

Therapeutic Diet Spreadsheet

Cycle Name 1st Week

Day: 1 Cycle Day: 1

Regular No Restriction	Regular NAS	Regular CCHO	Regular Heart Healthy	Regular Renal
Breakfast - Primary				
4 Fl Oz Assorted Juices	4 Fl Oz Assorted Juices	4 Fl Oz Assorted Juices	4 Fl Oz Assorted Juices	4 Fl Oz Apple, Grape, Or Cranberry Juice
1 Each Breakfast Casserole	1 Each Breakfast Casserole	1 Each Breakfast Casserole	1/3 Cup Special Eggs	1/3 Cup Scrambled Eggs
			1 Each Ls Sausage	
1 Each Breakfast Breads	1 Each Breakfast Breads	1 Each Breakfast Breads	1 Each Whole Wheat Toast	1 Each White Toast
1 Each Margarine & Jelly	1 Each Margarine & Jelly	1 Each Margarine & Diet Jelly	1 Each Margarine & Jelly	2 Each Margarine & Jelly
3/4 Cup Assorted Hot Or Cold Cereal	3/4 Cup Assorted Hot Or Cold Cereal		3/4 Cup Assorted Hot Or Cold Cereal	3/4 Cup Assorted Hot Or Cold Cereal
8 Oz Choice Of Milk	8 Oz Choice Of Milk	8 Oz Low Fat Or Skim Milk	8 Fl Oz Skim Milk	4 Fl Oz Whole Milk
6 Fl Oz Hot Beverage Of Choice	6 Fl Oz Hot Beverage Of Choice	6 Fl Oz Hot Beverage Of Choice	6 Fl Oz Hot Beverage Of Choice	6 Fl Oz Hot Beverage Of Choice
1 Each Sugar & Creamer	1 Each Sugar & Creamer	1 Each Sugar Sub & Creamer	1 Each Sugar & Nondairy Creamer	1 Each Sugar & Nondairy Creamer
1 Each Salt & Pepper	1 Each Mrs Dash & Pepper	1 Each Salt & Pepper	1 Each Mrs Dash & Pepper	1 Each Mrs Dash & Pepper
Lunch - Primary				
6 Oz Shrimp Creole	6 Oz Shrimp Creole	6 Oz Shrimp Creole	6 Oz Shrimp Creole	2 Oz Broiled Shrimp
1/2 Cup Steamed Rice	1/2 Cup Steamed Rice	1/2 Cup Steamed Rice	1/2 Cup Steamed Rice	1 Cup Steamed Rice
3 Oz Breaded Okra	3 Oz Breaded Okra	1/2 Cup Tender Sliced Okra	1/2 Cup Tender Sliced Okra	1 Cup Tender Sliced Okra
1 Each Assorted Breads	1 Each Assorted Breads	1 Each Assorted Breads	1 Each Whole Wheat Dinner Roll	1 Each Dinner Roll
1 Tsp Margarine	1 Tsp Margarine	1 Tsp Margarine	1 Tsp Margarine	2 Tsp Margarine
1/2 Cup Fresh Fruit Cup	1/2 Cup Fresh Fruit Cup	1/2 Cup Fresh Fruit Cup	1/2 Cup Fresh Fruit Cup	1/2 Cup Seasonal Freshfruit - Nocitrus/banana
8 Oz Choice Of Milk	8 Oz Choice Of Milk	8 Oz Low Fat Or Skim Milk	8 Fl Oz Skim Milk	
8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice
1 Each Salt & Pepper	1 Each Mrs Dash & Pepper	1 Each Salt & Pepper	1 Each Mrs Dash & Pepper	1 Each Mrs Dash & Pepper
Dinner - Primary				
1 Each Chicken Chef Salad	1 Each Chicken Chef Salad	1 Each Chicken Chef Salad	1 Each Chicken Chef Salad (no Chs/tom)	1 Each Chicken Chef Salad (no Chs/tom)
1 Oz Salad Dressing	1 Oz Salad Dressing	1 Oz Salad Dressing	1 Oz Oil And Vinegar Dressing	1 Oz Oil And Vinegar Dressing
1/2 Cup Vg Pasta Primavera	1/2 Cup Vg Pasta Primavera	1/3 Cup Vg Pasta Primavera	1/2 Cup Vg Pasta Primavera	1 Cup Pasta
1 Each Assorted Breads	1 Each Assorted Breads	1 Each Assorted Breads	1 Each Whole Wheat Dinner Roll	1 Each Dinner Roll
1 Tsp Margarine	1 Tsp Margarine	1 Tsp Margarine	1 Tsp Margarine	2 Tsp Margarine
1/2 Cup Fruit Sorbet	1/2 Cup Fruit Sorbet	1/2 Cup Fruit Sorbet	1/2 Cup Fruit Sorbet	1/2 Cup Fruit Sorbet
8 Oz Choice Of Milk	8 Oz Choice Of Milk	8 Oz Low Fat Or Skim Milk	8 Fl Oz Skim Milk	4 Fl Oz Whole Milk
8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice
1 Each Salt & Pepper	1 Each Mrs Dash & Pepper	1 Each Salt & Pepper	1 Each Mrs Dash & Pepper	1 Each Mrs Dash & Pepper

