



Modifications For Special Diets

The following information is general purpose and may not be suitable for all situations or clients. The Culinary Business Institute does not "teach" culinary arts or make any claim to be nutritional specialist or medical experts offering substitutions for medically restricted diets.

Sometimes it is necessary to make changes to a recipe in order to use it for clients with diet restrictions. Once your client's diet restrictions have been spelled out, you will know which foods to avoid and which to use freely. As you modify your recipes, you soon will discover that you may have to change ingredients or cooking methods, or both. If you approach your experiments with daring and patience, the results will be rewarding. Here are a few tips on modifying a recipe for a special diet, though you should be aware that there are no pat answers. Many of these hints apply to most diets. Others apply specifically to a single diet or a combination of special diets, in which case we have arranged them under their relevant special diet headings.

The suggestions for recipe modification based on special diet needs included herein should not be used or practiced on a client without specific guidance from the client's doctor, dietitian or medical advisor.

Low-calorie foods

The challenge of living happily with a daily calorie allowance is a difficult one to meet. How each person meets it is a highly individual matter. Instead of organizing formal groups of foods to enjoy and foods to limit, as with other special diets, you need to consult a food-listing chart which gives the calories for each food and serving size. You then can plan satisfying meals and still keep within the calorie quota for your client's low-calorie diet.

Diabetic foods

Exchange lists, developed by the American Diabetic Association and the American Dietetic Association are a way of organizing foods of similar types and nutritional values into basic food groups or exchanges. Each food within the group may be exchanged for any other in the same group as you plan your client's meals for the day. For example, strawberries and figs are members of the same group, the Fruit group. Each supplies approximately 10 grams of carbohydrate and 40 calories. Take your pick; your client may have either.

There are six major exchange lists: Milk, Vegetable, Fruit, Bread, Meat and Fat. Your client's physician and dietitian can provide your client with an Exchange List and tell your client how many exchanges s/he may have from each of the six groups, depending upon her/his daily calorie quota and other health considerations. Once these limits have been prescribed, the menu planned is entirely up to you and your client.

Low-fat foods

If your client's gall bladder is misbehaving or his/her pancreas is functioning imperfectly, the client's doctor may suggest s/he avoid all kinds of fats, both saturated and unsaturated. In addition, your client may be cautioned to avoid foods that are gaseous or cause discomfort. Many physicians believe, that except for large quantities of fats, a person should eat whatever appeals to him/her unless it cannot be tolerated by the body. Follow the counsel of your client's physician, by all means.



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Foods to enjoy on a low-fat diet include:

- ❖ Buttermilk made with skim milk, flavored skim-milk drinks, weak tea, coffee.
- ❖ Any breads except those listed below under "foods to limit," saltines, soda crackers.
- ❖ Angel food cake, arrowroot cookies, gelatin desserts, ices, puddings made without whole milk or fat, sherbets, vanilla wafers, desserts made from fruits listed below in this section.
- ❖ Fruit juices, banana, cooked or canned apples, apricots, cherries, fruit cocktail, peaches, pears, pineapple, plums, dried fruit, stewed fruit, fresh fruit if tolerated, except melon.
- ❖ Three teaspoons of fat daily, if tolerated.
- ❖ Lean beef, chicken, turkey, lamb, pork, ham, veal, fish, low-fat cottage cheese, egg white, non-fat cottage cheese.
- ❖ Potatoes, hominy, macaroni, noodles, rice, spaghetti
- ❖ Honey, jelly, jam, molasses, sugar, dry cocoa, and candies except those which are listed below as limited.
- ❖ All vegetables except those listed below as limited.
- ❖ Herbs and spices.

Foods to limit on a low-fat diet include:

- ❖ Carbonated beverages, whole milk, chocolate milk.
- ❖ Any bread made with eggs and a large amount of fat, e.g., breakfast rolls, quick breads.
- ❖ All fruits not listed under low-fat fruits to enjoy.
- ❖ More than 3 teaspoons of fat daily.
- ❖ Liver, kidney, sweetbreads, heart, processed and spiced meats.
- ❖ Fried potatoes, potato chips.
- ❖ All creamed soups, chowders, and bisques.
- ❖ Candies made with the following: cream, chocolate, butter, margarine and other shortenings, nuts, coconut and fruits not listed under foods to enjoy.
- ❖ Cucumber, Brussels sprouts, cabbage, cauliflower.

Low-cholesterol foods

Certain food choices may be recommended if there are tendencies toward vascular disorders or high blood pressure, or if for other reasons your client's doctor believes that eating this way is good for him/her. Follow the advice of your client's doctor.

