

NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Health Service Regulation

State-approved Curriculum Nurse Aide I Training Program

MODULE J Nutrition and Fluids

Teaching Guide 2026 Version 2.0A



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**



North Carolina Department of Health and Human Services
Division of Health Service Regulation
North Carolina Education and Credentialing Section

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Module J – Nutrition and Fluids Teaching Guide

Objectives

1. Describe OBRA requirements for serving food
2. Identify basic nutrients
3. Discuss Dietary Guidelines for Americans (DGA)
4. Describe special diets, fluid balance and imbalance
5. Discuss medical conditions and precautions related to nutrition and fluid intake
6. Identify dietary practices of various religions

Advance Preparation – In General

- Review curriculum and presentation materials
- Add examples or comments to Notes Section
- Set up computer/projector
- Establish internet connection

Supplies

- 1 sheet of construction paper or half-sheets of poster paper and 2 or 3 markers per each group of students (Activity #J23)

Handouts

- **#J18 Dietary Guidelines for Americans (Print and review instructor's copy)**
[Dietary Guidelines for Americans, 2025–2030](#)
- **#J23 Therapeutic (Modified) Diets**
(Duplicate one copy for each student)

Instructional Resources/Guest Speakers – Optional

Advance Preparation – Teaching Tips

- **#J5** Good nutrition examples, management of common diseases and characteristics
- **#J18 -1 Web site:** Familiarize self with the following Web sites:
[Dietary Guidelines for Americans](#)
[Dietary Guidelines for Americans | Food and Nutrition Service](#)
- **#J18 Video Opportunities:** Using your favorite search engine to decide whether you would like to show a video as a supplement for the 2025 – 2030 Dietary Guidelines for Americans. Choose preferred message you as the instructor want to share based on the new guidelines.
- **#J33** To explore further dietary practices due to cultural and religious influences refer to website: [Strategize and Act | FSG Toolkit | CDC](#)

Advance Preparation – Activities

- **#J23 Therapeutic (Modified) Diets Project:** Distribute #J23 Therapeutic (Modified) Diets handout. Place students in groups of 2 or 3. Assign a special diet from the handout to each group and have them present to the entire class.

For each of the different diets, each group should discuss the following for the assigned diet:

- Description
- Uses
- Foods allowed or not allowed

Provide each group with a sheet of construction paper or a half-sheet of poster paper, and 2 or 3 markers to create a poster to use during presentation.

Require each group to select a team leader, who facilitates the process within the group, and a reporter, who holds up and explains the poster to the class during the presentation.

Module J – Nutrition Definition List

Advancing a diet – food is gradually reintroduced to the resident due to surgery, in preparation for a procedure, or illness

Aspiration – accidental breathing in of food, fluid, vomit, or other object into lungs

Calcium – a mineral that keep bones and teeth strong

Calorie – energy value of a food or a beverage

Carbohydrates – a nutrient that supplies energy and helps body use fats

Dehydration – serious situation when a person does not take in enough fluid for the body causing a decrease in amount of water in tissue

Dysphagia – difficulty swallowing

Fats – a nutrient that is a good source of energy and gives flavor to food

Fluid Balance – when fluids taken in equal the fluids eliminated

Force Fluids – medical order for person to drink more fluids

Intake – amount of fluids taken in each day

Iron – a mineral that helps blood carry oxygen to all parts of the body

Malnutrition – refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients.

Minerals – a nutrient that helps the body function normally

NPO – nothing by mouth

Nutrients – substance found in food and fluids that are used by body for growth and maintenance of health

Nutrition – when the body takes in and uses foods and fluids to maintain health

Nutrition Facts Label – simple tool from Food and Drug Administration (FDA) found on all packaged foods and beverages and serves as a guide for making choices that can affect health

Output – amount of fluids eliminated each day

Proteins – a nutrient that is needed by every cell to help grow new tissue and help with tissue repair

Restrict Fluids – medical order for person to limit fluids taken in

Special Diet (therapeutic diet or modified diet) – a specific diet ordered for a person because of illness, condition, or preparation for a procedure

Serving Amount – shows the amount that is equal to one serving of a food or beverage

Serving Size – shows the number of servings in a package or container of food or beverage

Vitamins – a nutrient that helps the body function normally; body gets majority of vitamins from certain foods; examples are Vitamins A and C

