



West Coast District Health Board

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RE Official information request WCDHB 9179

We refer to your email dated 31 July 2018 requesting the following information under the Official Information Act from West Coast DHB.

Please refer to the following **Appendices** in response to your questions.

1. All food and nutrition standards, policies & guidelines related to food served to inpatients

The Diet Code manual (attached as **Appendix 1**) is the collective summary and translation of reference documents which prescribes our menu. These include The New South Wales (NSW) standards, DHB Nutrition policies, the MOH Food and Nutrition Guidelines, and the Heart Foundation's Healthy Catering Guidelines.

Appendix 1 Diet Code Manual

Appendix 2 West Coast DHB Dietitian Resource Manual – Modified Diets

Appendix 3 West Coast DHB Healthy Eating Policy Procedure

2. All inpatient menus

Please see attachments **Appendix 4** and **Appendix 5** (below) that provide the standard menu, foods contained within it and the nutritional analysis of it. The Diet Code Manual outlines the nutrient goals and standards of all special diet codes derived from the Standard menu with Page 2 of the Diet Code manual identifying each of these. Dietitians create meal plans for special dietary requirements not satisfied by those codes stated in Page 2.

Appendix 4 Standard menu

Appendix 5 Standard menu nutritional analysis

3. Food options and menus for allergy specific dietary requirements

Appendix 6 (below) outlines the foods provided within the Low Allergen Menu. Menus and meal plans are derived from this based on what the specific allergenic requirements are.

4. Food options and menus available for vegetarians and vegans

Appendix 7 and **Appendix 8** (below) provide the vegetarian and vegan menu, foods contained within these and the nutritional analysis of them.

Appendix 6 Low Allergen

Appendix 7 Vegetarian/Vegan menu

Appendix 8 Vegetarian/Vegan nutritional analysis

I trust that this satisfies your interest in this matter.

Please note that this response, or an edited version of this response, may be published on the West Coast DHB website ten working days after your receipt of this response.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Gullery', with a long, sweeping horizontal line extending to the right.

Carolyn Gullery
Executive Director
Planning, Funding & Decision Support

DIET CODE MANUAL

Version 1

Acknowledgement

This diet code manual has been adapted from the NSW standard to provide a balanced, evidence based nutritional profile of various patient groups in NZ hospitals that need to be considered and have their needs provided for. The New South Wales (NSW) standards provide an overview of the role of food in hospital to support patients' clinical care and treatment. These standards provide a sound nutritional basis for patients' dietary needs in hospital whilst providing menu structure that reflects the wide variety of needs of hospital inpatients.

RELEASED UNDER THE OFFICIAL INFORMATION ACT.

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INTRODUCTION:

This document details specifications for inpatient foodservices at centralAlliance sites, including Palmerston North, Whanganui and Horowhenua Hospitals. This document has been developed by New Zealand registered dietitians to ensure inpatients' nutritional requirements are catered for, and should be referred to alongside specifications for DHB Nutrition Policies, the MOH Food and Nutrition Guidelines, and the Heart Foundation's Healthy Catering Guidelines.

The intended use of this document is for the foodservice to plan an appropriate menu which meets patients' nutritional requirements in addition to the general menu planning principals of texture, colour, presentation and palatability.

The standards have been designed to be appropriate for most acute adult patient in hospital. This includes patients who are nutritionally well and patients who are nutritionally at risk.

It is expected that the needs of inpatients are met by the contracted foodservice in accordance with the following specifications set by New Zealand registered dietitians. These may include:

- Texture modifications which must meet the IDDSI (International Dysphagia Diet Standardisation Initiative) which have been adopted by New Zealand
- Increased or decreased requirements due to disease states
- Specific requirements due to age and stage of patient groups
- Consideration of dietary requirements e.g. vegan, vegetarian and ethnic requirements
- Food safety for all inpatients with special consideration for those at increased risk e.g. patients who are neutropenic, those at increased risk of listeriosis and those who have allergies

Details of the menu in the form of copies of the menus, nutritional analysis, ingredient lists and recipes must be readily available for use by dietitians. In addition, food audits will be carried out by NZ registered dietitians to ensure diet code compliance.

Food preferences (e.g. no mushrooms) are not regarded as therapeutic diets and therefore not included in these specifications. Alternative menu options should accommodate such preferences, through the menu selection process.

Special Diets

The Special diet codes have been rationalized and updated to make choices simpler for nurses to make the appropriate choice of menu for a patient. To reflect updated clinical practice some menu codes are no longer required i.e. MAOI diet, Barium enema preparation, patients with diabetes being able to select from a varied standard diet.

The special diets will be set out as follow:

- Intent of diet and patient group suitable for
- Specifications for the diet
- Foods allowed
- Food not allowed
- Pre-cautions

Aside from the Standard General Health and Paediatric diet specifications, the diet specifications will follow.

Code	Description	Intended Patient Group	Comments
ST (Standard)		Standard diet for general health patients with no additional dietary requirements and those with Cardiac Disease or Obesity	See the aforementioned meal specifications for the standard diet.
HH/ HN Halal/ Hindu	Provides a diet suitable for patients of Islamic and Hindu faith.	Patients requiring Hindu or Halal meals.	Required restrictions to be identified via Trendcare systems.
DMP (Diabetes Meal Plan)	A standard diet with appropriate snacks for patients with diabetes	Allows patients with diabetes to choose appropriate snacks for in-between meals.	
HEP (High Energy, High Protein)	Higher calorie foods, fortified choices, and snacks	Patients with higher energy and/ or protein needs due to decreased appetites or disease states.	High energy/protein as standard including snacks and protein on menu at breakfast
SFT (Soft)	Patients with chewing difficulties or are easily fatigued	Suitable for people with poor dentition, no dentures, painful mouth or gums, swallowing difficulties Used for patients that require texture modification.	Include options for patients with diabetes. Foods should be easy to chew and swallow, extra gravy/sauce should be provided. Soft foods outlined in IDDSI for Texture Modified Foods and Fluids.
MM (Minced moist)	Minced-moist foods outlined in IDDSI for Texture Modified Foods and Fluids.	Used for patients that require texture modification. Include options for patients with diabetes.	Moist, easy to swallow, minimal chewing required.
FFD (Finger food diet)	Finger foods	For use with older adults and children	Food that can be picked up in the hand and eaten

PUR (Puree)	Puree foods outlined in IDDSI for Texture Modified Foods and Fluids.	Used for patients that require texture modification. Include options for patients with diabetes.	Smooth puree, moist, requires no chewing, extra gravy.
LWR/PO (Low residue/ Post-Op)	Low dietary fibre that will reduce the amount of undigested fibre passing through the bowel. Lower in fat, gas forming foods and spices	For patients with bowel obstructions, inflammatory bowel disease that is active. Suitable for new stoma patients, post GI surgery or nausea management and should include some soft options. Can be used for the ERAS diet and for patients with gallbladder disease or pancreatitis.	Can contain some milk, minimal fibre. Low to moderate fat, low fibre, low gastric irritants
LF (Low Fat)	Less than 50g total fat per day to minimize symptoms of fat malabsorption	Patients with pancreatitis, cholecystitis, gastroparesis or requiring a diet low in gastric irritants.	
KID (Children's menu)	Children's menu	Patients aged 0-18 years with no additional dietary requirements	
VEG (Vegetarian and vegan)	Some no meat options and some full vegan options	For patients who choose to avoid some or all animal protein sources	Must provide a full complement of protein for those with high protein needs. Needs to include snacks and soy shakes.
LTM (long-term mental health and intellectual disability menu)	A menu for long-term mental health and intellectual clients.	Patients in long-term mental health and disability units at risk of metabolic syndrome	Will contain low saturated fat, reduced salt, high fibre in line with recommendations for this patient group
NE (Neutropenic/ Ante-Natal)	Low immunity menu	Patients who are at increased risk of food borne illness. Post-transplant, some cancer treatments, pregnant women.	Should have food on that are at low risk of listeria, some no added sugar items but good protein and energy content for pregnancy.
PN (POST-NATAL/ Maternity)	Post-Natal	For patients, post-delivery who no longer need a low listeria menu but require increased calorie and protein needs due to breastfeeding.	
LKN (low potassium, sodium, phosphorus & protein)	Low potassium, sodium, phosphorus and protein	For patients with chronic renal failure, on haemodialysis or with disordered electrolytes	Will have low potassium foods, no added salt or limited salty foods, and reduced phosphate. Protein goal of 1g/kg
GF (gluten-wheat-free)	Gluten-free/wheat free with snacks	For people with coeliac disease or wheat allergy	Should have some low lactose items available on this menu
DF (Dairy-free/low lactose)	Dairy free and low lactose including snacks	For people with cow's milk protein allergy or lactose intolerance	No dairy products.

FOD (FODMAP diet)	Low wheat, low fructose, low lactose options	For those with IBD following a FODMAP diet	
ONC (Oncology)		For patients on the oncology ward undergoing cancer treatment	Two high energy snacks should be available per day.
LA (Low Allergen)		Patients with multiple allergies	Avoidance of all major allergens i.e. peanut/ tree nuts, dairy, soy, wheat, fish, seafood, eggs and seeds as well as chemicals that lead to food sensitivity and allergy reactions.
COF (Clear fluids)	Clear fluids	Post-surgical or for those with obstructions	Should not be used long-term for patients without fortification. To contain energy.
FOF (Free fluids)	Free fluids.	Any food or fluid that is liquid at room temperature. For patient, post-surgery as part of diet progression or for those with obstruction.	Should not be followed long-term without considering supplementation

PORTION SIZES:

Size of meals:

The portion sizes refer to a minimum size for a standard meal serve size. At each meal time, serve size variations for small, standard (medium) and large options must be available for patients to choose from. It is understood that it is not practical to offer size variation for all menu items e.g. portion control units (PCU)

Main meal protein: Small = 75% of standard Large = 150% of standard
Vegetables: Small = 50% of standard Large = 150% of standard
Dessert: 100% irrespective of size of meal required.

Not all meal items for all diet codes are listed. Refer to specific recipe if required.

Breakfast items

MENU ITEM	SMALL	MEDIUM	LARGE
Cereals			
Porridge	½ cup (135g)	¾ cup (180g cooked)	1 cup (270g)
Weet-bix	1 (15g)	2 (30g)	3 (45g)
Rice Bubbles	½ cup (25g)	½ cup (25g)	1 cup (50g)
Cornflakes	½ cup (25g)	½ cup (25g)	1 cup (50g)
Muesli	½ cup (50g)	½ cup (50g)	1 cup (80g)
Gluten-free cereals	½ cup (25g)	½ cup (25g)	1 cup (50g)
Dairy			
Milk: Standard	100ml PCU	100ml PCU	100ml PCU
Milk: Calci-trim	100ml PCU	100ml PCU	100ml PCU
Soy Milk	100ml	100ml	100ml
Rice Milk	100ml	100ml	100ml
Cream	30ml	30ml	30ml
Yoghurt	100-150g	100-150g	100-150g
Dairy food	100-150g	100-150g	100-150g
Breads and Spreads			
Bread/Toast	1 slice	2 slices	3 slices
Bran Loaf	1 slice (100g)	1 slice (100g)	2 slices (200g)
Butter/Margarine		1 PCU per 2 slices bread	
Spreads		1 PCU per 2 slices bread	
Fruit			
Fruit Juice	200ml	200ml	200ml
Smoothies	200ml	200ml	200ml
Stewed Fruit	80g (excluding juice)	80g (excluding juice)	80g (excluding juice)

Cooked			
Scrambled eggs	1 egg	2 eggs	3 eggs
Boiled egg	1 egg	2 eggs	3 eggs
Congee	135g	180g	270g
Spaghetti	85g	110g	165g
Baked Beans	85g	110g	165g

Lunch items

MENU ITEM	SMALL	MEDIUM	LARGE
Soup			
Soup	180ml	180ml	180ml
Hot Main			
Corned Beef & Kumara Rosti	120g	160g	240g
Moroccan Chicken	75g	100g	150g
Pumpkin & Parmesan Arancini	150g	200g	300g
Bacon & Egg Pie	90g	120g	180g
Lamb Filo	150g	200g	300g
Potato & Lentil Samosa	90g	120g	180g
Black Bean & Celery Beef	90g Meat 90g Rice	120g 90g Rice	180g 135g Rice
Paprika Garlic Butter Fish	90g	120g	180g
Spanakopita	120g	160g	240g
Thai-spiced Fish Cakes	2 Fishcakes 90g Rice	2 Fishcakes 90g Rice	3 Fishcakes 135g Rice
Baked Chicken in Coconut Cream	90g	120g	180g
Polenta Fritters with Capsicum & Pesto Ratatouille	75g Polenta 90g Ratatouille	100g Polenta 120g Ratatouille	150g Polenta 180g Ratatouille
Lamb, Feta & Hummus Pita Pizza	150g	150g	150g
Chicken & Vegetable Frittata	120g	160g	240g
Side salad			
Served with hot main	70g	70g	70g
Main Salad			
Beetroot, Carrot and Apple Salad with Lentils & Edamame beans	100g Protein 75g Salad	150g Protein 100g Salad	225g Protein 100g Salad
Lamb Kofte & Tabbouleh Salad	75g Protein 75g Salad	100g Protein 100g Salad	150g Protein 100g Salad
Popcorn Chicken with Cracked Wheat Salad	75g Protein 100g Salad	100g Protein 150g Salad	150g Protein 150g Salad
Roasted Chickpea, Baby Spinach, Feta & Black Rice Salad	75g Protein 60g Salad 50g Rice	100g Protein 80g Salad 50g Rice	150g Protein 80g Salad 80g Rice
Teriyaki Chicken Sushi Bowl	75g Protein 75g Salad	100g Protein 100g Salad	150g Protein 100g Salad
Broccoli & Beef Pasta Salad	80g Protein 150g Salad	100g Protein 200g Salad	100g Protein 250g Salad

Roast Pumpkin & Lentil Salad	140g Total	190g Total	280g Total
Lemon Chicken Salad	75g Protein	100g Protein	150g Protein
	100g Salad	100g Salad	100g Salad
Roast Vegetable Couscous & Chicken Salad	75g Protein	100g Protein	150g Protein
	75g Salad	100g Salad	100g Salad
Cauliflower, Raisin & Chickpea Salad	150g Total	200g Total	300g Total
Roast Kumara Salad with Bacon & Chickpeas	75g Protein	100g Protein	150g Protein
	75g Salad	100g Salad	100g Salad
Crispy Noodle & Chicken Salad	75g Protein	100g Protein	150g Protein
	75g Salad	100g Salad	100g Salad
Turkish Lentil Kofte with Greek tomato, cucumber & Feta Salad	75g Protein	100g Protein	150g Protein
	75g Salad	100g Salad	100g Salad
Chinese Ginger Pork Salad Cups	75g Protein	100g Protein	150g Protein
	75g Salad	100g Salad	100g Salad
Sandwiches/ Wraps etc.	See individual recipes for protein weights.		
Salad dressing if indicated	40ml	40ml	40ml
Dessert			
Bakery item – Slice/ Biscuit/ Cake	50g	50g	50g
Bakery item – Muffin/ Scone	60g	60g	60g
Jelly	100ml	100ml	100ml
Ice Cream (PCU)	100ml	100ml	100ml
Soy Ice Cream	100ml	100ml	100ml

Dinner items

NOTE: Items previously mentioned in Breakfast and Lunch are not repeated.

MENU ITEM	SMALL	MEDIUM	LARGE
Hot Main 1			
Beef Ragout with Prunes	90g	120g	180g
Zingy BBQ Chicken	75g	100g	150g
Moroccan Meatballs with Spiced Sour Cream	75g	100g	150g
	30g Spiced Sour Cream	30g Spiced Sour Cream	30g Spiced Sour Cream
Pesto, Pasta & Chicken	190g	250g	375g
Mexican Beef & Bean Taco Bowl	75g Protein	100g Protein	150g Protein
	½ tortilla	1 tortilla	1 ½ tortilla
Citrus Chicken with Smoked Paprika	75g	100g	150g
Mongolian Lamb Stir-fry	190g	250g	320g
Lemon & Sage Baked Chicken drums	1 Drumstick	2 Drumstick	3 Drumstick
Sticky Hoisin Ginger Pork	75g	100g	150g
Tandoori Chicken with Mint Raita	75g	100g	150g
	30g Raita	30g Raita	30g Raita
Teriyaki Beef	75g	100g	150g
Baked Fish & Chips	75g Fish	100g Fish	150g Fish

	90g Chips	90g Chips	130g Chips
Mexican Beef Nachos	75g	100g	150g
Honey Soy Stir-fry	180g	250g	375g
Hot Main 2			
Chicken Tikka Masala	90g	120g	180g
Pork & Apple Meatloaf	90g	120g	180g
Pesto Fish	75g	100g	150g
Pulled Five Spice Pork Shoulder	75g	100g	150g
Honey Sesame Chicken Drumstick	1 Drumstick	2 Drumstick	3 Drumstick
Lasagne	125g	170g	150g
Roast Pork & Apple Sauce	75g	100g	150g
	40g Apple Sauce	40g Apple Sauce	40g Apple Sauce
Slow Cooked Beef Brisket with Horseradish Cream	75g	100g	150g
	20g Horseradish Cream	20g Horseradish Cream	20g Horseradish Cream
Thai Green Curry Chicken	90g	120g	180g
Spaghetti Bolognese	90g	120g	180g
Country Chicken Pot Pie	190g	250g	375g
Lamb Korma	90g	120g	180g
Chicken Fettuccine with Cashews	180g	240g	360g
Roast Lamb & Gravy	75g	100g	150g
	40g Gravy	40g Gravy	40g Gravy
Hot Main 3 (Vegetarian)			
Vegetable Biryani	105g	140g	210g
Caramelised Onion & Hummus Pita Pizza	160g	200g	250g
Spinach & Cream Cheese Cannelloni	170g	230g	345g
Black-eyed Beans in Spiced Coconut Sauce	90g	120g	180g
Red Lentil Dahl	90g	120g	180g
Falafel & Salad Pita Pocket	3 Falafel	3 Falafel	5 Falafel
Classic Macaroni & Cheese	100g	140g	210g
Mediterranean Baked Veg Tart	110g	160g	240g
Lentil Bolognese with Parmesan	110g	160g	240g
Pumpkin, Feta & Walnut Filo	170g	230g	345g
Moroccan Chickpea Tagine	90g	120g	180g
Mixed Bean Enchilada	1 whole	2 whole	3 whole
Broccoli Cheesecakes with Spiced Sour Cream	105g	140g	210g
	20g Spiced Sour Cream	20g Spiced Sour Cream	20g Spiced Sour Cream
Vegetable & Cheese Frittata	120g	160g	240g

MENU ITEM	SMALL	MEDIUM	LARGE
Carbohydrate			
Rice – All types	90g	90g	135g
Spaghetti	90g	90g	135g
Noodle - All type	90g	90g	135g
Potato	90g	90g	135g
Vegetables			

Mashed Potato	60g	90g	135g
Kumara	70g	70g	70g
Pumpkin	70g	70g	70g
Cauliflower/ Broccoli	70g	70g	70g
Carrots/ Parsnip	70g	70g	70g
Green Beans/ Peas	70g	70g	70g
Cabbage/ Silver beet	70g	70g	70g
Dessert			
Double Chocolate Mousse with Berry Coulis	50g Mousse 25g Coulis	50g Mousse 25g Coulis	50g Mousse 25g Coulis
Lemon Curd Tart with Blueberry Meringue with Berries & Cream	100g 50g Meringue 10g Cream 30g Berries	100g 50g Meringue 10g Cream 30g Berries	100g 50g Meringue 10g Cream 30g Berries
Apple-Spiced Walnut with Custard	50g Cake 40ml Custard	50g Cake 40ml Custard	50g Cake 40ml Custard
Donuts with Chocolate Sauce & Ice Cream	50g Donut 20g Choc Sauce	50g Donut 20g Choc Sauce	50g Donut 20g Choc Sauce
Cheese & Crackers with Grapes	20g Cheese 4 Crackers 25-30g Grapes	20g Cheese 4 Crackers 25-30g Grapes	20g Cheese 4 Crackers 25-30g Grapes
Apple & Cinnamon Crumble	80g 100ml Ice-cream	80g 100ml Ice-cream	80g 100ml Ice-cream
Rice Pudding with Stewed Plums	70g Pudding 50g Plums	70g Pudding 50g Plums	70g Pudding 50g Plums
Ambrosia	100g	100g	100g
Cheese & Crackers with a Chocolate	20g Cheese 4 Crackers 1 Chocolate	20g Cheese 4 Crackers 1 Chocolate	20g Cheese 4 Crackers 1 Chocolate
Baked Lemon Cheesecake	80g	80g	80g
Triple Chocolate & Walnut Brownie	50g Brownie 20g Yoghurt	50g Brownie 20g Yoghurt	50g Brownie 20g Yoghurt
Gingerbread with Pear	50g Gingerbread 40g Pears	50g Gingerbread 40g Pears	50g Gingerbread 40g Pears
Self-Saucing Choc Pudding	80g 100ml Ice-cream	80g 100ml Ice-cream	80g 100ml Ice-cream
Other Dessert			
Ice-Cream	100ml	100ml	100ml
Mousse/ Whips	50g	50g	50g
Custard	100ml	100ml	100ml
Minced Moist/ Puree Dessert	100g	100g	100g

Extra items

MENU ITEM	SMALL	MEDIUM	LARGE
Cheese (PCU)	20g	20g	20g
Crackers	2	2	2
Nuts	40g	40g	40g
Sandwich Half	1 slice bread	1 slice bread	1 slice bread
Sustagen Drink	200ml	200ml	200ml
Extra Sauce/ Gravy	40ml	40ml	40ml
Extra Custard	100ml	100ml	100ml
Flavored Milk	200ml	200ml	200ml

DIET: STANDARD

Aim: to provide a balanced diet with a variety of foods for patients able to eat normally.

Indications: Suitable for acute adult patients in hospital who are nutritionally well and nutritionally at risk, but not those with high nutritional needs.

Precautions: These standards are not intended for clinically malnourished patients, patients with high nutritional needs, those requiring therapeutic diets, and those requiring texture modified food and fluids. This diet is not suitable for pediatric patients.

Nutrition adequacy: Nutritionally adequate.

Excluded food items: No food items are excluded on this menu.

Nutrient goals: The standard hospital menu should meet the following nutrient goals:

- *Energy and protein on a daily basis*
- *Micronutrients (vitamins and minerals) averaged on a weekly basis*

NUTRIENT	GOAL	STRATEGIES	RATIONALE
Energy	8000kJ/day 1940Kcal/day	<p>A choice of menu items of adequate energy density should be available to allow those with small appetite/ intake to achieve the recommended daily energy intake.</p> <p>Patients may need to achieve higher energy intakes. Suggestions include:</p> <ul style="list-style-type: none"> • Recommend changing to the high energy high protein diet code. 	<p>Insufficient energy intake is a common cause of poor nutritional status, particularly for elderly patients. Low energy intake reduces the effectiveness of treatment and relays recovery.</p> <p>Based on the NRV value for a 76kg male with a PAL of 1.2, the estimated requirement is 8000KJ per day. This provides 105KJ/kg/d which is the minimum recommended intake in the 2006 NICE guidelines on nutrition support in adults.</p>
Protein	90g/day ~ 1.2g/kg/day	<p>The menu must be adequate to allow those with small appetite/ intake to achieve the recommended daily protein intake.</p> <p>Patients may need to achieve higher energy intakes. Suggestions include:</p> <ul style="list-style-type: none"> • Recommend changing to the high energy high protein diet code. 	<p>Protein provides the body with the appropriate amount and type of amino acids for the synthesis of body proteins needed for maintenance and growth of the individual, and sufficient dietary protein optimizes wound healing rates.</p> <p>The RDI is 0.75g-1.1g/kg/day. Requirements are increased in the malnourished, those with certain diseases and during treatments. For hospitalized patients, a range of 1.0 to 1.5 g/kg/day has been recommended.</p> <p>The level chosen for these standards (~1.2g/kg/day) aims to cover the majority of hospitalized patients, including the non-stressed elderly</p>

Carbohydrate

At least 1 whole meal or wholegrain food choice should be available per meal.

Wholegrain cereals, pasta, new potatoes, sweet potato, some varieties of rice (e.g. Basmati and brown) legumes, nuts and dairy foods should be incorporated into menu planning.

through to those recovering from surgery. It is expected that patients requiring higher values of protein would be identified through nutrition screening and appropriate referral criteria.

Patients with diabetes are to be on a menu that aligns with the standard menu so wholegrain meal options will assist in satiety and maintenance of glycaemic control. Lower sugar snacks and desserts should be made available.

Fat

Menu items should not routinely be low in fat. Ideally, not more than 10% of energy should be from trans and saturated fat.

The menu should allow patients to select lower saturated fat options. Mono- and poly-unsaturated fats are to be used in food preparation, where appropriate.

A choice of mono-unsaturated or poly-unsaturated spreads should be available.

Low fat diets are not appropriate for a large proportion of hospital patients who require diets with increased energy and nutrient density.

Total fat is no longer recognized as a risk factor for cardiovascular disease, and therefore menu items should not routinely be low in fat.

Diets that are low in saturated fat are recommended for the general population as well as high-risk individuals, e.g. those with cardiovascular disease or obesity. The Heart Foundation now recommends a target of <7% energy from saturated fat, but for hospitals whose population with older adults, the upper limit 10% energy given in the NRV is considered more appropriate.

Fibre

30g/day

The menu should allow patients to achieve a fibre intake of 30g/day by offering high fibre foods from a range of sources including:

- Cold breakfast cereals: at least 50% provide 3g fibre per serve
- Whole meal/ multigrain bread at all meals as an alternative to white.
- Fruit (fresh, canned) and vegetables.

The NRV's have set an AI for fibre at 30g/day for adult men.

Adequate dietary fibre is essential for the normal functioning of the digestive tract. Due to bed rest, medications, poor fluid intake and limited food choices, patients in hospital frequently experience constipation. Constipation leads to patient discomfort, can decrease appetite, and increases expenditure on laxatives and nursing workloads, but adequate fibre can reduce the need for interventions. The action of fibre in preventing constipation depends on an adequate fluid intake.

Fluid

2.1-2.6L/day

Water should be available at the bedside to all patients for whom it is clinically suitable.

The NRVs have set an AI for water of 2.1-2.6L/day, which includes plain drinking water, milk, coffee, tea and other drinks.

		A selection of beverages based on patient preferences is to be available at meals and mid-meals. Drinks should be offered a minimum of 6 times daily.	The effects of poor fluid intake and dehydration include diminished physical and mental performance and constipation.
Vitamin C	45mg/day	Include specific sources of vitamin C (fruit, juices and salads) in the standard menu	<p>The RDI for the reference patient is 45mg/day. Several studies have identified hospital patients deficient in vitamin C.</p> <p>As there are large losses of vitamin C in food service handling, processing and cooking, specific uncooked sources of vitamin C should be available.</p>
Folate	400µg/day	Use fortified breakfast cereal and include up to 5 serves vegetables and 2 serves of fruit per day.	The RDI for the reference patient is 400µg/day. People with poor food intake are at risk of inadequate folate intake. This can include the elderly, the hospitalized and pregnant women.
Calcium	1000mg/day	<p>The preferred food source of calcium is dairy products, which provide the most readily utilized source of calcium.</p> <p>Milk-based soups and desserts, as well as milk beverages, can make a valuable contribution in terms of energy, protein and calcium.</p>	The RDI for the reference patient is 1000mg/d. Women over 50 years and men over 70 years have higher requirements for calcium (1300mg/d)
Iron	11mg/day	The menu should offer red meat in at least one main dish per day.	The RDI for the reference male patient is 8mg/d but for younger women (19-50 years) the RDI is 18mg/d. Iron is an at-risk nutrient. 11mg/d has been chosen as the average intake based on WHO recommendations but about 25% patients will need more.
Zinc	14mg/d	Ensuring energy and iron intake is sufficient in the menu will assist in meeting the zinc requirement	The RDI for the reference patient is 14mg/d. Zinc is a significant mineral with respect to wound healing and immune function. People with low energy consumption are at risk of zinc deficiency, and zinc depletion is associated with decreased taste acuity.
Sodium	Upper intake Limit 2300mg/day	<p>The menu should provide a choice of foods that does not exceed the NRV of 2300mg/day while allowing for some highly-salted foods which are nutritionally dense and well accepted by patients who are unwell or eating poorly.</p> <p>It is recommended that highly salted foods (those providing >575mg/serve)</p>	<p>The average NZ salt intake is well about the NRV. Reduced salt options may be less appealing to some patients who are eating poorly. Because of this the upper limit of the NRV has been chosen as the maximum intake.</p> <p>Iodine is low in many people's diet. The use of iodised salt can improve intake.</p>

should make up no more than 10% of hot main choices.

As bread is a major source of sodium, brands with sodium levels < 400mg/100g should be preferred. Salt sachets can be offered but the patient should be able to make food selections in the daily sodium limit.

Iodised salt should be used in cooking.

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MENU CHOICE STANDARDS:

The minimum menu choice standards are outlined in the following tables. These specify the minimum number of choices and serving sizes appropriate for an adult patient in an acute hospital.

The menu choice standard is to be considered as a minimum.

Specifications:

- Hot meal choices must be offered at a minimum of two meal services per day. A hot breakfast could be substituted for a hot lunch choice at the weekend
- At least 1 main dish per day must be red meat
- Meat to be trimmed of excess fat, gristle, skin and unnecessary bone
- Menu items should not routinely be low in fat, 80% of hot main menu items should have less than 15g fat per serve.
- Unsaturated fat should be used in making of main meals where appropriate.
- Limit sausages and processed meats (ham, bacon, salami, processed chicken, luncheon) which can be high in fat, salt and nitrates so that they do not appear on the menu more than 2x per week. Sausages or corned beef as a hot meal to appear no more than once per week.

