



Special Dietary Needs

Information and tools for hunger relief agencies
to meet the needs of every diet



Overview of Washington Food Coalition

Our Mission

The Washington Food Coalition actively educates and networks with organizations that strive to alleviate hunger throughout Washington.

Our Vision

The Washington Food Coalition is the unified voice for a strong emergency food system.

History

The Washington Food Coalition is a non-profit network of food banks, food pantries, food distribution centers, hot meal and food voucher programs throughout the state of Washington. Incorporated in 1992, the WFC is the result of a merger between the Western Washington Food Coalition and Eastern Washington's Northwest Regional Food Network. Members of these independently incorporated organizations envisioned a comprehensive and cohesive statewide network. Their goal was to work cooperatively to alleviate hunger and provide a unified voice for hunger programs. The WFC currently has a diverse membership of more than 300 independently incorporated agencies.

Special Dietary Needs: Information and tools for hunger relief agencies to meet the needs of every diet

EDITED BY:

Dana Cordy, MPH, RD

Various nutrition students from Seattle Pacific University

CONTRIBUTORS:

Seattle Pacific University Dietetic interns

Dana Cordy, MPH, RD

DESIGN: Holly Knoll

PHOTOS: Julie Washburn, various WFC Member Agencies

© 2023 Washington Food Coalition

Prepared with funds made available by the Washington State Department of Agriculture

Printed with funds made available by WSDA and United HealthCare

Washington Food Coalition (WFC)

PO Box 95752

Seattle, WA 98145

TEL: 206-729-0501 or 1-877-729-0501

FAX: 206-729-0501

www.wafoodcoalition.org

Our History

Honoring those who have fought hunger in Washington for decades....

We not only strive to highlight the current innovations and solutions in hunger relief agencies, but we also honor those that have done the hard work of building a foundation for a strong emergency food system.

In the early 1970's, several factors including the 'Boeing bust' and a nationwide energy crisis caused a hard-hitting recession throughout Washington. Families who had previously been self-sufficient were left without employment and without food on their shelves. In 1972, concerned neighbors in Washington began to grow discontent when seeing others in their community face hunger. Slowly but surely, groups rallied together in pockets of the state to set up local food programs. Some had begun organizing before this, and some would soon come after, but 1972 marks a year of remarkable activity in the formation of early food program networks around the state. Organizations that began in 1972 include Puyallup Food Bank, Thurston County Food Bank, Bellingham Food Bank, and 2nd Harvest Inland Northwest.

The Washington State Legislature took a major step to fight hunger in 1985 when they formed the Emergency Food Assistance Program (EFAP) to provide funds to the developing food program system. In 1992, this program expanded to also support the Tribal Voucher Food Program.

Incorporated in 1992, the WFC is the result of a merger between the Western Washington Food Coalition and Eastern Washington's Northwest Regional Food Network. Members of these independently incorporated organizations envisioned a comprehensive and cohesive statewide network. Their goal was to work cooperatively to alleviate hunger and provide a unified voice for hunger programs.

Since then, our work has been anything but light or easy. Varying economic times provide fluctuation in the strain our members face, but there has never been a season when they are not greatly needed. Our work is not confined to the traditional food bank, but we also represent all meal programs, distribution programs, and anyone fighting hunger in Washington.

Enough cannot be said about the grueling work that was done by those who formed a statewide emergency food system, when nothing of the sort existed a few short decades ago. Washington Food Coalition is proud to continue the hard work of building on what they have accomplished.

The situations, interests, and needs of our agencies are diverse. However, we find complete unity in the belief that no one in Washington State should go hungry and we share in the vision of a strong emergency food system.

For those of us who now carry the work of feeding our hungry neighbors, and those who will soon join our work, we press on with optimism and the fortitude to continue until no one in Washington goes hungry anymore.

