 <p>B.S. Aquino Drive, Bacolod City, Negros Occidental, 6100</p> <p>DR. PABLO O. TORRE MEMORIAL HOSPITAL</p>	Document Code:	DPOTMH-CSSD-DIET-P001
	Revision Number:	2
	Effective Date:	07-30-2020
	Document Type:	Policy
	Page Number:	1
	Department/Section:	Dietary
	Document Title:	COLOR CODED DIET CARDS

### **PURPOSE:**


1. To identify patients diet by the use of color coded diet cards.
2. To identify and check easily, patients diet during dishing out of food into individual food trays.

### **LEVEL:**

Dietitian, Food Service Worker


### **DEFINITION OF TERMS:**

- Full Diet- incorporates a wide variety of foods and adequate caloric intake.
- Diabetic Diet- a dietary adjustment for patients with diabetes mellitus intended to decrease the need for insulin or oral diabetic agents and control weight by adjusting caloric and carbohydrate intake.
- Soft diet- consists of foods soft in texture, moderately low in fiber, and processed by chopping, grinding or pureeing to be easier to chew.
- Clear Liquid Diet- provides clear liquids that supply fluid and calories without residue
- Low Fat Diet- an eating plan that is low in total fat, unhealthy fat, and cholesterol
- Low Purine Diet- a meal plan based on foods that are low in purine content
- Low Sodium Diet- usually prescribed for patients with hypertension and for those with excess fluid accumulations
- DASH- an eating plan designed to lower the blood pressure. DASH is an acronym for Dietary Approaches to Stop Hypertension
- General Liquid- provides fluid and semi-solid foods that are liquid at body temperature
- Neutropenic Diet- "low microbial" or low-bacteria diet; same as regular diet but fresh vegetables and fruits are restricted.
- No Dark Colored Foods- diet usually prescribed for dengue patients and occult blood test; to provide foods that will not alter test results.

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### POLICY:

1. All diet order shall be written in color coded diet cards.
2. **WHITE** color card is to be used for Full Diet and Food for Watcher.
3. **PINK** color card is to be used for Diabetic diet.
4. **YELLOW** color card is to be used for Hypoallergenic, Non/Low Fat, Low Purine, No Dark Colored Foods, Low Protein, Low Potassium, Low Oxalate, Low Calcium, Neutropenic, Reducing, Clear Liquids, General Liquids, DASH, Non-Dairy, No Coffee, Tea, Soft drinks diets, etc.
5. **BLUE** color card is to be used for Low Sodium diet.
6. **GREEN** color card is to be used for Soft Diet.

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	DENNIS C. ESCALONA, MN, FPSQua Quality Assurance Supervisor	<i>Dennis C. Escalona</i>	07-22-2020
Recommending Approval:	ENGR. NOEL P. GARBO, FPCHA Corporate Strategic Support Officer	<i>Engr. Noel P. Garbo</i>	7/24/20
	HENRY F. ALAVAREN, MD, FPSMID Total Quality Division Officer	<i>Henry F. Alavaren</i>	8/7/20/
Approved:	GENESIS GOLDI D. GOLINGAN President and CEO	<i>Genesis Goldi D. Golingan</i>	09-15-2020

