

Diet Order Training

For volunteers & Families

Adapted from WRHA Long Term Care Diet order training for Volunteers and Families

WRHA Food & Nutrition Services

2020



PRESENTATION OUTLINE

TOPICS TO BE COVERED

- Diet Orders
- Food Characteristics & Diet Textures
- Common Challenges



Care Plan & Diet Order

Check that the food and liquid that has been served on the meal-tray matches the diet texture and liquid consistency order on the tray ticket.

Diet order consists of

- texture, liquid consistency
- therapeutic needs like diet for kidney disease
- allergies/intolerances





Care Plan & Diet Order

One of your roles when assisting at meal time is to check that the food provided is in line with the diet needs of the resident. The diet order specifies the texture and consistency of the food and fluids that is recommended for a resident and also specifies any restrictions to the types of food a resident will receive.

RIVERVIEW
ENJOY YOUR MEAL

TRAY TICKET

- 1- PEPPER
- 2- WHITE SUGAR



FOOD



- 1 – PURE LEMON
CHIX/CARROT/POTATO

- 1- CR BROCCOLI SOUP

- 1 H MOD THICK 2% MILK
- 1 H MOD THICK WATER



BEVERAGES



- 1- H MOD THICK APPLE JUICE
- 1 VANILLA PUDDING

PUREE, THKHON **LUNCH**
WEDNESDAY



**NAME OF
DIET**

NAME OF RESIDENT



**PATIENT
NAME**

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PUREE, THKHON LUNCH
 WEDNESDAY
NAME OF RESIDENT

TRAY TICKET

This is an example of a tray ticket. This will come at breakfast, lunch and supper. In Order to follow the standardized feeding procedure #3 – please check that the food/liquid on tray match the diet order written on the tray ticket.

Diet Order

Texture

Standard → Pureed, thickened liquids

Therapeutic Diet

Eg. renal, controlled carbohydrate, clear
fluid

Allergies/Intolerances

No fish, gluten free



Diet Order

For therapeutic diets:

- Renal means kidney, so this refers to diets for those people whose kidneys are not functioning properly. Some specific restrictions would be for potatoes, tomatoes, bananas, and oranges/juice.
- Some people with diabetes need extra control of carbohydrate, which breaks down into sugar once it is eaten. In those cases, a controlled carbohydrate diet may be ordered. This might mean desserts with less sugar and diet juice.

Diet Order

....therapeutic diets

- Someone might be temporarily on a clear fluid diet the day before or after a procedure, so it would be important not to eat a full meal, but just have water, juice or broth while they are on that diet.
- The diet order will include any allergies or intolerances. It can be dangerous to provide a food that a person is allergic to as it may result in immediate risk to life. Some examples would be "no fish" "no peanut" or gluten free.

WRHA Nutrition and Food Services

Regional Distribution Facility

Diet Textures



Now we will discuss in a little more detail, the diet textures we have in the WRHA. Just to note, the diet texture names and descriptions may be changing in the future.



Diet textures are on a continuum. General differences between diet textures include differences in **the size of the pieces, how sticky the food is (or adhesive), how well the food holds together (or cohesive) and how firm it is.** As one moves from pureed up to standard, food pieces are **larger**, foods tend to be **stickier, firmer, and more crumbly.** As someone's chewing and swallowing ability deteriorates, they may have more difficulty with sticky, firm, crumbly foods and so may require a texture that is further down the continuum, like minced or pureed.

Standard Diet

- Regular diet, as pictured here, has no restrictions.



Soft Diet

- Only soft, easy-to-chew foods are allowed.
- Not allowed:
 - Hard fresh fruit such as apples
 - Grain products like granola and crusty rolls, which are hard to chew.
 - Raw vegetables
 - Solid dry meat
 - Tossed salad



Soft-Minced Diet

- Meats must be able to be cut with a fork or minced.
- Soup must have soft or minced meat and cooked vegetables in them.
- No sticky/chewy baked goods, seeds and nuts.



Minced Diet

- All meat is minced
- All vegetables are cooked and minced
- All fruit is minced
- No hard cheese portions and no dried fruit in baking is allowed.
- Bread is allowed



Total-Minced Diet

- Bread is NOT allowed
- All meat and casseroles are minced
- All vegetables are cooked and minced
- All fruit is minced



Pureed Diet

- All items are pureed so they have a smooth, homogenous texture.



Blenderized/Liquidised Diet

- All items are blended smooth and able to drink from a cup.



Mixed consistencies

- Some people with swallowing problems have difficulty with “mixed consistencies”.
- A mixed consistency is a solid and a liquid mixed together.
- Instead, a resident may be served hot cereal (oatmeal/cream of wheat) pureed soup, or strained fruit.



Thickened Liquids

Two levels:

- Mildly(2)/Nectar thick
- Moderately(3)/Honey thick

Does not include:

Mixed consistencies

Ice cream

Jello

Most oral supplements

Some cream soups



Thickened Liquids

In the WRHA, we offer two levels of thickened liquids: mildly and moderately thick.

Since we are in the process of changing terminology, you will likely see 2 terms to describe liquids as noted here: mildly (2)/nectar thick and moderately(3)/honey thick

In the absence of a specific level of thickness, you can assume that someone does not have any restrictions, as in they can drink thin or thick fluids.

- If a patient or a resident is on thickened liquids, they should not receive anything that is a mixed consistency. Remember mixed consistencies have a thin liquid (e.g. canned fruit in juice, cold cereal and milk).
- Ice cream, **popsicles** and jello are not acceptable for patients/residents on thickened liquids because they melt in the mouth and become thin fluids.

Thickened Liquids

Most oral supplements are not acceptable for patients/residents on thickened liquids.

- Only Resource 2.0 and Ensure Compact chocolate are compliant to mildly thick and only if they are chilled.
- Some common commercial thickeners are Resource Thicken Up Clear (gum based thickener) and Resource Thicken up (starch based thickener.) The amount of thickener that needs to be added to liquids differs between products therefore it is best to read the instructions carefully for each product. Thickening supplements tends to result a lumpy product which could pose a safety concern, therefore special care needs to be taken when thickening supplements.

There are pre-thickened liquids that are available to patients and residents.

Common Challenges

- Malnutrition and Dehydration
- Refusal of diet recommendation
- Ethical dilemmas
- Decreased intake



Common Challenges



Meeting nutritional needs is one of the key goals of nutrition care and in the elderly this is even more important because malnutrition is so common in the elderly.

Individuals with dysphagia are at nutritional risk because they may avoid certain foods or whole food groups due to difficulty swallowing or may not finish a whole meal due to frustration, fatigue or fear. At times, someone's desired diet texture is not what we may recommend for safety. In these cases, team discussion should occur, which includes the resident and family, on what level of risk someone is willing to assume by following a diet we might call "risky". Respecting autonomy is one of the ethical principles by which we practice and included in this is accepting someone's decision to eat foods that may ultimately cause them to choke.

Common Challenges



As someone nears end of life, they will often eat and drink smaller amounts.

This is a natural process although it can cause distress for loved ones. We connect around food and sharing meals often holds highly emotional and symbolic meaning. Decreased intake may be the first signs that end of life is approaching and that is hard. It is important to remember though, that this is a natural process and most often people going through this process are not feeling hungry. In fact, eating during this time may actually cause feelings of discomfort, as the body's ability to digest food slows down. Trusting a residents cues, like turning the head away or not opening their mouth for more food, is essential in providing comfort. But you can rest assured that there are other ways to provide comfort during this time, by holding hands or just being with your loved one.

Thank you!