MENU STRUCTURE: STANDARD MENU

Breakfast items

Menu item	Minimum no. choices	Variety	Minimum serve	Menu design comments	Nutritional standards
Fruit	3/day	A variety of fruit should be provided. Include seasonal fruit where possible.	1 medium piece (e.g. apple, pear, small banana) 80g (excluding juice)	Pitted prunes should be made available. Fresh, canned, stewed or dried fruit is acceptable.	Canned fruit should only be in natural fruit juice or water.
Juice	1/day		100ml		
Cereal – Hot (Porridge, semolina)	1/day		180g cooked weight		
Cereal - Cold	3/day		See portion sizing	Two cereal options should be high in fibre (3g/serve)	

Protein Choice	1/day		125g yoghurt 1 egg 110g baked beans 100ml milk 20g cheese	As the breakfast meal often well consumed, offering a protein source is a strategy for nutritionally at-risk patients.	Protein from processed meats should be limited.
Bread	1/day	Both white and whole meal/ wholegrain bread must be available.			Minimum fibre content of wholemeal/ wholegrain bread is 3.3g/100g
Margarine	1		1 PCU per 2 slices/ bread		Offer margarine that is poly- or mono-unsaturated.
Butter	1		1 PCU per 2 slices/ bread		
Spreads	3		1 PCU per 2 slices/ bread		
Milk	2	Both standard and low fat milk should be offered	100ml		Low fat milk should be calcium enriched.
Sugar	2	1 sugar alternative should be offered.	Portion control packs.		Aspartame, sucralose or stevia sugar substitutes only.

MENU STRUCTURE: STANDARD MENU

Lunch items

Menu item	Minimum no. choices	Variety	Minimum serve	Menu design comments	Nutritional standards
Soup	1/day	At least 5 varieties per cycle should be offered	180ml		
Hot Main Meal	1/day	7 varieties per cycle should be offered.	See portion sizing	A variety of meats to be provided for consecutive meals At least one option between the hot main, sandwich and salad must be vegetarian.	See meal component specifications
Sandwich	1/day	7 varieties per cycle should be offered.		Preference for wholemeal/ wholegrain breads. At least one option between the hot main, sandwich and salad must be vegetarian.	Minimum 10g protein per sandwich 800KJ per sandwich.
Salad as a main meal	1/day	7 varieties per cycle should be offered.		At least one option between the hot main, sandwich and salad must be vegetarian. Portion controlled salad dressings should be offered.	
Carbohydrate	2/day	2 choices at each meal	90g	An alternative to potato is offered at least once per day. Rice or pasta should be offered when it would be a typical accompaniment with a meal.	Cook with minimal salt
Vegetables	2/day	2 varieties to accompany the hot main option.	70g	Serve at least one red/ orange and one dark green or leafy vegetable/ day.	Cook without added salt. Use unsaturated fat in vegetable recipes.
Bread	1/day	Both white and whole meal/ wholegrain bread must be available.			Minimum fibre content of wholemeal/ wholegrain bread is 3.3g/100g

Margarine

1		1 PCU per 2 slices/ bread		Offer margarine that is poly- or mono-unsaturated.
1		1 PCU per 2 slices/ bread		
3		1 PCU per 2 slices/ bread		
1/day		40ml	As appropriate to meal	
1/day	7 varieties per cycle should be offered.	See portion sizing		Use unsaturated fat in the making of desserts, where appropriate. Desserts should be minimum 500KJ

Butter

Spreads

Gravy/Sauce

Dessert

MENU STRUCTURE: STANDARD MENU

Dinner items

Menu item	Minimum no. choices	Variety	Minimum serve	Menu design comments	Nutritional standards
Soup	1/day	At least 5 varieties per cycle should be offered	180ml	To be offered at either Lunch or Dinner	
Main Meal	3/day		See portion sizing	1 choice should be vegetarian 1 choice should be soft At least 1 main dish per day must be red meat. This can be served at either lunch or dinner.	See meal component specifications
Carbohydrate	2/day	2 choices at each meal	90g	An alternative to potato is offered at least once per day. Rice or pasta should be offered when it would be a typical accompaniment with a meal.	Cook with minimal salt
Vegetables	2/day	2 varieties to accompany the hot main option.	70g	Serve at least one red/ orange and one dark green or leafy vegetable/ day.	Cook without added salt. Use unsaturated fat in vegetable recipes.
Side salad	0-1/day			To be offered as appropriate to main meal.	
Bread	As per previous specifications				
Margarine	As per previous specifications				
Butter	As per previous specifications				
Spreads	As per previous specifications				
Gravy/Sauce	As per previous specifications				
Dessert	As per previous specifications				
Jelly/ ice cream	1/day		Ice cream 100ml Jelly 100ml		

MENU STRUCTURE: STANDARD MENU

Snacks

Notes: In between snacks must be provided for patients with high energy requirements and patients with diabetes.

Menu item	Minimum no. choices	Minimum serve	Menu design comments	Nutritional standards
High Energy Snack	1/day		Options may include: Cheese & crackers, flavored milk, muffin/scone, biscuits.	At least 500KJ/ serve
Other snack	1/day		Options may include: 2 plain biscuits, fresh fruit, sandwich half.	

MENU STRUCTURE: STANDARD MENU

Beverages

Notes: Hot beverages should be offered a minimum of 6 times daily.

Menu item	Minimum no. choices	Minimum serve	Menu design comments	Nutritional standards
Hot Beverages	Tea Coffee Hot Chocolate		Decaf options for coffee must be available.	
Milk			Choice of low fat and standard to be available.	

DIET: DIABETES MEAL PLAN

Aim: To provide a diet suitable for patients with diabetes.

Indications: Type 1 and Type 2 Diabetes Mellitus and steroid induced Diabetes Mellitus. This diet is appropriate for patients on insulin pump therapy, however carbohydrate amounts of main meals and snacks can vary.

Precautions: It is appropriate to serve patients with diabetes from regular unrestricted menus, with consistent amounts of carbohydrate at meals and snacks. Special sugar-free and diabetic foods are not required.

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines:

- This menu should align with the Diabetes NZ nutrition guidelines
- Menu should allow patients to choose mid-meal snacks which provide 15-20g of carbohydrate. These should be offered for afternoon tea and supper.
- *See the standard diet for menu planning guidelines.*

DIET: HALAL

Aim: to provide a diet suitable for patients of Islamic faith

Indications: Available on request to Muslim patients

Precautions: Use only Halal-certified meat and avoid gelatin, which is usually from non-Halal animal sources. Avoid all pork products: this includes foods such as biscuits, pastry and cakes that may have pork fat added (pork fat may be labeled as animal fat). Avoid all food and ingredients containing alcohol. Avoid all animal fat except butter.

It is not necessary to use separate cooking pots and utensils for Halal food, provided adequate cleaning processes can be demonstrated.

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines:

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	Beef, lamb, chicken killed by Muslim slaughter methods. All seafood, beans, eggs, cooked with water or with vegetable oils or margarine.	Pork and pork products (e.g. ham, bacon, salami, sausages) Food containing alcohol.
Sauces, gravies	All, prepared without animal fat	Most stock powders with animal fat
Starchy vegetables/ pasta/ rice	All, cooked with water, vegetable fats or butter	Any fried or roasted in animal fats
Vegetables	All, cooked with water, vegetable fats or butter	Any fried or roasted in animal fats
Soups	Any made without pork, ham or animal fats	Any made with stock based on ham bones
Salads, dressing	Any made with Halal meat, seafood, eggs or cheese.	Pork and pork products (e.g. ham, bacon, salami)
Breads, cereals	All	
Spreads	Vegetable margarine or butter	Margarine made with animal fats
Hot breakfast cereals	Eggs, baked beans, vegetables, spaghetti	Pork products (e.g. ham, bacon, salami)
Fruit	All fruit	
Yoghurt	Yoghurt with Halal gelatin	Yoghurt with regular gelatin
Milk and cheese	All milk. Cheese with Halal rennet	Cheese with regular rennet
Beverages	Tea, coffee, soft drinks, cordial, pasteurized fruit juices	Fresh fruit juices (perceived fermentation risk)
Biscuits	Any made with vegetable oils and fats	Any made with animal fats
Miscellaneous	Coconut milk, herbs and spices, pickles, chutney, vanilla bean	Flavor essences with alcohol base

DIET: HINDU

Aim: to provide a diet suitable for patients of Hindu faith

Indications: Available on request to Hindu patients

Precautions: Avoid all beef products: this includes beef gelatin. Some Hindus are strict vegetarian/ vegan. This should be checked with the patient

It is not necessary to use separate cooking pots and utensils for Hindu food, provided adequate cleaning processes can be demonstrated.

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines:

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	All chicken, pork, lamb and fish products All seafood, beans, eggs, cooked with water or with vegetable oils or margarine.	All beef and beef products
Sauces, gravies	All prepared without beef gelatin	Beef stock powders
Starchy vegetables/ pasta/ rice	All, cooked with water, vegetable fats or butter	Any fried or roasted in beef fat
Vegetables	All, cooked with water, vegetable fats or butter	Any fried or roasted in beef fat (Check if the patient is allowed onion and garlic)
Soups	Any made without beef fats	Any made with beef stock
Salads, dressing	Any made without beef	Beef
Breads, cereals	All	
Spreads	All	
Hot breakfast cereals	All	
Fruit	All fruit	
Yoghurt	Yoghurt without beef gelatin	Yoghurt with regular gelatin
Milk and cheese	All milk & cheese	
Beverages	Tea, coffee, soft drinks, cordial, fruit juices	
Biscuits	Any	
Miscellaneous	Coconut milk, herbs and spices, pickles, chutney, vanilla bean	

DIET: HIGH ENERGY HIGH PROTEIN

Aim: to provide a diet suitable for patients who have higher energy and protein requirements.

Indications: Patients who have higher energy and protein requirements either substantially above and/ or difficulty meeting their nutritional requirements through the standard menu, for example, patients who have Cystic Fibrosis, COPD, burns, or who are malnourished/ underweight.

Precautions: Nephrotic Syndrome, Stage 3-4 CKD.

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines:

- It is expected that the calorie and protein specifications of this menu are met naturally through a food first approach. This menu is based on the standard menu however allows the patient to choose additional snacks and nutritional supplement drinks to assist with higher nutritional requirements.
- All patients requiring a HEP menu are to receive the following extra items:
 - A fruit juice at breakfast
 - A high energy, protein drink at lunch
 - In between snacks at afternoon tea and supper
- Additional food fortification can be implemented at dietitian request.

Nutrient goals: The high energy, protein menu should aim to meet the following nutrient goals:

- *Energy and protein goals differ to the standard diet; other nutrient goals align with the standard menu.*

NUTRIENT	GOAL	STRATEGIES	RATIONALE
Energy	9500 – 10800 kJ/day 2280 - 2660Kcal/day	Patients may need to achieve higher energy intakes. Suggestions include: <ul style="list-style-type: none"> • Availability of mid-meal snacks • High-energy or fortified food and fluids. 	Patients with increased energy requirements due to various medical states; hypermetabolic, post-operative, infection, severely stress, malabsorption, major trauma or sepsis. Energy values for such patients are recommended to be 30-35kcal/kg/day.
Protein	114g/day ~ 1.5g/kg/day	Patients may need to achieve higher protein intakes. Suggestions include: <ul style="list-style-type: none"> • Availability of mid-meal snacks • High-energy or fortified food and fluids. 	The level chosen for these standards (~1.5g/kg/day) aims to cover the patients who have increased requirements due to; hypermetabolic, post-operative, infection, severely stress, malabsorption, major trauma or sepsis. It is expected that patients requiring higher values of protein would be identified through nutrition screening and appropriate referral criteria.

DIET: SOFT **6** SOFT & BITE-SIZED

Aim: To provide a diet of soft-textured foods that can be easily chewed, requiring minimal biting, for patients with dysphagia.

Characteristics: Foods in this category may be naturally soft, or cooked or cut up to alter texture. Food should be easily broken up with a fork or be served cut up to a target maximum particle size of 1.5 x 1.5cm. Foods should be easily broken up in the mouth with minimal chewing required. Food should be moist or served with a sauce or gravy to increase moisture content.

Indications: For patients with swallowing difficulties, poor dentition, no dentures, painful mouth or gums.

Precautions: All foods to be naturally soft, minced or mashed, slightly firm but not tough or stringy, and without rind, gristle or bone.

Sandwiches are excluded on this diet unless individually requested by an SLT (Speech Language Therapist). Soft filled sandwiches should be provided i.e. Egg, Jam, Tuna.

Nutrition adequacy: Nutritionally adequate. Care should be taken to ensure the patient gets sufficient fibre on this diet.

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	Soft dishes that can be mashed with a fork (e.g. tuna/ salmon moray, soft macaroni cheese, flaked fish, cottage pie, tofu) Soft dishes cut up (e.g. lasagna, smooth quiche with crumbly base, fish cakes, crepes) Roast meats to be diced and served with gravy Well-cooked legumes (e.g. baked beans)	Sliced roasted meats or grills Meat with gristle Crumbed or fried fish Dishes with hard pastry or hard base (e.g. pizza) Casseroles with large pieces (e.g. curried prawns) Dishes with crisp topping.
Sauces, gravies	All	
Starchy vegetables/ pasta/ rice	Well cooked vegetables without skin Mashed and scalloped potato Chopped pasta or well-cooked rice with plenty of sauce	Crispy or crunchy vegetables (e.g. roasted, baked or deep fried) Jacket or boiled new potato with skin Rice or pasta (if dry)
Vegetables	Most vegetables, if soft enough to mash with fork Soft canned vegetables	Raw vegetables Fibrous vegetables (e.g. corn, celery, broccoli stalks)
Soups	All others (may contain soft pieces e.g. pasta)	Soups with hard or large pieces of meat or hard vegetables e.g. corn kernels

Sandwiches	None.	All.
Salads, dressing	Salads using allowed ingredients e.g. potato salad	All other e.g. garden salad
Breads, cereals	Rolled oats, semolina, cold breakfast cereals moistened with milk, soft pancakes Unprocessed bran may be stirred into moist cereal to increase fibre	All bread, toast Hard cereals that do not soften easily (e.g. toasted muesli) Cereals with nuts, dried fruit or seeds
Spreads	All	
Hot breakfast cereals	Eggs (except fried), baked beans, canned spaghetti, creamed corn	All others (e.g. fried egg, bacon, sausages)
Fruit	Cut up canned or stewed fruit Soft ripe fresh fruit e.g. bananas, pawpaw, chopped soaked prunes.	Other fresh fruit and dried fruit Grapes, canned pineapple, stewed rhubarb
Yoghurt	All yoghurt and yoghurt-like desserts (including those with soft fruit)	Yoghurt with seeds, nuts, muesli or hard pieces of fruit
Dessert	Milk-based soft desserts (e.g. custards, mousses, cut up trifle, creamy rice, puddings) Moist cakes (sauce, custard, cream etc. may be required) Ice-cream & Jelly Jellied fruit (with small fruit pieces)	Any desserts with hard pastry Dry cakes without custard, cream or sauce Cake with dried fruit, nuts seeds or coconut
Milk and Cheese	All milk Cottage cheese, ricotta, camembert, soft cheddar (grated or soft cheese slices)	Hard cheeses Crisp cooked cheese topping on hot dishes
Biscuits	None	
Miscellaneous	Liquid or pudding Nutrition supplements Soft smooth chocolate Cream, pepper, salt, sugar, sweetener	Nuts, seeds and coconut Hard lollies

DIET: MINCED AND MOIST



MINCED & MOIST

Aim: To provide a diet of soft-textured foods that can be easily chewed and formed into a bolus.

Characteristics: Foods in this category may be naturally soft (e.g. cottage cheese), or cooked or minced to alter texture. Patients use the tongue, rather than teeth, to break the small lumps in this texture. Food should be soft and moist and easily formed into a ball. Food may be presented as a thick puree with obvious lumps in it; lumps should be soft and rounded (no hard or sharp lumps). Target maximum particle size for adults is 0.4cm.

Indications: Patients with swallowing or chewing difficulties, poor dentition or no dentures, painful mouth/ mucositis. Stroke patients with poor control of facial muscles, some critically ill or elderly patients and patients with a wired jaw, or who have had facial or oesophageal surgery.

Precautions: All foods to be minced or mashed. Puree vegetables may be used to increase variety if minced vegetables cannot be safely prepared, but should be kept to a minimum.

Nutrition adequacy: Nutritionally adequate, but may be low in dietary fibre. Patients on this diet code should be monitored to ensure adequate dietary intake

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	Coarsely minced, tender meats or fish with sauce Casserole dishes, processed or mashed to reduce particle size Very soft egg dishes (e.g. scrambled eggs, soft frittata) Well-cooked legumes, partially mashed or processed (e.g. baked beans) Soft tofu, in small pieces or crumbled	Sliced roasted meats or grills Meat with gristle Crumbed or fried fish Dishes with pastry (e.g. spinach pie, quiche, pizza) Casseroles with large pieces (e.g. curried prawns) or fibrous vegetable pieces (e.g. peas, onion) Dishes with crisp topping
Sauces, gravies	All	
Starchy vegetables/ pasta/ rice	Mashed potato Small moist pieces of pasta or well-cooked rice with plenty of sauce	Roasted or baked vegetables (including cut up) Jacket or boiled new potatoes Rice (if dry); rice that does not hold together Crisp or dry pasta (e.g. edge of lasagne)
Vegetables	Tender cooked vegetables, easily mashed with a fork (e.g. carrots, sweet potato), or pureed vegetables	Cooked vegetable pieces >0.5cm Raw vegetables Other vegetables such as whole peas, corn kernels, celery and broccoli stalks

Soups	All soups, pureed or with soft pieces less than 0.5cm	Soup with large pieces of meat or vegetables (e.g. corn) or rice
Sandwiches	None	
Salads, dressing	None	
Breads, cereals	Breakfast cereal with small moist lumps (e.g. rolled oats, semolina, wheat flake biscuits soaked in milk) Unprocessed bran may be stirred into moist cereal to increase fibre	All bread, toast Hard cereals that do not soften easily (e.g. toasted mueslis) Cereals with dried fruit or seeds
Spreads	Jams without seeds or peel, honey, peanut butter, Vegemite™	Jams with seeds, marmalade
Hot breakfast cereals	Scrambled or poached eggs (chopped), Baked beans (partially mashed or processed), Canned spaghetti (cut up), creamed corn	All others (e.g. fried egg, bacon, sausages)
Fruit	Mashed soft fresh fruits (e.g. bananas, mango, pawpaw) Finely diced or pureed canned or stewed fruit	Other fresh fruit Dried fruit Fruit pieces >0.5cm Canned pineapple
Yoghurt	All yoghurt and yoghurt-like desserts including soft fruit <0.5cm	
Dessert	Smooth desserts (e.g. custards, mousses, blanchmange, cut up trifle, creamy rice, puddings) Soft fruit-based desserts without hard pieces Ice-cream	Any desserts with hard pastry or crumble topping Jellied fruit Cakes, unless served with custard Bread puddings
Milk and Cheese	All milk, milkshakes, smoothies Very soft cheese with small lumps (e.g. cottage cheese, ricotta)	Hard cheese Crisp cooked cheese topping on hot dishes Soft sticky cheese (e.g. camembert)
Biscuits	None	
Miscellaneous	Liquid or pudding nutrition supplements Very soft smooth chocolate Cream, pepper, salt, sugar, sweetener	Nuts, seeds and coconut Hard lollies

DIET: FINGER FOOD

Aim: To provide a diet that is easy to eat without cutlery

Characteristics: All food items must be able to be picked up with the fingers in one hand only. Sandwiches should be cut into halves or quarters

Indications: Patients who are required to lie flat (e.g. those with spinal injury). A finger-food diet may also be used for patients with Alzheimer's disease, other dementia or cognitive impairment, or certain neuromuscular disease. May be appropriate for patients on the children's ward.

Precautions: Foods offered should be energy- and nutrient-dense and good source of fibre.

Nutrition adequacy: Nutritionally adequate if appropriate choices are made.

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	Finger foods (e.g. chicken nuggets, meatballs, fish fingers, cutlets, peeled boiled eggs, chicken legs, sausages)	Wet dishes
Sauces, gravies	For dipping (including portion control sauces)	Sauces or gravies served with main dishes
Starchy vegetables/ pasta/ rice	Potato or kumara chips or wedges, or baked or steamed cubes	Cooked rice, noodles
Vegetables	All in bite-size pieces (e.g. carrot sticks, broccoli florets, beans)	Peas, corn or vegetables in sauces
Soups	None (unless able to be served in closed mug or consumed with straw)	
Sandwiches	All sandwiches, cut into halves or quarters	
Salads, dressing	All, cut up or small pieces (e.g. cherry tomatoes) Mayonnaise and dressings	
Breads, cereals	Breads, muffins, crackers, dry breakfast cereal, muesli bars	Breakfast cereals with milk
Spreads	All	
Hot breakfast cereals	Peeled boiled eggs	
Fruit	All; whole pieces preferred (e.g. apples, bananas, grapes, plums)	Fruit requiring a spoon to eat
Dessert	Cakes, pastries or slices Ice-cream sandwiches or cones	Soft desserts such as custards, yoghurt or jellies requiring a spoon to eat
Milk and Cheese	All	
Biscuits	All	

Beverages

All (may need to be served in closed mug
or consumed with straw)

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DIET: PUREE

4 PUREED

Aim: To provide a diet that is smooth and lump free, which requires no chewing

Characteristics: Food in this category is smooth and lump free, but may at times have a grainy quality. It is similar in consistency to a commercial pudding. Food could be moulded, layered or piped. Food should be cohesive enough to hold its shape on a spoon. A full spoonful must slide/ pour off the spoon if the spoon is tilted or turned sideways or shaken lightly; the sample should slide off easily with very little food left on the spoon; i.e. should not be sticky. A scooped mound may spread or slump very slightly on a plate.

Indications: Patients with swallowing difficulties, stroke patients with poor control of facial muscles, who have had facial or oesophageal surgery, poor dentition or no dentures, painful mouth.

Precautions: All beverages, sauces and gravies must be thickened to the appropriate level for individuals also prescribed thickened fluids.

Nutrition adequacy: Nutritionally adequate, but may be low in dietary fibre. Patients on this diet code should be monitored to ensure adequate dietary intake.

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	Pureed meats or fish, with a sauce or gravy to achieve a thick moist texture Soufflés and mousses (e.g. salmon mousse) Pureed legumes with no husk in final puree Soft silken tofu	Minced or partially pureed dishes
Sauces, gravies	Smooth pureed sauces without lumps (e.g. smooth cheese or white sauce, gravy)	Any with seeds or lumps (e.g. onion or fresh tomato sauce)
Starchy vegetables/ pasta/ rice	Very smooth mashed potato Pureed pasta or noodles with sauce Pureed rice with sauce	All others including coarsely mashed potato
Vegetables	Pureed vegetables Added milk and margarine may be used to increase energy density	Coarsely mashed vegetables Pureed vegetables containing lumps Particles of vegetable fibre or hard skin
Soups	Pureed to remove all lumps	Soup with any vegetable fibre or lumps
Sandwiches	None	
Salads, dressing	None	
Breads, cereals	Smooth lump-free breakfast cereal (e.g. pureed rolled oats, semolina)	All breads Cereals that do not soften easily, or with fruit or seeds (e.g. muesli)
Spreads	Jams without seeds or peel; honey	Jams with seeds, marmalade, peanut butter

Hot breakfast cereals**Fruit****Yoghurt****Dessert****Milk and Cheese****Biscuits****Miscellaneous**

Pureed scrambled egg, pureed baked beans or pureed canned spaghetti	All others that have not been pureed
Pureed fresh, canned or stewed fruit Very well-mashed banana	All others, including pureed fruit with any visible lumps
Lump-free yoghurt and yoghurt-like desserts	Fruit yoghurts with visible fruit pieces or seeds
Smooth desserts (e.g. custards, mousses, blancmange, smooth puddings) Soft meringue Ice-cream with smooth toppings or syrup	Any desserts with fruit pieces, seeds, nuts, crumble, pastry or non-pureed garnishes
All milk, milkshakes, smoothies Smooth cheese paste (e.g. smooth ricotta)	All solid and semi-solid cheeses (including cottage cheese)
Liquid or pudding nutrition supplements Cream, pepper, salt, sugar, sweetener	Lollies, jelly, coconut, nuts, seeds and grains

DIET: LOW RESIDUE/ POST-OPERATIVE (LIGHT)

Aim: To provide a diet low in dietary fibre that will reduce the amount of undigested fibre passing through the bowel. A diet that contains foods lower in fat, gas-forming foods and spices (also known as light diet)

Characteristics: A diet providing less than 10g of dietary fibre per day by avoiding foods that are high in dietary fibre and resistant starch. Used for patients who cannot tolerate the full diet and want mildly flavored, easily digested food. This diet does not have to be soft or bland. Small meals selected from a normal low-fat menu may be a suitable alternative.

Indications: Preparation for colonoscopy; specific gastrointestinal disorders (e.g. fistulae, stenosis) acute phases of inflammatory bowel disease and diverticulitis, bowel obstruction, radiation enteritis. Post-surgery/ medical procedures, patients with nausea or those transferring from a liquid to a normal diet.

Precautions: A dietitian should be consulted if this diet is followed for more than three days

Nutrition adequacy: Not nutritionally adequate, nutrients that may be inadequate include fibre, folate, zinc and magnesium

Menu planning guidelines:

This diet should be nutritionally adequate in line with the standard specifications i.e. protein and energy content.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	Plain roasted and grilled meats, poultry and fish Plain omelettes Tofu	All casseroles Crumbed or battered meats, poultry or fish All dishes containing peas, beans and lentils High-fat dishes >15g fat per serve (e.g. fried foods and pastries)
Sauces, gravies	All others	Sauces or gravies with seeds, lentils, legumes or chunky vegetables
Starchy vegetables/ pasta/ rice	Steamed, boiled, mashed or roasted potato without skin White rice, pasta or noodles	Jacket and roasted potato with skin Wholemeal, wholegrain or brown rice or pasta Fried potato chips or wedges
Vegetables	<1.5g fibre per serve, e.g. well-cooked cauliflower florets, pumpkin, green beans, zucchini, squash, carrots	>1.5g fibre per serve – All others Cold potato Corn, Brussel sprouts, cabbage, capsicum
Soups	Clear broths	All others
Sandwiches	Sandwiches made on white bread with plain meat, poultry, egg or fish fillings	Wholemeal, wholegrain, rye or high-fibre white bread Vegetables (e.g. tomato) Pickles, chutney, gherkin

Salads, dressing	None	
Breads, cereals	White bread Breakfast cereals providing <1.5g fibre per serve (e.g. Corn Flakes®, Rice Bubbles®)	Wholemeal, wholegrain or rye bread High-fibre white bread Cereals containing >1.5g fibre per serve (e.g. Weet-Bix™, rolled oats, muesli, bran cereals)
Spreads	Honey, Vegemite™, Mayonnaise, jam and marmalade with no seeds or skins	Jam and marmalade with seeds or skins, peanut butter
Hot breakfast cereals	Eggs, plain omelette, grilled bacon Pancakes and pikelets	Baked beans, mushrooms, tomatoes, canned spaghetti
Fruit	One serve only per day: canned fruit <2.5g fibre per serve (e.g. peaches, apples, two fruits) Citrus fruit juice	All fresh and dried fruit Canned pineapple, pears, apricots, plums, fruit salad, cherries, berries, prunes
Yoghurt	All plain yoghurts, e.g. natural, vanilla	Fruit yoghurts
Dessert	Plain milk puddings, e.g. custards, creamy rice Ice-cream, jelly Plain cakes and puddings with <1.5g fibre per serve	Any desserts containing fruit, e.g. sultana, dried fruit. Cakes made with wholemeal flour, fruit, nuts, coconut, bran or vegetables (e.g. carrot)
Milk and Cheese	All	
Biscuits	All others	Biscuits made with wholemeal flour, fruit, nuts, coconut or bran
Miscellaneous	Cream, sugar, salt, pepper and sweetener	Unprocessed bran, nuts

DIET: LOW FAT (CLIP)

Aim: To provide a diet with no more than 50g total fat per day, to minimize symptoms of fat malabsorption.

Characteristics: Low in total fat but not necessarily low in saturated fat.

Indications: This diet is intended for use in patients requiring a low fat such as those with cholecystitis, pancreatitis, chyle leak or gastroparesis.

Precautions: None

Nutrition adequacy: Nutritionally adequate

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	Main dishes ≤15g fat per serve Lean meat, skinless chicken and fish Soy products, e.g. textured vegetable protein (TVP) Legumes Note: If no suitable choices are available on the menu, grilled fish and steamed chicken are appropriate to offer	Fatty meats (e.g. bacon, sausages), offal Deep-fried foods Foods cooked in coconut milk
Sauces, gravies	Low-fat sauces and gravies (≤3g fat per serve) Tomato sauce	Cream-based or milk/ cheese-based sauces
Starchy vegetables/ pasta/ rice	All raw, steamed or boiled (≤2g fat per serve)	Fried or roasted vegetables with fat, such as butter, cooking margarine or oil
Vegetables	All raw, steamed or boiled without added fat (≤2g fat per serve)	Fried or roasted vegetables with fat, such as butter, cooking margarine, or oil Vegetables served with cream-based or cheese-based sauces
Soups	Low-fat soups (≤2g fat per serve)	Soups made with cream or full-fat milk
Sandwiches	Sandwiches ≤12g fat per four-point serve	Fish canned in oil, avocado, cheese
Salads, dressing	Salads ≤12g fat per serve Low-joule dressing or lemon wedge	Full-fat dressings, mayonnaise Olives, avocado
Breads, cereals	All others	Toasted mueslis Cereals with coconut or chocolate
Spreads	Mono- or polyunsaturated margarine (limit to one portion per meal) Jam, honey, Vegemite™	Peanut butter
Hot breakfast cereals	One boiled or poached egg Mushrooms, baked beans, tomatoes ≤5g fat per serve	Fried or scrambled eggs Bacon, sausages, Hash browns

Fruit	Fresh, canned and dried fruits Juices	Avocado, Fruit cakes or Pastries
Yoghurt	Low-fat yoghurts	Full-fat yoghurts
Dessert	Desserts with ≤2g fat per serve Low-fat ice-cream, custard and creamy rice Tapioca, sago	Full-fat ice-cream or custard Commercial cakes Cream
Milk and Cheese	Low-fat milk (≤1%), e.g. skim milk, Low-fat cottage cheese and ricotta	Full-cream milks, 2% fat milk Cream, sour cream Full-fat cheeses (e.g. cheddar)
Biscuits	Plain low-fat biscuits with ≤2g fat per serve (e.g. one biscuit only: Milk Arrowroot™)	Commercial cream biscuits or chocolate biscuits
Miscellaneous	Herbs and spices Sugar	Nuts and seeds Chocolate

DIET: PAEDIATRIC

Aim: These standards are designed to be appropriate for acute Paediatric patients in hospital.

