

Name: _____ DOB: _____

Po'ailani, Inc. Diet:

It is important that residents in the initial phases of residential treatment concentrate on staying sober rather than being on a strict diet whenever possible. At Po'ailani, Inc. this initial phase is for 3 months or less. The **regular** diet served at Po'ailani, Inc. is designed by our dietitian to be well-balanced, low in saturated fat and refined grains, while providing adequate fiber based on the US dietary guidelines. **Special diets should only be ordered when medically necessary.**

Please check which diet you are ordering for this resident.

Regular

If you feel a special diet is **medically necessary**, below is a list of recommended special diets, please mark the checkbox(s) for the diet you are ordering.

Diabetes

No concentrated sweets/Carb controlled

Hyperlipidemia

Low saturated fat/low cholesterol

Hypertension

Low sodium

Missing Teeth/Chewing Problems (Please note, this is **recommended for anyone missing 5 or more teeth**. Changes in the regular menu will be made only if the client chooses (such as cannot eat nuts, needs vegetables cooked extra, etc.) and after discussion with Po'ailani, Inc.'s dietitian.)

Consistency as Tolerated (CAT)

Lactose Intolerance

Lactose-restricted (dietitian may modify based on tolerance)

Other: (please specify and include medical reason):

Note: For clients who choose to eat a vegetarian menu, there is an alternative of salad and beans, or peanut butter sandwiches for the dinner meals. Vegan menu may also include tofu. **Vegetarian menus are considered a choice and not a medical necessity.**

MD, APRN, or PA signature and date: _____