



MEALS ON WHEELS OF CENTRAL INDIANA

MEALSONWHEELSINDY.ORG | INFO@MEALSONWHEELSINDY.ORG
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MEDICALLY - TAILORED MEALS

DIET ORDER



DIET CLARIFICATION

Mechanical Altered/Chopped Meats	Mechanical Soft Diet
Puree	Puree
Salt Restriction (2-4 grams salt)	No Added Salt (NAS)
Clear Liquid	Clear Liquid Diet
Diabetic/Calorie Controlled	No Concentrated Sweets (NCS)
Cardiac (low cholesterol/low fat)	Regular Diet (no whole milk, no gravies, no fried food)
Gluten Free	Regular Diet
Bland	Regular Diet
Lactose Free	Regular Diet
High Fiber	Regular Diet
Low Fiber	Regular Diet
Renal	Regular Diet/NAS (AVOID bananas, potatoes, tomatoes, oranges. Limit to 8oz. milk/day)
Hepatic	Regular Diet/NAS
High Protein	Regular Diet (larger portions of protein)
Low Protein	Regular Diet (2oz. meat w/meals. Limit 1 milk/day)
High Calorie	Regular Diet w/Fortified Foods

START YOUR MEALS ON WHEELS SERVICE TODAY

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