...we continue the work of building a strong emergency food system

Introduction

This manual was developed by the Washington Food Coalition. Its intended use is for food pantry staff & volunteers to better understand the dietary needs of specific populations. These populations may be common visitors to your food pantry. This is a general guide not intended to provide specific dietary recommendations for any individual. Always defer to trained, medical professionals for specific diet recommendations



Washington Food Coalition Special Dietary Needs Manual

Table of Contents

AIDS.....	3
PEOPLE LIVING WITH HIV/AIDS NUTRITIONAL NEEDS	5
ALCOHOL AND SUBSTANCE ABUSERS	6
CARDIOVASCULAR DISEASE.....	7
CELIAC DISEASE	9
CHEWING OR SWALLOWING DIFFICULTY.....	11
CHILDREN	13
CHRONIC KIDNEY DISEASE	15
CULTURAL CONSIDERATIONS	17
LATINO DIETS.....	17
AFRICAN DIETS.....	19
ASIAN DIETS.....	21
EUROPEAN DIETS	23
DIABETES MELLITUS DIET	24
DIABETES MELLITUS FACTS.....	25
INFANTS.....	27
IRRITABLE BOWEL SYNDROME	28
LACTOSE FREE DIET (LACTOSE INTOLERANCE)	30
LOW FAT DIET (LOW CHOLESTEROL).....	32
LOW SALT DIET (LOW SODIUM)	34
OLDER ADULTS.....	37



PREGNANT/BREASTFEEDING WOMEN	391
GUIDELINES FOR A THREE-DAY FOOD PACKAGE	402



AIDS

Acquired Immune Deficiency Syndrome (AIDS) is very complex and has many different stages. As a result, different types of diets may be needed depending on a person's illness. Because people living with AIDS are more susceptible to illnesses (such as the common cold), it is important to provide enough vitamins, minerals, calories and protein to help fight against infection and preserve body mass.

Foods that are quick and easy to prepare may be needed if a person isn't feeling well and tires easily. A person living with AIDS is more susceptible to food-borne illnesses (food poisoning) due to their compromised immune function. Therefore, it is important to cook foods properly, handle them according to food safety protocols and store them safely to prevent further health complications. Foods that can cause food-borne illnesses include:

- Raw and undercooked eggs
- Raw and undercooked meat, fish, chicken, and turkey
- Unpasteurized milk or cheese (both cow's and goat's milk)
- Soft cheese such as Mexican style, feta, Brie, blue cheese

Later stages of AIDS may cause lesions, or sores, in the mouth, which make chewing and swallowing more difficult. If oral lesions are a concern, it is best for the person to consume smaller bites of food that are room temperature.

CHOOSE THESE FOODS OFTEN

GRAINS

Whole wheat, rye and enriched breads (i.e., bagels, pita bread)

Rice, rice crackers

Pasta (noodles, macaroni, spaghetti)

Tortillas, corn & flour (whole-wheat)

Oatmeal & oatmeal products (including protein, nutrition, and granola bars)

All hot and cold cereals (limit sugar coated cereals)

Cornmeal & cornmeal products

Crackers (graham crackers, soda crackers, ginger snaps, fig bars)

Sweet rolls, cakes, ice cream, etc. can provide extra calories. Use these in moderation and balance with healthier snacks.

FRUITS AND VEGETABLES

Fresh and frozen fruits/vegetables

All canned vegetables (offer vegetables with many nutrients such as spinach, sweet potatoes, mixed vegetables; choose lower/no sodium options)

Canned fruit in 100% juice

PROTEIN (animal & plant)

Canned or dried beans (red, black, pinto, navy, etc.)