Characteristics: These standards are intended for Paediatric patients (0-18 years) in hospital. This includes patients who are nutritionally well, patients who are nutritionally at risk and those requiring soft and a vegetarian choice.

Indications: Patients aged 0-18 years who have a minor illness or elective surgery, illnesses that result in a relatively short stay.

Precautions: These standards are not intended for adult patient, clinically malnourished patients, patients with high nutritional needs and patients with special needs including those requiring therapeutic diets and those requiring texture modified food and fluids.

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines:

The Paediatric hospital menu should meet the following nutrient goals:

- *Energy and protein on a daily basis*
- *Micronutrients (vitamins and minerals) averaged on a weekly basis*

NUTRIENT	AGE GROUP	GOAL	STRATEGIES	RATIONALE
Energy	INFANTS		Breast milk or an infant formula is the major contributor to the diet.	Breastfeeding is the biological norm and most beneficial method for feeding infants with immediate and long-term health outcomes for mother and infant and is to be actively promoted, protected and supported.
	INFANTS: 7-12 months	3500KJ/ day	Breastfeeding can continue for up to two years of age. The menu should provide a range of food types and textures to suit the varying developmental stage/s of infants within this age range while meeting energy requirements. Breast milk/ formula is assumed to provide about 1700kJ/ day and the menu should provide the balance.	Breastmilk remains the dominant source of nutrition for children in this age group. Age-appropriate infant formula should be provided for those infants unable to be breastfed or receive expressed human milk. The energy goal is based on the estimated energy requirement for a 12-month-old male infant and an estimated breastmilk or infant formula intake of 600mL/day.
	CHILDREN: 1-3 years	4200KJ/day	Breastfeeding can continue for up to two years of age. Nutritionally adequate and safe complementary foods should be offered.	The following applies to all children over one year of age. Insufficient energy intake is a common cause of poor nutritional status. Low energy intake reduces the effectiveness of treatment and further delays recovery.
	CHILDREN: 4-8 years	5500KJ/day	The following applies to all children over one year of age. To meet the varying energy requirements of the range of age groups, main menu items of adequate energy density and different serving sizes should be available.	Energy goals are based on the Estimated Energy Requirement for the oldest child in each age group with a PAL of 1.2 (bed rest) and no disease factor, to meet the requirements of most children in each age group. In early childhood (up to five years), it is common for children to have varying appetites and growth rates. Small, frequent, energy-dense meals from the different food groups are important for meeting energy requirements.
	CHILDREN: 9-13 years	7500KJ/day	A range of other child-friendly age appropriate nutrient-dense foods (e.g. cheese, eggs, milk and baked beans) and desserts should also be offered on the menu.	Older children may have higher appetites and rely on large serves and high-energy snacks to help satisfy appetite and higher energy requirements (e.g. boys, 14-18 years).
	ADOLESCENT	9400KJ/day	Mid-meal snacks, such as plain / flavoured milk, yoghurt, cheese, fruit and sandwiches, should be available.	

Protein	INFANTS: 0-6 months	10g (AI) 1.43g/kg	Breast milk or an infant formula is the major source of protein to the diet.	<p>Breastfeeding is the biological norm and most beneficial method for feeding infants with immediate and long-term health outcomes for mother and infant and is to be actively promoted.</p> <p>The NRVs have set an AI for infants aged 0-6 months based on the average intake of breast milk (0.78L/day) multiplied by the average concentration of protein in breast milk 12.7g/L.</p>
	INFANTS: 7-12 months	14g (AI) 1.6g/kg	<p>Introduction of foods containing protein can start at around six months.</p> <p>These foods can include meat, fish, chicken, eggs, custard and yoghurt.</p>	The NRVs have set an AI for infants aged 7-12 months based on multiplying the concentration of protein in breast milk at this stage of lactation of 11g/L by the volume of breast milk (0.6L) and adding an allowance for complementary foods of 7.1g/day.
	CHILDREN: 1-3years	14g/day (1.08g/kg)	<p>Breastfeeding can continue for up to two years of age.¹¹</p> <p>The menu should offer high-quality protein at each main meal, such as meat, poultry, fish, legumes, milk, cheese and yoghurt.</p>	Protein is required to synthesise enzymes and hormones that regulate body processes and to stimulate growth. Adequate protein intake may be difficult to achieve if chewing skills are limited and / or milk intake is minimal.
	CHILDREN: 4-8 years	20g/day (0.9g/kg)	<p>When including fish as a protein source, consider the risk of choking on fish bones.</p> <p>If fish is used to meet recommended intakes of protein, consider the mercury content of fish.</p>	Protein goals are based on the RDI for the oldest child in each age group to meet the requirements of all children in each age group
	CHILDREN: 9-13 years	40g/day (0.94g/kg)		
	ADOLESCENT 14-18 years	65g/day (0.99g/kg)	<p>The menu must be adequate to allow those with small appetite / intake to achieve the recommended daily protein intake.</p> <p>There need to be mechanisms for some patients to achieve higher protein intakes. Suggestions include high-protein foods and fluids such as nutrient-dense soups, desserts and snacks.</p>	<p>Dietary protein provides the body with the appropriate amount and type of amino acids for the synthesis of body proteins needed for maintenance and growth of the individual, and sufficient dietary protein optimises wound healing rates.</p> <p>Growth patterns of adolescents generate higher protein needs.</p>

Fat	INFANTS: 0-6 months		Breastmilk or an infant formula is the major contributor of fat to the diet.	Breastfeeding is the biological norm and most beneficial method for feeding infants with immediate and long-term health outcomes for mother and infant and is to be actively promoted,
	All other age groups	Menu items should not routinely be low in fat. Ideally not more than 10% of energy should be from trans and saturated fat	The menu should allow patients to select lower saturated fat options. Mono- and poly-unsaturated fats are to be used in food preparation, where appropriate. Choices of mono- or poly-unsaturated spreads are to be available. There are limited data on the composition of the omega 3 content of foods. Consequently, the menu should include 2-3 serves of fish per week to provide omega 3 fatty acids.	Restriction of dietary fat is not recommended during the first two years of life because it may compromise the intake of energy and essential fatty acids and adversely affect growth, development and the myelination of the CNS. Low-fat diets are not appropriate for a large proportion of hospital patients who require diets with increased energy and nutrient density. Total fat is no longer recognised as a risk factor for cardiovascular disease, and therefore menu items should not routinely be low in fat. Diets that are low in saturated fat are recommended for the general population as well as high risk individuals, such as those with cardiovascular disease or obesity. The Heart Foundation now recommends a target of <7% energy from saturated fat. Slightly higher levels – up to 11% energy – are unlikely to be of nutritional concern for most patients.
Fibre	INFANTS: 0-6 months	No AI has been set	If complementary foods are offered from six months onwards, fruits, vegetables and easily digested cereals such as rice cereal are suitable.	Breastfeeding is the biological norm and most beneficial method for feeding infants with immediate and long-term health outcomes for mother and infant and is to be actively promoted, protected and supported.
	INFANTS: 7-12 months			There are no functional criteria for dietary fibre for infants. Breast milk contains no dietary fibre and as such no AI is set.
	CHILDREN: 1-3years	14g/day	The menu should offer high-fibre foods from a range of sources including:	Adequate dietary fibre is essential for the normal functioning of the digestive tract.

	CHILDREN: 4-8 years	18g/day	<ul style="list-style-type: none"> • cold breakfast cereals: at least 50% provide at least 3g fibre per serve • wholemeal / multigrain bread at all meals as an alternative to white • fruit (fresh, canned) and / or vegetables at all meals. 	<p>Due to bed rest, medications, poor fluid intake and limited food choices, patients in hospital frequently experience constipation. Constipation leads to patient discomfort, can decrease appetite, and increases expenditure on laxatives and nursing workloads. Adequate fibre can reduce the need for interventions. The action of fibre in preventing constipation depends on an adequate fluid intake.</p> <p>The NRVs have set an AI at the median for dietary fibre intake in Australia and New Zealand for children of these ages based on the national dietary surveys and allowances for the different age / gender groups.</p> <p>Fibre goals are based on the AI for the oldest child in each age group to meet the requirements of all children in each age group.</p>
	CHILDREN: 9-13 years	24g/day		
	ADOLESCENT	28g/day		
Fluid	INFANTS: 0-6 months	0.7 L/day	Infants 0-6 months should receive their full fluid requirements from breast milk or age-appropriate infant formula. Water is not required, but can be given as cooled boiled water or sterile water.	Breastfeeding is the biological norm and most beneficial method for feeding infants with immediate and long-term health outcomes for mother and infant and is to be actively promoted, protected and supported
	INFANTS: 7-12 months	0.7 L/day	Infants 7-12 months receive most their fluid requirements from breast milk or infant formula. Water can be given.	The NRVs have set AIs for water for the range of ages of children. These include plain drinking water, milk and other drinks, depending on appropriateness for age. Cow's milk should not be given as the major nutrient source until one year of age. Juice is not recommended as a source of fluid under one year of age.
	CHILDREN: 1-3years	1.0 L/day	Ideally fluid intake should consist of milk and water with limited amounts of juice, cordials and soft drinks	Fluid goals are based on the AI for the oldest child in each age group to meet the requirements

	CHILDREN: 4-8 years	1.2 L/day	(both sugar and artificially sweetened). Water should be readily available on the ward.	of all children in each age group.
	CHILDREN: 9-13 years	1.6 L/ day	Breastfeeding can continue for up to two years of age. Cow's milk, plain or flavoured, should be offered at every meal, as well as between meals. Cow's milk should be full cream up to two years of age. From two years onwards, reduced-fat cow's milk is suitable. Soy milk, if offered, should be fortified with calcium $\geq 100\text{mg}/100\text{mL}$. Other milk alternatives, such as rice or oat drinks, are unlikely to be nutritionally comparable to milk and should not be offered as a substitute.	Excess juice intakes are associated with excess energy intake across all age groups and risk of osmotic diarrhoea in toddlers. Caffeinated drinks are not appropriate for children. Care should be taken with any hot fluids to prevent burns. Cordial and soft drinks are not appropriate for children due to dental caries and excessive energy intake without nutrients. Artificially sweetened soft drinks and confectionery products provide no essential nutrients and may displace foods of nutritional value.
	ADOLESCENT	1.9 L/ day	For children aged 1-6 years, juice should be limited to 150mL/day. For children aged 7-18 years, juice should be limited to 240-360mL/day. Tea and coffee are not appropriate for children and should not be offered. Cordial / soft drinks are not recommended (unless clinically indicated, e.g. fluid diets).	
Vitamin C	INFANTS: 0-6 months	25mg/day	Breast milk or infant formula is the main source of vitamin C for infants.	Breast milk or infant formula is the main source of nutrition for infants up to 12 months. Supplementation is not necessary if healthy intakes are consumed.
	INFANTS: 7-12 months	30mg/day		There have been no reported cases of clinical scurvy in fully breastfed infants, even when mother's intake is low. Cereal-based food for infants may contain added vitamin C to a maximum level of 90mg/100g on a moisture-free basis.
	CHILDREN: 1-3years	35mg/day	Include specific sources of vitamin C (fruit, juices and salads) in the standard menu.	As there are large losses of vitamin C in food service handling, processing and cooking, specific

Folate	CHILDREN: 4-8 years	35mg/day	Breastfeeding continues for up to two years of age or beyond. For children aged 1–3 years, present fruit in small portions and appropriate textures, such as raw, stewed, peeled, sliced, chopped, pureed or grated.	Uncooked sources of vitamin C should be available.
	CHILDREN: 9-13 years	40mg/day		
	ADOLESCENT	40mg/day		
	INFANTS: 0-6 months	65ug/day (AI)	Breastmilk or infant formula is the main source of folate for infants.	The AI for 0–6 months was calculated by multiplying the average intake of breastmilk (0.78L/day) and the average concentration of folate in breastmilk of 85µg/L.
	INFANTS: 7-12 months	80ug/day (AI)	Breastmilk or infant formula is the main source of folate for infants. Solids, such as fruits, vegetables and rice cereal, supplement intake.	The AI for 7–12 months was set by the reference body weight ratio, estimating up from young infants or down from adults. Both estimates gave an AI of 80µg/L, which is also consistent with data for older, fully breastfed or fully formula-fed infants.
	CHILDREN: 1-3years	180ug/day	Use fortified breakfast cereal and bread and include up to three serves vegetables and two serves of fruit per day.	As there are no experimental data for children, the EAR (estimated average requirements) were set by extrapolation from adult data using metabolic body weight ratios with an allowance for growth. In the absence of information on the standard deviation of the requirement, the was set assuming a coefficient of variation of 10% for the EAR. Children and adolescents with poor food intake are at risk of inadequate folate intake. Folate is more susceptible to malabsorption than many other nutrients, especially with tropical sprue, malignancy and dialysis. Folate utilisation is also affected by some long-term drug interactions which may predispose deficiency.
	CHILDREN: 4-8 years	200ug/day	Use fortified breakfast cereal and bread and include up to four serves vegetables and two serves of fruit per day.	
	CHILDREN: 9-13 years	300ug/day	Use fortified breakfast cereal and bread and include up to five serves vegetables and two serves of fruit per day.	
	ADOLESCENT	400ug/day	Use fortified breakfast cereal and bread and include up to five serves vegetables and two serves of fruit per day. Use bread fortified with folate.	

				There are large losses of folate in cooking and processing.
Calcium	INFANTS: 0-6 months	210mg/day	Breastmilk or infant formula is the main source of calcium for infants.	Breastfeeding is the biological norm and most beneficial method for feeding infants with immediate and long-term health outcomes for mother and infant and is to be actively promoted, protected and supported. Breastmilk or infant formula is the main source of calcium for infants. The NRVs have set an AI for infants aged 0–6 months based on the average intake of breastmilk (0.78L/day) multiplied by the average concentration of protein in breastmilk 264mg/L.
	INFANTS: 7-12 months	270mg/day	Breastmilk or infant formula is the main source of calcium for infants. Dairy-based desserts, such as yoghurt and custard, contribute to calcium intake.	Breastmilk or infant formula is the main source of calcium for infants.
	CHILDREN: 1-3years	500mg/day	From one year of age, the preferred food source of calcium is dairy products, which provide the most readily utilised source of calcium.	Calcium requirements are largely determined by skeletal needs, which increase during periods of rapid growth (such as childhood and adolescence). Calcium intake in childhood and adolescence is crucial in attaining peak bone mass and the prevention of osteoporosis in later life. ^{3,5} Calcium goals are based on the RDI value for a child of the upper age of each age group to meet the requirements of all children in each age group. Intakes of calcium-containing foods in Australian children have been found to be particularly low in adolescent girls and boys.
	CHILDREN: 4-8 years	700mg/day	Reduced-fat dairy products are not encouraged for children less than two years of age. The NZ Food and Nutrition Guidelines for Healthy Children and Young people recommends 2-3 serving of dairy products a day for children aged up to 13 years. Offer a choice of full fat milk and reduced-fat milk drink at every main meal daily.	
	CHILDREN: 9-13 years	1300mg/day	The NZ Food and Nutrition Guidelines for Healthy Children and Young people recommend at least 3 servings of dairy products a day for children aged 14-18 years. Offer a choice of full fat milk and reduced-fat milk drink at every main meal daily.	
	ADOLESCENT	1300mg/day	Milk-based soups, yoghurt, milk based desserts and cheese can make a valuable contribution to calcium intake. Soy milk of offered, should be fortified with calcium 120mg/100mls	

Iron	INFANTS: 0-6 months	0.2mg/day	Breastmilk or formula is the main source of iron for infants. Provide iron-fortified breakfast cereals, including rice cereal, for infants starting solids.	Infants 0–6 months have a lower requirement from food as they have foetal iron supplies remaining from birth. ³ Breastmilk or infant formula is a source of iron.
	INFANTS: 7-12 months	11mg/day	The menu should offer red meat (a good source of haem iron) in at least one main dish per day as well as other iron sources, such as white meats, eggs, wholemeal bread and legumes.	Infants need iron-containing solids as foetal iron supply diminishes by seven months. Cereal-based food for infants may contain no less than 20mg iron/100g on a moisture-free basis.
	CHILDREN: 1-3years	9mg/day	The menu should offer red meat (a good source of haem iron) in at least one main dish per day. Include choice of meat-based sandwich fillings. Wholemeal breads, eggs, legumes and white meats should be available for a wide variety of iron sources. Iron-fortified breakfast cereals should be on the menu daily.	Iron-deficiency anaemia can occur if children do not receive enough iron-containing solids, such as children who rely on a high milk intake from a bottle and have not progressed with a variety of solids. NZ children have been found to have low iron intakes, and are at risk of iron depletion and anaemia.
	CHILDREN: 4-8 years	10mg/day		Iron goals are based on the RDI for the oldest child in each age group and for females in the case of adolescents (which have a higher requirement) to meet the requirements of all children in each age group. Iron requirements for adolescent boys increase during the growth spurt as new muscle is laid down. Adolescent girls are at particular risk of developing iron deficiency due to effects of continuing growth, menstrual iron losses, and a low intake of dietary iron as indicated in various studies
	CHILDREN: 9-13 years	8mg/day		
	ADOLESCENT	15mg/day		
Zinc	INFANTS: 0-6 months	2mg/day (AI)	Breastmilk or formula is the main source of nutrition for this age group. least one main dish per day as well as other iron sources, such as white meats, eggs, wholemeal bread and legumes.	Based predominately on the average volume and composition of breastmilk.
	INFANTS: 7-12 months	2.5mg/day (AI)		
	CHILDREN: 1-3years	3mg/day	Meats, fish and poultry are major contributors to the diet, but cereals and dairy foods also contribute substantial amounts.	The amount of protein in the diet contributes to the efficiency of zinc absorption, because zinc binds to protein.
	CHILDREN:	4mg/day	Ensuring energy and iron intake is sufficient in the menu will assist in meeting the zinc requirement.	Small changes in protein digestion may produce a significant change in zinc absorption.

	4-8 years			<p>Zinc absorption from a diet high in animal protein will be greater than from a diet rich in plant-derived proteins. Zinc is a significant mineral with respect to wound healing and immune function.</p> <p>Children and adolescents with low energy consumption have been found to be at risk of zinc deficiency⁵, and zinc depletion is associated with decreased taste acuity. Zinc is especially important during adolescence because of its role in growth³ and sexual maturation.</p> <p>Zinc intakes from core foods were below 70% of RDIs for adolescent girls.</p>
	CHILDREN: 9-13 years	6mg/day		
	ADOLESCENT	13mg/day		
Sodium	INFANTS: 0-6 months	120mg/day (AI)	Source of intake should be from breastmilk, formula or food only. Cook food without added salt. Some higher-salt items that are introduced as part of normal infant feeding (e.g. cheese and bread) should not be excluded from the menu.	Infant kidneys are immature and have difficulty excreting excessive salt. ⁵ There is no sodium RDI for children less than <12 months or upper limit.
	INFANTS: 7-12 months	170mg/day (AI)	Salt sachets must not be offered on infant menus.	The goal is to provide a suitable range of foods without added salt to keep as close to the AI as practical. Note: average breastmilk sodium concentration is 160mg/L (0–6 months). This figure is used to extrapolate the AI for infants aged 7–12 months.
	CHILDREN: 1-3years	1000mg/day (UL)	The menu should provide a choice of foods that does not exceed the UL for the specified age groups ³ , while allowing some highly-salted foods (such as cheese), which are nutrient dense and well accepted by patients who are unwell or eating poorly.	Children who are unwell often have reduced oral intakes. There is a risk that reduced-salt foods will be less appealing to patients who may not be eating well.
	CHILDREN: 4-8 years	1400mg/day (UL)	A selection of menu serving sizes according to age group is recommended to assist adherence to sodium limits for children in younger age ranges.	Given the need to optimise food intake for inpatients, these standards have nominated the UL as the maximum sodium intake / day, rather than aiming for the lower AI targets.
	CHILDREN: 9-13 years	2000mg/day (UL)	Hot main meals providing >575mg sodium per serve should make up no more than 10% of main hot menu choices. ^{79,80} Bread is one of the major sources of sodium in the typical diet, and brands with sodium levels of less than 400mg/100g are preferred where possible. ⁸¹	The UL for children was extrapolated from the adult UL on an energy intake basis as numerous observational studies have documented that blood pressure tracks with age from childhood into the adult years.
	ADOLESCENT	2300mg/day (UL)	Salt sachets should not be offered to patients on the menu.	

MENU CHOICE STANDARDS:

The minimum menu choice standards are outlined in the following tables. These specify the minimum number of choices and serving sizes appropriate for a Paediatric patient in an acute hospital.

The menu choice standard is to be considered as a minimum.

To support and enhance the nutritional status and recovery of the child, it is important that the hospital meal service should follow as closely as possible an acceptable domestic routine.

Specifications:

- Main dishes (meat) to do include vegetables or starches (e.g. potato, rice and pasta) accompanying the main meal.
- At least 1 main dish per day must be red meat
- A variety of meats to be provided for consecutive meals
- Meat to be trimmed of excess fat, gristle, skin and unnecessary bone
- While menu items should not routinely be low in fat, as a guideline, 80% of hot main menu items should have less than 15g fat per serve
- Use of unsaturated fat in the making of the main meals where appropriate
- Limit sausages and processed meats (ham, bacon, salami) which can be high in salt and fat so that they do not appear on the menu more than no more than twice a week. Sausages or corned beef as a not meal is to appear no more than once per week.
- Access to small and large serves is necessary to meet the needs of all Paediatric patients.
- Young children should be offered simply prepared, mild-tasting foods that they can easily identify and manage. E.g. cut-up vegetables, they can eat with their fingers and soup in a cup.
- It is important to minimise the possibility of choking in young children. Do not serve tough or stringy foods. Remove skin, gristle and bones from chicken and fish and avoid service large chunks of any foods to children under 3 years.
- Caffeinated beverages such as tea, coffee and cola drinks are not recommended.

MENU STRUCTURE: PAEDIATRIC MENU

Breakfast items

Menu item	Age Group	Minimum choices		Minimum Serve and examples	Menu Design Comments	Nutritional Standards
		Per Day	Per cycle (variety)			
Fruit Juice/drink	7-24 months	0	0			Not appropriate
	> 2 years	1	1	100ml	1 serve of 200ml. Fruit juice can be diluted.	At least 20mg Vitamin C/100ml The volume restriction is advised due to the excess energy intake and risk of osmotic diarrhea in toddlers.
Tinned/fresh fruit	7-12 months	1	4	1 small banana or slices of soft peeled fruits (e.g. pear) or 100g puree or mashed	Provide a variety of fruit to avoid monotony in the diet Texture modification must be appropriate to the age category	In natural fruit juice
	>1 year	1	4	1 piece (e.g. apple, pear, small banana) 80g tinned fruit excluding juice	Provide a variety of fruit to avoid monotony in the diet Include seasonal fruit where possible Cut up fruit is easier for children to eat than whole pieces	In natural juice
Cereal-cold	7-12 months	2	2	10g (dry weight) rice cereal or other infant cereal Or 1 breakfast biscuit e.g. Weet-bix		All breakfast cereals must be iron fortified Cereals to contain less than 25g sugar/100g
	>1 year	3	4	e.g. 2 Weet-bix, 25g rice bubbles, 25g cornflakes		Cereals to contain less than 25g sugar/100g Offer at least 1 variety of cold cereal with a fibre content of at least 3g total fibre/serve

Cereal-hot e.g. porridge, congee	7-12 months	2	2	90g cooked weight, puree	Texture modification appropriate to the age category	
	>1 year	2	2	180g cooked weight		
Milk	7-12 months	1	1	100ml	Standard milk only to be offered. Soy milk to be available on request	Soy milk
	> 1 year	2	2	100ml Standard cereal serve	Standard and low fat milk to be offered. Low fat milk not to be offered until 2 years of age. Soy milk available on request	Low fat milk to be calcium enriched
Sugar	7-12 months	0	0			Not appropriate
	>1 year	1	1	1 sachet /cereal serve		
Protein Choice	7-12 months	1	2	100g yoghurt or 1 egg (yolk firm) or 20g cheese		
	>1 year	2	2	100g yoghurt, or 1 egg scrambled/poached/boiled/ omelette, or 20g cheese, or 120g baked beans		At least 5g protein/portion
Toast/bread or bread roll	7-12 months	2	2	1 slice	Choice of white and wholemeal bread to be available	
	>1 year	2	2	Patients can choose the number of slices or rolls	Choice of white and at least one of wholemeal, wholegrain or multigrain to be available. Toast, fruit bread, English muffin, croissants, bread rolls may be offered for variety.	
Margarine/Butter	7-12 months	2	2	1 PCU/2 slices of bread	Poly or mono-unsaturated margarine, dairy free margarine to be available	
	>1 year	2	2	1 PCU/2 slices of bread	Poly or mono-unsaturated margarine, dairy free margarine to be available	
Spreads	7-12 months	2	2	Portion control packs where available	Marmite/vegemite and jam are appropriate options.	

					Honey should not be offered. Peanut butter is optional. This will depend on the unit's policy re tree nuts.	
> 1 year	3	3	Portion control packs	Spreads should include a selection of Marmite/vegemite, jam, marmalade, honey*. Other options such as peanut butter is optional. This will depend on the unit's policy re tree nuts.	* NZ 2008 Food and Nutrition Guidelines for Healthy Infants and Toddlers includes a general recommendation that honey is not served under 1 year.	

MENU STRUCTURE: PAEDIATRIC MENU

Lunch items

Menu Item	Age Group	Minimum choices		Minimum Serve and examples	Menu Design Comments	Nutritional Standards
		Per Day	Per cycle (variety)			
Soup	< 1 year	0	0			Not appropriate
	> 1 year	1	10	180ml		At least 5 varieties to be Group 1. The remainder to be Group 2. See meal component specifications. If soup is served to children, the facility must have direct supervision at meal times to prevent burns and scalds.

Bread or Bread roll	7-12 months	2	2	1 slice	Choice of white and wholemeal bread to be available.	No wholegrain breads
	>1 year	2	2	Patients can choose the number of slices or rolls	Choice of white and at least one of wholemeal, wholegrain or multigrain to be available. Bread rolls may be offered for variety.	
Margarine/Butter	7-12 months	2	2	1 PCU per 2 slices bread	Poly-or-mono-unsaturated margarine, dairy-free margarine to be available	
	>1 year	2	2	1 PCU per 2 slices bread	Poly-or-mono-unsaturated margarine, dairy-free margarine to be available	
Spreads	7-12 months	2	2	Portion control packs where available	Marmite/vegemite and jam are appropriate options. Honey should not be offered. Peanut butter is optional depending on the DHB's policy.	
	>1 year	3	3	Portion control packs where available	Spreads should include a selection of marmite/vegemite, jams, Honey*. Peanut butter is optional depending on the DHB's policy	* NZ 2008 Food and Nutrition Guidelines for Healthy Infants and Toddlers includes a general recommendation that honey is not served to under 1 year olds
Main choice	7-12 months	1	3	Puree or minced meat/fish/chicken meal (see Meal Component Specifications below)		Cook without salt
	1-3 years	1	7	See portion sizing	1 choice child friendly and familiar	Toddler platter to provide all meal energy and protein requirements, child may eat more from tray (e.g. yoghurt).

						Consider choking hazards as per MOH Guidelines
		1	4	See portion sizing	1 toddler platter, child friendly finger food	
>4 years		1	14	See portion sizing	1 choice to be from adult menu	
		1	7	See portion sizing	1 choice child friendly and familiar	1 choice must be vegetarian
		1	7	See portion sizing	1 choice to be a sandwich type e.g. sandwiches, rolls, wraps, pita bread. Must specify on the menu what the filling is. Preference for wholemeal, wholegrain or multigrain breads	
Potato	7-12 months	1	1	60g mashed		
	>1 year	1	1	90g mashed		
Rice/Pasta/Noodles	7-12 months	0	3	60g		
	>1 year	1	1	90g	Appropriate with hot meal choice	
Gravy/Sauce	7-12 months	1	1	40ml	Gravy or white sauce made with standard milk	
	>1 year	1	1	40ml		
Cold/Hot dairy dessert	7-12 months	1	2	Smooth fruit yoghurt 100g, Custard 60ml		
	>1 year	2	7	90g-120g e.g. Yoghurt, creamy rice. 1 choice to be jelly and ice-cream daily.		≥ 4g protein, ≥300kJ, ≥ 100mg Calcium
Tinned/fresh fruit	7-12 months	1	4	1 small banana or slices of soft peeled fruits (e.g. pear). Or 100g puree or mashed	Provide a variety of fruit to avoid monotony in the diet. Texture modification must be appropriate to the age category.	In natural juice
	>1 year	1	4	1 piece (e.g. apple, pear, small banana), 80g tinned fruit excluding juice	Provide a variety of fruit to avoid monotony in the diet. Include seasonal fruit where	

				possible. Cut up fruit is easier for children to eat than whole pieces.	
Salt and pepper. Tomato sauce	7-12 months	0	0	No salt for infants	Not appropriate
	>1year	3	3	Max. 1 PCU of pepper or tomato sauce. Salt sachets to be available on request only.	