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**APPROVAL:**

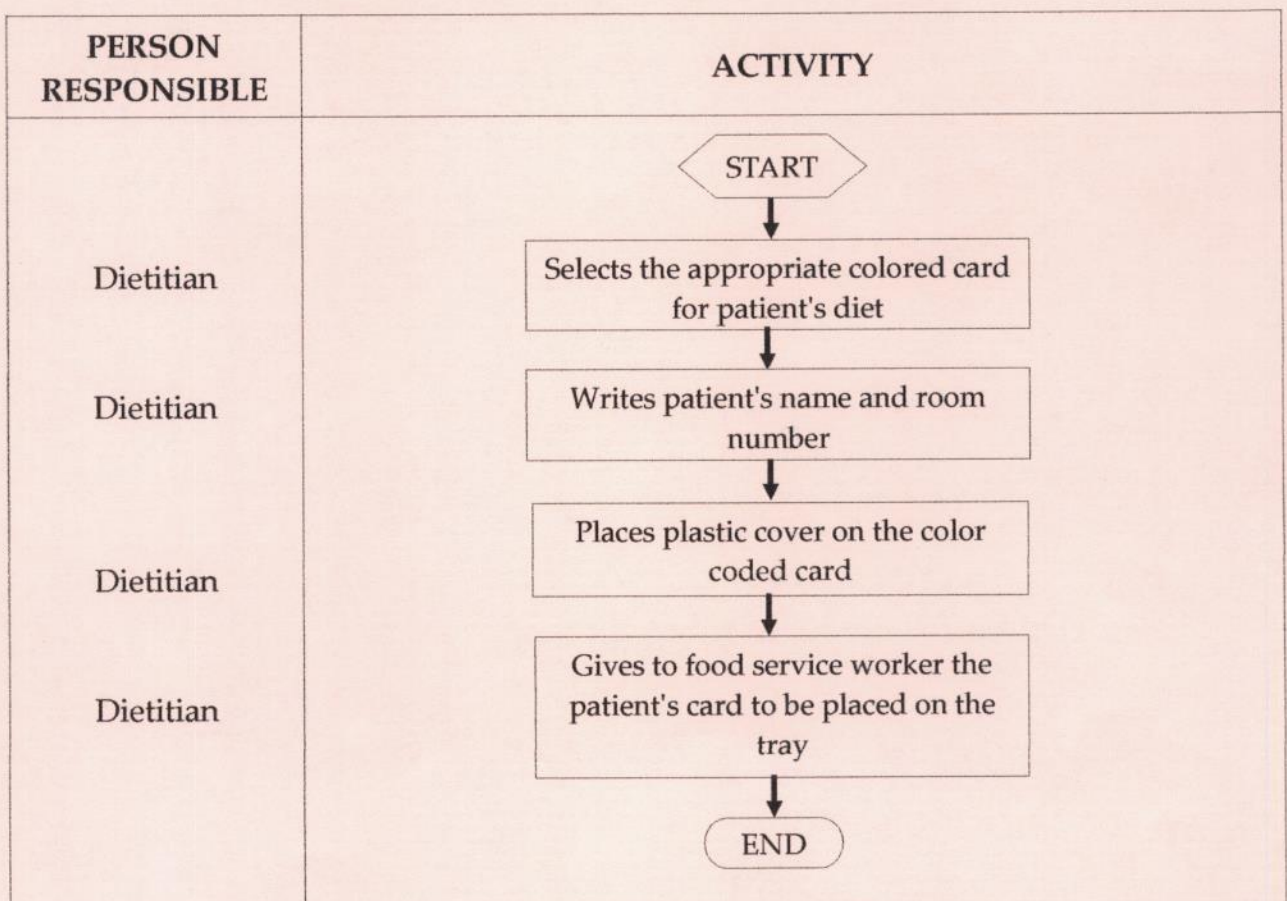
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	DENNIS C. ESCALONA, MN, FPSQua Quality Assurance Supervisor	<i>Dennis C. Escalona</i>	07-22-2020
Recommending Approval:	ENGR. NOEL P. GARBO, FPCHA Corporate Strategic Support Officer	<i>Engr. Noel P. Garbo</i>	7/24/20
	HENRY F. ALAVAREN, MD, FPSMID Total Quality Division Officer	<i>Henry F. Alavaren</i>	8/7/20
Approved:	GENESIS GOLDI D. GOLINGAN President and CEO		


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### PROCEDURE:

1. Dietitian selects the appropriate color from the deck of colored cards.
2. Dietitian writes the name of patient, room number on selected colored card.

### FLOWCHART:



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### **WORK INSTRUCTION:**

#### **Dietitian**

1. Gives the filled in color coded card to Food Service Worker.
2. Places it on the patient tray.
3. Follows the prescribed diet of patients in dishing out foods to individual patient's tray.

#### **Food Service Worker**


1. Places the color coded card on the patient tray.
2. Follows the prescribed diet of patients in dishing out foods to individual patient's tray.

### **DOCUMENTATION:**

- Diet List Received
- Color Coded Cards

### **DISSEMINATION:**

- Constant dialogue between the Food Service Workers and Dietitians

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## **REFERENCE:**

*Special Diets Athens, Georgia (GA), Saint Marys Medical Center. (n.d.).*


Www.Stmaryshealthcaresystem.Org. Retrieved May 22, 2020, from

<https://www.stmaryshealthcaresystem.org/health-and-wellness/nutrition/special-diets>

*Low Purine Diet Explained with List of Foods to Eat or Avoid. (n.d.). Drugs.Com. Retrieved May 22, 2020, from* <https://www.drugs.com/cg/low-purine-diet.html>

*Definition of DASH diet. (n.d.). MedicineNet. Retrieved May 22, 2020, from* <https://www.medicinenet.com/script/main/art.asp?articlekey=24752>

*diabetic. (n.d.). The Free Dictionary. Retrieved May 22, 2020, from* <https://medicaldictionary.thefreedictionary.com/diabetic>

 <p>DR. PABLO O. TORRE MEMORIAL HOSPITAL</p>	Document Code:	DPOTMH-F-79-P01-S01
	Effective Date:	07-31-2022
	Document Type:	Standard Operating Procedure
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	Document Title:	<b>COLOR CODED DIET CARDS</b>

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### **PURPOSE:**

1. To identify patients diet by the use of color coded diet cards.
2. To identify and check easily, patients diet during dishing out of food into individual food trays.