Canned or dried lentils (green, yellow, orange)

Canned or dried split peas

Peanuts or other nuts, peanut butter, nut butters (may not be tolerated well due to high fat content)



Tuna
Eggs
Tofu
Sardines
Canned soups or stews
Canned meat and poultry products (water packed tuna or chicken)

DAIRY

Cow's milk/yogurt (2%, 1% or skim) *
Soy, almond, oat or rice milk*
Canned evaporated milk
Powdered milk
Canned puddings
Instant breakfast products (i.e., Carnation Instant Breakfast)
*If lactose intolerant, use dairy alternatives



PEOPLE LIVING WITH HIV/AIDS

Many individuals who are HIV positive or living with AIDS have trouble digesting milk or milk products. Besides the problems associated with milk and milk products, many of these individuals are unable to tolerate large amounts of fat. Therefore, supplements that contain fat such as Sustacal or Ensures may not be helpful in preventing further weight loss. Diarrhea, cramping, and upset stomach are all symptoms commonly reported by individuals with intolerance to fat.

When fat is not tolerated, other nutritional supplements available, known as Lipisorb and Nutren may help in providing additional calories. The fats in these supplements are already partially broken down into medium-chain triglycerides. This type of fat is much easier for the body to digest and may decrease diarrhea and discomfort. These products are very expensive, however, and may not be needed by all clients living with HIV/AIDS. Supplements such as Carnation Instant Breakfast may be tolerated. The best supplement for any client is a product which will promote weight gain or prevents any additional weight loss.

For most individuals living with HIV/AIDS, the best diet to follow is one that is low in fat, lactose, milk products, refined sugar, and caffeine. A high protein, high calorie, low-fat diet that contains a variety of nutrients is usually the best diet to follow. This includes a diet that has lean meats/proteins such as beans, lentils, eggs, tuna, chicken, turkey, etc.

People living with HIV infections may have an increased risk for developing other diet related health conditions such as diabetes. Attention should be paid to overall dietary intake. It is important to offer a variety of nutrient dense food options that do not further compound the risk for development of related medical problems.



ALCOHOL AND SUBSTANCE USERS

Alcohol and drugs harm the body in two ways:

1. The alcohol or drugs itself damages the body and organs
2. The effects of alcohol or drugs may contribute to irregular eating and poor diet

A healthy diet supports healing and recovery. A balanced diet includes adequate intake of protein, fat, carbohydrates, and where the variety in the foods you eat supports proper intake of key nutrients. Alcoholism may result in cirrhosis, or fatty liver. Essentially, cirrhosis means that the liver has been replaced by scar tissue. Cirrhosis occurs when the healthy tissue in your liver is replaced by scar tissue, ultimately damaging your liver function.

People with cirrhosis require a diet rich in protein (1.6 g/kg/day) and calories (35-40 kcal/kg/day) to help prevent or correct malnutrition. Too little protein can lead to a breakdown of muscle mass in your body, and further contribute to malnutrition and poor health. Individuals with cirrhosis commonly have diabetes so it is important that carbohydrates be evenly distributed for every meal.

Some key nutrients of concern are vitamins, minerals, and proteins, specifically vitamins A, D, E, K, thiamin, and folic acid, B6, and magnesium. Alcoholics sometimes drink enough to get more than half of their daily energy needs (calories) from alcohol and do not eat enough nutrient rich foods. Speed, I.V. drugs, methamphetamine, crack, and cocaine affect a person's appetite so that they do not feel like eating. Not eating enough food and enough variety of foods can make it very hard for our bodies to get the nutrients (vitamins and minerals) we need.

Recommended Eating Habits (if applicable, share the information below with clients)

- Frequent meals and snacks. Try to eat every 5 hours or sooner, even if you don't feel hungry.
- Nutrient rich snacks. Try nuts, cheese, Greek yogurt, sunflower seeds, whole grain crackers, fruit, and vegetables. Use your favorite salad dressing as a quick dip for raw vegetables.
- Healthy foods that travel well. Take snacks like peanut butter sandwiches, nuts, and sunflower seeds. On car trips, try protein bars, granola bars, bananas, and apples.
- Lots of fluids. Try to drink about 8 glasses of fluid every day. Drink more in the hot summer months.
- For protein rich options, choose food like eggs, meat, yogurt, cottage cheese, or peanut butter, or have a bowl of wholegrain cereal with milk.
- Easy-to-prepare foods. Keep it simple. Plan simple meals and snacks ahead of time. Remember to schedule time to shop for your food so that you have plenty of nutritious options. Try balanced microwave meals if you can't cook.
- Meals with sober friends. Socialization is an important part of recovery. Try eating with people from your support group before or after a meeting.



