

# GI Soft Diet

*Diet prescribed by your provider*

## Overview:

- Indicated for the prevention and treatment of cardiovascular disease such as heart failure or heart attack
- Promotes: whole grains, fruits, vegetables, low-fat or fat-free dairy, and unsaturated fats

**LIMITS:** Saturated fat, cholesterol, sodium

## Why:

- Too much **saturated fat** can cause cholesterol to build up in your arteries, making it difficult for blood to flow.
- Too much **salt** causes your body to hold extra water, which may cause blood pressure to rise. This can cause damage to your heart, kidneys, or liver as they are forced to work harder.

## Food / Beverages Limited:

### Saturated Fat and Cholesterol

**Sources:** Marbled (fatty) meat, poultry skin, bacon, sausage, whole milk, cream, & butter. Trans fats are found in stick margarine, shortening, some fried foods, baked goods, pastries, and packaged foods made with hydrogenated oils.

### Sodium

**Sources:** processed foods such as cured meats, canned vegetables, condiments, some grains & dairy, salt added during cooking

### Menu References

Menu Offerings:	Instead of:
Egg substitute	Regular egg
Turkey bacon	Regular bacon
Skim milk	Regular milk
Low sodium/salt free sauces, gravies, etc.	Regular sauces
Herb seasoning packet	Salt packet

## Questions?

Ask your Ambassador for more information on the menu selections specific to your Therapeutic Diet Order, Food Allergens, Specific food preferences or Ethnic and Religious preferences.