MENU STRUCTURE: PAEDIATRIC MENU

Dinner items

Menu Item	Age Group	Minimum choices		Minimum Serve and examples	Menu Design Comments	Nutritional Standards
		Per Day	Per cycle (variety)			
Hot Dish	7-12 months	1	3	See Meal Component below		Cook without added salt
	> 1 year	1	14	See portion sizing	1 choice to be from adult menu	
		1	7	See portion sizing	1 choice child friendly	
		1	7	See portion sizing	1 choice to be vegetarian	Group 1 only
Gravy/Sauce	7-12 months	1	1	40 ml	Gravy or white sauce made with standard milk	
	>1 year	1	1	40 ml		
Potato	7-12 months	1	1	60 g mashed		
	>1 year	1	1	90g mashed		

Carbohydrate alternative	7-12 months	1	3	60g		
	>1 year	1	4	90g Rice, noodles, couscous, baked/scallop/roasted potato, kumara, chips, rolls/bread, rewana bread	Appropriate with hot meal choice	
Vegetables	7-12 months	2	3 green 3 orange	35g pureed or finely mashed, or small soft pieces	Offer at least one red/orange, and one dark green or leafy vegetable per day. Only green vegetables suitable are silver beet, spinach, broccoli	Cook without added salt
	>1 year	1	5 green/brassica	130g total weight	Green beans, peas, broccoli, cauliflower, cabbage, courgettes, spinach, silver beet If adult vegetables not popular with children, substitute with a child friendly alternative	Toddler platter to provide all meal energy and protein requirements, child may eat more from tray (e.g. yoghurt). Consider choking hazards as per MOH Guidelines
		1	3 orange		Carrots, pumpkin, kumara, parsnip, corn	
Salt and pepper, tomato sauce	7-12 months	0	0			Not appropriate
	>1 year	3	3	Max of 1 PCU pepper or tomato sauce. Salt sachets to be available on request.		
Dessert	7-12 months	1	2	Smooth fruit yoghurt 100g, Custard 60 ml Fruit puree		
Cold/Hot dairy dessert	>1 year	1	7	100g yoghurt Mousse 50g-made with standard milk		≥ 4g protein, ≥ 300kJ, ≥ 100mg calcium
High energy dessert		1	10	Chocolate self-saucing pudding and ice-cream, fruit crumble and custard,		800kJ If appropriate sauce/custard/ice-

			cheesecake, trifle, lemon icebox, creamy rice	cream to be accompaniment, minimum 60ml
Jelly and Ice-cream	1	1	100ml (60g) ice-cream 100ml jelly	
Tinned/Fresh fruit	1	4	Banana, kiwifruit, peaches, 80g tinned fruit excluding juice	In natural juice

MENU STRUCTURE: PAEDIATRIC MENU

Beverages

Item	Age Group	Minimum choices per day		Minimum Serves and Examples	Menu Design Comments	Nutritional Standards
		Per day	Per cycle (variety)			
Potable Tap water	7-12 months	Water can be given				
	>1 year	Offer at each beverage round		Twice daily water jug given to patients where appropriate		
Milk	7-12 months			Not appropriate as a beverage		
	12-24 months	2	2	100mls to be offered at morning tea and supper round	Plain milk only at morning tea	Standard only to be offered to under 2 years
	>2 years	2	2	150mls to be offered at morning tea and supper round	Supper round could be a flavored milk. This could be a hot or cold malted drink e.g. milo	Standard and lower fat milks to be offered

DIET: VEGETARIAN/ VEGAN

Aim: To provide a nutritionally adequate diet for patients who are vegetarian or vegan.

Characteristics: This diet will eliminate foods and drinks that contain meat, fish and gelatin foods and products. There should always be a vegan choice available i.e. no milk, eggs as well as the other animal proteins.

Indications: lacto-ovo vegetarians, vegan

Precautions: Care should be taken to read all product ingredients to look for ingredients of animal origin i.e. Casein, whey, dairy solids, gelatin, honey, albumin, globulin, and egg mayonnaise. It should be clear on the menu which items are suitable for vegans or may contain dairy or egg.

Nutrition adequacy: May not be nutritionally adequate unless fortified foods (e.g. cereals) are used to provide iron and zinc. High-protein plant foods should be available at each meals.

Nutrient goals:

Protein goals differ to the standard diet; other nutrient goals align with the standard menu.

NUTRIENT	GOAL	STRATEGIES	RATIONALE
Protein	76g/day ~ 1.0g/kg/day	Patients may need to achieve higher protein intakes. Suggestions include: <ul style="list-style-type: none">• Availability of mid-meal snacks• High-energy or fortified food and fluids.	The RDI is 0.75-1.1g/kg/day. The level chosen for patients on a vegetarian/vegan diet in these standards (~1.0g/kg/day) It is expected that patients requiring higher values of protein would be identified through nutrition screening and appropriate referral criteria.

Menu planning guidelines:

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	<u>Vegetarian:</u> Dishes specially prepared for vegetarians based on beans, peas, tofu, textured vegetable protein (TVP), lentils, nuts, milk, cheese and eggs <u>Vegan:</u> Dishes specially prepared for vegans based on beans, peas, tofu, textured vegetable protein (TVP), lentils, nuts	<u>Vegetarian:</u> Any dishes containing meat, poultry or fish <u>Vegan:</u> Any dishes containing meat, poultry, fish, milk or eggs Any dishes cooked with wine made with egg white as a fining ingredient
Sauces, gravies	<u>Vegetarian:</u> Sauces without meat fats or juices; butter acceptable <u>Vegan:</u>	<u>Vegetarian:</u> Stocks and gravies made with meat or animal products <u>Vegan:</u>

	Vegetable-based sauces without dairy or meat fats	Stocks and gravies made with meat, butter, milk, or stock powders made with animal products
Starchy vegetables/ pasta/ rice	<u>Vegetarian:</u> All prepared without lard, but including vegetables in white sauce with cheese <u>Vegan:</u> All prepared without milk, butter or milk containing margarine	<u>Vegetarian:</u> Vegetables prepared with lard <u>Vegan:</u> Vegetables prepared with milk, cheese, animal fat, or butter
Vegetables	<u>Vegetarian:</u> All <u>Vegan:</u> Vegetables prepared without milk, butter or milk-containing margarine	<u>Vegan:</u> Vegetables prepared with milk, cheese, animal fat, or butter
Soups	<u>Vegetarian:</u> Vegetable soups made without animal-based stocks <u>Vegan:</u> Vegetable soups made without animal-based stocks, milk, butter or milk-containing margarine	<u>Vegetarian:</u> Soups prepared with meat, poultry or fish <u>Vegan:</u> Soups prepared with meat, eggs, poultry, milk, butter or milk-containing margarine
Sandwiches	<u>Vegetarian:</u> Peanut butter, cheese, egg, salad Must provide 10g protein/serve. <u>Vegan:</u> Peanut butter, soy cheese, hummus, falafel, baked beans (+/- salad) Must provide 10g protein/serve.	<u>Vegetarian:</u> Sandwiches with meat, poultry or fish <u>Vegan:</u> All others
Salads, dressing	<u>Vegetarian:</u> Beans (chickpeas, kidney beans etc.), pasta, potato, rice, plus other vegetables All dressings (including mayonnaise) <u>Vegan:</u> Beans (chickpeas, soybeans kidney beans etc.), pasta, potato, rice, plus other vegetables	<u>Vegan:</u> Egg-based mayonnaise All others
Breads, cereals	<u>Vegetarian:</u> All breads, cereals, pasta and noodles <u>Vegan:</u> Milk-free breads Rice and corn cakes Rice, oats, corn or wheat flour Pasta and noodles made without egg Plain corn-based, rice-based or wheat-based cereals	<u>Vegan:</u> Bread containing milk Croissants Breakfast cereals with milk or honey (e.g. muesli)
Spreads	<u>Vegetarian:</u> Jam, peanut butter, Vegemite™, margarine, butter, honey <u>Vegan:</u> Milk-free margarine, jam, peanut butter, Vegemite™	<u>Vegetarian:</u> Meat and fish spreads <u>Vegan:</u> Honey, cheese, meat spreads, butter, milk-containing margarine
Hot breakfast cereals	<u>Vegetarian:</u> Eggs, baked beans in tomato sauce, mushrooms, tomatoes, spaghetti in tomato or cheese sauce, creamed corn <u>Vegan:</u>	<u>Vegetarian:</u> Meat (e.g. bacon) Baked beans in ham sauce <u>Vegan:</u> Eggs, meat Baked beans in ham or cheese sauce

Fruit

Baked beans in tomato sauce,
mushrooms, tomatoes, spaghetti in
tomato sauce

Vegetarian:

All fruits, fresh or canned

Vegan:

All fruits, fresh and canned

Vegetarian:

Jellied fruit (if made with gelatin)

Vegan:

Yoghurt

Vegetarian:

All yoghurts without gelatin

Vegan:

Soy yoghurt (gelatin free)

Vegetarian:

Yoghurts containing gelatin

Vegan:

Dairy-based yoghurt

Dessert

Vegetarian:

Fresh and canned fruit

Jellied fruit prepared with agar or
vegetable gums

Custard, ice-cream

Vegan:

Fresh and canned fruit Soy Custard

Jellied fruit prepared with agar or
vegetable gums

Vegetarian:

Desserts containing gelatin or rennet

Vegan:

Desserts containing dairy, eggs, gelatin,
cochineal or rennet (e.g. custards, ice-
cream, regular jelly, junket)

Milk and Cheese

Vegetarian:

All, including soy milk and cheese

Vegan:

Soy or rice milk fortified with calcium and
vitamin B12 Soy cheese (free of gelatin
or animal rennet)

Vegan:

Cow's milk and cheese Soy cheese
containing casein

Biscuits

Vegetarian:

All

Vegan:

Fortified soy or rice milk, juices, soft
drinks, cordial, tea, coffee

Miscellaneous

Vegetarian:

Nuts and seeds Cream

Vegan:

Nuts and seeds Egg replacer

Vegan:

Cream

DIET: MENTAL HEALTH & INTELLECTUAL DISABILITY

Aim: The aim of this menu is to provide long-term mental health and intellectual clients with appetizing, appealing and enjoyable food that meets their nutritional requirements and accommodates psychosocial, cultural and religious preferences.

Characteristics: Due to the effects of medication and risk of developing obesity, metabolic syndrome and Type 2 Diabetes, CVD etc., the menu provided should be low in saturated fat, minimize the total sucrose intake, and provide high fibre and aim to provide foods that promote satiety to help with weight control.

Indications: The Standards are appropriate for most adults and older adolescents in mental health facilities, including those who are overweight/obese or nutritionally at-risk, due to over- or under-nutrition.

Precautions: They are not designed for use with children or young adolescents. Patients with conditions that mean that they are at risk of under_nutrition should be put on another appropriate diet code.

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines:

NUTRIENT	GOAL	STRATEGIES	RATIONALE
Energy	8000kJ/day (1920kcal)	Individuals requirements will vary. A choice of menu items of appropriate energy density should be available to allow people to achieve their recommended daily energy intake. People with a large appetite and lower energy needs should have access to lower energy dense foods and meals including lower energy snacks and/or large (or extra) serves to help manage appetite and satiety. People with small appetite and higher energy needs should be put on the Standard general health menu.	Excess energy intake is a key factor contributing to weight gain and poor nutritional status associated with over nutrition. The energy requirements used are based on a 76kg male with a moderate activity level. Smaller portions may be needed to for some individual patients.
Protein	90g/day	This allows higher protein intake to help with satiety and for those with smaller appetites. Some mid meal snacks will need to contain protein to provide sufficient protein.	Higher protein diets can help with satiety. The RDI is 0.75-1.1g.kg.day. 1.2g/kg per day will cover most people's requirements.
Fat	Menu items should aim to be reduced in fat so that the menu provides 20-35% of energy from fat. Ideally not more than 10% energy should be from trans and saturated fat. The menu should provide an average of 430mg of long chain n-3 fats (EPA and DHA)/day	The menu should only offer lower saturated fat items. Poly and monounsaturated fats are to be used in food preparation, where appropriate. A choice of mono-unsaturated or poly-unsaturated spreads is to available. Lean meats and poultry to be used in food preparation. Reduced fat dairy foods to be the offered and their use in food preparation to be encouraged where possible. Offer fish at least 3 times weekly (in main meals, salads or sandwiches). Oily fish such as tuna, salmon or sardines should be preferred.	Total fat is no longer recognized as a risk factor for CVD but low fat cooking methods and ingredients will assist in reducing the energy density of the meals, which can help people maintain a healthy weight. An upper limit of 11% of total energy from saturated fat is recommended. There is emerging evidence re the use of LC n-3 fatty acids to support good mental health. The amount recommended is based on recommendations for women as the higher level for men may be unacceptable and require prescribed fish oil supplements.
Carbohydrate	At least 1 low Glycemic index food choice should be available at each meal.	Most wholegrain cereals, pasta, new potatoes, sweet potato, some varieties of rice e.g. Basmati and Doongara, legumes, nuts and dairy foods are all low glycemic index foods	There is a high proportion of people with diabetes and metabolic syndrome in long-term mental health facilities – the low GI foods increase the satiety value of meals and may help consumers maintain a healthy weight and good glycemic control.
Fibre	30g/day	The menu should allow people to achieve a fibre intake of 30g/day by offering high fibre foods from a range of sources including:	The NRV's have set an AI for fibre at 30g/day for adult men. Adequate dietary fibre is essential for the normal functioning of the digestive tract. Due to inactivity,

		<ul style="list-style-type: none"> • Cold breakfast cereals at least 50% should provide >3g fibre per serve and at least one option should provide >5g/serve • Wholemeal/multigrain and /or high fibre white bread at all meals as an alternative to standard white bread • Fruit and vegetables (fresh, canned or dried) 	<p>medications, poor fluid intake and limited food choices, people with mental illness who are in hospital frequently experience constipation. Constipation impacts on intake and increases the use of laxatives. Adequate fluid intake is also required.</p>
Fluid	2.1-2.6L/day	<p>Water should be available at all times for people. This should be from kitchen taps, drinking fountains or water coolers, not from hand washing facilities.</p> <p>A selection of low energy beverages based on local preferences is to be available at mid-meals (to be decided by each unit)</p>	<p>The NRV's have set an AI for water of 2.1-2.1/day which includes plain drinking water, milk, coffee, tea and other drinks.</p> <p>The effects of poor fluid intake and dehydration include diminished physical and mental performance and constipation.</p> <p>Use of low energy beverages such as diet refresh can assist in reducing overall energy intakes.</p> <p>The use of carbonated beverages on a regular basis is not encouraged due to the risk to dentition.</p>
Vitamin C	45mg/day	<p>Include specific sources of vitamin C (fruit, juices and salads) in the standard menu.</p>	<p>The RDI for the reference person is 45mg/day. Patients with schizophrenia may have a higher than normal requirement.</p> <p>As there are large losses of vitamin C in food service handling, processing and cooking, specific uncooked sources of vitamin C should be available.</p>
Folate	400ug/day	<p>Use fortified breakfast cereals and include at least 5 serves of vegetables and 2 serves of fruit per day.</p>	<p>The RDI for the reference person is 400ug/day. People with poor food intake are at risk of inadequate folate intake and there is some evidence of the value of higher folate intakes in those with depressive disorders.</p> <p>There are large losses of folate in cooking and processing.</p>
Calcium	1000mg/day	<p>Reduced fat dairy foods are the preferred food source of calcium and provide the most readily utilized form.</p> <p>Milk-based soups and desserts make a valuable contribution in terms of energy, protein and calcium.</p>	<p>The RDI for the reference person is 1000mg/day. Adolescent aged 12-18, women over 50 years and men over 70 years have higher requirements for calcium (1300mg/day)</p>

Iron	11mg/day	<p>The menu should offer red meat (a good source of haem iron) in at least one main dish per day.</p> <p>Iron-fortified meat substitutes may be an important inclusion to ensure vegetarian meal plans meet the goal intake.</p> <p>Serving food that is a source of vitamin C at the same meal assists in maximizing iron absorption.</p>	<p>The RDI for the reference meal person is 8mg/day but for younger women (19-50 years) the RDI is 18mg/day. Iron is recognized as one of the at risk nutrients in the New Zealand food supply so a goal of 11 mg/day has been chosen for this patient group which are predominantly male. The level is also the WHO recommended intake</p>
Zinc	14mg/day	<p>Ensuring energy and iron intake is sufficient in the menu will assist in meeting the zinc requirement.</p>	<p>The RDI for the reference person is 14mg/day. Zinc is a significant mineral with respect to wound healing and immune function and zinc depletion is associated with decreased taste acuity.</p>
Magnesium	420mg/day	<p>Including a wide selection of vegetables, legumes, nuts and wholegrain cereals will assist in meeting the magnesium requirement.</p>	<p>The RDI for the reference person is 420mg/day. There is a possible relationship between depressive symptoms and inadequate magnesium intake.</p>
Sodium	Upper intake limit 2300mg/day	<p>The menu should provide a choice of foods that does not exceed the NRV upper intake of 2300mg/day while allowing some highly-salted foods (such as cheese and ham) which are nutritionally dense and well accepted.</p> <p>It is recommended that highly salted foods (providing >575mg sodium per serve) should make up no more than 10% of the main hot menu choices,</p> <p>Herbs, spices and lemon can be used to enhance the taste of foods without extra salt.</p> <p>Salt sachets will only be provided on request.</p>	<p>The average intake of salt is significantly higher than the NRV recommendations.</p> <p>There is a risk that low salt foods may not be appealing to consumers who are not eating well. Therefore, the NRV upper limit of 2300mg/day as the maximum sodium intake/day rather than aiming for the lower AI target of 460-920mg/day.</p>

MENU CHOICES: MENTAL HEALTH & INTELLECTUAL DIABILITY

The minimum menu choice standards are outlined in the following tables. These specify the minimum number of choices and serving sizes appropriate for this patient population in hospital.

The menu choice standard is to be considered as a minimum.

MENU STRUCTURE: MENTAL HEALTH & INTELLECTUAL DISABILITY MENU

Menu item	Minimum no. of choices	Minimum serve	Menu Design Comments	Nutritional standards
Fruit Fresh or canned or stewed (without sugar) or Dried Fruit	3/day	1 medium piece (e.g. apple, pear, small banana) 120g 30g e.g. 4 prunes	Provide a variety of fruit to avoid monotony in the diet. Include seasonal fruit where possible	In natural fruit juice of water
Juice	1 day	100ml	Due to the high-energy content of juice, this is limited to 1 a day to provide adequate vitamin C	100% juice; no added sugar AT least 20mg vitamin C/100ml
Cereal- hot e.g. porridge	1 /breakfast meal	180g cooked weight		
Cereal –cold	4/breakfast meal	Portion packs where available Or 30g		Cereals to contain less than 30g sugar/100g. Offer at least 2 varieties of cold cereal with a fibre content of at least 3g total fibre/serve and one providing >5g/serve
Protein source at Breakfast	1/breakfast	125g Yoghurt (low fat) or 1 egg or 20g cheese (low fat) or 110g baked beans Or Fruit smoothie	Aim to give protein to improve satiety in this patient group. Options should be low in saturated fat. Low protein food, such as spaghetti, tomato and	At least 5g protein per portion

			mushrooms can be offered as an addition to enhance variety and reduce monotony.	
Bread	Offered at each main meal. Consumers should be able to select up to 2 slices per meal.	1 slice 1 roll (30g)	Choice of fibre-increased white and at least one of wholemeal, wholegrain or multigrain bread to be available.	<400mg sodium per 100g
Margarine	1 /main meal	1 portion (10g) per 2 slices of bread	Poly- or monounsaturated margarine always available. PCU's should be used to limit intake	
Spreads	3/breakfast	Portion control packs where available	Minimum of 3 choices. Options of marmite, jam, honey, marmalade, peanut butter.	Low –joule jam is not necessary for people with diabetes.
Cold beverage-milk	1/meal and at each mid-meal	150ml	Consumption of water should be encouraged. Reduced fat milk should be available at each meal and mid-meal. Reduced fat soy milk to be available on requests. Low joule cordial can be optional at mid-meals. (Weight Watchers or Diet Refresh)	Soy milk to contain at least 100mg calcium/100ml.
Hot beverages	Offered at least 6 times per day at meals or mid-meals.	150ml 15ml milk for hot beverage	Tea, coffee, herbal teas, low fat milk drinks. Access to tea and coffee may need to be limited for some to reduce the over-consumption of caffeine. Decaffeinated tea and coffee should be available. Sweetened drinks like Milo should be limited to one per day i.e. supertime	

Sugar and sugar substitute	1 of each per meal when hot beverage served.	Portion control pack of sugar or substitute, unless contraindicated. Substitute should be Stevia, sucralose or Aspartame.	Offer 2 if an individual selects cereal and hot beverage at breakfast.	
Soup	One variety of soup to be offered daily	180ml	Variety at consecutive meals. Soup to provide at least 180kJ and at least 2g protein	e.g. Pumpkin, tomato, potato and leek
Hot dish (lunch and dinner)	Offer hot dishes on at least 2 meal occasions per day. Provide a minimum of 1 hot dishes per meal. A vegetarian option should also be available at each meal.	Over the whole menu cycle, at least 28 different main hot dish items should be used on the menu. The suggestion is that this is as 2 choices a meal with potentially half the choices being repeated over a 4-week menu. The menu cycle length should be planned considering that the average patient stays in hospital over several months.	At least 1 main dish a day should have red meat in it. A variety of meat is to be provided for consecutive meals. Fish choices should be offered at least 3 times per week (as a hot main dish, or in salads and sandwiches). Serve to be 110g minimum. Vegetarian dishes should not be repeated more than twice in a week. Predominantly solid meat/fish should have a max of 10g fat per serve. Wet dishes (meat predominant) should have at least 20g protein per service, a max of 15g fat and a max of 460mg sodium e.g. stews (likely to be 120g in weight or more) Wet dishes with meat and vegetables should have at least 10g protein per serve, a max of 15g fat and a max of 575mg sodium/serve. E.g. stir-fry, risotto. (likely to be 150g or more)	Use unsaturated fat in making main meals where appropriate. Less than 20% of the hot main menu items to have more than 15g fat per serve. Less than 10% of the main menu items to have more than 575mg sodium per serve. Lean meats and poultry to be used. Variety is important for long-stay patients, so the opportunity for variation to the meal service should be considered i.e. barbeque or picnic type meals. Generally, these variations should still be within stipulated guidelines.

			Vegetarian dishes should have an energy content of 700-1500kj per serve, at least 15g protein and a max of 25g fat and 575mg sodium.	
Potato, rice or pasta	1-2 choices at each meal offering main hot choices. An alternative to potato is offered at least once per day. Rice or pasta should be offered when it would be typical accompaniment with a meal.	90g	Consider use of lower GI varieties of rice (e.g. Basmati, Doongara)	Cook with minimal salt Use unsaturated fat in all potato recipes.
Vegetables	2 varieties at each meal offering main hot choices (except breakfast)	70g per vegetable portion	Serve at least one red/orange and one dark green or leafy vegetables per day. A side salad of at least 5 vegetables/fruit may be offered instead	e.g. Greek or side salad. Cook without added salt. Use unsaturated fat in vegetable recipes.
Sandwich	1 sandwich should be offered per day. There should be a significant nutrient content in the sandwich	The lean meat component should be greater than 50g/sandwich, cheese must be greater than 21g/sandwich	Energy content should be at least 800kj including starch component, at least 10g protein, and a max of 575mg sodium. Ideally the sandwich should not contain high fat components	Egg and lettuce sandwiches, roast beef sandwich. Processed meats should be limited to twice weekly in total.
Salad as a main meal	1 salad should be offered at least once per day	Minimum of 5 different vegetables with a minimum total of 90g. The protein content should provide at least 20g/serve, and there should be no more than 30g fat, sodium should be 575mg/serve max.	Portion control salad dressings should be offered as an optional choice item. Fish choices should be offered at least 3 times weekly (as hot dish, sandwich or salad).	Lean meat and poultry should be used. Processed meats should be limited to twice weekly in total.
Desserts	Offer desserts once per day. Portion size should be about 90-120g/serve.	Should provide no more than 1200kj per serve, at least 4g Protein,	Repetition of dessert items should be limited to once per	Use unsaturated fat in the making of desserts, where appropriate.

Mid-meal snacks

It should be moderate energy, high protein and calcium content.		week, with exceptions of custard and yoghurt.	e.g. fruit crumble, baked custard.
3 per day	<p>Alternatives:</p> <ul style="list-style-type: none"> 20g biscuits (or 1 portion pack) 1 piece of fruit Canned fruit in natural juice (portion pack) Low fat yoghurts Vegetables sticks and dips Crackers and salsa or low fat cheese Half a sandwich Fruit toast/bread 	<p>Supper should be served at a time that limits the gap overnight from supper to breakfast to be less than 12 hours.</p> <p>Most mid-meal items should provide <500kJ per serve, but occasional offering of higher energy options is acceptable.</p>	<p>High fibre biscuit choices should be preferred.</p> <p>Poly or mono-unsaturated margarine to be used on sandwiches.</p>

DIET: BARIATRIC

Aim: To provide the appropriate food and fluids for a patient following bariatric surgery. The diet progress from being nil by mouth, to clear fluids, free fluids and then to puree by Day 3

Indications: First three days following bariatric surgery

Precautions: If a patient stays in hospital longer than 3 days they may require a dietitian visit and will be changed to the most appropriate diet code. This is a set menu therefore patients do not receive any choice. Straws should not be supplied, and patients should be encouraged to take sips from cups to provide sufficient fluid intake.

Nutrition adequacy: Nutritionally inadequate.

Menu planning guidelines:

The diet should be served in small quantities as the aim is to test the gut's acceptance of liquids, then pureed food, not provide complete nutrition. All liquids offered will be sugar-free. The nurse should specify in the diet comments in Trendcare, which day the patient is post-surgery. Day1 - Clear Fluids (low sugar), Day2 – Free Fluids (low sugar), Day 3 – Puree. No lemonade ice blocks, supplementary drinks or ice-cream should be offered. Day 3 avoid mashed potato, butter or margarine

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	All well-cooked meat, poultry, fish and eggs	Undercooked meat, poultry or fish Raw tofu, smoked fish, tempeh
Sauces, gravies	All cooked	
Starchy vegetables/ pasta/ rice	All cooked	
Vegetables	All cooked	
Soups	All hot soups	Cold soups Miso soup
Sandwiches	All breads Pasteurised meats (cooked in bag) and sliced acceptable with correct food hygiene practices Boiled eggs, canned fish Commercially packaged mild cheese (e.g. cheddar) Cottage cheese may be used if served on the day the package is opened	Sliced processed meats (e.g. ham, chicken roll) Cold chicken or turkey Smoked meat and fish Pâtés and meat spreads
Salads, dressing	Sanitised vegetables only Boiled eggs, canned fish Pasteurised meats (cooked in bag) and sliced acceptable with correct food hygiene practices. Commercially packaged mild cheese (e.g. cheddar) Cottage cheese may be used if served on the day the package is opened Portion packs of commercial mayonnaise and dressings	Unwashed raw vegetables and sprouts, including mushrooms Leafy green vegetables, e.g. lettuce Salad dressings made with blue cheese or raw eggs Sliced processed meats (e.g. ham, chicken roll) Cold chicken or turkey Smoked meat and fish Peeled prawns Raw sprouts

Breads, cereals

All breads, processed ready-to-eat
Cooked breakfast cereals
All cooked pasta and rice

Raw oats Raw muesli

Spreads

Jam, peanut butter, Vegemite™

Pâtés and meat spreads, honey

Hot breakfast cereals

All cooked

Fruit

Sanitised fresh fruit. Portion-control
packs of fruit

Fresh fruit with a rough texture (e.g.
raspberries, rock melons)

Yoghurt

All yoghurt

Dessert

Hot desserts

Unrefrigerated cream-filled pastries

Heat-treated portion-control cold
desserts

Soft-serve ice-cream

Refrigerated commercial and homemade
cakes, pastries and puddings

Normal frozen ice-creams

Milk and Cheese

All pasteurised milk and milk products

Soft, semi-soft and surface ripened
cheese (e.g. brie, camembert, feta,
blue)

Commercially packaged mild cheese (e.g.
cheddar)

Cottage and ricotta cheese may be used
if served on the day the package is
opened

Biscuits

All portion packs

Miscellaneous

Nutritional supplements

Raw nuts and nuts in shells Raw oysters

DIET: NEUTROPENIC/ ANTE-NATAL

Aim: To provide a diet limiting foods at high risk of carrying food-borne disease.

Characteristics: Avoids food with a high bacterial or fungal load.

Indications: Patients with neutropenia, those who are severely immunosuppressed (e.g. post-transplant; undergoing some cancer treatments, pregnant women.

Precautions: As these patients are often malnourished, nutritional supplements may be required and these patients should be supervised by a dietitian. All salads and sandwiches must be prepared on the day of service and not purchased pre-prepared.

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	All well-cooked meat, poultry, fish and eggs	Undercooked meat, poultry or fish Raw tofu, smoked fish, tempeh
Sauces, gravies	All cooked	
Starchy vegetables/ pasta/ rice	All cooked	
Vegetables	All cooked	
Soups	All hot soups	Cold soups Miso soup
Sandwiches	All breads Pasteurised meats (cooked in bag) and sliced acceptable with correct food hygiene practices Boiled eggs, canned fish Commercially packaged mild cheese (e.g. cheddar) Cottage cheese may be used if served on the day the package is opened	Sliced processed meats (e.g. ham, chicken roll) Cold chicken or turkey Smoked meat and fish Pâtés and meat spreads
Salads, dressing	Sanitised vegetables only Boiled eggs, canned fish Pasteurised meats (cooked in bag) and sliced acceptable with correct food hygiene practices. Commercially packaged mild cheese (e.g. cheddar) Cottage cheese may be used if served on the day the package is opened Portion packs of commercial mayonnaise and dressings	Unwashed raw vegetables and sprouts, including mushrooms Leafy green vegetables, e.g. lettuce Salad dressings made with blue cheese or raw eggs Sliced processed meats (e.g. ham, chicken roll) Cold chicken or turkey Smoked meat and fish Peeled prawns Raw sprouts
Breads, cereals	All breads, processed ready-to-eat Cooked breakfast cereals	Raw oats Raw muesli

Spreads	All cooked pasta and rice	
Hot breakfast cereals	Jam, peanut butter, Vegemite™	Pâtés and meat spreads, honey
Fruit	All cooked	
Yoghurt	Sanitised fresh fruit. Portion-control packs of fruit	Fresh fruit with a rough texture (e.g. raspberries, rock melons)
Dessert		All yoghurt
	Hot desserts	Unrefrigerated cream-filled pastries
	Heat-treated portion-control cold desserts	Soft-serve ice-cream
	Refrigerated commercial and homemade cakes, pastries and puddings	
	Normal frozen ice-creams	
Milk and Cheese	All pasteurised milk and milk products	Soft, semi-soft and surface ripened cheese (e.g. brie, camembert, feta, blue)
	Commercially packaged mild cheese (e.g. cheddar)	
	Cottage and ricotta cheese may be used if served on the day the package is opened	
Biscuits	All portion packs	
Miscellaneous	Nutritional supplements	Raw nuts and nuts in shells Raw oysters

DIET: POST-NATAL (MATERNITY)

Aim: To provide a nutritionally adequate diet for after they have given birth to their baby.

