



Medical Nutrition Therapy: Cut Up Diet

What is a cut up diet?

Foods that are naturally a bit tough, such as meat, or raw foods, are cut up in bite size pieces. Foods that are cooked tender are fine, as long as they can easily be pressed by the fork into bite size pieces. The foods are meant to be easily picked up with a fork, spoon, or adapted utensils.

Why do I need a cut up diet?

A cut up diet may be prescribed for people who have trouble using a knife due to tremors or dexterity, slowed movement, cognitive decline, visual impairment or mental impairment. The purpose is to enhance independence during mealtime, and assure that someone can eat a balanced diet, and does not have to avoid certain foods.

If meal preparation is not an option for you, or if you or your care giver would like relief from cooking once in a while, Therapeutic Meals offers a large variety of foods appropriate for a cut up diet and delivers frozen meals right to your door.

A balanced diet with sufficient energy and protein is the only way to ensure you get enough nutrition. A Registered Dietitian can help you to create a meal plan based on your individual needs. The Dietitian can also assess need for other feeding support tools such as a feeder plate, special utensils and cups.

Therapeutic Meals offers meal planning services and nutrition guidance, creating individualized menus based on your needs and food preferences. The menu's can be created on a weekly, bi-weekly or monthly cycle. With meal plans, we automatically re-order your meals for you. You can change your menu at any time you wish.

To order please visit our website at www.therapeuticmeals.com, or call us at 250 415 5444 (Victoria, British Columbia).