Module J – Nutrition and Fluids	
(S-1) Title Slide	
(S-2) Objectives <ol style="list-style-type: none"> 1. Describe OBRA requirements for serving food 2. Identify basic nutrients 3. Discuss Dietary Guidelines for Americans (DGA) 4. Describe special diets, fluid balance and imbalance 5. Discuss medical conditions and precautions related to nutrition and fluid intake 6. Identify dietary practices of various religions 	
(S-3) OBRA Dietary Requirements – Nursing Homes (1) OBRA requires the following for each resident: <ul style="list-style-type: none"> • Dietary and nutritional needs are met • Diet is nourishing, well-balanced, and tastes good • Meals are provided at least 3 times a day, and a snack is offered at bedtime • Food preferences are offered and substituted if food served is refused • Assistive devices and utensils are provided as needed 	Notes:
(S-4) OBRA Dietary Requirements – Nursing Homes (1) OBRA requirements for meals: <ul style="list-style-type: none"> • Appetizing, smells and looks good • Varied in color and texture • Served at the correct temperature • Served promptly • Prepared to meet individual needs 	Notes:
(S-5) Nutrition When the body takes uses foods and fluids to: <ul style="list-style-type: none"> • Promote physical and mental health • Increase resistance to illness • Produce energy and vitality • Aid in healing • Assist one to feel and sleep better and help avoid or manage common diseases <ul style="list-style-type: none"> – Helps avoid or manage common diseases (Cancers, Type 2 diabetes, heart disease, high blood pressure, obesity, and osteoporosis. • Characteristics of a healthy diet: <ul style="list-style-type: none"> – Well-developed, healthy body, at the appropriate weight – Alert facial expression – Healthy, shiny hair – Clear skin and bright eyes – Healthy appetite 	Notes:

Module J – Nutrition and Fluids	
<ul style="list-style-type: none"> – Regular elimination habits – Restful sleep patterns 	
<p>(S-6) Characteristics of Poor Nutrition (Malnutrition) Malnutrition refers to deficiencies, excesses, or imbalances in a person’s intake of energy and/or nutrients.</p> <ul style="list-style-type: none"> • Changes in weight • Poor skin color and appearance • Dull looking hair, eyes, and skin • Irregular elimination habits • Poor sleep patterns • Abnormal conditions, such as osteoporosis or anemia • Tired 	Notes:
<p>(S-7) Age-Related Changes Affecting Nutrition</p> <ul style="list-style-type: none"> • Need for fewer calories • Vitamin and mineral requirements change • Drugs may affect how nutrients are absorbed and used • Teeth/dentures affect ability to chew food • Saliva and gastric juices decrease • Appetite and thirst decrease • Constipation may occur • Taste and smell diminish • May require assistance with dining 	Notes:
<p>(S-8) Nutrients</p> <ul style="list-style-type: none"> • Water • Fats • Carbohydrates • Proteins • Vitamins • Minerals 	Notes:
<p>(S-9) Water</p> <ul style="list-style-type: none"> • Most essential nutrient • Needed for every cell in body • Main part of the blood • Importance to body <ul style="list-style-type: none"> – Helps move oxygen and nutrients into cells and removes waste products out of cells – Helps with digestion and absorption of food – Helps maintain temperature by perspiration – Water is essential for survival 	Notes:

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(S-10) Fats <ul style="list-style-type: none"> • A good source of energy • Gives flavor to food • Important for the absorption of certain vitamins • Sources of fat include butter, oil, and fatty meat • Plant-based dietary sources of fat include olives, nuts, and seeds • Certain fats may increase cholesterol levels and lead to heart disease 	Notes:
(S-11) Carbohydrates <ul style="list-style-type: none"> • Supplies energy and helps body use fats • Sources of carbohydrates: <ul style="list-style-type: none"> – Breads – Fruits – Candy – Sugary soft drinks • Certain carbohydrates add fiber to diet that help with elimination 	Notes:
(S-12) Protein Needed by every cell to help grow new tissue and help with tissue repair <ul style="list-style-type: none"> – Sources of proteins are meats, cheese, beans, and dairy 	Notes:
(S-13) Vitamins <ul style="list-style-type: none"> • Help the body function normally • Body gets vitamins from each of the food groups • 13 essential vitamins <ul style="list-style-type: none"> – Vitamin – A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, folate, B6 and B12) 	Notes:
(S-14) Minerals <ul style="list-style-type: none"> • Help the body function normally • Calcium keeps bones and teeth strong • Iron helps blood carry oxygen to all parts of the body 	Notes:
(S-15) Calories <ul style="list-style-type: none"> • Energy value of a food or beverage • Number of calories in one serving size 	Notes:
(S-16) Serving Size <ul style="list-style-type: none"> • Serving sizes are given in familiar measurements (cups, slices, or pieces) <ul style="list-style-type: none"> – Information on the nutrition label is based on one serving of the food or beverage 	Notes:

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<ul style="list-style-type: none"> – Label shows the number of servings in the package or container – Be aware of consumption 	
<p>(S-17) Serving Size Using Common Objects</p> <ul style="list-style-type: none"> • Deck of Cards <ul style="list-style-type: none"> – 3 ounces of meat, poultry, or fish • Baseball <ul style="list-style-type: none"> – 1 cup rice, fruit, veggies, cereal, or pasta • Tennis Ball <ul style="list-style-type: none"> – 1 medium sized fruit • Postage Stamp <ul style="list-style-type: none"> – Stick of butter sliced 	Notes:
<p>(S-18) Dietary Guidelines for Americans</p> <ul style="list-style-type: none"> • Every five years the Dietary Guidelines for Americans (DGA) are updated by the US Department of Agriculture and Health and Human Services for use by federal nutrition program operators, policy makers, and healthcare providers. Nutrition science experts in the past have summarized the current state of nutrition science without influence from food industries or the government. • In 1992, the original food guide pyramid was used as a visual guide for the Dietary Guidelines for America (DGA). The two concepts focus was a pyramid with the base representing the largest amount of food Americans should eat. As the pyramid narrowed the recommendation showed a decrease in food consumption. The pyramid failed to identify which foods were healthy in each section. • In 2011, MyPlate was introduced for the DGA. This image was a circular plate identifying what people would normally consume for each of the food groups. • The 2025 – 2030 guidelines show an image of an inverted food pyramid. The image encourages Americans to consume real food over highly processed and packaged food. The guidelines prioritize protein and dairy, choose healthy fat and reduce sugar. The inverted pyramid is a visual of what an individual should consume in a single day. The larger sections represent the food groups that should comprise the majority of an individual's daily diet. As the sections decrease, the indication is for portion sizes to be progressively smaller. <p>Key updates include the following:</p> <ul style="list-style-type: none"> • Protein: Emphasis is animal protein over plant based. • Dairy: Emphasis is now on full-fat dairy for adults 	Notes:

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<ul style="list-style-type: none"> Fruits and vegetables: The recommendation is an increase of half-cup in vegetables. Grains: Emphasis changed toward whole grains and away from refined/highly processed grains. <p>One difference from the original pyramid and MyPlate is the inverted pyramid does not convey individual portion size.</p> <p>In summary, the biggest changes are the higher amount of animal-derived proteins and full-fat dairy.</p> <p>Teaching Tip: #J18 -1 Print and review instructor's copy Dietary Guidelines for Americans, 2025–2030</p>	
<p>(S-19) Providing Water for Residents</p> <ul style="list-style-type: none"> Residents need fresh drinking water Before providing water, check with care plan or nurse Follow facility's procedure regarding time schedule and process <ul style="list-style-type: none"> Ensure resident's name and room number are labeled on ice pitcher Make sure water pitcher and cup are clean. Check for cracks and chips. Never touch inside or rim of cup and pitcher Always place ice into the water pitcher first Never take resident's used water pitcher to ice machine Never scoop ice with water pitcher 	Notes:
<p>(S-20) The Diet Card</p> <ul style="list-style-type: none"> Prepared by dietary department based on doctor's order Each resident's meal has its own diet card At a minimum, lists the resident's room number, name, type of diet and food allergies The nurse aide who delivers the meal tray must verify that the right resident is receiving the right meal tray, with the right diet on it 	Notes:
<p>(S-21) Regular Diet</p> <ul style="list-style-type: none"> Ordered by the doctor A basic, well-balanced diet Without limits or restrictions 	Notes:
<p>(S-22) Advance Diet</p>	Notes:

