

# Diet Order Quick Tips for Epic

Revised: July 24, 2020

## DIET TYPE + OPTIONS = SUCCESSFUL DIET ORDER (when applicable)

### DIET TYPE

- \*General (Regular)
- Clear Liquid
- NPO
- Fiber Restricted  
(Use ONLY for Full Liquid)

### DIET OPTIONS (\*For "General" Diet Type)

- **Texture Modification**
  - Liquidized (LQ3)
  - Pureed (PU4)
  - Minced and Moist (MM5)
  - Soft and Bite-Sized (SB6)
  - Regular Easy-to-Chew (EC7)
  - Regular (RG7)  
(Same as "Diet General")
  - Dental Soft (Ground Texture)
- **Liquid Consistency Modifications**
  - Thin (TN0)
  - Slightly Thick (ST1)
  - Mildly Thick (MT2)
  - Moderately Thick (MO3)
  - Extremely Thick (EX4)
- **Carbohydrate Restrictions**
  - 45gm/meal    □ 60gm/meal
  - 75gm/meal    □ Gestational
- **Fat Restricted**
- **Sodium Restricted (2gm, 3-4gm)**
- **Fluid Restricted**
- **Renal Restrictions → Click on Magnifying Glass to Select**
  - Potassium (2gm)
  - Phosphorus (<1.2gm)
  - Protein (60-120gm options)
- **Additional Modifications**
  - Gluten Restricted
  - Lactose Restricted
  - Fiber Restricted
  - Prenatal
- **Service Instructions**
  - Cut Up (aka Dental Soft Chopped)
  - Finger Foods
  - No Straw
  - Paper Service (aka Disposable Tray, No Utensils)
  - Snacks

### DO NOT USE (Order Will Not Be Processed)

- Diet Dysphagia
- Diet Comments
- Consistent Carbohydrate
- Fat & Cholesterol Modified
- Pediatric
- Post Bariatric
- Renal
- Carbohydrate (90gm or 105gm)
- Potassium (3gm K or High Potassium)
- Protein Other (in Comments)
- Iodine Restricted-Strict
- Large Portions
- High Calorie
- High Fiber
- High Protein
- Reduced Simple Sugar
- Ketogenic
- Ostomy
- Russian Old Believer

**Note:** If patient is vegetarian or vegan, call ext. 48205