

ACI Diet Specifications

SUMMARY TABLE of CHANGES

The Diet specifications in this table have been revised or newly created.
 Changes or updates to the sections within each diet specification are identified below by “✓” or are described.
 Please refer to the full specification for more details

DATE APPROVED: 22 April 2015	DIET SPECIFICATIONS		
	Liquid Puree (NEW)	Clear Fluids	Full Fluids
Aim	To provide a diet of liquid foods that requires no chewing.		Changed to: To provide a diet of liquids
Characteristics	See full spec		Changed to “Liquid foods that require no chewing”
Nutrition diagnosis	n/a	Removed	Removed
Indications	See full spec	✓	References to wired jaw surgery, head and neck or dental surgery and dysphagia removed. Changed to “A temporary transition from clear fluids to normal diet as indicated (e.g. post-surgery or procedure”
Nutritional Adequacy	Not nutritionally adequate. Nutrition supplements required. Dietitian involvement required.	✓	Reference to saturated fat and fibre removed. Changed to: “This diet is inadequate in many nutrients and should not be used as the sole source of nutritional support for more than three days, unless appropriate supplements are used.”
Precautions	See full spec	✓	Reference to low lactose diets and diet combinations removed. Changed to: “Patients may not receive a menu. Patients ordered this diet should be monitored regularly to ensure adequate dietary intake.”
Paediatrics	Suitable when combined with an age-appropriate diet		
Specific Menu Planning Guidelines (key changes)	Allowed – homogenized, pureed or thin soups without lumps, strained rolled oats, semolina or rice cereal (liquid consistency), pouring custard, drinking yoghurt. Not allowed – hot main dishes, pasta, rice biscuits, bread, cheese.	Allowed – salt, sweetener Not allowed – pepper, cream	Allowed – homogenized or pureed soups without visible food pieces and with ≤1.5g fibre per serve, smooth milk desserts, thin cream, sugar, sweetener, salt, pepper.
References	See full spec	✓	✓

Further information: Tanya Hazlewood, ACI Nutrition Network Manager

Phone (02) 9464 4666

Tanya.hazlewood@health.nsw.gov.au