

# DIET TYPES

Prepared in our Austin Public Health inspected kitchen, our meals are Dietitian-designed to be nutritionally complete. We offer the following Medically-Tailored Meals (MTM) which meet the dietary needs of a variety of medical conditions. All of our meals are diabetes-friendly, disease preventative, and whole food-based. For more nutrition information, please contact the Strategy and Impact Department. A dietitian is available to aid in diet type selection.

<b>GENERAL HEALTH</b>	A nutrient-dense meal containing lean protein, fruits, vegetables, whole grains, legumes, and low-fat dairy. Sugar-free drink mix is available for those with lactose or dairy intolerance.
<b>DIGESTIVE-FRIENDLY</b>	Restricts foods and spices that commonly irritate the stomach or intestines or cause gas. Some examples of these restricted items include broccoli, beans, citrus fruits, tomatoes, black and red pepper, and chili powder.
<b>RENAL-FRIENDLY</b>	For those with chronic kidney disease and/or those undergoing dialysis treatments. Each tray restricts potassium, sodium, and phosphorus. Drink mix is provided in place of milk.
<b>VEGETARIAN</b>	Available to all clients that are interested in receiving a diet that does not include any meat, poultry, or seafood. The meal is plant-based and meets the same protein and other nutrient requirement as the other meals. **Texture can not be changed for this diet**
<b>SOFT</b>	For those with dental concerns or limited ability to slice or chop food. These meals are similar to the General Health menu, but substitutions may be made (i.e. applesauce instead of an apple). The food is always prepared, chopped, or diced into bite-sized pieces.
<b>PUREED</b>	For those who cannot chew or swallow foods easily. The entrée and sides are pureed to a pudding-like consistency. Water or broth may be used to accomplish this. The Serving of a dinner roll, slice of bread or a similar product is replaced by an additional starch component.
<b>COMBINATION</b>	Available diet combinations include: Digestive-Friendly & Soft Renal-Friendly & Soft Digestive-Friendly & Pureed Renal-Friendly & Pureed

# TARGET NUTRIENTS

## TRAY ONLY

### General Health & Digestive-Friendly

Carbohydrates*	Less than or equal to 60 grams
Sodium	Less than or equal to 700 mg
Saturated Fat	Less than or equal to 10 grams

### Renal-Friendly

Carbohydrates*	Less than or equal to 60 grams
Sodium	Less than or equal to 700 mg
Potassium	Less than or equal to 700 mg
Phosphorous	Less than or equal to 350 mg

All meals average 350-450 calories, 5-7 grams of fiber and 20-30 grams of protein

\*Most meals contain less than 45 g of carbohydrates

## COLD BAG

### Milk

Carbohydrates	13 grams
Sodium	130 mg

### Bread, Tortillas, Cornbread, and Crackers

Carbohydrates	9-31 grams
Sodium	113-280 mg

### Drink Mix

Carbohydrates	0 grams
Sodium	0 mg

### Fruit and Fruit Juice

Carbohydrates	14-27 grams
Sodium	1-127 mg

### Pudding, Gelatin, Cookies, and Pineapple Tidbits

Carbohydrates	22-36 grams
Sodium	2-241 mg