

**THE DIABETIC DIET**

**PURPOSE:**

To provide a nutritionally adequate diet that will help in controlling blood sugar levels.

**POSSIBLE PROBLEMS WITH FAILURE TO FOLLOW PRESCRIBED DIET:**

1. Increased risk for too high or too low blood sugar levels.
2. Increased risk for heart disease.
3. Increased risk for kidney disease.
4. Increased risk for nerve damage leading to loss of toes, feet, etc.

**MODIFIED DIET WAIVER FORM  
GEORGIA DEPARTMENT OF CORRECTIONS**

INMATE NAME:	
I.D. NUMBER:	
DIET ORDER:	
BEGINNING DATE:	
ENDING DATE:	

I, \_\_\_\_\_, understand that failure to pick up my above prescribed diet six (6) meals a week and/or 15 meals a month may result in the cancellation of the prescribed diet. I have been instructed and understand the possible complications that may arise due to non-compliance of my prescribed diet.

WITNESS:	INMATE:
DATE:	DATE:

\* Please file in the inmate's medical record.

## THE HYPOGLYCEMIC DIET

**PURPOSE:**

To provide a nutritionally adequate diet that helps to prevent symptoms of low blood sugar.

**POSSIBLE PROBLEMS WITH FAILURE TO FOLLOW PRESCRIBED DIET:**

1. Increased risk for experiencing symptoms of low blood sugar such as: sweating, fast heartbeat, weakness, and hunger.

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ENDING DATE:	

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This form will be kept in a local filing area for five years, one year active and four years inactive, then destroyed.

## THE LOW FAT LOW CHOLESTEROL DIET

**PURPOSE:**

To provide a nutritionally adequate diet low in total fat, saturated fat, and cholesterol.

**POSSIBLE PROBLEMS WITH FAILURE TO FOLLOW PRESCRIBED DIET:**

1. Increased risk for heart disease.
2. Increased risk for weight gain which may lead to high blood pressure, diabetes, and heart disease.

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## THE MECHANICAL SOFT/SOFT DIET

**PURPOSE:**

To provide a nutritionally adequate diet of foods that are easily chewed or swallowed. Foods will also be soft in texture and lower in fiber. Useful for those with mild intestinal problems or recent dental work and/or no teeth.

**POSSIBLE PROBLEMS WITH FAILURE TO FOLLOW PRESCRIBED DIET:**

1. May have difficulty chewing or swallowing certain foods.
2. May have difficulty digesting certain foods.

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## THE LOW SODIUM DIET

**PURPOSE:**

To provide a nutritionally adequate diet restricted in sodium which may help reduce high blood pressure and reduce build-up of fluid in the body.

**POSSIBLE PROBLEMS WITH FAILURE TO FOLLOW PRESCRIBED DIET:**

1. May worsen genetic risk for high blood pressure.  
High blood pressure can increase risk for stroke.
2. May worsen build-up of fluid in the body.
3. May worsen conditions of congestive heart failure.

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## THE WEIGHT REDUCTION DIET

**PURPOSE :**

To provide a nutritionally adequate diet that will produce weight loss at a reasonable weight. \*\*To be truly effective, diet should be combined with an exercise program.

**POSSIBLE PROBLEMS WITH FAILURE TO FOLLOW PRESCRIBED DIET:**

1. Obesity is associated with increased risk for high blood pressure, heart disease, diabetes, and certain types of cancer.

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DATE:	DATE:

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