

Protein Restricted Diet

- A. A Protein Restricted Diet is designed for patients (offenders) with impaired liver or impaired kidney function.
- B. A Protein Restricted Diet provides 60 grams or less of protein and 2 grams or less of sodium and potassium.
- C. When preparing a Protein Restricted Diet, **DO NOT** add salt to any item.
- D. Patients (offenders) with Protein Restricted Diet order during a lockdown will be fed according to the Protein Restricted Diet Sack Meal Menu.
- E. Patients (offenders) with a Protein Restricted Diet order shall not be fed food loaf and shall be referred to the Medical Management Team and the Warden.

	Acceptable	Not Acceptable
Dairy		milk, cheese
Vegetables	carrots, corn, beets, squash, greens, green beans, mixed vegetables, cabbage, broccoli, cauliflower, vegetable blend, tomatoes, breaded okra, sweet potatoes, potatoes	sauerkraut, hominy, peas
Bread	sliced bread, hamburger buns, hot dog buns, corn tortillas, flour tortillas, cornbread, biscuits	pancakes, crackers, French toast
Bread (Starches)	macaroni, rice, spaghetti	egg noodles
Bread (Cereal)	oatmeal, grits, "O" cereal, bran cereal, frosted corn cereal, rice	
Fruit	apples, applesauce, peaches, pears, pineapple, mixed fruit, tropical fruit	prunes, raisins
Meat	pork chop w/o fat, fresh ground pork, ground beef (no more than once per day), chicken quarter, fish (debreaded), canned tuna, canned chicken, chicken patty (debreaded), baked ribs, fresh ham	corn dogs, burritos, hot dogs, bologna, salami, pork roll, bulk pork sausage, hot link, brisket
Meat (Beans)		lima beans, black-eyed peas, pinto beans, navy beans, vegetarian beans, butter beans
Meat (Eggs)	eggs	
Miscellaneous	jelly, margarine, syrup	catsup, Worcestershire sauce, mayonnaise (salad dressing), pickle relish, mustard, peanut butter
Desserts	jello	cakes, pies, puddings, brownies, cookies