



**California Division North  
Nutritional Services  
Diet - Menu**

<b>Subject/Title: CALORIE CONTROLLED DIET Order As: LOWCAL</b>
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**GOALS OF DIETARY MANAGEMENT:**

The goals of nutritional therapy for the patient with obesity are to promote a caloric intake less than the energy expenditure to permit a gradual loss of weight. A weight loss rate of 1% of body weight per week is considered safe.

An approach, which established the caloric goal at 500 to 1000 calories less than estimated maintenance requirements, might reduce the chance of failure. A diet, which is less than 1200 calories per day, may be nutritionally inadequate and is not recommended. Supplements may be used to help meet the nutritional goals without going over the calorie restrictions of the prescribed diet.

Our food system does not allow us to manipulate portion sizes to any great extent, therefore diets generally advance in increments of 200 calories.

**ADEQUACY:** A calorie-controlled diet of at least 1200 calories per day is nutritionally adequate when proper amounts of food are consumed from each food group.

**FOODS THAT MAY BE ADDED AT LIB:**

bouillon or broth without fat (some may require low-sodium and limit intake)  
water  
carbonated water (sodium may need to be considered and limited for some patients)  
Decaf coffee or tea  
gelatin, sugar-free  
celery sticks  
carrots  
lettuce

It is recommended that nutrition consults be ordered with all calorie controlled diets.

## **SAMPLE MENU**

### Breakfast

Fruit	1/2 cup
Cereal	1/2 cup
Milk, non-fat	1 cup
Toast	1 slice
Diet jelly	1 tsp
Coffee or tea	1 cup
Sugar substitue	

### Lunch and Dinner

Soup or salad with diet dressing	1/2 cup
Lean meat	2-3 oz
Potato or substitue	1/2 cup
Vegetable	1/2 cup
Bread	1 slice
Fruit or diet dessert	1/2 cup
Milk, non-fat	1 cup
Coffee or tea	1 cup
Sugar substitue	
Salt	
Pepper	

(approximately 1160 - 1270 calories)