Characteristics: These patients no longer need low listeria diet restrictions and have increased calorie and protein needs due to breastfeeding.

Indications: Women post-delivery

Precautions: In addition to the full menu, two - three extra snacks should be offered per day.

Nutrition adequacy: Nutritionally adequate.

Nutrients with higher daily requirements Lactation

Energy (KJ)	+ 2100
Folate (ug)	+100
Vitamin C (mg)	+40
Calcium (mg)	+300
Iron (mg)	0

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY		ALLOWED	NOT ALLOWED
Hot main dishes	All		None
Sauces, gravies	All		None
Starchy vegetables/ pasta/ rice	All		None
Vegetables	All		None
Soups	All		None
Sandwiches	All		None
Salads, dressing	All		None
Breads, cereals	All		None
Spreads	All		None
Hot breakfast cereals	All		None
Fruit	All		None
Yoghurt	All		None
Dessert	All		None
Milk and Cheese	All		None
Biscuits	All		None
Miscellaneous	All		

DIET: LOW POTASSIUM, SODIUM & PHOSPHORUS

Aim: To provide a diet with the following nutrient content:

Energy: at least 1940 Kcal/day (8000kj/day)

Protein: 1g/protein per day (76g based on reference person)

Sodium: <100mmol (2300mg) per day

Potassium: <70mmol (2730mmol) per day

Phosphate: <1200mg per day

Characteristics: Limits foods high in sodium, potassium (milk, yoghurt, legumes, nuts, and some fruit and vegetables), and phosphate (dairy and legumes).

Indications: Patients with renal disease

Precautions: Patients on dialysis will need to be provided with additional protein via snacks or supplementation. It is intended that there will dietetic involvement/ support for these patients.

Nutrition adequacy: This diet may not meet individual nutrient requirements due to the individual needs and treatment of this patient group. Supplementation may be required.

Menu planning guidelines:

See the standard diet for other nutrient requirements.

Suggested meal structure:

Meal	SODIUM	POTASSIUM	PHOSPHATE
Breakfast:	<500mg	<15mmol (585mg)	<250mg
Morning tea:	<250mg	<5mmol (195mg)	<100mg
Lunch:	<600mg	<20mmol (780mg)	<350mg
Afternoon tea:	<250mg	<5mmol (195mg)	<100mg
Dinner:	<600mg	<20mmol (780mg)	<350mg
Supper:	<100mg	<5mmol (195mg)	<50mg

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	Plain roasted and grilled meat, fish and poultry (e.g. plain roasted meats, poultry, steamed fish, eggs)	Legumes and lentils (unless vegetarian)
Sauces, gravies	Salt-reduced gravies and sauces Salt-reduced gravies and sauces Apple, mint and cranberry sauces Tomato sauce (one portion per day) Cheese sauces and white sauces (only one tablespoon per day)	Soy sauce

**Starchy vegetables/ pasta/
rice**

Plain rice and pasta
Potato: limit to one serve per day
Note: To reduce potassium content, boil in large volume of water, rather than steaming or roasting

Brown rice, wholemeal pasta
Baked potato with skin and potato chips

Vegetables

Four serves per day
Carrot, Cauliflower, Capsicum, Cabbage, Lettuce, Peas, Celery, Swede, Onion, Cherry tomato, Mushroom, Cucumber, Green beans,
Note: To reduce potassium content, boil in large volume of water, rather than steaming or roasting

Broccoli, Courgette, Parsnip, Tomato, Spinach, Pumpkin, Silver beet
Any vegetables served with cheese sauce or white sauce
Mixed legumes, e.g. three-bean mix

Soups

None

All

Sandwiches

White, wholegrain and wholemeal bread
Aim for at least 10 g protein per serve (e.g. unsalted meat, chicken, egg, reduced-salt canned fish)

≥20mmol (460mg) sodium per serve

Salads, dressing

Follow vegetable specifications

Breads, cereals

White, wholegrain and wholemeal bread
Limit bread to six slices per day
Most plain breakfast cereals
e.g. rolled oats made with water, Weet-bix™, Light n Tasty™, Special K™, Just Right® (tropical or apple), Mini-Wheats® (whole wheat or strawberry); many other cereals not listed may meet these allowances and could be used

All Bran®, Sultana Bran®, muesli, rolled oats made with milk

White rice and pasta

Unsalted unflavored rice cakes

Spreads

Salt-free butter and margarine, jam, honey

Regular butter and margarine
Peanut butter, Vegemite™, Marmite™

Hot breakfast cereals

Plain boiled, poached or scrambled eggs and omelettes, prepared with no added salt

Baked beans
Bacon, sausages, canned spaghetti
Egg dishes prepared with salt

Reduced-salt baked beans (90g or 1/3 cup)

Reduced-salt canned spaghetti

Fruit

Fresh apples, pears, watermelon, berries, feijoa.

Apricots, bananas, mango, mandarin, plum, pineapple, orange, grapes, kiwifruit, peach, nectarine

All canned fruit (preferably drained)

Dried fruits

Yoghurt

100g yoghurt per day

Dessert

Pavlova, ice-cream, jelly, apple sponge, apple Danish, apple pie, mousse, jam roll

e.g. rich chocolate, fruit or banana cake

Milk and Cheese

Milk for cereal, tea and coffee (<250ml per day)

All milk (including soy milk), other than for cereal, tea and coffee

Any plain milk (cow, soy, goat)

Hard cheese if above meal limits
Portion-control cheese at mid-meals

Biscuits

One slice cheese per day

Hard cheese as allowed in hot main and sauces, salad or sandwich limits

Ricotta and cottage cheese allowed

Plain refined-flour crackers and biscuits (e.g. Milk Arrowroot™, Ryvita®, rice cakes)

>1.5mmol (58mg) potassium per serve of two biscuits, e.g. some chocolate, wholemeal or fruit biscuits

>3mmol (69mg) sodium per serve of two biscuits or portion-control pack (e.g. Jatz™)

Beverages

Tea, cordial, non-cola-based soft drinks

Milk and milk-based drinks, Sustagen™

Limit coffee to three cups per day

Fruit and vegetable juices

Miscellaneous

Herbs, spices, vinegar, lemon wedge, pepper

Milo®, cocoa

Nuts, olives

Chutney and pickles (small amounts only)

Monosodium glutamate (MSG), salt sachets, coconut, dried fruit, chocolate

Sugar, cream

DIET: GLUTEN FREE - WHEAT FREE

Aim: To provide a diet that excludes all products containing the cereal protein gluten and all wheat.

Characteristics: Avoids all foods containing wheat, rye, barley, oats, malt, spelt and treacle. All products should comply with the NZ Food Standard requirements to have no gluten.

Indications: Patients with coeliac disease, dermatitis herpetiformis, wheat allergy or wheat intolerance.

Precautions: Gluten is found extensively in prepared and commercial products; read product labels carefully. All packaged food containing gluten must carry a mandatory warning statement under Standard 1.2.3 of the Food Standards Code and should therefore be able to be identified on food labels. The following ingredients also indicate the likely presence of gluten: corn flour, starch, modified starch, maltodextrin, dextrin and thickeners 1400–1450. Foods that are naturally gluten-free (e.g. fresh meat, fruit and vegetables) and all products labelled gluten free are suitable. Products labelled as low gluten, may contain gluten, or manufactured on the same line as products containing gluten, are not suitable. Sauces can be thickened with gluten-free products (such as xanthan gum) instead of wheat starch.

Nutrition adequacy: This diet is nutritionally adequate, but may be low in dietary fibre.

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	Plain cooked beef, lamb, pork, poultry and fish, without gluten-containing additives Casseroles made with gluten-free cornflour or gums as thickening agents Eggs, legumes	Sausages Meat dishes with gluten-containing additives, e.g. soy sauce Casseroles thickened with flour or wheaten cornflour Crumbed meat or fish Pizza, pies and pastries
Sauces, gravies	Gluten-free sauces or gravies	Soy sauce Gravy thickened with flour or wheaten corn flour
Starchy vegetables/ pasta/ rice	Plain boiled, roasted and mashed potato Rice, rice noodles, polenta, gluten-free pasta	Scalloped potato, seasoned wedges Regular pasta and wheat noodles, couscous
Vegetables	All others	Vegetables with thickened sauces (e.g. white sauce or cauliflower au gratin)
Soups	Clear soups (with gluten-free stock-cubes) Soups thickened with gluten-free flours, rice, gluten-free pasta, lentils and pulses	Most commercial soups containing thickeners, cereals or grains (e.g. barley, noodles, pasta)

Sandwiches	Sandwiches made on gluten-free bread	Processed meat or other fillings containing gluten
Salads, dressing	Cheese, egg, beans, tuna, salmon Plain cooked beef, lamb, pork and poultry, without gluten-containing additives	Pasta salad Mustard, pickles Check all other ingredients, e.g. roasted meats, for gluten-containing ingredients
Breads, cereals	Gluten-free bread only Rice cakes Gluten-free breakfast cereals (e.g. Freedom muesli, rice- and corn-based cereals without malt ingredients derived from wheat or barley) Psyllium, buckwheat, millet, amaranth, sorghum, quinoa, wild rice	All other breads Most commercial breakfast cereals, including rolled oats, regular muesli, bran cereals, semolina, wheatgerm, Corn Flakes®, Weet-Bix™, Rice Bubbles® Croissants, crumpets
Spreads	Butter, margarine, jam, honey, peanut butter	Vegemite™, Marmite™
Hot breakfast cereals	All others	Sausages, spaghetti, pancakes
Fruit	All fresh and canned fruit	
Yoghurt	Gluten-free yoghurts	Yoghurts not labelled gluten free.
Dessert	Custard without cornflour thickeners Creamy rice, jelly, ice-cream, sago, tapioca	Cakes and puddings Custards made with commercial custard powder Fruit pies, pastries and crumbles
Milk and Cheese	All others	Malted milk Some soy milks
Biscuits	Gluten-free biscuits only	All others
Miscellaneous	Cream, salt, pepper, tamari, wine vinegar, arrowroot, nuts and seeds Some highly-purified wheat products: glucose, caramel colour (150), dextrose	Beverage whitener, malt vinegar, icing sugar mixture

DIET: DAIRY FREE- LACTOSE FREE

Aim: To provide a diet that excludes milk protein and all foods that may contain milk protein, and has a significantly reduced level of lactose.

Characteristics: No milk or milk-derived ingredients, or traces of milk. This diet eliminates mammalian milk i.e. milk from cows, goats, sheep or buffalo. Cheeses are not allowed.

Indications: Milk allergy or intolerance. Lactose intolerance

Precautions: It is not possible to provide a full list of all permitted commercial products; the following are general guidelines only. Care should be taken to read all product ingredient lists to look for ingredients derived from milk, e.g. butter, ghee, cheese, cream, buttermilk, milk or dairy solids, non-fat dairy solids, yoghurt, casein, caseinate, whey, curds, lactoglobulin and lactalbumin.

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	All plain cooked meat, poultry, fish, eggs, and legumes Other dishes made without milk, cheese, cream, butter, yoghurt or regular margarine	Any dishes containing milk, cheese, cream, sour cream, yoghurt, butter or regular margarine, e.g. quiches, omelettes, frittatas, morays, macaroni cheese, lasagne
Sauces, gravies	Sauces made with milk-free margarine, e.g. tomato sauce – check labels	White sauces made with milk, cream, butter or regular margarine Commercial gravy mixes
Starchy vegetables/ pasta/ rice	Steamed and jacket potato Mashed, pureed potato made with milk-free margarine and water Plain rice and pasta	Any dishes made with milk, cheese, butter or regular margarine, e.g. scalloped potato, regular mashed potato
Vegetables	All others	Any vegetables made with milk, cheese, butter or regular margarine (e.g. cauliflower au gratin)
Soups	Other soups made with milk-free margarine – check labels	Any soups made with milk, cream, butter or regular margarine, erg most cream soups Many commercial soups will have added milk solids or casein – check label
Sandwiches	Sandwiches made with milk-free bread and margarine	Cheese, mayonnaise, regular margarine or butter

Salads, dressing		Any meats with milk-derived additives
	Others – check labels	Cheese, mayonnaise
Breads, cereals		Any meats with milk-derived additives
	Milk-free breads	Regular bread, including rolls
	Breakfast cereals without milk ingredients (e.g. rolled oats prepared with water, Weet-Bix™, Corn Flakes®, All-Bran®, some mueslis – check label)	Hot breakfast cereals prepared with milk Breakfast cereals with milk ingredients, e.g. Coco Pops® – check labels
Spreads	Milk-free margarine	Butter, regular margarine
	Jam, honey, Vegemite™, peanut butter	Cheese spreads
Hot breakfast cereals	All others	Scrambled eggs, omelettes
Fruit	All fresh, canned and dried fruits	
Yoghurt	Soy yoghurt	All milk-based yoghurts
Dessert	Jelly	Milk-based desserts, e.g. custards, ice-cream, mousses, cheesecakes
	Soy-milk custard or creamy rice	
	Some sorbets – check label	Cakes, pastry-based and crumble desserts, unless carefully checked
	Tapioca and sago made without milk	Cream
Milk and Cheese	Soy milk	All cow's milk (full and low fat)
	Milk-free soy cheese – check label	All cheeses (including cottage cheese)
Biscuits	Milk-free biscuits only	Many commercial biscuits – check label
Miscellaneous	Plain nuts	Many nutritional supplements, unless carefully checked (e.g. Resource® Fruit Beverage, Resource® Plus, Sustagen®, Ensure®)
		Chocolate

DIET: FODMAP

Aim: To reduce the level of fermentable oligosaccharides, disaccharides and monosaccharides and polyols (FODMAPs) in the diet.

Characteristics: Avoids fruits and vegetables high in fructose or with an unfavorable fructose to glucose ratio; limits dairy foods with high levels of lactose, limits fructo- and galacto-oligosaccharides from foods such as wheat and legumes; avoids fruit and artificial sweeteners high in polyols.

Indications: Patients with irritable bowel syndrome, functional gut disorders and small bowel bacterial overgrowth.

Precautions: Patients usually experience improvement in symptoms within the first week but if there is no improvement after eight weeks, the diet should be discontinued.

It is not possible to provide a full list of all permitted commercial products; the following are general guidelines only. It is important to check the label of commercial foods to eliminate foods with high levels of fructose: high-fructose corn syrup (HFCS), corn syrup solids, fructose and fruit juice concentrate; or high levels of polyols: sorbitol (420), mannitol (421), xylitol (967), maltitol (965) or isomalt (953).

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	All others	Dishes cooked with dried fruit, artichokes, asparagus, leeks, onions or mushrooms Dishes prepared with legumes (e.g. chickpeas, lentils, kidney beans) Any dishes containing milk or soft cheese (e.g. ricotta, cottage cheese)
Sauces, gravies	All others sauces made with without milk, e.g. tomato sauce	Sweet and sour sauce, barbecue sauce, plum sauce, Bolognese sauce White sauces made with milk Gravy thickened with wheat flour
Starchy vegetables/ pasta/ rice	Potatoes, gluten free pasta, quinoa, polenta Rice prepared without milk	Pasta, couscous, rye, barley, spelt, bulgur.
Vegetables	All others (e.g. bamboo shoots, bok choy, broccoli, courgette, carrot, celery, capsicum, eggplant, green beans, silver beet, spinach, tomato, pumpkin)	Artichokes, asparagus, beetroot, brussels sprouts, broccoli, cabbage, corn, cauliflower, kumara, fennel, leeks, mushrooms, okra, onions, garlic, peas, shallots, sugar snap peas

Soups	All other soups made with without milk or wheat flour	Asparagus, cauliflower, leeks, mushrooms, peas, onions Any soups containing noodles
Sandwiches	Sandwiches made with gluten-free bread*	Asparagus, avocado
Salads, dressing	All other ingredients	Artichokes, asparagus, avocado, beetroot, leeks, onions, chicory, radicchio, bean mix Soft cheeses (e.g. cottage cheese, ricotta)
Breads, cereals	Gluten free breads*, rice cakes Corn-, rice- and oat-based breakfast cereals (e.g. rolled oats prepared with water, Corn Flakes®, Rice Bubbles®) – check label for milk ingredients	Wheat and rye breads Wheat- and bran-based breakfast cereals
Spreads	Margarine, butter Vegemite™, peanut butter Jam and marmalade made with sucrose	Honey Jams made with concentrated fruit juice
Hot breakfast cereals	All others	Baked beans, mushrooms, canned spaghetti
Fruit	Berry fruits (e.g. strawberries, blueberries, raspberries, cranberries) Citrus fruits (oranges, mandarins, lemons, grapefruit) Other fruits: bananas, grapes, honeydew melons, kiwifruit, pineapples, rhubarb, rock melons, passionfruit, pawpaw, papaya, tamarillo	Fresh apples, boysenberries, feijoa, apricots, pears, mangoes, nashi fruit, peaches, plums, prunes, nectarines, watermelon, cherries, persimmons, ripe banana Dried apples, apricots, currants, dates, figs, pears, prunes, raisins, sultanas Canned fruit in natural juice
Yoghurt	Soy yoghurt may be used, but milk-based natural yoghurt (without inulin) is usually tolerated in small serves	Fruit yoghurt, or yoghurt with added inulin
Dessert	Jelly, meringues Soy-milk custard or creamy rice Some sorbets – check label Tapioca and sago made without milk, e.g. lemon or orange sago	Milk-based desserts, e.g. custards, ice-cream, mousses, cheesecake Cakes, pastry-based and crumble desserts, unless carefully checked Cream, creamy rice
Milk and Cheese	Soy milk Lactose-reduced milk Matured and semi-matured cheese (e.g. cheddar, brie, camembert)	All cow's milk (full and low fat) Processed and soft cheeses (e.g. cottage cheese, ricotta)
Biscuits	Gluten-free biscuits without dried fruit	Fruit juices, soft drinks, cordial Milk, flavored milk, Milo®
Miscellaneous	Sugar and glucose Maple syrup, golden syrup, nuts Supplements with low lactose,	Many nutritional supplements, unless checked for lactose levels

DIET: ONCOLOGY

Aim: To provide a diet for patients who are undergoing cancer treatment.

Characteristics: Diet should enable patients to choose foods appropriate to any symptoms they may have e.g. appetite/ weight loss, changes in taste or smell, constipation, diarrhea, vomiting/nausea, sore mouth/ throat/ swallow, dry mouth, lactose intolerance and should cater for those patients who are neutropenic.

The addition of two high-energy high-protein snacks should be made available to patients.

Indications: Symptoms as above.

Precautions: Not available to patients with food intolerances/ allergies, texture modifications.

Nutrition adequacy: Nutritionally adequate.

Menu planning guidelines: Limitations are for those patients who are neutropenic only. See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	All well-cooked meat, poultry, fish and eggs	Undercooked meat, poultry or fish Raw tofu, smoked fish, tempeh
Sauces, gravies	All cooked	
Starchy vegetables/ pasta/ rice	All cooked	
Vegetables	All cooked	
Soups	All hot soups	Cold soups Miso soup
Sandwiches	All breads Pasteurised meats (cooked in bag) and sliced acceptable with correct food hygiene practices Boiled eggs, canned fish Commercially packaged mild cheese (e.g. cheddar) Cottage cheese may be used if served on the day the package is opened	Sliced processed meats (e.g. ham, chicken roll) Cold chicken or turkey Smoked meat and fish Pâtés and meat spreads
Salads, dressing	Sanitised vegetables only. Boiled eggs, canned fish Pasteurised meats (cooked in bag) and sliced acceptable with correct food hygiene practices Commercially packaged mild cheese (e.g. cheddar) Cottage cheese may be used if served on the day the package is opened Portion packs of commercial mayonnaise and dressings	Unwashed raw vegetables and sprouts, including mushrooms Leafy green vegetables, e.g. lettuce Salad dressings made with blue cheese or raw eggs Sliced processed meats (e.g. ham, chicken roll) Cold chicken or turkey Smoked meat and fish Peeled prawns Raw sprouts

Breads, cereals

All breads, processed ready-to-eat
Cooked breakfast cereals
All cooked pasta and rice

Raw oats Raw muesli

Spreads

Jam, peanut butter, Vegemite™

Pates and meat spreads, honey

Hot breakfast cereals

All cooked

Fruit

Sanitised fresh fruit* Portion-control
packs of fruit

Fresh fruit with a rough texture (e.g.
raspberries, rock melons)

Yoghurt

All yoghurt

Dessert

Hot desserts

Unrefrigerated cream-filled pastries

Heat-treated portion-control cold
desserts

Soft-serve ice-cream

Refrigerated commercial and homemade
cakes, pastries and puddings

Normal frozen ice-creams

Milk and Cheese

All pasteurised milk and milk products
Commercially packaged mild cheese (e.g.
cheddar)

Soft, semi-soft and surface ripened
cheese (e.g. brie, camembert, fetta,
blue)

Cottage and ricotta cheese may be used
if served on the day the package is
opened

Biscuits

All portion packs

Miscellaneous

Nutritional supplements

Raw nuts and nuts in shells Raw oysters

DIET: LOW ALLERGEN

Aim: To provide a diet that excludes foods and chemicals that lead to severe food sensitivity and allergy reactions.

Characteristics: Avoids Cow's milk protein, Peanuts and tree nuts, Eggs, Soy, Fish and Seafood, Wheat, Seeds (sesame, sunflower, poppy), Legumes (chickpeas, beans, peas, lentils), Mustard and Garlic, Banana, Kiwifruit, Avocado, Sulphite Additives (220-228). This can be a mild response (e.g. a skin rash or diarrhoea) to a life-threatening reaction.

Indications: Patients admitted with severe allergic/ food sensitivity reactions. This diet may also be used by breast feeding mothers whose babies have multiple allergies.

Precautions: Requires supervision by a dietitian.

Nutrition adequacy: This diet is not nutritionally adequate – supplemental vitamins and minerals are usually required.

Menu planning guidelines:

This menu code needs to be flexible so that dietitians can add appropriate food items once patient has been assessed. i.e. if they do tolerate cows' milk then soy milk may be substituted. A safe food list could then be provided to the patient to add items to the menu

MENU CATEGORY

NOT ALLOWED

Cow's milk	All mammalian milks such as cow's milk or goat's milk and any products made with these. I.e. Milk, yoghurt, cheese, butter, cream, buttermilk, butter, ghee, calcium caseinate, casein, caseinate, sodium caseinate, demineralised whey powder, lactalbumin, lactoglobulin, lactose, rennet, milk powder, milk protein, milk solids, non-fat milk, non-fat milk solids, skim milk, skim milk powder, sweet whey powder, whey, whey protein concentrate, whey solids
Soybeans and soy products	Soy milk, soy protein, tofu, tempeh, soy beans, edamame, bean curd, soy sauce, black bean sauce, miso soup, soy or soya oil, (salad or unspecified cooking oil), soy flour, soy lecithin or unspecified lecithin, hydrolysed or textured vegetable protein (HVP and TVP) Vegetable gum, vegetable starch.
Eggs (includes duck, goose or chicken)	Egg white, egg yolk, dried egg, powdered egg, egg lecithin, meringue, mayonnaise, custard powder, albumin, ovalbumin, ovomucoid, globulin, avidin, livetin, lyozyme,
Wheat	Wheat, wheat flour, wheat bran, breadcrumbs, wheat germ, wheat starch, semolina, couscous, bulgur, spelt, kamut, durum, dinkel, spelt, tricale. Bread, pasta, most breakfast cereals, baked goods made with wheat flour ie. cakes, muffins, biscuits, Soy sauce, soups dressings, check cornflour, baking powder.
Fish and seafood	Cod, salmon, trout, herring, pike, hake, mackerel, haddock, shark, terakihi, hapuka, snapper, sole, flounder, halibut and tuna. Shrimp, prawn, crab, crayfish, lobster, oyster, clam, scallop, scampi, paua, octopus, pipi, tuatua, mussel, squid, surimi, fish sauce
Peanuts and tree nuts	Peanut oil, arachis oil, satay, ground nuts, beer nuts, monkey nuts, peanut flour, mixed nuts, cashew nuts pistachios, brazil nuts, hazelnuts, walnuts, almonds, pecans, pine nuts, chestnut, macadamia nuts, coconut, 'Peanut butter', 'Nutella', praline, nougat,

Legumes/pulses	Chickpeas, hummus, beans, peas, lentils
Meat	Beef
Seeds	Sesame, sunflower, poppy, hummus, tahini,
Sulphites	Dried fruit, additive numbers 220-228
Fruit & vegetables	Banana, avocado, citrus fruits, kiwifruit, tomato
Seasonings	Mustard , garlic

Sample Meal Plan:

Breakfast	Lunch	Dinner	Additional Snacks
GF Cereal, no nuts GF Rice based hot cereal, no nuts Stewed fruit, apple or pear 100ml Apple juice (not drink) Rice milk (fortified Ca2+) Sugar or Equal GF, Soy free & cow's milk free bread Spreads- honey or apricot jam	2 meat/ chicken or 2 Baked potato/ rice Salad with DF/GF/SF dressing or Hot Vegetables GF Bread, soy free and milk free Spreads- honey or apricot jam Raw Fruit, apple or pear Salt and pepper Rice milk (calcium fortified)	2 meat/chicken 2 Baked potato /rice/ choices (DF, SF) 2 vegetable (excluding DF potato/kumara) choices Salt and pepper GF dessert made with fruit, no egg, no soy, no milk	DF/GF/EF baked item Tea or coffee (white with rice milk or black)

DIET: CLEAR FLUIDS

Aim: To provide clear fluids to replace or maintain the body's water balance and leave minimum residue in the intestinal tract.

Characteristics: Only fluids or foods that liquefy at room temperature. All liquids containing fat are excluded.

Indications: Patients who have just had gastrointestinal surgery and require oral rehydration, to reduce the amount of residue in the colon as preparation for bowel surgery or barium enema, for severe nausea, vomiting or acute diarrhea.

Precautions: Patients may not receive a menu. If this diet is to be used in preparation for a gastrointestinal procedure.

Nutrition adequacy: This diet is inadequate in all nutrients and should not be used as the source of nutritional support for more than three days, unless appropriate nutrition supplements are used.

Menu planning guidelines:

See the standard diet for nutrient requirements.

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	None	
Sauces, gravies	None	
Starchy vegetables/ pasta/ rice	None	
Vegetables	None	
Soups	Fat-free clear soup and broths	Cream soup or soup with visible food pieces
Sandwiches	None	
Salads, dressing	None	
Breads, cereals	None	
Spreads	None	
Hot breakfast cereals	None	
Fruit	None	
Yoghurt	None	
Dessert	Plain jelly, sorbet	All others
Milk and Cheese	None	
Biscuits	None	
Beverages	Water, apple juice, other pulp-free fruit juice, cordial, soft drink. Black tea and coffee	All others Prune juice
Miscellaneous	Plain boiled sweets, gums and Jubes Commercial rehydration fluids Commercial high-energy, fat-free, milk-free nutritional supplements Sugar, salt, sweetener	Cream, pepper.

DIET: FREE FLUIDS

Aim: To provide a diet of liquids.

Characteristics: Liquid foods that require no chewing

Indications: A temporary transition from clear fluids to a normal diet as indicated.

Precautions: Patients may not receive a menu. Patients ordered this diet should be monitored regularly to ensure adequate dietary intake.

Nutrition adequacy: This diet is inadequate in many nutrients and should not be used as the sole source of nutritional support for more than three days, unless appropriate supplements are used.

Menu planning guidelines:

MENU CATEGORY	ALLOWED	NOT ALLOWED
Hot main dishes	None	
Sauces, gravies	None	
Starchy vegetables/ pasta/ rice	None	
Vegetables	None	
Soups	<1.5g fibre per serve Soups without visible food pieces including homogenised or pureed soups	Soups with visible food pieces
Sandwiches	None	
Salads, dressing	None	
Breads, cereals	Strained rolled oats, semolina or rice cereal with milk, sugar or honey.	All bread Other breakfast cereals
Spreads	None	
Hot breakfast cereals	None	
Fruit	None	
Yoghurt	Drinking yoghurt Smooth yoghurt without fruit pieces	Yoghurt with visible fruit or nuts
Dessert	Plain jelly, plain smooth ice-cream, soft custard and smooth milk desserts (e.g. mousse, crème caramel)	All others
Milk and Cheese	Plain and flavoured milk or dairy alternatives	All cheeses
Biscuits	None	
Beverages	Fruit juice, water, milk, tea and coffee Cordial and soft drink are allowed but minimised to maximise nutrient intake Strained vegetable juices	All others
Miscellaneous	Nutrition supplements may be required Note: Milk powder, protein powder or glucose polymer may be added to drinks or soups to increase energy content Sugar, sweetener, salt, pepper, thin cream.	

EXTRA ITEMS: DIETITIAN REQUEST

The table below contains a standard list of approved extras. These items may be added to patient meals at the dietitian's or clinicians request to assist with alternatives needed for some special diets and for patients with risk of menu fatigue.