CARDIOVASCULAR DISEASE

Cardiovascular or heart disease will affect 1 in every 2 Americans at some point in their lifetime. Cardiovascular disease means that the function of the heart has been compromised; this can happen because of plaque build-up in arteries, deteriorating heart muscle function, high blood pressure, heart attack, stroke, diabetes, or kidney disease, to name a few examples.

The biggest concern with cardiovascular nutrition is to make sure that the person is choosing less saturated fat and lower sodium options while increasing fruit, vegetable, and fiber intake. Too much sodium causes high blood pressure, which strains the heart and kidneys.

CHOOSE THESE FOODS OFTEN

GRAINS

Whole wheat bread
Oatmeal, hot breakfast cereals
Brown rice, quinoa
Whole grain and high fiber cereals
Crackers, unsalted
Brown rice, whole wheat, lentil or other type of protein rich/unrefined pasta

PROTEIN (animal & plant)

Fresh or frozen lean beef, chicken, fish, turkey
Nuts without added oils
Canned or dried beans
Lentils

FRUITS AND VEGETABLES

Fresh or frozen fruits
Dried fruits without added sugars or oils
Canned pineapple, peaches in 100% fruit juice
Fresh or frozen vegetables okay
Canned vegetables (reduced sodium/low sodium preferred)

DAIRY

1% or fat-free milk
Soy, oat, almond, rice or other dairy alternative milk
Fat-free or low-fat yogurt
Low-fat cheese

CHOOSE THESE FOODS RARELY

GRAINS

Sugary pastries, donuts, muffins
Cookies
Cake
Brownies
Candy



PROTEIN (animal)

High-fat cuts of meat (e.g., strip steak, rib-eye, T-bone steak)

Hot dogs

Lunch meats

Bacon

Chicken skin

Eggs (limit to 2-3 servings/week)

DAIRY

Whole milk

Whole-milk yogurt

Ice cream

Cream cheese

Higher fat cheeses



CELIAC DISEASE

Gluten is a protein found in wheat, barley, rye and triticale flours. People with celiac disease have an autoimmune response to gluten, which is a protein found in wheat, barley, rye and triticale flours. This causes the lining of their intestinal tract to inflame. Individuals with celiac disease are unable to properly absorb essential nutrients and calories due to inflammation triggered by gluten consumption. This can cause them to experience discomfort and illness including weight loss and nutrition deficiency. The nutrients that they may struggle to absorb include fat-soluble vitamins like A, D, and K, as well as B vitamins and minerals such as calcium, zinc, copper. Supplementation may be supportive if vitamin and mineral levels are low. Omega-3 fatty acid supplementation may be supportive for inflammation. Eating a gluten-free diet helps people with celiac disease control their signs and symptoms and prevent complications, as well as receive adequate nutrition and calorie intake to support energy.

Many healthy and delicious foods are naturally gluten-free. Many grains and starches are included as part of a gluten-free diet. It's important to make sure that the foods for people with celiac disease are not processed or mixed with gluten-containing grains, additives, or preservatives.

CHOOSE THESE FOODS OFTEN

PROTEIN (animal & plant)

Beans, seeds, nuts in their natural, unprocessed form

Eggs

Meats, fish and poultry (not breaded, batter-coated or marinated)

FRUITS AND VEGETABLES

Fresh and frozen fruits and vegetables

DAIRY

Most dairy products, unless label says "contains gluten"

GRAINS

Amaranth

Arrowroot

Buckwheat

Corn and cornmeal

Flax

Gluten-free flours (rice, soy, corn, potato, bean)

Hominy (corn)

