

Characteristics of modified hospital diets

Diet	Characteristics
Modified in nutrients	
Low-fiber/residue	Eggs, tender meats, milk, white bread or rice, strained juices, cooked vegetables, and cooked or canned fruits. No nuts, seeds, or skins are allowed.
High-fiber	Total daily fiber intake of more than 20 g/day by increasing the intake of whole grains, raw fruits and vegetables.
Low-fat	Restricts fat to < 50 g/day
Low-sodium	Restricts sodium to < 2000 mg/day
Low-protein	Restricts protein to < 60 g/day or < 0.8 g/kg body weight. A low - protein diet often cannot meet all nutrient needs when protein is limited to \leq 40 g/day, so vitamin and mineral supplementation is required.
Modified in consistency	
Clear liquid	Clear juices, broth, jello and popsicles.
Full liquid	Cream soups, milk, and ice cream. This diet contains lactose and is often high in fat.
Pureed	Foods blended to baby food consistency.
Mechanical soft	Ground meat with gravy, soft cooked vegetables, and canned fruit.
Selected soft	Meat, fruit, and vegetables chopped into bite-size pieces.
Soft	Regular textured foods omitting fresh fruits and vegetables.

Adapted from: Klein S, Rubin D. Enteral and parenteral nutrition. In: Feldman M, Freidman L, Sleisenger M (eds). Sleisenger & Fordtran's Gastrointestinal and Liver Disease. 7th ed. Philadelphia: W.B. Saunders Co., (in press).