

# 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 Nutrition, Health, and Impact Department. A Dietitian is available to aid in meal type selection.

## GENERAL HEALTH

A nutrient-dense meal containing lean protein, fruits, vegetables, whole grains, legumes, and low-fat dairy. Unsweetened iced tea is available for those with lactose or dairy intolerance.

## DIGESTIVE-FRIENDLY

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.

## RENAL-FRIENDLY

For those with chronic kidney disease and/or those undergoing dialysis treatments. Each tray restricts potassium, sodium, and phosphorous. Unsweetened tea is provided in place of milk.

## SOFT

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.

## PUREED

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.

## COMBINATION

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   |

### Tea

|               |           |
|---------------|-----------|
| Carbohydrates | 0.2 grams |
| Sodium        | 5 mg      |

### Bread, Tortillas, Cornbread, and Crackers

|               |            |
|---------------|------------|
| Carbohydrates | 9-31 grams |
| Sodium        | 113-280 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    |