### **SCOPE:**

Applies to all Dietary Department Staff of Dr. Pablo O. Torre Memorial Hospital (DPOTMH)

### **PERSON RESPONSIBLE:**


Dietitian, Food Service Worker

### **GENERAL GUIDELINES**

1. All diet order shall be written in color coded diet cards.
2. **WHITE** color card is to be used for Full Diet and Food for Watcher.
3. **PINK** color card is to be used for Diabetic diet.
4. **YELLOW** color card is to be used for Hypoallergenic, Non/Low Fat, Low Purine, No Dark Colored Foods, Low Protein, Low Potassium, Low Oxalate, Low Calcium, Neutropenic, Reducing, Clear Liquids, General Liquids, DASH, Non-Dairy, No Coffee, Tea, Soft drinks diets, etc.
5. **BLUE** color card is to be used for Low Sodium diet.
6. **GREEN** color card is to be used for Soft Diet.

### **PROCEDURE:**

1. Dietitian selects the appropriate color from the deck of colored cards.
2. Dietitian writes the name of patient, room number on selected colored card.

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*Low Purine Diet Explained with List of Foods to Eat or Avoid.* (n.d.). Drugs.Com. Retrieved


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*diabetic.* (n.d.). The Free Dictionary. Retrieved May 22, 2020, from

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**APPROVAL:**

	Name/Title	Signature	Date
Prepared by:	<b>MA. PAMELA GARILAO</b> Dietary Manager	<i>Ma. Pamela Garilao</i>	7/28/22
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Recommending Approval:	<b>ENGR. NOEL P. GARBO, FPCHA</b> Engineering and General Services Division Officer	<i>[Signature]</i>	8/1/2022
	<b>FREDERIC IVAN L. TING, MD</b> OIC - Total Quality Division	<i>[Signature]</i>	7/28/22
Approved:	<b>GENESIS GOLDI D. GOLINGAN</b> President and CEO	<i>[Signature]</i>	9/10/22

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	Effective Date:	07-31-2022
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KEY TASKS	PERSON RESPONSIBLE
1. Selects the appropriate color from the deck of colored cards.	Dietitian
2. Writes the name of patient, room number on selected colored card.	Dietitian

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**APPROVAL:**

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Prepared by:	<b>MA. PAMELA GARILAO</b> Dietary Manager	<i>Ma. Pamela Garilao</i>	7/28/22
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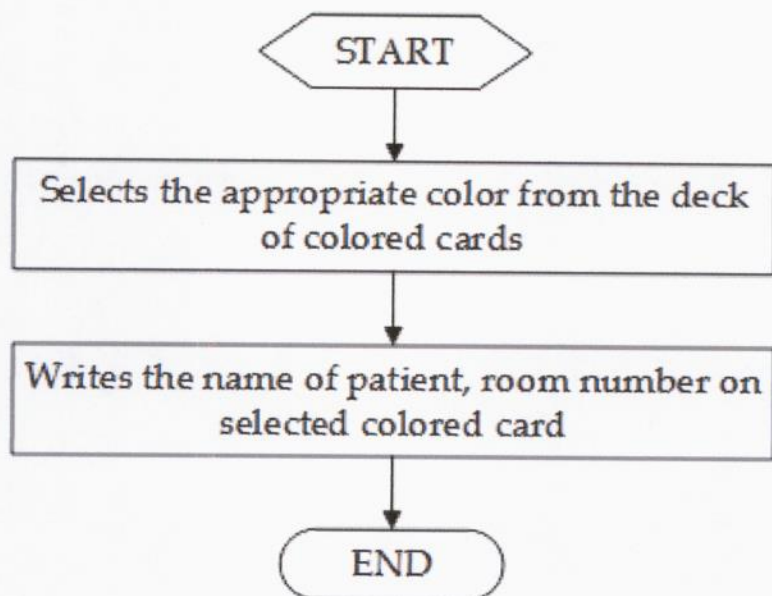



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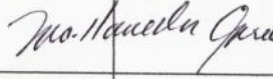



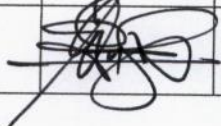
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### FLOWCHART



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