Therapeutic Diet Spreadsheet
~Diets Chosen by Community~

Mech Soft Chopped Meat (NDD) or Soft & Bite Sized (IDDSI)

Mech Soft Ground Meat (NDD) or Minced & Moist (IDDSI)

Puree No Restriction

Finger Foods No Restriction

Breakfast - Primary

4 Fl Oz Assorted Juices	4 Fl Oz Assorted Juices	4 Fl Oz Assorted Juices	4 Fl Oz Assorted Juices
1 Each Breakfast Casserole (Chopped W/gravy/sauce)	1 Each Breakfast Casserole (Ground W/gravy/sauce)	4 Oz Pureed Easy Breakfast Casserole (Pureed)	1 Each Breakfast Casserole (Cut In Half)
1 Each Breakfast Breads (Softened)	1 Each Breakfast Breads (Slurried)	1/4 Cup Pureed White Toast (Pureed)	1 Each Breakfast Breads (Cut In Half)
1 Each Margarine & Jelly	1 Each Margarine & Jelly	1 Each Margarine & Jelly	1 Each Margarine & Jelly
3/4 Cup Hot Cereal	3/4 Cup Hot Cereal	3/4 Cup Pureed Hot Cereal	1 Each Hot Cereal(in A Mug) Or Cereal Bar
8 Oz Choice Of Milk	8 Oz Choice Of Milk	8 Oz Choice Of Milk	8 Oz Choice Of Milk
6 Fl Oz Hot Beverage Of Choice	6 Fl Oz Hot Beverage Of Choice	6 Fl Oz Hot Beverage Of Choice	6 Fl Oz Hot Beverage Of Choice
1 Each Sugar & Creamer	1 Each Sugar & Creamer	1 Each Sugar & Creamer	1 Each Sugar & Creamer
1 Each Salt & Pepper	1 Each Salt & Pepper	1 Each Salt & Pepper	1 Each Salt & Pepper

Lunch - Primary

3 Oz Broiled Shrimp (Chopped W/gravy/sauce)	3 Oz Broiled Shrimp (Ground W/gravy/sauce)	4 Oz Pureed Broiled Shrimp (Pureed)	6 Oz Shrimp Creole (Serve In Mug)
1/2 Cup Steamed Rice (Softened)	1/2 Cup Pureed Rice (Pureed)	1/2 Cup Pureed Rice (Pureed)	3 Each Breaded Vegetable Sticks (Pureed)
3 Each Breaded Vegetable Sticks (Chopped)	3 Each Breaded Vegetable Sticks (Chopped)	1/3 Cup Pureed Breaded Vegetable Sticks (Chopped)	3 Oz Breaded Okra (Pureed)
1 Each Assorted Breads (Softened)	1 Each Assorted Breads (Slurried)	1/4 Cup Pureed Dinner Roll (Pureed)	1 Each Assorted Breads (Cut In Half)
1 Tsp Margarine	1 Tsp Margarine	1 Tsp Margarine	1 Tsp Margarine
1/2 Cup Mixed Fruit Cup (Chopped)	1/2 Cup Mixed Fruit Cup (Chopped)	1/2 Cup Pureed Mixed Fruit Cup (Pureed)	1/2 Cup Fresh Fruit Cup (Strained)
8 Oz Choice Of Milk	8 Oz Choice Of Milk	8 Oz Choice Of Milk	8 Oz Choice Of Milk
8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice
1 Each Salt & Pepper	1 Each Salt & Pepper	1 Each Salt & Pepper	1 Each Salt & Pepper

Dinner - Primary

1 Each Soft Chicken Salad Sandwich (Softened & Cut Up)	1 Each Soft Chicken Salad Sandwich (Grnd Meats/slurried Bread)	1/2 Cup Pureed Soft Chicken Salad (Pureed)	1 Each Chicken Salad Sandwich (Cut In Half)
1/2 Cup Vg Pasta Primavera (Chopped)	1/2 Cup Vg Pasta Primavera (Chopped)	1/2 Cup Pureed Pasta (Pureed)	1 Each Tomato & Lettuce Leaf
		1/4 Cup Pureed Dinner Roll (Pureed)	4 Oz Pasta Finger Food (Strained)
		1 Tsp Margarine	
1/2 Cup Fruit Sorbet	1/2 Cup Fruit Sorbet	1/2 Cup Fruit Sorbet	1/2 Cup Fresh Strawberries (Strained)
8 Oz Choice Of Milk	8 Oz Choice Of Milk	8 Oz Choice Of Milk	8 Oz Choice Of Milk
8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice	8 Fl Oz Beverage Of Choice
1 Each Salt & Pepper	1 Each Salt & Pepper	1 Each Salt & Pepper	1 Each Salt & Pepper

Texture Modified Diet Spreadsheet
~Diets and Terms (NDD or IDDSI) Chosen by Community~