Religious Dietary Restrictions

- **Christian Science**
  - Avoid alcohol, coffee, tea.

- **Church of Latter-Day Saints (Mormons)**
  - No meat or dairy products on fast days.

- **Conservative Protestants**
  - No serving milk and milk products with meat.
  - No eating leavened bread during Passover.
  - Abstain from eating on specific fast days.

- **Greek Orthodox**
  - No meat or dairy products on fast days.

- **Muslim (Moslem)**
  - No alcohol, pork, or pork products.

- **Orthodox Jewish**
  - No shellfish, pork, or nonkosher meats.
  - No serving milk and milk products with meat.
  - No eating leavened bread during Passover.
  - Abstain from eating on specific fast days.

- **Roman Catholic**
  - No food one hour before communion and no meat on Ash Wednesday, Good Friday, and all the Fridays during Lent.

- **Buddhist**
  - Generally vegetarian.

- **Hindu**
  - Generally vegetarian.

Types of Therapeutic Diets

Table 10.3 describes the various types of therapeutic diets and their purposes.

The physician may order other diets. Always check the diet that has been ordered for the patient/client. If you have any question about it, ask the person in charge. Correct diets are essential in maintaining good health, and only those foods allowed should be served.

Table 10.3  Some Therapeutic Diets and Their Purposes

<table>
<thead>
<tr>
<th>Type of Diet</th>
<th>Purpose of Diet</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear liquid</td>
<td>Replaces fluids lost from vomiting, diarrhea, surgery</td>
<td>Plain gelatin, ginger ale, tea, coffee (no cream), fruit or apple juice (no pulp), fat-free broth</td>
</tr>
<tr>
<td>Nutritionally inadequate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full liquid</td>
<td>Trouble chewing or swallowing, gastrointestinal disturbances</td>
<td>All clear liquids, fruit or vegetable juices, strained soup, custard, ice cream, sherbet, milk, cream, eggs, buttermilk, carbonated beverages, eggs, cocoa, eggnog</td>
</tr>
<tr>
<td>May be deficient in iron</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soft</td>
<td>For patients who have trouble chewing, postsurgically</td>
<td>Foods that are soft in consistency, such as fish, ground beef, broth, pureed vegetables, strained cream soup, tender cooked vegetables, fruit juices, cooked fruit, refined cereals, pasta, sherbet, ices, ice cream, custard, plain cookies, angel food cake, tea, coffee, cocoa, carbonated beverages, cheese, cottage cheese</td>
</tr>
<tr>
<td>Nutritionally inadequate</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**deficient**

Lacking something (e.g., a deficient diet causes the body to function poorly because it is missing an important element).

**gastrointestinal**

Pertaining to the stomach and intestine.