

3. Food allergy or food intolerance modification

- Food allergy
- Food intolerance

4. Tube feedings

- Liquid tube feedings in place of meals
- Liquid tube feedings in addition to meals

5. Additional feedings – In addition to meal, extra nutrition may be ordered as:

- Supplements – usually ordered as liquid nutritional shakes once, twice or three times per day; given either with meals or between meals
- Nourishments – ordered as a snack food or beverage items to be given between meals mid-morning and/or mid-afternoon
- HS snack – ordered as a snack food or beverage items to be given at the hour of sleep

The following list includes brief descriptions of common therapeutic diets:

Clear liquid diet –

- Includes minimum residue fluids that can be seen through.
- Examples are juices without pulp, broth, and Jell-O.
- Is often used as the first step to restarting oral feeding after surgery or an abdominal procedure.
- Can also be used for fluid and electrolyte replacement in people with severe diarrhea.
- Should not be used for an extended period as it does not provide enough calories and nutrients.

Full liquid diet –

- Includes fluids that are creamy.
- Some examples of food allowed are ice cream, pudding, thinned hot cereal, custard, strained cream soups, and juices with pulp.
- Used as the second step to restarting oral feeding once clear liquids are tolerated.
- Used for people who cannot tolerate a mechanical soft diet.
- Should not be used for extended periods.