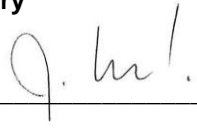


Leamington Mennonite Home

POLICY AND PROCEDURE

<b>CATEGORY:</b> Dietary	<b>SUBJECT:</b> Diet Order Glossary	<b>SECTION:</b> D
<b>DATE:</b> September 2004	<b>Administrator:</b> 	<b>POLICY:</b> 1
<b>REVISION DATES:</b> January 2007, June 2010, September 2015	<b>Dietary Director:</b> _____	

**DIET ORDER GLOSSARY**

The following Diet Order terms are used daily:

- **Regular** – this diet provides foods and fluids to meet the normal nutrition needs of our residents.

Our menu is planned according to Canada's Food Guide to Healthy Eating. A wide variety of foods are served. Foods high in fibre are emphasized.

The following are the mechanically altered textures available at the Leamington Mennonite Home:

- **Cut up** – this diet provides a regular diet that has been cut by the dietary staff to bite size pieces.
- **Ground/Minced** – this diet provides foods which require little or no chewing. All foods on this diet are ground, mashed, or finely grated. A generous sauce is added to allow easy chewing and swallowing. Bread, toast, muffins are served to residents who can manage them.
- **Pureed** – this diet provides foods that require no chewing. All food is very soft and smooth. Foods are not lumpy, thin or runny. Homemade pureed foods are processed in the blender so that the food is the texture of pudding or mashed potatoes.
- **Lactose** – this diet provides foods and fluids that do not contain lactose. The commercial product "Lacteeze" is supplied for consumption, this product is also used in food production.
- **Modified Sodium** – this diet has no added salt during the daily production.
- **Thickened Fluids** – this diet has all fluids thickened to the honey consistency. Juices are available pre-thickened; coffee is thickened at the table by the Health Care Aides.
- **Gluten Free** – this diet provides food which contain no gluten (wheat, oats, barley, rye, or malt). LMH provides rice noodles and rice bread for consumption.

**Diabetic:**

- **Maintenance** – the majority of our residents who are diabetic follow this diet, keeping as

close to the original menu as possible, snacks and desserts are the items most affected.

**Restricted** – as above with the addition of less starch and fats at meals.