Items Available at Every Meal

- Spreads – honey, strawberry jam, apricot jam, marmalade, peanut butter, vegemite, marmite, diabetic jam, margarine, butter
- Fruit juice
- Cup-a-Soup (specify if to be made up)
- Baked beans
- Spaghetti
- Raw whole eggs (to be microwaved on ward)
- Fresh fruit (specify if a soft option is required)
- Stewed fruit
- Pureed fruit
- Yoghurt – apricot, strawberry, fruits of the forest
- Lite Yoghurt – plain, apricot, raspberry and vanilla, boysenberry and vanilla
- Smooth custard yoghurt
- Dairy food – strawberry, chocolate, toffee
- Flavoured milk – strawberry, chocolate
- Water crackers and Edam cheese
- Rice crackers
- Twin-pack cookies – chocolate chip, Anzac, shortbread
- Wine biscuits
- Jelly
- Ice-cream – vanilla

Specific Lunch and Dinner Items

- Steamed fish
- Steamed chicken
- Simple sandwiches – ham, chicken, egg, cheese, salad
- Rice
- Bread – white or wholemeal
- Hot chips
- Fortified pudding (mousse with Sustagen powder) DINNER ONLY
- Custard – dairy or soy

EXTRA ITEMS: WARD/ RETAIL EXTRA

The following are food items that may be ordered by the ward for any patient or for re-stocking of Diabetes Hypo Kits. The ward is charged additionally for these items.

- Lemonade (390mls)
- Coke (390mls)
- Diet coke (390mls)
- Sprite (390mls)
- Diet Sprite (390mls)
- E2
- Powerade
- Ginger Ale
- Twist Juice (125mls)
- Keri Juice (375mls)
- Calci Yum Milk - Tetra Pack
- Popsicles
- Chicken Potato Chips
- Salt & Vinegar Potato Chips
- Plain Potato Chips
- Le Snack (22g)
- Muffins
- Scones
- Twin Pack Cookies (14g)
- Pinky Bar
- Moro Bar
- Crunchy Bar

EXTRA ITEMS: NEUTROPENIC/ ANTE-NATAL MENU

The following food items are to be available for patients on the Neutropenic / Ante-Natal Menu. Patients are able to add any two of the following items to any meal service.

- Canned Baked Beans
- Canned Spaghetti
- Eggs (raw) they are cooked on the ward
- Instant Noodles
- Biscuits: Cookies or Plain (sealed)
- Vanilla Ice Cream Tubs
- Calci-Yum Dairy Food
- Yoghurt (Ante-natal patients only)
- Flavoured Milk
- Custard
- Seasonable peel-able fruit
- Crackers – wheat or plain (sealed)
- Cup-of-Soup packet
- Hot chips (Lunch Only)



West Coast District Health Board
Te Poari Hauora a Rohe o Tai Poutini

Dietitian Resource Manual

MODIFIED DIETS

West Coast
DHB

Greymouth
West Coast
New Zealand

Version 5
Reviewed February 2017
Next review – February 2019

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1.00 SPECIAL DIET PROCEDURE

1.00 Request for a special diet for a patient is received via Trendcare from:

- i) Ward staff;
- ii) Dietitian;
- iii) Speech Language Therapist;

1.04 Patient is allocated the appropriate menu option on Buckeye and then chooses daily from the options offered unless a specific meal plan is entered by the dietitian and in that case, the meal plan is followed.

RELEASED UNDER THE OFFICIAL INFORMATION ACT.

**1.01 CLEAR LIQUID DIET**

A clear liquid diet includes only fluids or foods that are clear and are liquid or liquefy at room temperature. All liquids containing fat are excluded.

Intended for patients Pre & Post-surgical or those with obstructions. May be suitable for patients who do not tolerate lactose or gluten.

	Foods To Avoid	Foods Allowed
Bread & Cereals	All	
Meat & Meat Alternatives	All	
Fruit & Vegetables	All	
Milk & Milk Products	All	
Soups	<ul style="list-style-type: none">• Cream soup or soup with visible food pieces	<ul style="list-style-type: none">• Fat free clear soup and broth
Desserts	All others	<ul style="list-style-type: none">• Jelly
Beverages	<ul style="list-style-type: none">• Prune juice	<ul style="list-style-type: none">• Water• Apple juice & other pulp free fruit juice• Black tea or coffee

Sample Menu:**Breakfast:**

Clear fruit juice
Ginger ale
Jelly

Lunch:

Clear broth
Clear fruit juice
Jelly

Dinner:

Clear broth
Clear fruit juice
Jelly

**1.02 FULL LIQUID DIET**

A full liquid diet is a diet consisting of foods that are liquid or liquefy at room temperature and require no chewing.

Intended for Pre & Post-surgical or those with obstructions. Not suitable for those with lactose intolerance (check for gluten intolerance).

	Foods To Avoid	Foods Allowed
Bread & Cereals	<ul style="list-style-type: none">• All	
Meat & Meat Alternatives	<ul style="list-style-type: none">• All	
Fruit & Vegetables	<ul style="list-style-type: none">• All whole fruit and vegetables	
Milk & Milk Products	<ul style="list-style-type: none">• Yoghurt with visible fruit and nuts	<ul style="list-style-type: none">• Milk and milk based drinks• Drinking yoghurt• Strained yoghurt (no fruit pieces)
Soups	<ul style="list-style-type: none">• Soups containing seeds, tough skins, coarse fibres, or visible food pieces	<ul style="list-style-type: none">• Bouillon• Broth• Strained vegetable, meat or cream soups
Desserts	<ul style="list-style-type: none">• All others	<ul style="list-style-type: none">• Jelly• Smooth ice-cream• Soft custard• Smooth milk desserts
Beverages	<ul style="list-style-type: none">• All others	<ul style="list-style-type: none">• Water• Fruit juice• Strained vegetable juice• Tea and coffee• Cordial and soft drink

Sample Menu:**Breakfast:**

Pinto
Milkshake

Lunch:

Clear /strained cream soup
Fruit juice
Dairy food

Dinner:

Clear/strained cream soup
Fruit juice
Jelly & ice-cream

Snacks:

Strained yoghurt
Jelly
Ice cream

**1.03 LOW RESIDUE**

A low residue diet aims to decrease the amount of unabsorbed food residue or dietary fibre entering the intestinal tract.

Intended for post-surgical patients, or those with gastrointestinal disease.

	Food To Avoid	Foods Allowed
Bread & Cereals	<ul style="list-style-type: none">• Wholemeal and wholegrain breads, wholemeal flour products• Wholegrain cereals e.g. weatbix, muesli, bran cereals• Wholemeal pasta• Brown rice	<ul style="list-style-type: none">• White bread, white flour products eg white rolls, cream or water crackers, plain biscuits e.g. wine, arrowroot• Refined breakfast cereals, rice bubbles, cornflakes, creamoata, blended porridge• White pasta• White rice• Semolina or sago
Meat & Meat Alternatives	<ul style="list-style-type: none">• Fried or tough meat or fish• Nuts• Grilled, fried or outside cuts of roasted meat• Processed meats eg sausages, luncheon• Tough or raw shellfish• Dried peas, beans, legumes and lentils	<ul style="list-style-type: none">• Well cooked, tender minced or casseroled meats or chicken (no skin)• Fish steamed in a light sauce• Poached, boiled or scrambled eggs (not fried)
Fruit & Vegetables	<ul style="list-style-type: none">• Prune juice• Juices containing pulp• Dried fruit• All berries• Raw fruit• Sauerkraut, winter squash, peas• Raw vegetables• Vegetables with seeds	<ul style="list-style-type: none">• Canned or cooked fruits (no skin)• Ripe bananas• Strained fruit or vegetable juice• Well cooked carrots, broccoli and cauliflower heads• Pumpkin• Potato, kumara (skin removed)
Milk & Milk Products	<ul style="list-style-type: none">• Yoghurt with pips, seeds or nuts• Cheeses with seeds, nuts or fruit	<ul style="list-style-type: none">• Milk or milk alternative• Yoghurt• Ice-cream• Cheddar, plain cottage or cream cheese
Beverages	<ul style="list-style-type: none">• Caffeine containing drinks• Beer and wine	<ul style="list-style-type: none">• Caffeine free drinks

**Miscellaneous**

- Full soups
- Berry jam, marmalade
- Chutneys, chilli sauce
- Lollies or chocolate with coconut or nuts
- Crunchy peanut butter
- Creamed soups
- Vegetable soup with suitable vegetables
- Plain boiled lollies
- Smooth jam (no skins, no pips) or jelly
- Honey, smooth peanut butter, marmite

Sample Menu:**Breakfast:**

Cornflakes
Trim milk
Fruit juice
White toast with marg and honey

Lunch:

Clear broth
White bread sandwich (ham/cheese/egg)
Mashed potato
Jelly/stewed fruit/banana

Dinner:

Chinese beef/steamed fish
White rice
Pumpkin
Carrots

Snacks:

Plain crackers & cheese
Sweet plain biscuit

**1.04 LIGHT DIET**

A light diet includes easily digested foods that are low in coarse fibre and low in fat. It contains no highly spiced/herb flavourings. This diet excludes raw vegetables.

Intended for patients post-surgery, post lower gastro intestinal obstruction, nausea management and hyperemesis.

	Foods To Avoid	Foods Allowed
Breads & Cereals	<ul style="list-style-type: none">• Wholegrain bread, toast, rolls• Brown rice• Wholemeal pasta• Cereals such as muesli that contain nuts, seeds or dried fruit	<ul style="list-style-type: none">• White of wholemeal bread, toast, rolls• White rice• White pasta• Porridge, weetbix, cornflakes, rices• Plain crackers, rice crackers
Meat & Meat Alternatives	<ul style="list-style-type: none">• Tough gristly meat• Fried meat, fish, chicken or eggs• Processed meats such as sausages, luncheon, salami, bacon• Baked beans, chickpeas, lentils• All nuts and seeds	<ul style="list-style-type: none">• Tender lean meat, fish, chicken• Ham• Boiled, poached and scrambled eggs• Tofu• Smooth peanut butter
Fruit & Vegetables	<ul style="list-style-type: none">• Raw fruit with skins, pips or seeds i.e. kiwifruit, berries, grapes, passion fruit, oranges• Dried fruit i.e. prunes, dates, figs, raisins and currants• Canned and raw pineapple, apricots, plums• Fruit juice with pulp• Skins, seeds, stalks and stringy vegetables i.e. celery, corn, parsnip, mushrooms• Raw vegetables• Gas forming vegetables i.e. Brussel sprouts, cabbage, cucumber, garlic, leeks, lettuce, mixed vegetables with corn, peas, onion, parsnip, peas, pulses, spring onion, silver beet, spinach, raw and tinned tomatoes	<ul style="list-style-type: none">• Stewed apple, peaches, pears• Soft banana• Clear fruit juices• Peeled potato, kumara, taro• Soft well cooked vegetables i.e. cauliflower and broccoli tips, courgette/zucchini, marrow, pumpkin, swede, tinned asparagus, green beans, avocado• Tomato puree/sauce
Milk & Milk Alternatives	<ul style="list-style-type: none">• Strong cheese or cheese with seeds, nuts or fruit• Cream• Yoghurt or ice cream with fruit pips or chunks	<ul style="list-style-type: none">• Cheese as tolerated, cottage or creamed cheese• Plain yoghurt or dairy food, custard• Milk• Ice cream
Soups	<ul style="list-style-type: none">• Soups containing seeds, tough skins, coarse fibres, onion soup and highly spiced soups	<ul style="list-style-type: none">• Cream soups, clear soups and those made with strained pureed vegetables

**Desserts**

- Desserts containing hard dried fruit, pips, seeds, nuts
- Fruit cake
- Baking containing dried fruit or bran i.e. fruit muffin, fruit loaf
- Milk based desserts
- Jelly
- Plain biscuits, crackers, cakes scones and pikelets
- Marshmallow and meringue

Sample Menu:**Breakfast:**

Weetbix
Stewed fruit
Trim milk
Wheatmeal toast
Margarine and honey

Lunch:

Clear broth
Macaroni cheese
Wheatmeal bread
Mousse/dairy food

Dinner:

Savoury mince
Mashed potato
Carrot
Beans
Jelly/custard

Snacks:

Yoghurt
Plain cheese & plain crackers
Plain biscuit
Sandwich (*see sandwich suggestions next page*)

**1.05 LIGHT DIET SANDWICH FILLING IDEAS**

Please use low fat margarine and lite mayonnaise

CHEESE (Use low fat cheese e.g. edam)

- Cheese and marmite/vegemite
- Grated cheese
- Cottage cheese
- Grated cheese with grated carrot

EGG (Mash egg with light mayonnaise)

- Mashed egg
- Mashed egg and finely chopped ham
- Mashed egg and parsley

MEAT (Must be lean – no skin on chicken or fat on ham)

- Chicken with light mayonnaise
- Chicken
- Ham
- Ham with tomato relish (pipless)

FISH (Tuna or salmon must be in brine or spring water)

- Tuna or salmon with grated carrot and light mayonnaise
- Tuna or salmon and cottage cheese

VEGETARIAN

- Asparagus rolls
- Smooth peanut butter
- Marmite or vegemite

SWEET FILINGS

- Smooth peanut butter and jam (pipless)
- Honey

**1.06 LOW FAT DIET**

A low fat diet is low in total fat, not any specific types of fat.

Intended for patients with gall bladder, pancreatic disease or fat malabsorption.

	Foods To Avoid	Foods Allowed
Breads & Cereals	<ul style="list-style-type: none">• Toasted muesli• Creamy or cheese based pasta sauces• Fried rice• Garlic bread	<ul style="list-style-type: none">• Wholemeal/wholegrain/white bread• Low fat crackers• Rice & pasta
Meat & Meat Alternatives	<ul style="list-style-type: none">• Fatty and fried meats• Processed meat e.g. sausages, saveloys, luncheon sausage• Canned meats• Pastry items e.g. pies• Chicken with skin on• Fish canned in oil• Fried fish• Fried eggs	<ul style="list-style-type: none">• Lean beef, veal, lamb or bacon• Chicken with skin removed• Frozen or fresh fish, fish canned in water or brine• Eggs as tolerated – poached, scrambled or boiled• Dried beans, lentils and peas
Fruit & Vegetables	<ul style="list-style-type: none">• Avocado• Coconut• Potato chips, corn chips• Roasted and fried vegetables• Vegetables served with cream based or cheese based sauces	<ul style="list-style-type: none">• All raw, steamed and boiled without added fat
Milk and Milk Products	<ul style="list-style-type: none">• Cream• Whole milk• Most cheeses• Ice-cream• Sweetened condensed milk• High fat dairy such as sour cream, cream cheese• Butter	<ul style="list-style-type: none">• Trim milk• Low fat yoghurt (<5g/100g)• Cottage/ricotta cheese
Dessert	<ul style="list-style-type: none">• Commercial desserts high in fat and sugar	<ul style="list-style-type: none">• Trim milk puddings or custard• Artificially sweetened desserts e.g. weight watchers jelly• Canned and fresh fruit
Beverages	<ul style="list-style-type: none">• Milkshakes• Flavoured milks	<ul style="list-style-type: none">• Water• Trim milk• Tea, coffee made with low fat milk• Cordial/juice• Soft drinks

**Miscellaneous**

- Nuts
- Chocolate
- Mayonnaise
- Oil
- Potato crisps
- Cakes, chocolate biscuits, slices
- Coconut cream/milk
- Small amounts of lite mono or polyunsaturated margarine
- Small amounts of mono or polyunsaturated oil
- Low fat mayonnaise (small amounts)

Sample Menu:**Breakfast:**

Porridge with equal & trim milk
Fruit
Wholemeal toast
Vegemite

Lunch:

Soup
Wholemeal sandwich (lean meat, salad filling)
Fresh fruit

Dinner:

Apricot chicken/tuna pasta
Potato
Vegetables cooked without fat
Fruit/sugar free jelly/fruit yoghurt

Between Meals:

Fruit
Bread/plain biscuit
Low fat yoghurt

**1.07 DIABETIC DIET**

A diabetic diet is low in sugar and low in saturated fat.

Intended for patients with type 1, type 2 or gestational diabetes, unless specific instruction given by Dietitian for high energy high protein diet and snacks to be given.

	Foods To Limit	Foods Allowed
Breads & Cereals	<ul style="list-style-type: none">• White bread• Highly refined/sugared breakfast cereals (>30g/100g sugar)	<ul style="list-style-type: none">• Wholegrain breads• Wholegrain cereals e.g. porridge, weetbix, bran cereals• Basmati rice• Pasta
Meat & Meat Alternatives	<ul style="list-style-type: none">• Fatty and fried meats• Processed meat e.g. sausages, saveloys, luncheon sausage• Canned meats• Pastry items e.g. pies• Chicken with skin on• Fish canned in oil• Fried fish• Fried eggs	<ul style="list-style-type: none">• Lean beef, veal, lamb or bacon• Chicken with skin removed• Frozen or fresh fish, fish canned in water or brine• Eggs as tolerated – poached, scrambled or boiled• Dried beans, lentils and peas
Fruit & Vegetables	<ul style="list-style-type: none">• Fruit canned in syrup• Fried or roasted vegetables with added fat or high fat sauces e.g. cheese sauce	<ul style="list-style-type: none">• Unsweetened, fresh, frozen or canned fruit in natural juice• All vegetables without added fat or oil e.g. plain, steamed or boiled
Milk & Milk Products	<ul style="list-style-type: none">• Full fat milk• Full fat yoghurt• Full fat cheese and cheese spreads• Full fat ice-cream	<ul style="list-style-type: none">• Low fat milk• Low fat yoghurt• Low fat cheese e.g. ricotta, cottage or edam
Dessert	<ul style="list-style-type: none">• Commercial desserts high in sugar and fat	<ul style="list-style-type: none">• Custards, trim milk puddings• Desserts prepared with small amounts of sugar• Artificially sweetened desserts



Beverages	<ul style="list-style-type: none">• Milkshakes• Flavoured milk• Carbonated drinks• Cordial	<ul style="list-style-type: none">• Water• Trim milk• Tea/coffee (trim milk)• 'Diet' soft drinks• Thriftee, Diet Refresh or Low sugar Barkers juice concentrate
Miscellaneous	<ul style="list-style-type: none">• Chocolate• Sugar• Honey• Golden syrup• Lollies• Potato crisps• Cakes• Sweet biscuits• Pastries/Pies	<ul style="list-style-type: none">• Popcorn• Rice crackers• Low fat crackers with toppings such as cottage or lite cream cheese, cucumber, tomato, marmite• Plain biscuits

Sample Menu:**Breakfast:**

Weetbix
Trim milk
Wholemeal bread
Fruit

Lunch:

Soup
Savoury mince/lentil cottage pie
Wholemeal bread
Fresh fruit or fruit yoghurt

Dinner:

Stir fry beef/cottage pie
Potato/rice
Vegetables
Raw fruit/custard/sugar free jelly



1.08 SNACK IDEAS

- Pita breads
- Raw fruit
- Sandwiches – choose ‘free’ fillings for morning or afternoon tea
- Plain low fat crackers and toppings
- Plain sweet biscuit e.g. vanilla wafer, malt, arrowroot, digestive, bran biscuits, full of fruit
- Dried fruits – small portion only
- Lite yoghurt
- Popcorn
- Vegetable sticks with cottage cheese
- Weight Watchers jelly

BEVERAGES

- Glass of trim milk
- Milo
- Milk shake made with trim milk and essence
- Cup of soup

SANDWICH FILLINGS

‘Free’ sandwich fillings

- Marmite/vegemite
- Lettuce
- Tomato
- Cucumber
- Asparagus
- Celery
- Cottage cheese and chives/unsweetened pineapple

Protein fillings – suitable especially for supper snacks

- Egg and avocado/tomato/parsley/asparagus/cheese/pineapple canned in juice or lite syrup
- Cheese and pineapple/celery/marmite/vegemite/pineapple canned in juice or lite syrup
- Low fat peanut butter
- Low fat cold meat
- Salmon, tuna
- Hummus

**1.09 GLUTEN FREE DIET**

A Gluten free diet contains no wheat, rye, oats or barley; or products containing those ingredients. Intended for patients with coeliac disease and those avoiding wheat/gluten for other reasons.

	Foods To Avoid	Foods Allowed
Bread and Cereals	<ul style="list-style-type: none">• All wheat, rye, oats, barley, spelt and malt products• All bread, pasta, cous cous, biscuits, cakes, wheat or oat based breakfast cereal• Pastries• Wheat, oat and malted breakfast cereals• Wheat starch• Modified starch	<ul style="list-style-type: none">• Rice, corn, maize, sago, buckwheat, tapioca, soy• Gluten free bread, pasta, biscuits and cakes• Millet, arrowroot• Soya beans
Fruit and Vegetables	<ul style="list-style-type: none">• Canned creamed vegetables	<ul style="list-style-type: none">• Fresh fruits and vegetables• Dried or tinned fruit• Frozen vegetables
Meat and Meat Alternatives	<ul style="list-style-type: none">• Sausages, luncheon sausage, saveloys• Canned and cooked meat in gravy	<ul style="list-style-type: none">• Beef, veal, lamb, mutton, pork• Poultry, fish, eggs• Dried peas and beans• Nuts and peanut butter
Milk and Milk Products	<ul style="list-style-type: none">• Malted milk• Cheese spreads	<ul style="list-style-type: none">• Trim milk• Yoghurt• Cheese• Cream cheese• Milk puddings (gluten free)• Ice-cream (gluten free)
Desserts	<ul style="list-style-type: none">• Puddings and pies made with flour	
Spreads	<ul style="list-style-type: none">• Meat and fish paste	<ul style="list-style-type: none">• Jams, marmalade, honey, golden syrup
Beverages	<ul style="list-style-type: none">• Cereal, coffee substitutes• Malted flavourings• Milo• Ovaltine	<ul style="list-style-type: none">• Water, soda water• Carbonated beverages• Cordials, fruit juice, fruit syrup• Tea, coffee, cocoa, drinking chocolate (gluten free)
Soups	<ul style="list-style-type: none">• Thickened or cream soups• Soups with barley• Packet soups	<ul style="list-style-type: none">• Broth, consommé, thin soups• Soups made with cornflour/maize flour



Sample Menu:

Breakfast:

Gluten free cereal
Trim milk
Fresh fruit

Lunch:

Cold meat
Salad
Yoghurt
Fresh Fruit

Dinner:

Lean meat
Potato
Vegetables

Dessert:

Ice cream (gluten free)
Jelly

Between Meals:

Gluten-free muffins
Smoothie (fresh fruit, trim milk and low fat yoghurt)
Gluten-free raisin toast
Low fat yoghurt
Dried fruit
Fresh fruit
Popcorn
Rice crackers

**1.10 HIGH PROTEIN HIGH ENERGY DIET (HPE Diet)**

A high energy high protein diet contains foods fortified with extra calories/energy and protein, to provide more energy and protein than what can be achieved on a standard diet alone.

Intended for patients with high protein/energy needs, small appetites or are malnourished.

	Foods To Avoid	Foods Allowed
Bread and Cereals		<ul style="list-style-type: none">• All• Cereals served with cream
Fruit and Vegetables		<ul style="list-style-type: none">• High energy/protein mashed potato• All fruit• All vegetables with added margarine
Meat and Meat Alternatives		<ul style="list-style-type: none">• All
Milk and Milk Products		<ul style="list-style-type: none">• All, preferably full fat
Desserts	<ul style="list-style-type: none">• Fruit or jelly served without milk dessert/cream/ice-cream/custard	<ul style="list-style-type: none">• All others
Beverages	<ul style="list-style-type: none">• Diet/sugar free/low calorie beverages• Water	<ul style="list-style-type: none">• All others• High energy high protein milkshake
Soups	<ul style="list-style-type: none">• Clear and low fat soups	<ul style="list-style-type: none">• All others

Sample Menu:**Breakfast:**

Cereal with full cream milk and a pottle of cream on tray
Porridge made with full cream milk with pottle of cream and brown sugar on tray
Toast with butter or margarine (put 2 packs on tray)

Lunch:

Cream soup with added cream and whole milk powder
Lunch as ordered
Put 2 packs of margarine/butter on tray if toast/bread/pinwheel etc. is ordered
Milk pudding with ice cream, full fat yoghurt or cream

Dinner:

Cream soup with added cream and whole milk powder
Main meal as ordered
Mashed potato made with full cream milk, butter/margarine, cream and milk powder
Put a pack of margarine/butter on tray if whole or baked potatoes are ordered
Milk pudding or ice-cream or full-fat yoghurt
Pottle of cream to add to dessert

N.B. A 'side plate' size meal can be ordered from the kitchen if required

**Extra Calories Contributed by the HPE Additions**

Full cream milk instead of trim milk (200ml)	+ 50 kcal	
Pottle of cream (30ml)	+ 114 kcal	(x2)
Pack of butter/margarine	+ 111 kcal	(x5)
Pottle of brown sugar (25g)	+92 kcal	
Cream soup (instead of clear soup) + 1 Tablespoon whole milk powder + cream (30ml)	+233 kcal	(x2)
Milk pudding (170kcal), full fat yoghurt (130 kcal), Dairy dessert (160 kcal), ice cream, 2 scoops (160 kcal)	+ 140 kcal (average)	
Mash made with full cream milk, butter/margarine and whole milk powder	+ 253 kcal	
Milk pudding	+170 kcal	
Total	+1954 kcal *	

* An average patient on an HPE diet will benefit by receiving approximately 800 kcal/day extra if some of these additions are consumed

Recipes for HPE menu optionsCream Soup

Add 30ml cream per serve (2 Tablespoons)
Add 1 Tablespoon (10g) whole milk powder per serve

Mashed Potato

Ensure potatoes are mashed with full cream milk and butter/margarine
Add 30 ml cream per serve
Add 1 Tablespoon (10g) milk powder per serve

Scrambled Eggs

Use ¼ cup cream instead of milk to 2 eggs
Add ½ cup grated cheese

**1.11 VEGETARIAN DIET**

A vegetarian diet eliminates food and beverages containing any meat, poultry, fish and gelatin foods and products. Some vegetarians also choose to avoid dairy products and/or eggs. These items are highlighted with an * in the table below.

	Foods To Avoid	Foods Allowed
Breads & Cereals		<ul style="list-style-type: none">• All
Meat & Meat Alternatives	<ul style="list-style-type: none">• Meat, poultry and fish	<ul style="list-style-type: none">• Beans, peas, lentils, chickpeas• <i>Boiled, poached and scrambled eggs*</i>• Tofu, textured vegetable protein• Nuts
Fruit & Vegetables	<ul style="list-style-type: none">• Jellied fruit if made with gelatin• <i>Vegetables in white sauces*</i>	<ul style="list-style-type: none">• All
Milk & Milk Alternatives	<ul style="list-style-type: none">• Yoghurts containing gelatin	<ul style="list-style-type: none">• <i>All*</i>• Soy/almond/rice milk• Soy yoghurt/ice-cream
Soups	<ul style="list-style-type: none">• Soups prepared with meat, poultry or fish	<ul style="list-style-type: none">• Vegetable soups made without animal based stocks
Desserts	<ul style="list-style-type: none">• Desserts containing gelatin or rennet	<ul style="list-style-type: none">• <i>Milk based desserts*</i>
Miscellaneous	<ul style="list-style-type: none">• Stock or gravies made with meat or animal products	<ul style="list-style-type: none">• Sauces made without meat fat or juices, <i>butter*</i>

Sample Menu:**Breakfast:**

Fresh fruits
Wholegrain bread
Margarine
Marmite
Porridge

Lunch:

Wholegrain sandwich with cheese and salad
Fresh fruit
Yoghurt

Dinner:

Egg omelette/Baked beans
Potato
Vegetables
Dessert

**1.11 VEGAN DIET**

A vegan diet eliminates foods and beverages containing any meat, poultry, fish, egg or products derived from them.

