

Correctional Managed Health Care Therapeutic Dietary Policy and Procedure Manual	Effective Date: 1/16/2026	Number: 1-1.1
	Revised: 12/05/2025	
	Formulated: 09/95	Page 1 of 5
THERAPEUTIC MEDICAL DIETS		

PURPOSE:

- I. Qualified healthcare staff shall provide nutritional counseling and educational handouts for all patients (offenders) whose medical or dental condition(s) requires dietary management.
- II. Qualified healthcare staff shall review medical records including lab results, history, and pertinent diagnosis.
- III. Qualified healthcare staff shall make recommendations to the provider related to the patient's (offender's) care plan based on this assessment.

POLICY:

- I. The Texas Department of Criminal Justice (TDCJ) provides three menu plans:
 - A. Regular Menu Plan
 - B. Pork-Free Menu Plan
 - C. Meat-Free Menu Plan
 - D. The above listed Menu Plans do not require a practitioner's orders or nutrition consult.
- II. The Texas Department of Criminal Justice (TDCJ) provides the following therapeutic diets (medical diets to meet the medical needs of patients (offenders)).
 - A. Diet for Health (DFH)
 - B. Clear Liquid Diet
 - C. Dental Diet-Mechanically Blended
 - D. Hypercaloric Diet
 - E. Renal - Protein Restricted Diet
 - F. Dialysis Diet
 - G. Other therapeutic diets such as a Gluten-Free Diet may be ordered, if required. The qualified healthcare provider shall notify the Chief Dietician for Dietary Services to assist in the formation of these diet plans.
 - H. The above listed therapeutic (medical) diets require a qualified healthcare provider's order and should be posted on the EMR.

Correctional Managed Health Care Therapeutic Dietary Policy and Procedure Manual	Effective Date: 1/16/2026	Number: 1-1.1
	Revised: 12/5/2025	
	Formulated: 09/95	Page 2 of 5
THERAPEUTIC MEDICAL DIETS		

III. Diet Orders and Renewals

1. Only qualified healthcare providers shall prescribe Therapeutic (medical) Diets.
2. Therapeutic (medical) Diets can be ordered for patients (offenders) with the following medical conditions:
 - A. Diabetes
 - B. Hyperlipidemia
 - C. Hypertension
 - D. Kidney Failure
 - E. Liver Disease
 - F. Other medical conditions requiring dietary intervention.
3. Units which have access to the EMR.

Qualified healthcare providers or their designee shall enter the offender medical diets and/or allergies into the EMR. The unit FSM IV or designee shall be responsible for providing the master diet list as needed. (units which have access to EMR)
4. Units which do not have access to EMR.
 - A. The unit practice manager's office shall be responsible for compiling a master diet list, at least monthly, and providing the list to the unit food service department.
 - B. New patients (offenders) with diet orders shall be added to the master list as soon as the diet is ordered.
 - C. Diets may be telephonically or electronically added or deleted from the master diet list.
 - D. The unit practice manager, or designee, shall maintain the master diet list for the unit healthcare provider and dentist to review on a monthly or quarterly basis; or as otherwise indicated by the order written by the healthcare provider.
 - E. The master diet list shall contain patient (offender) name, TDCJ #, diet order, and duration of diet.
5. Diet Order Renewals
 - A. The Unit Medical Management Team shall implement a program to allow for the renewal of Therapeutic (medical) Diet orders.
 - B. A Therapeutic (medical) Diet order must be renewed at least annually and requires a physician's, physician's extender, or dentist order.

Correctional Managed Health Care Therapeutic Dietary Policy and Procedure Manual	Effective Date: 1/16/2026	Number: 1-1.1 Page 3 of 5
	Revised: 12/5/2025	
	Formulated: 09/95	
THERAPEUTIC MEDICAL DIETS		

IV. Diet for Health (DFH)

- A. The Diet for Health can be prescribed for patients (offenders) with the following medical conditions:
 1. Diabetes (insulin and non-insulin dependent)
 2. Hyperlipidemia
 3. Hypertension
 4. Morbid Obesity
- B. The DFH shall provide approximately 1900-2100 calories per day.
- C. Those patients (offenders) prescribed DFH will receive nutritional counseling by qualified healthcare staff and be provided disease specific educational handouts during each chronic care encounter.

V. Clear Liquid Diet

- A. The Clear Liquid Diet shall provide at least 1200 calories plus 3000-cc fluid per twenty-four (24) hour period.
- B. Due to the lack of nutrients provided by a Clear Liquid Diet, a patient (offender) shall not be placed on a Clear Liquid Diet for not more than three (3) days.

