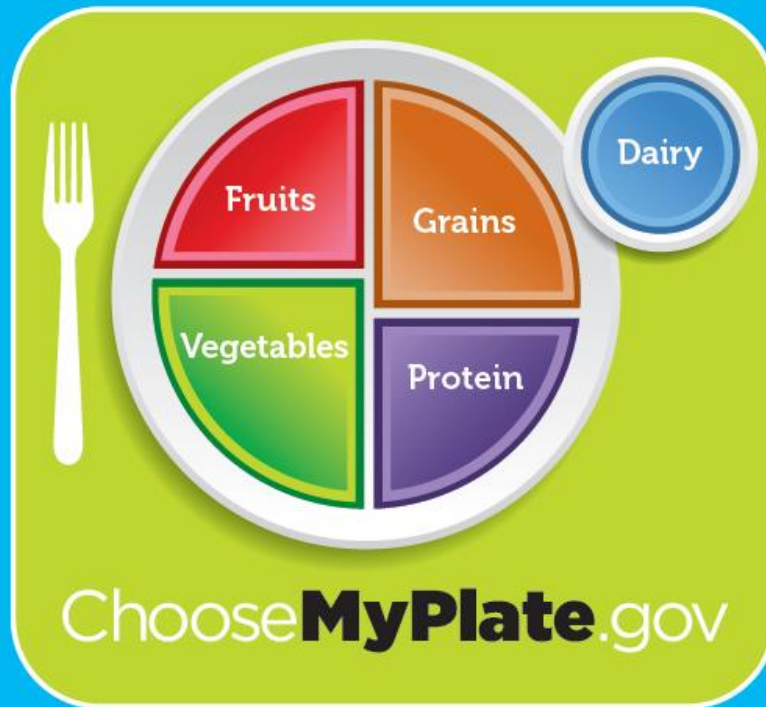
What can I do to improve my cholesterol level?

- Stop smoking, if you smoke
- Exercise regularly
- Lose 5 to 10 pounds, it can help if you are overweight
- Eat plenty of fruits, vegetables, whole grains and fish
- Avoid saturated and trans fats (mostly found in fast foods, snack foods, fried foods, and baked goods)
- If health eating and exercising don't work after 6 months to 1 year, your doctor may suggest medication to lower your cholesterol level.
- Limit consumption of specific foods that are high in cholesterol.

References

U.S. Department of Health and Human Services, US Department of Agriculture. (2020) (2020-2025) *Dietary Guidelines for Americans*. Center for Nutrition and Policy Promotion.

What's on your plate?



Choose **MyPlate**.gov



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>				
<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>

USDA U.S. Department of Agriculture • Center for Nutrition Policy and Promotion
August 2011
CNPP-25
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Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.