	Foods To Avoid	Foods Allowed
Breads & Cereals	<ul style="list-style-type: none">• Croissants• Breads containing milk• Breakfast cereals with milk or honey (e.g. muesli)	<ul style="list-style-type: none">• Pasta and noodles made without egg• Milk free breads• Plain corn based, rice based or wheat based breakfast cereals
Meat & Meat Alternatives	<ul style="list-style-type: none">• Meat, poultry, fish and eggs	<ul style="list-style-type: none">• Beans, peas, lentils, chickpeas, nuts• Tofu, textured vegetable protein
Fruit & Vegetables	<ul style="list-style-type: none">• Vegetables prepared with milk, cheese, animal fat, or butter	<ul style="list-style-type: none">• All fresh fruit• Vegetables prepared without milk, butter or milk containing margarine
Milk & Milk Alternatives	<ul style="list-style-type: none">• Yoghurts containing gelatin	<ul style="list-style-type: none">• Soy or rice milk fortified with calcium• Soy cheese (free of gelatin or animal rennet)• Soy yoghurt/ice-cream
Soups	<ul style="list-style-type: none">• Soups prepared with meat, eggs, poultry, milk, butter or milk-containing margarine	<ul style="list-style-type: none">• Vegetable soups made without animal-based stocks, milk, butter or milk-containing margarine
Desserts	<ul style="list-style-type: none">• Desserts containing dairy, eggs, gelatin, cochineal or rennet (e.g. custards, ice-cream, regular jelly, junket)	<ul style="list-style-type: none">• Fresh and canned fruit• Soy custard• Jellyed fruit prepared with agar or vegetable gums
Beverages	<ul style="list-style-type: none">• Milo• Ovaltine	<ul style="list-style-type: none">• Juice• Soft drinks
Miscellaneous	<ul style="list-style-type: none">• Stock or gravies made with meat or animal products• Regular commercial biscuits	<ul style="list-style-type: none">• Sauces made without meat fat or juices• Egg replacer• Biscuits made with only vegetable fats, oils and no milk

Sample Menu:**Breakfast:**

Fruit
Whole grain bread
Porridge with soy milk

Lunch:

Coleslaw
Baked beans and celery
Fresh fruit

Dinner:

Vegetable soups
Legume and cereal savouries
Potato
Vegetables
Fresh fruit

**1.13 LOW POTASSIUM (K) DIET**

Intended for patients with electrolyte abnormalities i.e. chronic kidney disease

	Foods To Exclude	Foods Allowed
Breads & Cereals	<ul style="list-style-type: none">• Bread that contains dried fruit• Bran cereals• Cereals with added fruit i.e. Muesli, Sultana Bran	<ul style="list-style-type: none">• Cous cous• Pasta• Rice• All breads• Weetbix, porridge,
Meat & Meat Alternatives		<ul style="list-style-type: none">• All
Fruit & Vegetables	<ul style="list-style-type: none">• All dried fruit• Apricots, avocado, banana, coconut flesh, grapefruit, grapes, kiwifruit, mango, melon, nectarine, oranges, peach, pineapple (fresh), and rhubarb• Broccoli, courgette, leek, okra, parsnip, pumpkin, silver beet, taro leaves, tomato• Green banana, kumara	<ul style="list-style-type: none">• Apples, berries, canned fruit (drain the juice), feijoas, passion fruit, pear, persimmon, plum, tangelo• Asparagus, beans – green cabbage, capsicum, cauliflower, carrot, celery, corn, cucumber, lettuce, peas, mixed vegetables, puha, watercress, spinach, mushrooms• Egg sized portion of potato, taro, cassava, yam
Milk & Milk Products		<ul style="list-style-type: none">• All
Beverages	<ul style="list-style-type: none">• Fruit & vegetable juices• Milky and espresso coffees	<ul style="list-style-type: none">• Cordial• Soft drinks• Tea & instant coffee• Thriftee• Water
Miscellaneous	<ul style="list-style-type: none">• Baked beans• Marmite/vegemite, peanut butter• Salt substitutes (Lo-salt)• Tomato puree• Biscuits, cakes, muesli or cereal bars that contain fruit, nuts, chocolate or coconut	<ul style="list-style-type: none">• Aioli, mayonnaise• Garlic, ginger, herbs, spices• Honey, jam/marmalade, nutella• Vinegar• Plain biscuits, cakes, muesli or cereal bars, popcorn, unsalted rice cakes that do not contain fruit, nuts, chocolate or coconut



- Limit servings of fruit and vegetables to a total of 4 per day (1 serve = 1 medium sized fruit) – try to choose foods that are not listed above
- Serve mashed or peeled, boiled potatoes rather than baked
- Cut, boil & drain vegetables to reduce the potassium

Breakfast:

Cereal and milk (do not serve all-bran or bran flakes)
Small serve of apple or pears
Toast with jam or honey

Lunch:

1 cup packet soup
Scrambled eggs on toast or mini mince pies (pastry topped) or sandwiches

Dinner:

1 serve of meat (choose the meat option with the least vegetables in it)
1 scoop mashed potato or 1 boiled potato
½ cup frozen corn or mixed vegetables
½ cup frozen peas or green beans

**1.14 Low Sodium**

Intended for patients with electrolyte abnormalities i.e. chronic kidney disease, heart failure.

	Foods To Avoid	Foods Allowed
Breads & Cereals	<ul style="list-style-type: none">• All other breakfast cereals• Canned spaghetti	<ul style="list-style-type: none">• Plain rice and pasta, unsalted noodles• Weetbix, rolled oats, muesli, all bran
Meat & Meat Alternatives	<ul style="list-style-type: none">• Canned, curried, salted or smoked meats and fish e.g. bacon, ham, corned beef, spam, salami• Processed meats and products e.g. sausages, saveloys, beef burgers, pies, meat pastes, luncheon• Canned baked beans	<ul style="list-style-type: none">• Plain roasted and grilled meat, fish and poultry• Egg
Fruit & Vegetables	<ul style="list-style-type: none">• Potato wedges, scalloped potato• Any vegetables served with cheese or white sauce or with added salt• Salted tomato and vegetable juices	<ul style="list-style-type: none">• All fresh fruit• Plain steamed, roasted or mashed potato• All fresh vegetables
Milk & Milk Alternatives		<ul style="list-style-type: none">• All
Desserts	<ul style="list-style-type: none">• Commercial desserts and pastries	<ul style="list-style-type: none">• All other desserts
Miscellaneous	<ul style="list-style-type: none">• Commercial sauce and gravy mixes• Vegemite, marmite, salted peanut butter• Soy sauce• Tomato sauce• Worcestershire sauce• Pickled foods e.g. olives, gherkins, pickled onions• Packet soups	<ul style="list-style-type: none">• Apple, mint and cranberry sauces• Jam, honey, marmalade• Peanut butter with no added salt

Do not add salt to prepared food. Salt should be used sparingly in cooking – ½ -1t per litre of water in vegetables and omitted or reduced in recipes.

Do not provide salt on patient's meal tray.

Alternative flavourings that can be used include; herbs, lemon, garlic, curry powder, mustard, vinegar, salad dressings

**1.15 MAOI DIET**

The MAOI diet avoids foods high in tyramine.

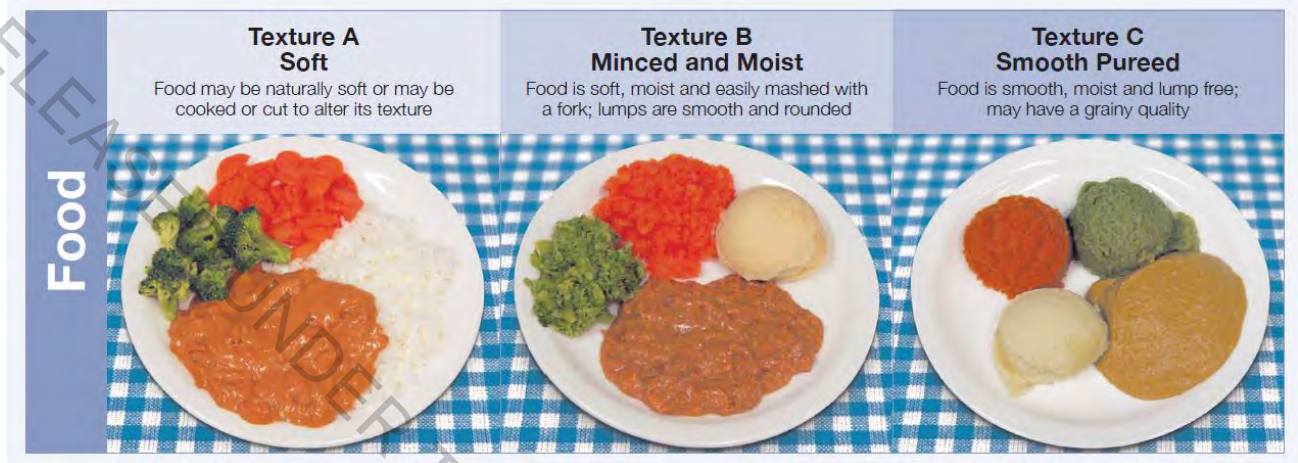
Intended for patients taking old generation MAOI drugs i.e. Nardil, Parmate

	Food To Avoid	Foods Allowed
Breads & Cereals	<ul style="list-style-type: none">• Sourdough bread• Crackers and breads that contain aged cheese	<ul style="list-style-type: none">• All yeast breads• All cereals• Most crackers – containing no aged cheeses
Fruit & Vegetables	<ul style="list-style-type: none">• Over ripe fruits, especially bananas, avocado• Dried fruit• Canned figs• Large quantities of raspberries• Broad bean pod• Snow peas	<ul style="list-style-type: none">• Most fresh, frozen or canned fruits and fruit juices• Most fresh, frozen or dried vegetables
Meat & Meat Alternatives	<ul style="list-style-type: none">• All aged, smoked, pickled or cured meats/fish/poultry• Fermented sausage (e.g. salami, bologna, pepperoni)• Soybean products including Textured Vegetable Protein (TVP)• Commercial meat extracts, gravies and stock cubes e.g. OXO• Pate, liver• Soy products i.e. tofu, tempeh	<ul style="list-style-type: none">• Plain cooked lean meat, chicken, fish, eggs• Lentils• Beans except those not allowed• Eggs
Milk & Milk Products	<ul style="list-style-type: none">• Majority of cheeses, especially aged cheeses• Sour cream	<ul style="list-style-type: none">• Cottage & ricotta cheese• Cream cheese• All other dairy products
Miscellaneous	<ul style="list-style-type: none">• Yeast extracts - Marmite, Vegemite, Bovril• Chocolate, small amounts in biscuits/muffins OK• Wines, especially Chianti, Riesling, Sauterne - limit to two glasses• Beer, ales, sherry - limit to two glasses• Raw yeast, home-made yeast breads, brewers yeast• Packet soups - avoid those possible with high yeast extract content or hydrolysed meat protein e.g. French onion, oxtail, beef and vegetable• Instant sauces, gravies, flavourings with beef• Large quantities of peanuts	

**1.16 MODIFIED FOOD TEXTURE****Standard Diet:**

No modifications of food texture.

Intended for patients with no special dietary requirements.

**Texture A - Soft Diet**

Foods may be naturally soft or may be cooked or cut to make sure they are soft enough.

Intended for patients with poor chewing or easily fatigued.

	Foods To Avoid	Foods Allowed
Bread & Cereals	<ul style="list-style-type: none">• Dry or crusty breads (remove crusts), breads with hard seeds or grains, hard pastry, pizza• Sandwiches that are not thoroughly moist e.g. sandwiches with thick cuts of cold meat, salad• Coarse or hard breakfast cereals that do not moisten easily e.g. toasted muesli, bran cereals• Cereals with nuts, seeds and dried fruit• Filo and puff pastry e.g. sausage rolls	<ul style="list-style-type: none">• Soft sandwiches with very moist fillings e.g. egg and mayonnaise, hummus• Breakfast cereals well moistened• Soft pasta and noodles• Rice (well cooked, sticky)• Soft pastry, e.g. quiche with a pastry base• Cous Cous
Meat & Meat alternatives	<ul style="list-style-type: none">• Dry, tough, chewy, or crispy meats e.g. bacon, crackling• Meat with gristle• Hard or chewy legumes e.g. lentils, beans, pulses• Nuts and seeds	<ul style="list-style-type: none">• Casseroles with small pieces of tender meat• Moist fish (easily broken up with the edge of a fork)• Eggs• Well-cooked legumes (the outer skin must be soft), e.g. baked beans, kidney beans, lentils• Small pieces of soft tofu



Fruit & Vegetables	<ul style="list-style-type: none">• Fruit pieces that pose a choking risk, e.g. whole grapes, cherries (remove stones, pips and seeds)• Large pips• Dried fruit, seeds and fruit peel• Crunchy raw fruit e.g. apple• Stringy or fibrous fruits, e.g. pineapple, citrus fruit• All raw vegetables (including chopped and shredded)• Hard to chew or stringy vegetables e.g. sweet corn, broccoli stalks, asparagus, puha/watercress	<ul style="list-style-type: none">• Fresh fruit pieces that are naturally soft e.g. banana, well-ripened pawpaw, ripe melon• Stewed and canned fruits in small pieces e.g. pears, peaches, apricots• Pureed fruit• Well cooked vegetables served in small pieces and soft enough to be mashed or broken up with a fork• Soft, canned or frozen cooked vegetables
Milk & Milk Products	<ul style="list-style-type: none">• Yoghurt with seeds, nuts, muesli or hard pieces of fruit• Hard cheeses e.g. cheddar	<ul style="list-style-type: none">• Yoghurt (may contain soft fruit)• Soft cheeses e.g. Camembert, Ricotta, cheese spread
Dessert	<ul style="list-style-type: none">• Dry cakes and pastry• Cakes, pastry or desserts containing nuts, seeds, coconut, dried fruit, pineapple e.g. apple crumble, fruit cake	<ul style="list-style-type: none">• Soft puddings e.g. milk or sponge based, trifle, custard, mousse, bread and butter pudding• Moist cakes (extra moisture, e.g. custard may be required)• Soft fruit-based desserts without hard bases• Creamed rice• Ice cream (avoid if on thickened fluids)• Jelly (avoid if on thickened fluids)
Miscellaneous	<ul style="list-style-type: none">• Soups with large pieces of meats or vegetables, corn, or rice• Sticky or chewy foods e.g. toffee• Popcorn, chips, biscuits, crackers, nuts, edible seeds• Pizza• Whole fresh or dried herbs e.g. rosemary, basil	<ul style="list-style-type: none">• Soup – creamy, thick or blended (may contain small soft lumps, e.g. pasta)• Soft fruit jellies or non-chewy lollies• Soft, smooth, chocolate• Jams and condiments without seeds or dried fruit• Salsa, sauces and dips with small soft lumps e.g. hummus, guacamole

**Texture B - Mashed/Minced/Moist Diet:**

Food is soft, moist and easily mashed with a fork; lumps are smooth and rounded.
Intended for patients with swallowing problems or who cannot chew well.

	Foods To Avoid	Foods Allowed
Bread & Cereals	<ul style="list-style-type: none">• All breads,• sandwiches, pastries,• crackers• and dry biscuits• Rice that does not hold together e.g. parboiled, long grain, basmati• Pasta	<ul style="list-style-type: none">• Breakfast cereal with small moist lumps e.g. porridge or weetbix soaked in milk (unless on thickened fluids)
Fruit & Vegetables	<ul style="list-style-type: none">• Large pieces of fruit or fruit that is too hard to be mashed with a fork. (Pieces greater than 0.5 cm)• Dried fruit• Stringy fruit e.g. pineapple• Raw vegetables e.g. salads• Large vegetable pieces or vegetables too hard or stringy to be mashed with a fork. (Pieces greater than 0.5 cm)• Vegetable skins e.g. jacket potato• Vegetables that have outer shells or require extensive chewing, e.g. peas, corn	<ul style="list-style-type: none">• Mashed soft fresh fruits e.g. banana, mango, kiwifruit• Finely sliced or diced soft pieces of canned or cooked fruit e.g. pears, peaches (Pieces should be less than 0.5cm)• Pureed fruit• Tender cooked vegetables that are easily mashed with a fork e.g. potato, kumara, pumpkin, taro. (Pieces should be less than 0.5cm)• Pureed vegetables e.g. peas, corn
Meat & Meat Alternatives	<ul style="list-style-type: none">• Casserole or mince dishes with hard or chewy pieces• Crust or pastry of quiches and pies• Meat with gristle• Nuts	<ul style="list-style-type: none">• Minced, tender meats with a sauce or gravy. Sauces should be the same consistency as recommended fluids• Blended or flaked/minced fish with a sauce• Well-cooked legumes e.g. beans, lentils
Milk & Milk Products	<ul style="list-style-type: none">• Yoghurt with pips or hard pieces of fruit• Hard cheeses	<ul style="list-style-type: none">• Yoghurt (may have small soft fruit pieces)• Very soft cheeses with small lumps e.g. cottage or cream cheese, cheese spread



Dessert	<ul style="list-style-type: none">• Desserts with large or hard fruit pieces e.g. sultanas, seeds or coconut• Crumbly or flaky pastry• Hard crumble or bases e.g. apple crumble• Bread based puddings	<ul style="list-style-type: none">• Smooth puddings e.g. mousse, custard, instant pudding• Dairy desserts e.g. custards, yoghurt and ice-cream• Soft moist sponge cake desserts with lots of custard, cream or ice-cream e.g. trifle, tiramisu• Soft fruit based desserts• Rice pudding or canned creamed rice
Miscellaneous	<ul style="list-style-type: none">• Soups with large pieces of meat or vegetables or corn or rice• Avoid thin watery soups/broths if on thickened fluids• Lollies including fruit jellies, hard sweets, toffee and marshmallow	<ul style="list-style-type: none">• Soup, may contain small soft lumps e.g. pasta/noodles• Jams or condiments without seeds or dried fruit

**Texture C – Smooth Pureed**

Food in this diet should be smooth, moist and lump free; may have a grainy quality.
Intended for patients with swallowing problems or upper GI obstructions.

Presentation of this diet is important.

NEVER puree foods together.

	Foods To Avoid	Foods Allowed
Bread & Cereals	<ul style="list-style-type: none">• Cereals with lumps or large pieces• All dry cereals• All breads• Crackers	<ul style="list-style-type: none">• Smooth lump - free breakfast cereals,• e.g. semolina, pureed porridge, creamoata, baby rice• Pureed rice, pureed congee• Pre-soaked weetbix (use milk/cream only for mixing to smooth texture)
Fruit & Vegetables	<ul style="list-style-type: none">• Pureed fruit with visible lumps (i.e. pineapple)• All skins or pips, seeds (remove before blending)• Lumpy mashed vegetables• All vegetable skins or pips, seeds (remove before blending)	<ul style="list-style-type: none">• Cooked, peeled pureed fruits• Cooked, peeled pureed vegetables• Smooth, lump free mashed potato
Meat & Meat Alternatives	<ul style="list-style-type: none">• Minced or partially pureed meats• Scrambled eggs• Sticky foods e.g. pate or peanut butter	<ul style="list-style-type: none">• Pureed meat, chicken or fish; remove all skin, rind and fat prior to blending (use sauce/gravy to achieve a thick moist texture)• Soufflés and mousses, e.g. lump free salmon mousse• Pureed legumes e.g. baked beans, lentils, chickpeas (make sure there are no husks in final puree)• Soft silken tofu
Milk & Milk Products	<ul style="list-style-type: none">• Yoghurt with lumps, pips or pieces of fruit• All solid and semi - solid cheese including cottage cheese	<ul style="list-style-type: none">• Yoghurt (lump – free) e.g. plain or dairy food, Greek• Smooth milk - based sauces e.g. cheese sauce (thickened to correct consistency)
Dessert	<ul style="list-style-type: none">• Desserts with fruit pieces, seeds, crumble, pastry or non-pureed garnishes• Jelly	<ul style="list-style-type: none">• Dairy desserts e.g. custards, mousse, instant puddings, ice-cream



Miscellaneous

- Soup with lumps
- Avoid thin watery soups/broths if on thickened fluids
- Jams and condiments with seeds, pips, pulps or lumps
- Soups that have been blended or strained to remove lumps
- Smooth jams, condiments and sauces
- Smooth savoury dips

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**1.17 MODIFIED FLUID TEXTURE**

When the swallowing mechanism is impaired, fluids can be thickened to help ensure the safe passage of fluid.

See appendix 1. Nutilis powder mixing chart for instructions on how to achieve required texture.

Extremely Thick – Level 900	Fluid sits on the spoon and does not flow off it
Moderately Thick – Level 400	Fluid slowly drips in dollops off the end of a spoon
Mildly Thick – Level 150	Fluid runs freely off the spoon but leaves a mild coating on the spoon
Standard	No modifications to fluid texture



**1.18 LACTOSE-FREE DIET**

A lactose free diet aims to eliminate lactose (milk sugar)

Intended for patients with lactose intolerance, due to a deficiency in the enzyme lactase.

	Foods To Exclude	Foods Allowed
Breads & Cereals	<ul style="list-style-type: none">Hot breakfast cereals made with milk	<ul style="list-style-type: none">Regular bread, including rollsRice cakesRolled oats prepared with waterMost regular breakfast cereals – check labels
Meat & Meat Alternatives		<ul style="list-style-type: none">All
Fruit & Vegetables	<ul style="list-style-type: none">Any vegetables made with milk, soft or processed cheese, butter	<ul style="list-style-type: none">All fruitAll other vegetables
Milk & Milk Products	<ul style="list-style-type: none">All cow's milkProcessed and soft cheeses (e.g. cottage cheese, ricotta)	<ul style="list-style-type: none">Dairy alternatives i.e. soyLactose reduced milksMatured & semi-matured cheese (e.g. cheddar)Soy yoghurt
Beverages	<ul style="list-style-type: none">Milk, flavoured milkMilo, ovaltine	<ul style="list-style-type: none">CordialSoft drinksTea & coffeeWater
Soups	<ul style="list-style-type: none">Any soups made with milk or cream	<ul style="list-style-type: none">All other soups
Dessert	<ul style="list-style-type: none">Milk based desserts (custards, ice-cream, mousses)Creamy rice	<ul style="list-style-type: none">JellySome sorbets (check label)Tapioca & sago made without milkMeringues, cakes, pastries & crumble
Miscellaneous	<ul style="list-style-type: none">White sauces made with milk	<ul style="list-style-type: none">Sauces or gravies made without milkMost plain biscuits (check label)Plain nutsDark chocolate



1.19 PHENYLALANINE LOW - PHENYLKETONURIA (P.K.U.)

A phenylalanine low diet is limited in the amino acid phenylalanine to a prescribed level governed by patient tolerances.

Intended for patients with Phenylketonuria (PKU)

Please contact the dietitian for further advice and a menu plan should a patient require this diet.

RELEASED UNDER THE OFFICIAL INFORMATION ACT.



APPENDIX 1: NUTILIS POWDER MIXING CHART

NUTILIS POWDER- Mixing chart

NUTILIS MIXING CHART

Beverage/Foods	Amount to be thickened	DESIRED TEXTURE (1 Scoop = 4g)		
		Mildly thick (Level 150)	Moderately thick (Level 400)	Extremely thick (Level 900)
Water, cordial, fruit or vegetable juices, lemonade, milk, Milo, tea/coffee	200mL (1 standard glass or mug)	1 scoop	2 scoops	3 scoops
	1000ml	7.5 scoops	10 scoops	15 scoops
SUPPLEMENTS:				
Fortisip, Fortisip Multi Fibre	200mL	2 scoops	4 scoops	5 scoops
Fortijuce		3 scoops	5 scoops	6.5 scoops
Calogen		1 scoop	2 scoops	3 scoops
Creamy and pureed dishes, soups, sauces	200g or mL (just less than 1 standard measuring cup)	0 - 1 scoop depending on thickness of dish	1 - 2 scoops depending on thickness of dish	2 - 3 scoops depending on thickness of dish

*The quantity of Nutilis Powder required may vary slightly depending on temperature or thickness of liquid

Ingredients

Modified maize starch (e1442), maltodextrin, tara gum, xanthan gum, guar gum
670g tin (Australia only)
300g tin (New Zealand only)

Australian standardised terminology and definitions for texture modified beverages used by speech pathologists and dietitians.

Mildly thick Level 150	Moderately thick Level 400	Extremely thick Level 900
Fluid runs freely off a spoon but leaves behind a mild coating on the spoon	Fluid drips slowly in dollops off the end of a spoon	Fluid sits on a spoon and does not flow off it

USEFUL PREPARATION TIPS

- For juice, water, cordial, and milk
 - Place Nutilis and liquid in a shaker or blender. Mix vigorously before pouring into glass. Let stand for 5 – 10 minutes.
- For soft drinks
 - Place Nutilis into a glass first and add liquid gradually whilst stirring vigorously with a fork. To avoid fizzy foam overflow, stir soft drink with a fork first to remove some of the fizz.
- For Milo, tea, and coffee (two approaches are recommended)
 - Prepare the tea, coffee or Milo brew in a jug. Add milk if required. Place Nutilis in a cup or mug and pour the hot brew over Nutilis gradually whilst stirring vigorously with a fork. Let stand for a few minutes.
 - For instant tea, coffee, Milo and milk powders: Place the powders and Nutilis in the cup/mug. Add boiling water gradually whilst stirring vigorously. Let stand for a few minutes.
- For Fortisip and Fortijuce
 - Pour a small amount of supplement into a jug. Add Nutilis directly to the bottom. Close cap and shake vigorously. Pour the contents of the bottle into the glass and stir full amount with a fork. Let stand for 5 – 10 minutes.
- For pureed dishes, sauces, and soups
 - Prepare the dish or soup as usual. Blend until smooth. Dish out a portion and add Nutilis. Stir well into a paste with a fork or hand mixer.

NUTRICIA
Nutilis

For more information contact the Nutricia Clinical Care Line 1800 050 051 (Australia) or 0800 688 742 (New Zealand)
Nutricia Australia Pty Ltd
Nutricia Ltd
37 Banks Road
Mt Wellington
Macquarie Park, NSW, 2113
Auckland 1060

1. Australian standardised terminology and definitions for texture-modified foods and fluids. *Nutrition & Dietetics* 2007; 64 (Suppl. 2): S53-S76



USEFUL PREPARATION TIPS

- For juice, water, cordial, and milk
- Place Nutilis and liquid in a shaker or blender. Mix vigorously before pouring into glass. Let stand for 5 – 10 minutes.
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 - For instant tea, coffee, Milo and milk powders: Place the powders and Nutilis in the cup/mug. Add boiling water gradually whilst stirring vigorously. Let stand for a few minutes.
- For Fortisip and Fortijuce
- Pour a small amount of supplement into a glass. Add Nutilis directly into the liquid. Once added, stir the mixture. Pour the contents of the bottle into the glass and stir full amount with a fork. Let stand for 5 – 10 minutes.
- For pureed dishes, sauces, and soups
- Prepare the dish or soup as usual. Blend until smooth. Dish out a portion and add Nutilis. Stir well into a paste with a fork or hand mixer.





Healthy Eating Policy & Procedure

Procedure Number
CHC-PG-0070

Version Nos:
2

1. Purpose

This Policy and Procedure has been developed to ensure that the West Coast District Health Board (WCDHB) implements the nutrition component of the DHBNZ directive that DHBs implement Healthy Eating – Healthy Action (HE-HA) within their organisation and as a core requirement of funded services with non-DHB owned providers. HE-HA is to be addressed by including nutrition and physical activity interventions in core DHB work with the goal to improve nutrition, increase physical activity and decrease obesity.

2. Application

This Procedure is to be followed by all staff/Board/Committee members throughout the WCDHB/CHC.

3. Definitions

There are no definitions associated with this Procedure

4. Responsibilities

For the purposes of this Procedure:

the **Chief Executive Officer** is required to:

- Delegate responsibility for the implementation and monitoring of this Policy and Procedure to General Managers

All General Managers are required to:

- Monitor the implementation of this Policy and Procedure throughout their service
- Use the practical guidelines as service specifications when requesting tenders for catering services, including vending machines, snack boxes and similar points of sale

All Line Managers are required to:

- Monitor the implementation of this Policy and Procedure within their area of responsibility

OCS and any other food service providers contracted to provide services are required to:

- Comply with the requirements of this Policy and Procedure for all food provided or able to be purchased, for the consumption of staff, visitors and patients on DHB premises or at any DHB function

All staff responsible for any catering are required to:

- Provide a copy of this Policy and Procedure to off-site caterers

5. Resources Required

This Procedure requires no specific resources



Healthy Eating Policy & Procedure

Procedure Number
CHC-PG-0070

Version Nos:
2

6. Process

1.00 Introduction

- 1.01 The WCDHB wishes to provide a supportive environment that encourages staff, patients, visitors and members of the wider community to achieve appropriate healthy eating patterns. The WCDHB recognises that it should act as a role model for the community on these issues and encourage the community to make the link between eating and health.
- 1.02 By promoting the benefits of appropriate lifelong nutrition, the WCDHB has the opportunity to change attitudes and behaviour in the community. In the long-term, positive changes in behaviour will reduce the health burden created by the current epidemic of lifestyle diseases such as Type 2 diabetes mellitus, cardiovascular disease, cancer and obesity.
- 1.03 This Policy and Procedure applies to all food and drink provided, or able to be purchased on WCDHB premises, for the consumption of staff, visitors and patients. Any external parties contracted to provide food or catering services at any DHB facility or function must comply with this Policy and Procedure.
- 1.04 This Policy and Procedure excludes:
- i) Non DHB health service providers who wish to develop their own nutrition and physical activity policy;
 - ii) Staff who bring food to work;
 - iii) The WCDHB staff social club.

2.00 Practical Guidelines for Food Providers

- 2.01 A variety of foods will be offered to ensure that healthy choices are always available.
- 2.02 This is to include the following:
- i). Offer vegetable and fruit choices at every meal or function
 - ii). Provide bread, pasta, rice, cereals and other grain products (at least 50% of sandwiches should be on wholemeal/wholegrain/rye bread)
 - iii). Offer a choice of lean meat, chicken, fish, eggs, seafood or vegetarian substitutes, removing visible fat and chicken skin where possible
 - iv). Vegetarian options should always be offered (at least 25% of the food offered should not include meat, fish or chicken. Note that not all vegetarians eat eggs and dairy products and it is advisable to include at least one vegetarian option without eggs or dairy)
 - v). Ensure no animal fats are used when cooking or preparing vegetarian food
 - vi). Soft margarine should be used in baking and food preparation in place of butter, hard margarine or lard
 - vii). Offer sandwiches with no or low fat fillings and spreads. Where margarine is used on sandwiches, use only a thin spread
 - viii). Salad dressings and mayonnaise should be offered on the side of salads. Offer reduced/low fat options
 - ix). Where they are offered, milk products should include low or reduced fat options eg trim milk, light cream cheese/sour cream, yoghurt. Trim milk should be used preferentially in the café

	<h2 style="text-align: center;">Healthy Eating Policy & Procedure</h2>	Procedure Number <i>CHC-PG-0070</i>	Version Nos: 2
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- x). Leave baked items without added butter or margarine. A spread could be offered on a separate dish.
- xi). Serve baked products and fresh fruit without icing sugar sprinkled over
- xii). High fat, high sugar or high salt foods and drinks should be kept to a minimum
- xiii). No more than one type of pastry or deep fried option should be offered at one time
- xiv). Leave salt out of sandwiches, salads and cooked vegetables. Where salt is used in dishes, ensure it is iodised salt
- xv). At least 50% of food and drink available from vending machines and snack boxes or similar points of sale, must meet the Food and Nutrition Guidelines for Healthy Adults
- xvi). Always provide water

3.00 Fundraising

- 3.01 Items used, sold or promoted for fundraising on WCDHB premises should not contradict this Policy and Procedure.
- 3.02 Exceptions to this Policy and Procedure for one-off fundraising activities may be given by the CEO.
- 3.03 When food that is not in keeping with the Policy and Procedure is offered as a gift to or by staff on behalf of the WCDHB, an option of a non-food gift should also be available (e.g. staff Christmas gifts or gifts to guest speakers).
- 3.04 Sponsorship arrangements within the WCDHB should not contradict the requirements of this Policy and Procedure.

