Therapeutic Diet Options

Concentrated Carbohydrates (Soy, Brown Rice)
It is important that the amount of carbohydrates you eat be limited to avoid rapid rise in blood sugar levels. This diet also limits your intake of polyunsaturated fats per meal.

Low-breaded protein foods contain less sodium and less fat than their traditional counterparts. This diet has lower sodium and dietary modifications associated with high blood pressure and diabetes.

Diet will depend on the severity of your condition, you may need 2 to 3 meals per day and a reduced meal plan per day.

Low-sodium, high-fiber, and low-salt diet: This diet is designed to reduce sodium intake and limit the amount of protein and fiber. The degree of restriction can be dependent on your treatment method and the amount of sodium.

Fluid restrictions: this diet requires fluid intake. We recommend that you drink at least 4 to 6 liters of fluid per day, for chronic sodium intake. We do not allow an oral fluid intake of more than 1 liter per day.

Food retirements: you need to avoid the following foods, because they are high in sodium. We do not allow them in your diet plan. If you have food retirements, we recommend that you consult with a registered dietitian to discuss your specific needs.

- Breakfast: It is important that you eat breakfast to avoid the risk of low blood pressure. We recommend that you eat a breakfast that is high in fiber and low in sodium.
- Lunch: It is important that you eat lunch to avoid the risk of low blood pressure. We recommend that you eat a lunch that is high in fiber and low in sodium.
- Dinner: It is important that you eat dinner to avoid the risk of low blood pressure. We recommend that you eat a dinner that is high in fiber and low in sodium.

How to Order

Your Room Service Agent (RSA) will be coming to your room to explain the menu and order your diet. You can call your RSA at any time during your stay.

The menu has been divided into categories: vegetables, fruits, dairy, and bread. Each category has a different color code.

Breakfast: The breakfast menu will be given to you in the morning.

Lunch: The lunch menu will be given to you in the afternoon.

Dinner: The dinner menu will be given to you in the evening.

Snacks: You can order snacks throughout the day.

Clear Liquids: You can order clear liquids throughout the day.

Sodium-Low Liquids: You can order sodium-low liquids throughout the day.

Entrees:

- Eggs: egg, chicken, pork, beef, fish
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Breakfast:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Lunch:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Dinner:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Snacks:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Clear Liquids:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Sodium-Low Liquids:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Entrees:

- Eggs: egg, chicken, pork, beef, fish
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Breakfast:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Lunch:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Dinner:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Snacks:

- Eggs: fried, poached, scrambled
- Vegetables: broccoli, carrots, peas, corn
- Fruits: apples, bananas, oranges
- Grains: rice, bread, pasta
- Beverages: water, juice

Clear Liquids:

- Eggs: fried, poached, scrambled
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- Vegetables: broccoli, carrots, peas, corn
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- Grains: rice, bread, pasta
- Beverages: water, juice