



# Meal Nutrition Standards and Characteristics

## HEALTHY BALANCE

- Calories: 475-525 kcal
- Carbohydrates: 53-63g
- Fiber:  $\geq 8$  g
- Protein:  $\geq 9$  g
- Fat:  $< 35\%$  kcal /  $\leq 20.8$ g
- Saturated Fat:  $< 10\%$  kcal /  $\leq 5.2$ g
- Sodium:  $\leq 663$ mg

- Consistent carbohydrates
- Emphasis on whole grain (brans, barley, oats, whole wheat) to provide adequate fiber
- High fiber
- Low saturated fat
- May provide 1/3 or less of average adult energy needs for the day

- Type 1 and 2 diabetes
- High cholesterol
- High blood pressure
- Weight management
- Any client who needs a general healthy meal plan

## MECHANICAL SOFT

- Calories: 475-525 kcal
- Carbohydrates: 53-63g
- Fiber:  $\geq 8$  g
- Protein:  $\geq 9$  g
- Fat:  $< 35\%$  kcal /  $\leq 20.8$ g
- Saturated Fat:  $< 10\%$  kcal /  $\leq 5.2$ g
- Sodium:  $\leq 663$ mg

- Same nutrition standards as Healthy Balance
- Dysphagia level 6, easy to chew
- No whole pieces of meat, corn, nuts, seeds, dried fruits

- Chewing and/or swallowing difficulty but not required a higher level of Dysphagia diet. See International Dysphagia Diet Standardization (IDDSI) for more information. See graphic below.
- Meets same nutrition requirements for a client in need of Healthy Balance meals, while accommodating for chewing/swallowing difficulties.

## KIDNEY FRIENDLY

- Calories: 505-550 kcal
- Carbohydrates: 54-64g
- Fiber:  $\sim 8$  g
- Protein:  $\leq 30$ g
- Fat:  $< 35\%$  kcal /  $\leq 23.3$ g
- Saturated Fat:  $< 10\%$  kcal /  $\leq 6.7$ g
- Sodium:  $\leq 655$ mg
- Potassium:  $\leq 643.21$

- Consistent carbohydrates
- High fiber
- Low in saturated fat
- Low in sodium for 1/3 of recommendation for daily value
- Low in potassium for 1/3 of recommendation for daily value

- These meals are best for clients with end stage renal disease and requiring dialysis with history of high blood pressure and/or diabetes type 1 or 2
- With RDN approval, the kidney friendly menu may be appropriate for other stages of chronic kidney disease as well.

## VEGETARIAN

- Calories: 475-525 kcal
- Carbohydrates: 55-65g
- Fiber:  $\geq 8$  g
- Protein:  $\geq 9$  g
- Fat:  $< 35\%$  kcal /  $\leq 20.8$ g
- Saturated Fat:  $< 10\%$  kcal /  $\leq 5.2$ g
- Sodium:  $\leq 663$ mg

- Lacto-ovo vegetarian (includes eggs and dairy)
- Consistent carbohydrates
- High fiber
- Low saturated fat
- Low in sodium for 1/3 of recommendation for daily value
- Some meals contain soy-based products for plant-based protein

- Alternate option for clients who do not consume meat or seafood
- Type 1 and 2 diabetes
- High cholesterol
- High blood pressure
- Weight management
- Any client who needs a general healthy meal plan

**ENSURE, 8 FL OZ**

**FLAVORS:  
VANILLA,  
CHOCOLATE,  
STRAWBERRY**

- <200 mg sodium, <400 mg potassium
- < 10% calories from fat (<5% calories from saturated fat)
- <15% calories from carbohydrate, average 3g of fiber

- Contains milk and soy-based ingredients
- Suitable for lactose intolerance

- Can be used as a meal substitute (2 Ensure) if clients lack the appetite to eat a meal
- With RDN supervision, can be provided in addition to meals for Ryan White clients who have unintentional weight loss or increased calorie needs

## Resources

1. American Heart Association: <https://professional.heart.org/en/guidelines-and-statements>
2. American Diabetes Association Standards of Medical Care for Diabetes: [https://diabetesjournals.org/care/issue/48/Supplement\\_1](https://diabetesjournals.org/care/issue/48/Supplement_1)
3. National Kidney Foundation - <https://www.kidney.org/professionals/kdoqi>
4. International Dysphagia Diet Standardisation Initiative: <https://www.iddsi.org/images/Publications-Resources/DetailedDefnTestMethods/English/V2DetailedDefnEnglish31july2019.pdf>