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<ul style="list-style-type: none"> • Food is gradually reintroduced to the resident • Post surgery or a specific medical condition • Resident may start out NPO (nothing by mouth) > ice chips > clear liquids > full liquids > mechanical soft > regular diet 	
<p>(S-23) Special Diets</p> <ul style="list-style-type: none"> • Therapeutic or modified diet • Ordered by the doctor and planned by dietician with input from resident • May restrict or eliminate certain foods or fluids, based on illness, in preparation for procedures, or to meet nutritional needs <p>ACTIVITY #J23: Therapeutic (Modified) Diets Project Distribute #J23: Therapeutic (Modified) Diets handout. Place students in groups of 2 or 3. Assign a special diet from the handout to each group and have them present to the entire class.</p> <p>For each of the different diets, each group should discuss the following for the assigned diet:</p> <ul style="list-style-type: none"> • Description • Uses • Foods allowed or not allowed <p>Provide each group with a sheet of construction paper or a half-sheet of poster paper, and 2 or 3 markers to create a poster to use during presentation.</p> <p>Require each group to select a team leader, who facilitates the process within the group, and a reporter, who holds up and explains the poster to the class during the presentation.</p>	Notes:
<p>(S-24) Other Forms of Nourishment</p> <ul style="list-style-type: none"> • Residents may be unable to eat due to illness, surgery, or injury • Intravenous (IV) fluids feed the resident through a vein • Parenteral nutrition is the intravenous infusion of nutrients administered directly into the bloodstream, bypassing the digestive system. • Enteral nutrition feeds the resident through a feeding tube into the gastrointestinal track • Nasogastric tube provides nourishment through the nose and directly into the stomach. Gastrostomy tube provides nourishment into the stomach through the abdomen. • The nurse aide 	Notes:

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<ul style="list-style-type: none"> – Observes for and reports redness, swelling, or pain at the site – Reports low supply of fluid in bag – Must be careful with tubing and connections when providing care 	
<p>(S-25) Alternative and Supplemental Nutrients</p> <ul style="list-style-type: none"> • Ordered by physician and to serve, as between meals • Given when a resident needs extra protein, calories, and fluids • Supplemental nourishment includes: <ul style="list-style-type: none"> – Protein supplements, pudding, ice cream, milkshake • Nurse aide's role is to: <ul style="list-style-type: none"> – Assist the resident as needed – Report amount resident ate or drank 	Notes:
<p>(S-26) Assisting the Resident with Meals (1) <i>Refer to Module Z Threads of Care (Assisting with Dining/Feeding Resident and Measuring and Recording Intake)</i></p> <ul style="list-style-type: none"> • When a resident pockets food in cheeks: <ul style="list-style-type: none"> – Remind resident to chew and swallow – Touch cheek – Ask the resident to use his tongue to move the food • Holds food in mouth: <ul style="list-style-type: none"> – Ask resident to chew and swallow – Make sure resident has swallowed before offering more food. • The nurse aide should: <ul style="list-style-type: none"> – Use assistive devices as ordered. – Use short, clear verbal cues – Be aware of signs of aspiration • Aspiration is the accidental breathing in of food, fluid, vomit, or other object into lungs <ul style="list-style-type: none"> – Can cause pneumonia or death • Nurse aide's role in preventing aspiration <ul style="list-style-type: none"> – Place resident in upright position at 90-degree angle for eating and drinking, and at least 30 minutes afterward – Feed slowly – Avoid distractions – Offer small amounts of food – Offer bite of food, then sip of liquid, repeat – If one side is paralyzed, place food in non-paralyzed side of the mouth – Make sure food is swallowed after each bite before next bite/sip 	Notes:

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<ul style="list-style-type: none"> – Provide mouth care after meals – Report signs of aspiration immediately – gagging, vomiting, clutching throat (classic sign of choking), cyanosis, shortness of breath or difficulty breathing; unconsciousness, complaints of chest pain or chest tightness – Provide thickened liquids, per directive from nurse 	
<p>(S-27) Assisting the Resident with Meals (2)</p> <ul style="list-style-type: none"> • For visually-impaired residents: <ul style="list-style-type: none"> – Read menus as needed – Use an imaginary clock face to explain position of food on plate • For residents who had stroke (CVA): <ul style="list-style-type: none"> – Place food on the unaffected or stronger side of mouth – Make sure food is swallowed – Place food in resident's field of vision • The nurse aide should be aware of precautions regarding dysphagia. Dysphagia is difficulty in swallowing, and it poses a danger of aspiration • The causes of dysphagia include: <ul style="list-style-type: none"> – Illness, such as stroke – Some medicines – Problems with mouth and throat muscles – Weakness – Problems with teeth or dentures • Signs/symptoms of dysphagia: <ul style="list-style-type: none"> – Generally, eats very slowly, frequent throat clearing, "ahem," and decrease in appetite – Avoids eating and certain textured foods – When eating/drinking, the resident vomits or chokes, has problems with breathing, eyes water, spits out food pieces, has difficulty with chewing, has difficulty swallowing small pieces of food (or pills), suddenly spits out food, and has to swallow several times when eating a single bite of food – During/after meals, the resident drools or dribbles food or fluid from mouth, pockets or keeps food inside mouth or cheeks, coughs, gurgles when talking, and food/fluid comes up, into or out of the nose – Complaints of heartburn, food getting stuck, and hoarseness after eating 	Notes:
<p>(S-28) Fluid Balance</p> <ul style="list-style-type: none"> • Amount of fluid taken in (intake) equals the amount of fluid lost (output) • Needed to survive and for good health 	Notes:

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<ul style="list-style-type: none"> • Take in water by drinking fluids and eating foods • Lose water through urine, feces, vomit, perspiration, breathing out, drainage from wounds and suctioning of liquids from stomach • Death can occur if the body has too much or too little water in the tissues 	
(S-29) Measuring Intake and Output (I&O) <ul style="list-style-type: none"> • Fluid intake reflects nutritional status • Measurement of fluid intake helps prevent or detect complications • Nurse aide expected to monitor and document special fluid orders • Medical treatment is planned and evaluated based on results • Evaluates fluid balance • Evaluates kidney function 	Notes:
(S-30) Special Fluid Orders <ul style="list-style-type: none"> • The doctor may order a specific amount and type of fluid a resident must drink a day to maintain fluid balance • Order is identified on the resident's diet card <ul style="list-style-type: none"> – Encourage fluids – increase fluids – Restrict fluids – limit fluids – Nothing by mouth (NPO) – no fluids or food – Thickened liquids – all fluids are thickened • Nurse aide must measure and record intake very carefully <p><i>Refer to Module Z Threads of Care (Measuring and Recording Urinary Output)</i></p>	Notes:
(S-31) Dehydration <ul style="list-style-type: none"> • Occurs when fluid intake is less than fluid output • Body tissues are lacking in water • May occur from vomiting, diarrhea, fever, or refusing to drink fluids <ul style="list-style-type: none"> – Resident does not take in enough fluid for the body causing tissues to lack water – May occur with bleeding, dementia, fever, poor fluid intake, fluid restriction, excess sweating, vomiting, increase in urination, medicines 	Notes:
(S-32) Nurse Aide's Role <ul style="list-style-type: none"> • Observe and report signs and symptoms of potential dehydration and presence of dehydration • Warning signs of potential for dehydration <ul style="list-style-type: none"> – Drinks less than six 8-ounce glasses of fluids per day 	Notes:

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<ul style="list-style-type: none"> - Drinks little or no fluids during meals - Needs help drinking fluids - Has trouble swallowing fluids - Has fever, vomiting, diarrhea - Confused - Complaints of thirst, dry mouth - Decrease in urinary output • Signs/symptoms of dehydration <ul style="list-style-type: none"> - Severe thirst - Dry mouth and mucous membranes - Cracked lips - Warm, dry, wrinkled skin - Sunken eyes - Flushed face - Dark, strong-smelling urine, in small amounts - Constipation - Weight loss - Weakness, dizziness, confusion - Headache - Irritable - Rapid, weak pulse - Irregular heartbeat - Low blood pressure • Determine preferences of fluids and offer • Assure water pitcher and cup are within reach • Offer assistance and use assistive devices if needed • Measure and record I & O accurately, if ordered • Force fluids (encourage to drink more fluids), if ordered by the doctor 	
<p>(S-33) Food Preferences and Dietary Restrictions Culture and religion may influence dietary practices, food choices, and food preparation</p> <p>TEACHING TIP #S33 To explore further dietary practices due to cultural and religious influences refer to website Strategize and Act FSG Toolkit CDC</p>	<p>Notes:</p>

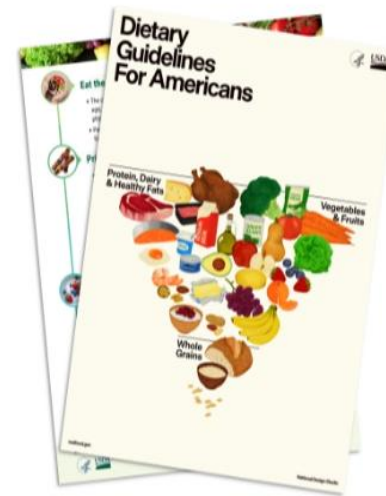
Handout #J18 Dietary Guidelines for Americans

Handout 1: 2025 – 2030 Dietary Guidelines for Americans (Instructor's Copy)

[Dietary Guidelines for Americans, 2025–2030](#)

Prioritize whole,
healthy, and nutritious
foods with the new
*Dietary Guidelines for
Americans!*

Read the [new edition](#) and learn more at
[RealFood.gov](https://www.realfood.gov)!