Foods to enjoy on a low-cholesterol diet include:

- ❖ Fresh skim milk, skim evaporated milk, nonfat dry milk solids, buttermilk, low-fat yogurt, dry cocoa, malt and fruit-flavored syrups, carbonated beverages, coffee, tea.
- ❖ Enriched or whole grain breads.
- ❖ All types of cereals.
- ❖ Gingersnaps, fig bars, sugar wafers, arrowroot cookies, gelatin desserts, angel food cake, sponge cake, fruit or water ices and non-milk sherbets, pudding made with skim milk.
- ❖ Most vegetable oils (corn, soy, safflower, olive), soft margarine, salad dressings made with the above oils, walnuts, pecans.
- ❖ Fruit juices and all fruits, including avocado.
- ❖ Egg white.
- ❖ Salmon, sardines, tuna, mackerel, whitefish, herring.



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- ❖ Pot and farmer's cheese, skim milk cheeses such as dry cottage cheese and sapsago cheese, mozzarella cheese made from skim milk, creamed cottage cheese.
- ❖ Fresh veal, turkey, chicken, beef – round, rump, or sirloin steaks, lamb, pork, ham.
- ❖ Sauces made from food allowed in this list.
- ❖ All kinds of vegetables.
- ❖ Herbs and spices.

Foods to limit on a low-cholesterol diet include:

- ❖ Whole milk, whole milk drinks, cream or milk substitutes.
- ❖ Breads with high egg and/or butter content, pastries, doughnuts, coffee cakes, hot breads.
- ❖ Desserts made with butter, hydrogenated shortenings, chocolate, cream, egg yolks, whole milk, coconut, nuts.
- ❖ Sweet and sour creams, coconut oil, cocoa butter, lard, hydrogenated vegetable shortening, regular margarine, bacon, suet, chicken fat, gravies, coconut, cashew nuts, peanuts, peanut butter, most nondairy coffee lighteners and imitation cream products.
- ❖ Coconut.
- ❖ Whole eggs and dishes made with whole eggs.
- ❖ Shellfish.
- ❖ Cream cheese, hard cheeses
- ❖ Liver, kidney, tongue, luncheon meat, salami, pastrami, corned beef, frankfurters, spare ribs, bacon, sausage, poultry skins, duck, and goose.
- ❖ Sauces made with butter, bacon, cream cheese, whole eggs, or shortening.

Low-sodium Foods

A low-sodium diet may be prescribed because fluid retention in tissues is higher than normal, because blood pressure is elevated or because of other cardiovascular problems. The recommendations given herein are only appropriate for individuals with moderate sodium restrictions of one to two grams of sodium per day. If your client has a more stringent restriction, consult his/her doctor or dietitian.

Foods to enjoy on a low-sodium diet include:

- ❖ Bread, plain matzo, melba toast, dry cereals, cooked cereals except instant cereals, rice, rolls, soda, graham and oyster crackers, muffins and biscuits.
- ❖ Whole or skim milk, milk-base beverages such as frappes, milk shakes and cocoa.
- ❖ Coffee, tea, carbonated beverages.
- ❖ Fresh fruits, canned fruits, sun-dried fruits.
- ❖ Asparagus, all kinds of beans, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chicory, corn, cucumbers, eggplant, endive, escarole, lettuce, mushrooms, okra, onions, parsley, parsnips, fresh peas, unsalted peas, peppers, sweet and white potatoes, pumpkin, radish, soybeans, summer and winter squash, tomatoes, low-sodium canned vegetables and vegetable juices.
- ❖ Fresh and frozen beef, lamb, pork, rabbit, veal, fish (except shellfish), chicken, duck, turkey, tongue, tuna, salmon (without salt), peanut butter (without salt), cottage cheese, eggs, kidney, liver, sweetbreads.
- ❖ Low-sodium American, low-sodium Swiss and low-sodium Cheddar cheeses.
- ❖ Homemade soups and low-sodium canned soups.
- ❖ Unsalted butter, unsalted margarine, unsalted mayonnaise, heavy or light cream, cream substitute, cream cheese, unsalted cooking fat or oil, unsalted nuts and unsalted salad dressings.
- ❖ Chocolate, unflavored gelatin, low-sodium condiments, regular and low-sodium baking powder, white sugar, jams and jellies.