4.00 Promotion Of Healthy Eating

- 4.01 The WCDHB will ensure there is a suitable area i.e. quiet, comfortable and private, set aside for women who breastfeed their baby at work or who wish to express breast milk. (Note that toilet facilities are not a suitable area for breastfeeding or expressing milk) as well as ensuring that there are suitable areas for storing breast milk (e.g. refrigerator)
- 4.02 WCDHB internal communication functions will be utilized to promote healthy lifelong nutrition, for example using notice-boards, email and *The Westerly* to provide up-to-date information and promote upcoming events.

5.00 Complaints

- 5.01 All WCDHB staff are to report any suspected breaches of this Policy and Procedure to the Chief Executive Officer.

	Healthy Eating Policy & Procedure	Procedure Number <i>CHC-PG-0070</i>	Version Nos: 2
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7. Precautions And Considerations

- ➔ This Policy and Procedure applies to all food and drink provided, or able to be purchased on WCDHB premises, for the consumption of staff, visitors and patients.
- ➔ The WCDHB will ensure there is a suitable area i.e. quiet, comfortable and private, set aside for women who breastfeed their baby at work
- ➔ Items used, sold or promoted for fundraising on WCDHB premises should not contradict this Policy and Procedure.
- ➔ Any suspected breaches of this Policy and Procedure are to be reported to the Chief Executive Officer

8. References

Ministry of Health. 2004. Internal Nutrition and Physical Activity Policy, October 2004. Wellington: Ministry of Health.

Ministry of Health. 2004. Healthy Eating – Healthy Action, Oranga Kai Oranga Pumau. Implementation plan 2004-2010. Wellington: Ministry of Health.

Ministry of Health. 2003. Food and Nutrition Guidelines for Healthy Adults: A background paper. Wellington: Ministry of Health.

9. Related Documents

WCDHB Fundraising Procedure

WCDHB Breastfeeding Policy

WCDHB Sponsorship Procedure

Revision History	Version:	2
	Developed By:	Healthy Eating Working Party
	Authorised By:	Chief Executive Officer
	Date Authorised:	August 2005
	Date Last Reviewed:	January 2007
	Date Of Next Review:	January 2009

Standard/ Post-Natal/ Oncology - Breakfast daily

Continental Breakfast

Toast

Wholemeal

White

Spread

Margarine

Butter

Marmite

Peanut Butter

Jam

Cereal

Porridge

Weetbix

Cornflakes

Milk

Whole Milk

Trim Milk

Fruit

Seasonal Fruit Salad

Prunes

Café Style Breakfast

Smoothie

Berry

Feijoa

Loaf

Banana Bran & Date Loaf

Cereal

Muesli

Dairy

Yoghurt

Trim Milk

Whole Milk

Fruit

Seasonal Fruit Salad

Prunes

Cooked Breakfast

Eggs

Boiled

Scrambled

Hot option

Spaghetti

Baked beans

Congee

Toast

Wholemeal

White

Spread

Margarine

Butter

Fruit

Seasonal Fruit Salad

Option 1

Option 2

Option 3

Standard Menu													
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner													
Condiments													
Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt
Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper
Savoury													
Beef Ragout with Prunes	Zingy BBQ Chicken	Moroccan Meatballs with Spiced sour cream	Pesto, Pasta & Chicken	Mexican Beef & Bean Taco Bowl	Citrus Chicken with Smoked Paprika	Mongolian Lamb Stirfry	Lemon & Sage Baked Chicken Drums	Sticky Hoisin Ginger Pork	Tandoori Chicken with Mint Raita	Teriyaki Beef	Baked Fish & Chips	Mexican Beef Nachos	Honey Soy Chicken Stirfry
Chicken Tikka Masala	Pork and apple meatloaf	Pesto Fish	Pulled Five Spice Pork Shoulder	Honey Sesame Chicken Drums	Lasagne	Roast Pork & Apple Sauce	Slow Cooked Beef Brisket with Horseradish Cream	Thai Green Curry Chicken	Spaghetti Bolognese	Country Chicken Pot Pie	Lamb Korma	Chicken Fettuccine with Cashews	Roast Lamb & Gravy
Vegetarian Biryani	Caramelised onion & hummus pita pizza	Spinach & Cream Cheese Pasta Bake	Black-eyed Beans in Spiced Coconut Sauce	Red Lentil Dahl	Falafel & Salad Pita Pocket	Classic Macaroni & Cheese	Mediterranean Baked Vegetable Tart	Lentil Bolognese with Parmesan Cheese	Pumpkin, Feta & Walnut Filo Rolls	Moroccan Chickpea Tagine	Mixed Bean Enchiladas	Broccoli Cheesecakes with Spiced Sour Cream	Vegetable & Cheese Frittata
Vegetables													
Steamed Green Peas	Steamed Broccoli	Roast Cauliflower & Broccoli with Sliced Almonds	Garlic Green Beans	Seasonal Vegetables	Carrots Julienne	Green Beans	Mixed peas & beans	Sesame beans & broccoli	Roast Cauliflower & Broccoli with Sliced Almonds	Peas	Broccoli & Spinach with Garlic & lemon	Seasonal Vegetables	Green Beans & Broccoli
Baked carrot & parsnip	Honey & balsamic glazed carrots		Kumara & Pumpkin medley		Lemon Garlic Broccoli & Spinach	Caramelised Roast Pumpkin	Herbed Pumpkin	Carrots Julienne		Honey cumin Carrots	Beetroot with Balsamic glaze		Baked Pumpkin
	Corn & Feta Salad	Classic green salad	Cos Lettuce & Pear Salad	Classic green salad	Tomato Feta & Cucumber Salad		Classic green salad	Classic green salad	Spinach salad	Classic green salad	Cranberry & Cucumber salad	Classic Garden Salad	Classic Garden Salad
Carbohydrate													
Spiced Pumpkin Mash	Smashed Potatoes	New Potato	Crispy smashed Potato		Creamy Mashed Potato	Roast Potato	Parsley & Herb Mashed Potato	Crispy smashed Potato	Spaghetti Pasta	Maple Kumara Mash			Roast Potato
Coconut Rice	Steamed Brown Rice	Spinach Cous Cous	Brown Rice	Rice	Rice	Hokkein Noodle	Cous cous	Coconut Rice	Rice	Brown Rice	Turmeric Almond Rice	Brown Rice	Hokkein Noodle
Dessert													
Double chocolate Mousse with Mixed Berry couli	Lemon Curd Tartlet with blueberry	Meringue with Berries & Cream	Apple-spiced Walnut Cake with Custard	Donuts with Chocolate Sauce & Ice Cream	Cheese & Crackers with Grapes	Apple & Cinnamon Crumble	Rice pudding with stewed plums	Ambrosia	Cheese & Crackers with a Chocolate	Baked Lemon Cheesecake	Triple Chocolate & Walnut Brownie	Mini Gingerbread with Pear	Self saucing chocolate pudding
Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream	Jelly & Ice Cream
Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit	Stewed Fruit

Hot Option -1
(Healthy)

Hot Option -2
(Soft)

Vegetarian

Vegetables

Vegetables

Vegetable
alternative

Potato

Rice/ Pasta

Standard Menu Nutrient Analysis

Analysis also applicable to the following diet codes;

Halal & Hindu, Diabetic Meal Plan, Oncology, Neutropenic, Antenatal, Gluten Free, Dairy Free

This menu has been analysed based on medium portion sizes and what nutrition the menu will provide if the patient received all 'Chef's choice'.

NUTRIENT	GOAL	ANALYSIS
Energy	8000kJ/day 105 KJ/kg/d	Nutrient analysis indicates energy is satisfactory for all days of the menu, 100% compliance. A choice of menu items of adequate energy density is available to allow those with small appetite/ intake to achieve the recommended daily energy intake. <i>Average: Week 1: <u>8430 KJ</u> Week 2: <u>8579 KJ</u></i>
Protein	90g/day ~ 1.2g/kg/day	Nutrient analysis indicates protein is satisfactory for all days of the menu, 100% compliance. For hospitalized patients, a range of 1.0 – 1.5g/kg/day is recommended. The level of 1.2g/kg/day aims to cover the majority of hospitalized patients including the non-stressed elderly through to those recovering from surgery. The menu allows patients with small appetite/ intake to achieve the recommended daily protein intake. <i>Average: Week 1: <u>107g</u> Week 2: <u>107g</u></i>
Fat	<10% KJ from Saturated/ Trans Fats	Nutrient analysis indicates Saturated fat is satisfactory for all days of the menu, 100% compliance. Mono and poly unsaturated fats have been used in food preparation where appropriate to minimise the content of saturated fat i.e. vegetable oils, unsaturated spreads. <i>Average: Week 1: <u>8.4%</u> Week 2: <u>9.3%</u></i>
Fibre	30g/day	Nutrient analysis indicates Fibre is satisfactory for all days of the menu, indicating a full compliance. Fibre recommendations have been achieved by incorporating a range of naturally high fibre foods. Various wholemeal and wholegrain options have been included as well as the recommended serving sizes of fruit and vegetables. <i>Average: Week 1: <u>32.8g</u> Week 2: <u>31.2g</u></i>
Vitamin C	45mg/day	Nutrient analysis indicates Vitamin C exceeds requirements across all days of the menu. Vitamin C nutritional targets have been met by incorporating fresh fruit and vegetables into all meal offerings. Seasonal fresh fruit is offered at both breakfast and lunch and fresh salads and vegetables are available for lunch and dinner. <i>Average: Week 1: <u>97.5 mg</u> Week 2: <u>85.2 mg</u></i>
Folate	400ug/day	Nutrient analysis indicates folate exceeds requirements across all days of the menu. Folate requirements have been met by including the required serves of fruit and vegetables throughout the menu. <i>Average: Week 1: <u>843.5 ug</u> Week 2: <u>798.7 ug</u></i>
Calcium	1000mg/day	Nutrient analysis indicates calcium is satisfactory for all days of the menu. The calcium RDI has been achieved through the inclusion of calcium fortified milk in sauces, baking, included in breakfast and the option of yoghurt, cheese and other dairy products <i>Average: Week 1: <u>1306 mg</u> Week 2: <u>1286 mg</u></i>
Iron	11mg/day	Nutrient analysis indicates iron is satisfactory for all days of the menu, indicating 100% compliance.

Zinc

	<p>Compliance to the Iron RDI has been achieved by providing a selection of, meats, fish and poultry options. Non-haem iron options such as wholegrain cereals and plant based foods have also been incorporated into the menu.</p> <p><i>Average: Week 1: <u>16.9 mg</u> Week 2: <u>16 mg</u></i></p>
14mg/day	<p>Nutrient analysis indicates Zinc is compliant for 11 days of the menu, indicating 78% compliance.</p> <p>The goal target of 14mg/day is the RDI for males >19yrs. The RDI for Women >19 yrs is 11mg/day. Zinc has an approximate half-life of 9 months and the average patient stay is 3 days. These factors combined it has been concluded that the level of Zinc present in the menu is sufficient.</p> <p><i>Average: Week 1: <u>13.7 mg</u> Week 2: <u>13.69 mg</u></i></p>
Upper intake Limit 2300mg.day	<p>Nutrient analysis indicates sodium is compliant for 13 days of the menu, indicating 93% compliance.</p> <p>Sodium targets have been achieved by reducing pre-packaged commercial products and maximized fresh produce and homemade sauces.</p> <p><i>Average: Week 1: <u>2044.96 mg</u> Week 2: <u>2100 mg</u></i></p>

Sodium

SUMMARY

The average compliance of all nutrients over the 14-day menu has been achieved and in some instances exceeded. Zinc is the only nutrient in which has not reached full compliance however, for reasons stated above these have been deemed satisfactory.

Please note:

If patients choose small portion sizes the same nutritional intake will not be achieved. However, this does not mean that the patient will receive insufficient nutrition as these nutrient targets have been set based on a 76kg male therefore may not reflect the patient's individual needs.

14-day Menu Analysis – Standard Menu

Key:	Satisfactory
	Unsatisfactory

Satisfactory = 95%-105% of nutrient requirement

Unsatisfactory = <95% or >105% of nutrient requirement

Exceptions;

- Sodium- any % less than 100% is deemed acceptable
- Fibre, Vitamin C, Folate, Calcium, Iron & Zinc - any % over 100% is deemed acceptable

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Standard														
Saturated/Trans Fat														
Goal	16.9	21.8	14.3	24.3	14.8	20.6	19.2	18.8	18.2	23.3	22.7	20.3	24.5	20.8
% of requirement	75.81%	23.1	22.8	24.9	21.3	20.4	22.1	22.4	23.0	23.2	22.7	22.5	24.7	21.2
Average		54.35%	62.59%	97.51%	69.57%	100.74%	87.04%	83.85%	79.29%	100.25%	100.09%	90.18%	99.13%	98.07%
				8.40%							9.30%			
Fibre														
Goal g	36.5	32.4	32.1	32.5	36.2	31.1	29	31.2	28.8	31.4	29.9	29.9	38.3	28.9
% of requirement	30	30	30	30	30	30	30	30	30	30	30	30	30	30
Average	121.67%	108.00%	107.00%	108.33%	120.67%	103.67%	96.67%	104.00%	96.00%	104.67%	99.67%	99.67%	127.67%	96.33%
				32.83							31.20			
Vitamin C														
Goal mg	65.6	157.7	144.2	82.8	85.1	74.8	72.6	114.1	54.1	151.5	75.2	51.1	81	69.5
% of requirement	45	45	45	45	45	45	45	45	45	45	45	45	45	45
Average	145.78%	350.44%	320.44%	184.00%	189.11%	166.22%	161.33%	253.56%	120.22%	336.67%	167.11%	113.56%	180.00%	154.44%
				97.5							85.21			
Folate														
Goal ug	839.9	818.6	862.5	846.9	1038.9	784.6	712.8	764.6	710.5	823.3	746.7	827.2	902.8	816.2
% of requirement	400	400	400	400	400	400	400	400	400	400	400	400	400	400
Average	209.98%	204.65%	215.63%	211.73%	259.73%	196.15%	178.20%	191.15%	177.65%	205.83%	185.68%	206.80%	225.70%	204.05%
				843.5							798.77			
Calcium														
Goal mg	1408	1107	1382.1	1200.5	1175.8	1481.5	1389.6	1156.2	1141.5	1559.4	1052.3	1190.7	1643	1264.8
% of requirement	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000
Average	140.80%	110.70%	138.21%	120.05%	117.58%	148.15%	138.96%	115.62%	114.15%	155.94%	105.23%	119.07%	164.30%	126.48%
				1306.36							1286.84			
Iron														
Goal mg	17.3	17.4	16.5	18.3	18.4	14.7	16.3	17	15.9	15.5	16.9	15.9	17.1	13.7
% of requirement	11	11	11	11	11	11	11	11	11	11	11	11	11	11
Average	157.27%	158.18%	150.00%	156.36%	167.27%	133.64%	148.18%	154.55%	144.55%	140.91%	153.64%	144.55%	155.45%	124.55%
				16.99							16.00			
Zinc														
Goal mg	15	13.9	10	10.5	14.1	15.11	17.3	14.2	14.3	16.1	13.3	13.3	14.4	10.2
% of requirement	14	14	14	14	14	14	14	14	14	14	14	14	14	14
Average	107.34%	99.29%	70.71%	74.64%	100.71%	107.93%	123.57%	101.43%	102.14%	115.00%	95.00%	95.00%	102.86%	72.86%
				13.7							13.69			
Sodium														
Goal mg	2084.4	2040.4	2420.5	1909	2058.7	2133.2	1688.5	1476	2257.4	2107.2	2134.1	2376.1	2385.7	1862.5
% of requirement	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300
Average	90.63%	88.71%	105.24%	83.00%	89.11%	92.75%	72.54%	64.17%	98.15%	91.62%	92.75%	103.31%	103.73%	81.02%
				2044.96							2085.71			

14-day 'Chef's Choice' Menu – Standard Menu

[illegible]

Low Allergen - Breakfast daily

Continental Breakfast

Toast

Gluten Free Toast

Gluten Free Bread

Spread

Margarine

Butter

Apricot Jam

Honey

Cereal

Apricot & Raisin Rice Porridge

Berry Light Cereal

Milk

Rice Milk

Fruit

Stewed Fruit - Apple or Pear

Apple Juice

Option 1

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LOW ALLERGEN

Bread Roll

GF/ DF Bread

Spreads

Margarine

Butter

Honey

Apricot Jam

Savoury

Roast Lamb

Roast Chicken

Served with

Rice

Green Salad

Fruit

Apple

Pear

Dessert

Rice Milk

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LOW ALLERGEN

Bread Roll

GF/ DF Roll

Spreads

Margarine

Butter

Honey

Apricot Jam

Savoury

Roast Lamb

Roast Chicken

Served with

Rice

Green Salad

Fruit

Apple

Pear

Dessert

Rice Milk

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Breakfast daily - Vegetarian/ Vegan

Continental Breakfast

Toast

Wholemeal

White

Spread

Margarine

Butter - Vegetarian Only

Marmite

Peanut Butter

Jam

Cereal

Porridge - Vegetarian Only

Weetbix

Cornflakes

Milk

Whole Milk

Trim

Soy Milk

Fruit

Seasonal Fruit Salad

Prunes

Café Style Breakfast

Smoothie

Berry

Feijoa

Loaf

Banana Bran & Date Loaf (V)

Cereal

Muesli

Dairy

Yoghurt

Whole Milk

Soy Milk

Fruit

Seasonal Fruit Salad

Prunes

Cooked Breakfast

Eggs

Boiled - Vegetarian Only

Scrambled - Vegetarian Only

Hot option

Spaghetti

Baked beans

Toast

Wholemeal

White

Spread

Margarine

Butter - Vegetarian Only

Fruit

Seasonal Fruit Salad

Option 1

Option 2

Option 3

Vegetarian/ Vegan													
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Lunch													
Soup													
Pea & Watercress	Kumara, pumpkin & peanut	Cauliflower	Potato & Lentil	Coconut Lentil Soup	Tomato & Lentil	Hearty Vegetable	Thal Pumpkin	Minestrone	Corn chowder	Carrot & Ginger	Mushroom	Chunky Vegetable	Moroccan Lentil
Bread roll													
Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll
Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt
Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper

Condiments													
Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt	Salt
Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper
Savoury													
Macaroni & Cheese	Moroccan Tofu (NO Yoghurt Vegan)	Pumpkin & Parmesan Arancini	Cauliflower & Potato Curry with Rice	Pea & Mint Frittata	Potato and Lentil Samosa with Mini Yoghurt	Mushroom Ricotta	Feta, Olive & Hummus Pita pizza	Spanakopita	Egg Fried Rice	Falafels & lemon Yoghurt dipping sauce	Polenta Fritters with Capicum & Pesto Ratatouille	Spinach & Feta Omelette	Chinese Ginger Nut & Lentil Salad Cups with Crispy Noodles
Cheese and Chilli Sandwich	Cheese & Mango Chutney Sandwich	Peanut butter, raisin & grated carrot sandwich	Falafel Wrap (No yoghurt Vegan)	Hummus and Pita Chips	Brie & Cranberry Sub	Cheese & Tomato Croissant	Layered Mexican bean dip with pita chips (NO soucream Vegan)	Roast Cauliflower Fritters	Hummus Salad Doorstop	Veggie Brunch Cake with Cream cheese & Chutney	Egg Sandwich	Cheese and Pineapple Sandwich	Roast Vegetable Wrap (cheese, Aioli)
Beetroot, Carrot and Apple salad with lentils & Edamame beans	Falafel Tabouleh Salad & Tzatziki Dressing	Broccoli & cheese bites with Cracked wheat salad	Roasted Chickpea, Baby Spinach, Feta and Black Rice Salad	Corn Fritters	Broccoli & Feta Pasta Salad	Roasted Pumpkin & Lentil Salad with Yoghurt dressing	Lemon Orzo Salad	Roast vegetable Couscous with Honeyed Balsamic Vinegar	Cauliflower, Raisin & Chickpea Salad (NO Honey in dressing vegan)	Roast Kumara Salad with Chickpeas in a Honey Mustard Dressing	Hummus and Pita Chips	Turkish Lentil Kofte with Parsley Yoghurt Dressing	Cottage cheese & Salad sandwich

Side Salad													
Tangy Beetroot, Carrot and Apple slaw	Tabouleh Salad	Baby Spinach leaf Salad		Mixed bean salad	Classic Garden Salad	Mesculin, beetroot & Pumpkin kernal	Lemon- infused Mixed grain salad	Roast Vegetable Couscous	Crunchy Peanut & Corn Salad	Roast Kumara, Spinach & Orange Salad	Green Salad	Greek Tomato, Cucumber & Feta Salad	Classic garden Salad

Carbohydrate													
Dessert													
Scent with Jam	ANZAC Biscuit	Chocolate Cupcake	Ginger cake	Chocolate Fudge Brownie	Oaty Ginger crunch	Shortbread Biscuit	Apricot & Oat Muesli Slice	Lemon Yoghurt Cake	Pear & Ginger Cake	Chocolate Chunk Oat biscuit	Spiced Banana Cake	Homemade Afghan	Louise Slice
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard	Soy Custard

Afternoon tea snack													
Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nut	Dried Fruit & Nuts
Peanut butter half sandwich	Hummus half sandwich	Egg Half Sandwich	Peanut butter half sandwich	Hummus half sandwich	Egg Half Sandwich	Peanut butter half sandwich	Hummus half sandwich	Egg Half Sandwich	Peanut butter half sandwich	Hummus half sandwich	Egg Half Sandwich	Hummus half sandwich	Egg Half Sandwich

Vegetarian/ Vegan

	Dinner

	Dinner
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[illegible][illegible][illegible][illegible]Carbohydrate

Carbohydrate

Desert

Desert

Supper

Supper

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Vegetarian/ Vegan Menu Nutrient Analysis

This menu has been analysed based on medium portion sizes and what nutrition the menu will provide if the patient received all 'Chef's choice'.

NUTRIENT	GOAL	ANALYSIS
Energy	8000kJ/day	Nutrient analysis indicates energy is satisfactory for all days of the menu, 100% compliance. A choice of menu items of adequate energy density is available to allow those with small appetite/ intake to achieve the recommended daily energy intake. <i>Average: Week 1: <u>8701 KJ</u> Week 2: <u>8964.5 KJ</u></i>
Protein	76g/day ~ 1.0g/kg/day	Nutrient analysis indicates protein is satisfactory for all days of the menu, 100% compliance. Protein is adequate to allow those with small appetite/ intake to achieve the recommended daily protein intake. <i>Average: Week 1: <u>84.4g</u> Week 2: <u>84.6g</u></i>
Fat	<10% KJ from Saturated/ Trans Fats	Nutrient analysis indicates Saturated fat is satisfactory for all days of the menu, 100% compliance. <i>Average: Week 1: <u>9.5%</u> Week 2: <u>9.8%</u></i>
Fibre	30g/day	Nutrient analysis indicates Fibre is satisfactory for all days of the menu, indicating a full compliance. <i>Average: Week 1: <u>41.7g</u> Week 2: <u>37.7g</u></i>
Vitamin C	45mg/day	Nutrient analysis indicates Vitamin C exceeds requirements across all days of the menu. <i>Average: Week 1: <u>80 mg</u> Week 2: <u>72.9 mg</u></i>
Folate	400ug/day	Nutrient analysis indicates folate exceeds requirements across all days of the menu. <i>Average: Week 1: <u>1172 ug</u> Week 2: <u>1021 ug</u></i>
Calcium	1000mg/day	Nutrient analysis indicates calcium is satisfactory for all days of the menu. <i>Average: Week 1: <u>1368.5 mg</u> Week 2: <u>1412.8 mg</u></i>
Iron	11mg/day	Nutrient analysis indicates iron is satisfactory for all days of the menu, indicating 100% compliance. <i>Average: Week 1: <u>17.6 mg</u> Week 2: <u>16.1 mg</u></i>
Zinc	14mg/day	Nutrient analysis indicates Zinc is compliant for 0 days of the menu, indicating 0% compliance. The goal target of 14mg/day is the RDI for males >19yrs. The RDI for Women >19 yrs is 11mg/day. Zinc has an approximate half-life of 9 months and the average patient stay is 3 days. These factors combined it has been concluded that the level of Zinc present in the menu is sufficient. <i>Average: Week 1: <u>11.3 mg</u> Week 2: <u>10.9 mg</u></i>
Sodium	Upper intake Limit 2300mg.day	Nutrient analysis indicates sodium is compliant for 12 days of the menu, indicating 85.7% compliance. The nutrient analysis for sodium was compromised by the lack of legume/ pulse options available in Foodworks. The options available were not necessarily reflective of actual sodium content. The level of sodium provided in the diet is considered appropriate. <i>Average: Week 1: <u>2074.5 mg</u> Week 2: <u>2360.3 mg</u></i>

SUMMARY

The average compliance of all nutrients over the 14-day menu has been achieved and in some instances exceeded. Zinc and sodium are the only nutrients which have not reached full compliance however, for reasons stated above these have been deemed satisfactory.

Please note:

If patients choose small portion sizes the same nutritional intake will not be achieved. However, this does not mean that the patient will receive insufficient nutrition as these nutrient targets have been set based on a 76kg male therefore may not reflect the patient's individual needs.

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14-day Menu Analysis – Vegetarian/ Vegan

Key:	Satisfactory
	Unsatisfactory

Satisfactory = 95%-105% of nutrient requirement

Unsatisfactory = <95% or >105% of nutrient requirement.

Exceptions:

- Sodium - any % less than 100% is deemed acceptable
- Fibre, Vitamin C, Folate, Calcium, Iron & Zinc - any % over 100% is deemed acceptable

Vegetarian/ Vegan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Energy	8736.6	9005.9	8819	9573.2	8305.9	8162.2	8305.5	9050.9	8806.4	8840.4	9218	8871.3	8882.9	9081.7
Goal KJ	8000	8000	8000	8000	8000	8000	8000	8000	8000	8000	8000	8000	8000	8000
% of requirement	109.21%	112.57%	110.24%	119.67%	103.82%	102.03%	103.82%	113.14%	110.08%	110.51%	115.23%	110.89%	111.04%	113.52%
Average	8701							8964.51						
Protein	80.7	78.3	86.5	84.3	82.2	96.7	82	76.3	83.2	89.9	85.2	88	80	89.6
Goal g	76	76	76	76	76	76	76	76	76	76	76	76	76	76
% of requirement	106.18%	103.03%	113.82%	110.92%	108.16%	127.24%	107.89%	100.39%	109.47%	118.29%	112.11%	115.79%	105.26%	117.89%
Average	84.4							84.60						
Saturated/ trans Fat	21	23.7	22.6	20.8	18.9	23	23.3	24.8	23.8	21.8	24.4	24.1	21.8	24.3
Goal	23.2	24.0	23.5	25.5	22.1	21.7	22.1	24.1	23.4	23.5	24.5	23.6	23.6	24.2
% of requirement	90.38%	98.95%	96.36%	81.69%	85.56%	105.95%	105.48%	103.03%	101.62%	92.72%	99.53%	102.15%	92.28%	100.61%
Average	9.46%							9.89%						
Fibre	43	41.6	41.6	49.5	42.5	35.9	37.8	38.3	33.8	33.1	45	40.7	40.2	33
Goal g	30	30	30	30	30	30	30	30	30	30	30	30	30	30
% of requirement	143.33%	138.67%	138.67%	165.00%	141.67%	119.67%	126.00%	127.67%	112.67%	110.33%	150.00%	135.67%	134.00%	110.00%
Average	41.70							37.73						
Vitamin C	86.6	61.4	165.4	56.5	75.1	45.4	69.4	65.6	56.2	109.9	81	73.1	67.2	57.7
Goal mg	45	45	45	45	45	45	45	45	45	45	45	45	45	45
% of requirement	192.44%	136.44%	367.56%	125.56%	166.89%	100.89%	154.22%	145.78%	124.89%	244.22%	180.00%	162.44%	149.33%	128.22%
Average	80.0							72.96						
Folate	1210.7	1068	1308.8	1204.2	1187	1206.9	1018.2	916.9	1049.6	948	1115	1094.2	1024	999.3
Goal ug	400	400	400	400	400	400	400	400	400	400	400	400	400	400
% of requirement	302.68%	267.00%	327.20%	301.05%	296.75%	301.73%	254.55%	229.23%	262.40%	237.00%	278.75%	273.55%	256.00%	249.83%
Average	1172.0							1021.00						
Calcium	1340.8	1208.9	1392	1226.3	1160.4	1812.3	1439	1361.3	1411.8	1680.6	1143	1473.5	1326.5	1492.9
Goal mg	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000
% of requirement	134.08%	120.89%	139.20%	122.63%	116.04%	181.23%	143.90%	136.13%	141.18%	168.06%	114.30%	147.35%	132.65%	149.29%
Average	1368.53							1412.80						
Iron	17.7	17.3	18.8	19	19.3	16.5	14.7	15.7	16.7	14	17	16.7	16.9	16
Goal mg	11	11	11	3	11	11	11	11	11	11	11	11	11	11
% of requirement	160.91%	157.27%	170.91%	633.33%	175.45%	150.00%	133.64%	142.73%	151.82%	127.27%	154.55%	151.82%	153.64%	145.45%
Average	17.61							16.14						
Zinc	11.1	10.3	12	11.3	11.6	12.6	10.6	10.1	10.3	11.3	11.3	11.5	10.6	11.5
Goal mg	14	14	14	14	14	14	14	14	14	14	14	14	14	14
% of requirement	79.29%	73.57%	82.86%	80.71%	82.86%	90.00%	75.71%	72.14%	73.57%	80.71%	80.71%	82.14%	75.71%	82.14%
Average	11.3							10.94						
Sodium	1564.9	2233.2	2285	2063.8	2141.7	2385.9	1846.9	2456.6	2304.1	2276.7	2385	2247.9	2450	2402
Goal mg	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300
% of requirement	68.04%	97.10%	99.35%	89.73%	93.12%	103.73%	80.30%	106.81%	100.18%	98.99%	103.70%	97.73%	106.52%	104.43%
Average	2074.49							2360.33						

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Ingredients	Amount	Preparation	Notes
Seasonal Vegetables	1 cup	Wash and chop	
Donuts with Chocolate Sauce	1 dozen	Warm in oven	
Hot beverage	20ml	Calcium milk	
Dried Fruit & Nuts	1 cup	Chop and mix	