Handout #2:

Handout #J23 Therapeutic (Modified) Diets

Type of Diet	Description	Purpose	Foods Allowed or Not Allowed
Clear Liquids	Can see through, non-irritating, non-gassy	Post-operative, acute illness, infection, nausea/vomiting, prepare for GI procedures	Water, tea, black coffee, carbonated drinks, gelatin, clear fruit juices (apple, grape, cranberry) and clear broth
Full Liquids	All liquids	Next step after clear liquids, fever, nausea/ vomiting, resident unable to chew/swallow/digest solid foods	All clear liquids, plus custard, strained soups, strained fruit/ vegetable juices, milk, milk shakes, strained cooked cereal, plain ice-cream, sherbet, pudding, yogurt, popsicles
Mechanical Soft	Semi-solids, easily digested	Next step after full liquids, fever, nausea/ vomiting, resident unable to chew/swallow/digest solid foods	all liquids, plus non-fried eggs, non-fried meat/fish/poultry, mild cheeses, strained fruit juices, non-crusted breads, cooked cereal, cooked/pureed vegetables, cooked/canned non-seeded peeled fruits, plain cookies/cakes without nuts or fruit
Fiber Restricted	Leaves little residue and fiber in colon	Colon diseases, diarrhea	Coffee, tea, milk, carbonated drinks, strained fruit juices, refined bread/crackers/pasta (white), rice, cottage/cream cheese, non-fried eggs, plain puddings/cakes, gelatin, custard, sherbet/ice cream, strained vegetable juices, cooked/canned non-seeded peeled fruits, non-fried potatoes, strained cooked vegetables, NO RAW FRUITS, OR VEGETABLES
High-Fiber	Increases residue and fiber in colon, stimulates movement of food	Constipation, GI disorders	All fruits and vegetables, whole-wheat bread, whole-grain cereals/rice, fried foods, milk, cream, butter, cheese, meats
Bland	Non-irritating, low in roughage, moderate temperature, not spicy	Ulcers, gallbladder/some intestinal disorders, after abdominal surgery	Lean meats, non-fried foods, white bread, creamed/refined cereals, cream/cottage cheese, gelatin, plain pudding/cakes/cookies, eggs, butter/cream, canned non-seeded peeled fruits/vegetables, potatoes, pasta, rice, strained/soft, cooked carrots, creamed soups, NO FRIED FOODS

Type of Diet	Description	Purpose	Foods Allowed or Not Allowed
Calorie-Restricted	Promotes weight loss and lowers body fat	Weight loss	Choose low-fat, low-carbohydrate foods, and lean meats; avoid the following: butter, cream, rice, gravy, salad oils, noodles, cakes, pastries, carbonated/alcoholic drinks, candy, potato chips, and similar foods
High-Calorie	Calories increased to 3000 to 4000 daily	Weight gain, some thyroid problems	Increases in all foods, large amounts of regular diet, meals plus 3 in-between meal snacks
High-Iron	Foods high in iron	Anemia, blood loss, non-menopausal women	Liver and other meats from organs, lean meats, egg yolks, shellfish, dried fruits/beans, green leafy vegetables, lima beans, peanut butter, enriched breads/cereals
Low Cholesterol	Fat controlled, foods low in fat and prepared without adding fat	Heart/gallbladder/liver/pancreatic disease, disorders of fat digestion	Fat-free (skim) milk, buttermilk, cottage cheese, gelatin, sherbet, fruit, baked/broiled/roasted meat/poultry/fish, fat free broth/soup, margarine, rice, pasta, breads, cereals, vegetables, potatoes
High-Protein	Promotes tissue healing	Burns, high fever, infection	Meat, milk, eggs, cheese, fish, poultry, breads/cereals, green leafy vegetables
Sodium-Controlled	Sodium (salt) controlled	Heart/liver/some kidney diseases, fluid retention	Allowed: fruits/vegetables and unsalted butter; not allowed: highly salted foods and foods high in sodium, adding salt at the table; restricted: adding salt for seasoning while cooking
Diabetic Diet	Dependent upon individual needs, calories and carbohydrates carefully controlled, fats and proteins regulated	Diabetes	Right amounts and types of foods, at the right times, during mealtimes and snacks