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Foods to avoid on a low-sodium diet include:

- ❖ Salted crackers, cheese crackers, cheese bread, quick-cooking or instant cereals; salted snacks such as pretzels, potato chips, corn chips, and salted popcorn.
 - ❖ Instant beverage mixes, cultured buttermilk, cultured Dutch process cocoa and condensed milk.
 - ❖ Chemically softened water.
 - ❖ Preserved and glazed fruits.
 - ❖ Frozen peas, frozen lima beans, frozen mixed vegetables, canned vegetables, sauerkraut, pickles or other vegetables prepared in brine, salted tomato and vegetable juices.
 - ❖ Salted, smoked meats, meats koshered by salting, low-cholesterol meat substitute, salted or smoked fish.
 - ❖ All cheeses and cheese spreads except low-sodium cheeses listed above as foods to enjoy on a low-sodium diet.
 - ❖ Bouillon cubes, regular canned soup and packaged soup mixes.
 - ❖ Bacon and bacon fat, salt pork, olives, party spreads and dips, salted meat drippings, salted nuts and salted salad dressings.
 - ❖ Salt in any form, commercially prepared catsup, mustard, steak sauces, meat sauces, soy sauce, seasoning salts, salted meat tenderizers, MSG, jams and jellies using sodium benzoate as preservatives.
- Suggested flavor enhancers for a low-sodium diet:
- ❖ Flavor beef with dry mustard, sage, marjoram, pepper or thyme. A bay leaf or two adds a fresh, subtle taste.
 - ❖ Season chicken with paprika, parsley, tarragon, thyme, sage or curry powder.
 - ❖ Rub lamb with a little curry powder or turmeric and sprinkle with chopped parsley, rosemary, mint and turmeric.
 - ❖ Try sage and dry mustard with fresh pork.
 - ❖ Combine marjoram, crushed bay leaf, curry powder, powdered ginger and oregano and pound gently into veal.
 - ❖ Add zest to fish with bay leaf, cayenne pepper, curry powder, paprika, fennel seed, dill, marjoram and thyme.
 - ❖ For a mysterious but pleasant flavor, add brewed coffee to the roasting pan and baste lamb, mutton, or veal with it.
 - ❖ For salads and salad dressings, try coriander seed, dill, chervil, garlic, oregano, chives, mint or tarragon.
 - ❖ For an unexpected but delicious flavor, add basil, marjoram, caraway seed or savory to vegetables.
 - ❖ Add fresh tomatoes, garlic and fresh mushrooms to chicken, beef, veal, fish and egg dishes.
 - ❖ Marinate beef, chicken, veal and lamb in salad dressings that include only the spices allowed, or sprinkle with lemon juice.
 - ❖ Apple slices, pineapple, dried apricots and cranberries supply an appealing tang when roasted with pork, veal and chicken.
 - ❖ Spark the taste of eggs with a little curry powder, parsley flakes, chives, pepper, oregano or paprika.

Modifying Recipes for Bland Diets

Currently there is considerable debate about the validity of bland diets. Many doctors don't believe in them and think people should eat everything that agrees with them. Others feel strongly that bland diets can be useful and that certain foods should be avoided or eaten sparingly. If a bland diet is recommended for your client, s/he can enjoy all foods except those listed next.



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Foods to avoid or use sparingly on a bland diet include:

- ❖ Caffeine and caffeine-containing foods, such as coffee, decaffeinated coffee, tea and cocoa.
- ❖ Alcoholic beverages, unless the alcohol is boiled off in cooking.
- ❖ Any foods that cause the individual discomfort.
- ❖ Some spices, such as cayenne, chili powder, ground clove, whole clove, fresh or prepared horseradish, mace, dry mustard, nutmeg, peppercorns, ground pepper, red crushed pepper and poultry seasoning.

Modifying Recipes for High-fiber Diets

You may think of dietary fiber as roughage. In a way it is, but, technically, dietary fiber is cellulose that comes from the fibrous part of grains, fruits, and vegetables. These fibers are neither digested nor absorbed by the body, and therefore, they generate the bulk that accelerates the passage of foods through the intestinal tract. Usually, high-fiber diets require a substantial amount of liquids, more than one normally would drink, so if you have a client who is eating a great many high-fiber foods, it is wise for him/her to drink seven to eight cups of liquid a day. High fiber diets permit virtually all foods, but, of course, some foods are much higher in dietary fiber than others.

Foods to especially enjoy on a high-fiber diet include:

- ❖ Whole wheat breads and flour.
- ❖ Coarse bran and bran cereal.
- ❖ Raw fruits, vegetables and legumes (including dried peas, dried beans, potato skins, and peelings on fruits and vegetables).
- ❖ Nuts: use them as snacks and add them to cakes, cookies and other foods whenever possible.
- ❖ A variety of spices – there are no limits here.

Cooking tips to increase fiber in the diet:

- ❖ If a recipe calls for all-purpose flour in a bread, pancake or shortcake, substitute stone-ground whole-wheat flour for half the amount used.
- ❖ Sprinkle sesame seed in the skillet before pouring in pancake batter.
- ❖ Use high-fiber foods such as nuts, coconut, wheat germ, all-bran, sesame seeds or chopped fresh parsley in recipes, or add them as garnish, when feasible.
- ❖ Add oatmeal to meatloaves.