

Policy & Procedure Manual

Resource: Emergency Plan Special Diets Conversion Table

Original Order	Diet During Disaster
Sodium Restricted <ul style="list-style-type: none">• 2 gram Sodium• No added salt• Any other sodium restrictions	No Added Salt (No salt at table)
Diabetic <ul style="list-style-type: none">• Consistent Carbohydrate	Controlled Carbohydrate (No sugar at table, Provide sugar substitute and sugar free foods if available)
Diets for Kidney Disease <ul style="list-style-type: none">• Potassium Restricted• Sodium Restricted• Protein Restricted	Modified Diet for Kidney Disease (No added salt; no prunes, prune juice, orange juice, oranges, potatoes, tomatoes, raisins, or bananas; ½ c milk limit daily; limit protein for pre-dialysis)
Consistency Alterations <ul style="list-style-type: none">• IDDSI Level 6 Soft and Bite-Sized• IDDSI Level 5 Minced and Moist	IDDSI Level 6 Soft and Bite-Sized or Level 5 Minced and Moist
Pureed <ul style="list-style-type: none">• IDDSI Level 4 Pureed	Pureed
Full Liquid or IDDSI Level 3 Liquidised	Full Liquid

In an emergency, adhere to texture and consistency modifications, food allergies and food intolerances as much as possible. Adaptive equipment should be used, if possible. Therapeutic diets should be adhered to when feasible or use the liberalized as outlined in the table above.

For individuals with diabetes, follow facility policy for use of diets for diabetes including notifying nursing and physician so they can adjust insulin and or medications to help control blood glucose levels. For sodium restricted diets, remove salt packets and avoid high sodium foods. For consistency altered diets, provide foods that can be chewed or spread easily. For pureed diets, provide pureed food. (An emergency supply of canned pureed foods should be kept on hand.)

The use of canned evaporated milk or reconstituted powdered dry milk is allowed. For reconstituted canned evaporated or powdered milk, juices, soups or beverages, be sure to follow the *Water Purification Procedure* in this chapter if the water supply is unsafe for drinking.

Source:

Dorner, B. Emergency/Disaster Plan for Food and Dining Services, Becky Dorner & Associates, Inc., Dunedin, FL. 2018. <https://www.beckydorner.com/product/emergency-disaster-plan-for-food-and-dining-services-2018-edition-book-only/>.