Gluten Free	Free of gluten, which is a protein found in wheat, rye, and barley.	Celiac Disease	Avoid foods containing wheat flour, such as tortilla, crackers, breads, cakes, pastas, and cereals. Some sauces and dressings also contain wheat. Hot dogs, broth, candy, and medication may also contain gluten.
Vegetarian Diets: • Lacto-ovo	Excludes all meats, fish, and poultry, but allows eggs and dairy products	Diabetes Obesity Religious reasons Dislike of meat Compassion for animals Belief in nonviolence Financial issues	Avoid meats, fish, and poultry.
Vegetarian Diets: • Lacto-vegetarian	Excludes all meats, fish, poultry, and eggs, but allows dairy products.	Diabetes Obesity Religious reasons Dislike of meat Compassion for animals Belief in nonviolence Financial issues	Avoid meats, fish, poultry, and eggs.
Vegetarian Diets: • Vegan	Excludes all meats, fish, poultry, eggs, and dairy products, along with all foods that are derived from animals.	Diabetes Obesity Religious reasons Dislike of meat Compassion for animals Belief in nonviolence Financial issues	Avoid all meats, fish, poultry, eggs, dairy products, and all foods that are derived from animals.

What Nutrients Do – Why It Is Important

Instructor Resource (Do Not Hand Out to Students)

Carbohydrates – supplies energy and helps body use fats, important nutrient to observe with diabetics

Protein – needed for tissue growth and repair, important nutrient for residents who had surgery or have pressure ulcers

Vitamins and Minerals (Calcium keeps bones and teeth strong. Iron helps blood carry oxygen to all parts of the body.

Fiber assists with elimination. Sodium vital in fluid balance and function of nerves and muscles, important nutrient to observe with residents with high blood pressure)

Fats – good source of energy. A diet high in fat and cholesterol can lead to hardening of the arteries, which can cause stroke or heart attack.

Foods High in Fats <ul style="list-style-type: none"> • Meats • Butter, shortening, lard, oils • Milk • Cheese • Egg yolks • Nuts 	Foods Low in Fats <ul style="list-style-type: none"> • Skim milk • Cottage cheese • Lean meat, poultry, fish (baked) • Vegetables • Fruits 	Foods High in Cholesterol (Hint: Comes from Animals) <ul style="list-style-type: none"> • Eggs • Liver, whole milk, dairy products • Butter, cream • Shrimp • Duck and goose
Foods High in Salt (Sodium) <ul style="list-style-type: none"> • Processed foods – bacon, luncheon meats, hot dogs • Buttermilk and cheese • Condiments – mayonnaise, salad dressings, ketchup, mustard • Mexican foods • Sauces – soy, teriyaki, steak, barbecue • Soups – canned, packaged • Vegetable juices, canned vegetables, pickled vegetables • Salted snack foods – pretzels, corn chips, potato chips, crackers • Baked goods – biscuits, muffins, cake, cookies, pie 	Foods Low in Salt (Sodium) <ul style="list-style-type: none"> • Fruits • Vegetables • Unsalted butter 	Foods High in Protein <ul style="list-style-type: none"> • Meats • Fish • Poultry • Eggs • Milk and milk products • Beans and peas • Nuts • Green leafy vegetables

Foods High in Carbohydrates <ul style="list-style-type: none"> • Soft drinks, fruit juices • Vegetables • Fruits • Cereals, breads • Candy 	Foods High in Calcium <ul style="list-style-type: none"> • Egg yolks • Milk and milk products • Beans and dried peas • Green leafy vegetables • Whole grains • Nuts
Foods High in Iron <ul style="list-style-type: none"> • Liver • Meat • Eggs • Beans and dried peas • Green leafy vegetables • Breads and cereals • Nuts 	Foods High in Fiber <ul style="list-style-type: none"> • Whole grain bread, muffins, bagels • Bran cereals • Cooked cereal, such as oatmeal • Whole wheat pasta • Whole grains, such as corn, brown rice, barley • Fruits • Vegetables • Nuts, such as almonds