VI. Dental Diet

- A. Mechanically Soft Diet
 1. The Mechanically Soft Diet shall contain 2400-2700 calories per day and shall be selected from the Regular, Pork-Free, or Meat-Free menu plans.
 2. A Mechanically Soft Diet main entrée if it is solid meat will be chopped to 1/8th to 1/4th of an inch.
- B. Pureed and Blended
 1. The Pureed and Blended Diet may be selected from the Regular, Pork-Free, or Meat-Free menu plans
 2. The Pureed and Blended Diet does not require a special medical diet order.

VII. Hypercaloric Diet

- A. The Hypercaloric Diet can be prescribed only for those patients (offenders) with a chronic infectious disease or other wasting disease like cancer or TB, etc. that due to the stresses of the disease requires additional calories beyond that provided by the regular menu.
- B. The Hypercaloric Diet shall provide 3000-4000 calories per day.

VIII. Renal-Protein Restricted Diet

- A. The Renal-Protein Restricted Diet is designed for patients (offenders) with impaired liver or impaired kidney functions.

Correctional Managed Health Care Therapeutic Dietary Policy and Procedure Manual	Effective Date: 1/16/2026	Number: 1-1.1
	Revised: 12/5/2025	
	Formulated: 09/95	Page 4 of 5
THERAPEUTIC MEDICAL DIETS		

- B. The Renal-Protein Restricted Diet provides 60 grams or less of protein and 2 grams or less of sodium.

- IX. Dialysis Diet
 - A. The Dialysis Diet is prescribed for those patients (offenders) with both special medical needs and special dietary needs related to failed kidney function.
 - B. The Dialysis Diet modifies the protein, sodium, potassium, and phosphorous content of the menu plan.

- X. The Correctional Managed Health Care Therapeutic Dietary Policy and Procedure Manual shall be provided annually to each unit Medical and Food Service Department.

- XI. Qualified healthcare providers shall notify the Facility Practice Manager’s office when a patient (offender) is placed on a therapeutic diet.

- XII. The Facility Medical Management Team shall implement a program to allow for at least annual renewal of the Therapeutic Diets.

- XIII. Qualified healthcare staff must counsel all patients (offenders) that have a Therapeutic Diet order of more than thirty (30) days duration.
 - A. Patients (offenders) should be counseled within thirty (30) days from the date of the diet order.
 - B. Counseling shall be documented on the HSM-1 form.

- XIV. The unit Food Service Manager is responsible for assuring that diet menus are prepared and served according to the Correctional Managed Health Care Therapeutic Diet Policy and Procedure Manual.

- XV. Diet for Health (DFH) is part of the Recommended Clinical Treatment Protocol, which patients (offenders) have the right to accept it or refuse it. If they refuse it, they have to sign the Refusal of Treatment form from Dietary therapy.

Correctional Managed Health Care Therapeutic Dietary Policy and Procedure Manual	Effective Date: 1/16/2026	Number: 1-1.1
	Revised: 12/5/2025	
	Formulated: 09/95	Page 5 of 5
THERAPEUTIC MEDICAL DIETS		

XVI. If an offender refuses to follow the diet ordered by a qualified health care provider, and wants to eat from the regular food line, he/she must submit a Sick Call Request asking that the ordered diet be discontinued. The Food Service Staff cannot allow the offender patient to eat from the regular food line, until they have been notified by the medical department that the offender patient has been deleted from the special Therapeutic diet list.

The medical provider will perform and document in the medical records that counseling on the ordered diet was provided. The offender patient must sign a Refusal of Treatment form that acknowledges he/she has received the counseling and is aware of the risks associated with the refusal. Offender patients refusing the Therapeutic diet will be instructed on how to self-select appropriate foods from the regular food line. This education/instruction must be documented in the medical record. Snacks will be provided to the Insulin Dependent diabetic offender patients who have refused the special therapeutic diet, when the list of these offender patients has been provided to the Food Services by the facility Medical Department.

Dietary needs will be reviewed by the medical providers in the appropriate Chronic Care Clinic.

REFERENCES:

- 2020 Dietary Guidelines for Americans developed by U.S. Department of Agriculture and the Department of Health and Human Services
- The American Heart Association Guidelines for Adults with Elevated Serum Cholesterol
- American Diabetes Association
- TDCJ-ID Administrative Directive AD-05.25
- Exchange Lists for Meal Planning-Revised 1995 by the American Diabetes Association and the American Dietetic Association
- Protocols for Nutrition Counseling by Nursing
- The Diet for Health started on March 01, 2001. It is patterned after the DASH Diet which is promulgated by National Institute of Health, and the National Heart, Lung, and Blood Institute. April, 1997