Millet

Quinoa

Rice

Sorghum

Soy

Tapioca

Teff

ALWAYS AVOID

Barley (malt, malt flavoring and malt vinegar are usually made from barley)

Rye

Triticale (a cross between wheat and rye)



Wheat
Bulgur
Durum flour
Farina
Graham flour
Kamut
Semolina
Spelt

In general, avoid the following foods unless they're labeled as gluten-free or made with corn, rice, soy, or other gluten-free grain:

Beer
Breads
Cakes, pies and candy
Cookies and crackers
Croutons
French fries
Gravies
Imitation meat or seafood
Matzo
Oats and cereals
Pastas
Processed luncheon meats
Salad dressings
Sauces, including soy sauce
Seasoned rice mixes
Seasoned snack foods, such as potato and tortilla chips
Self-basting poultry
Soups and soup bases
Vegetables in sauce



CHEWING OR SWALLOWING DIFFICULTY (Dysphagia)/SOFT FOODS

People who have trouble chewing can usually eat foods that are chopped, ground or pureed. It also helps if the foods can be moistened by sauces or dressings. Some who have problems with chewing are:

- People with certain disabilities/injuries
- People with dental problems, such as cavities or dry mouth
- People recovering from stroke
- People suffering from a serious long-term illness
- People with mouth cancer
- People who have had surgery on their head or neck
- Persons living with AIDS

National Dysphagia Diet Levels 1 – 3

D1 –Dysphagia Puree

- Smooth, pureed, pudding-like foods that require little or no chewing ability.
- No whole food.
- Includes mashed potatoes with gravy, yogurt with no fruit added, pudding, soups pureed smooth, pureed fruits and vegetables, pureed meat/poultry/fish served with sauces/gravies, and pureed desserts without nuts, seeds, or coconut.
- AVOID scrambled, fried, or hard-boiled eggs.

D2 –Dysphagia Mechanically Altered

- Moist, semisolid foods that require some chewing ability.
- Most food should be ground texture.
- Includes fork-mashable fruits and vegetables (e.g., Soft canned or cooked fruits and vegetables in pieces smaller than ½ inch).
- Meat should be ground and moist. Extra sauce and gravy should be served.
- AVOID most bread products, crackers, and other dry foods.
- No whole grain cereal with nuts, seeds, and coconut.

D3 – Dysphagia Advanced

- Soft-solid foods. Chopped or cut into small pieces.
- Includes easy-to-cut whole meats (e.g., Tender meat cut into small pieces and well moistened with extra gravy or sauce), soft fruits and vegetables (e.g., Bananas, peaches, melon without seeds).
- Crusts should be cut off bread.
- AVOID hard, crunchy fruits and vegetables, sticky foods, and very dry foods.
- No nuts, seeds, popcorn, potato chips, coconut, hard rolls, raw vegetables, potato skins, corn, etc.

Fluid Modifications

Thin Liquids

- Includes water, soda, juice, broth, coffee, and tea.
- Also includes foods like Jell-O, ice cream, and sherbet that melt and become thin in the mouth.

Nectar-thick Liquids



Liquids that are pourable and have the consistency of apricot nectar. Honey-thick Liquids

- Liquids that are slightly thicker than nectar and can be drizzled.
- Consistency of honey.

Pudding-thick Liquids

- Liquids that hold their shape, and a spoon should stand up in them.
- Liquids that are NOT pourable and are eaten with a spoon.

Providing sauces and gravy mixes may help moisten foods, making them easier to swallow. Seasoned foods may also be easier to swallow, as they increase salivation.

ARE YOU LOOKING FOR SOFT FOODS?

- Cut meats finely, moisten with liquids such as broth or gravy. Canned tuna is an excellent source of protein and can be moistened with mayonnaise or other dressings.
- Soft, cooked legumes or beans are a good source of protein
- Soft foods such as pancakes, pudding, Jell-O, custard, or canned pumpkin may be eaten without additional blending.
- Breads and cereals may be soaked in a liquid such as milk. Biscuits and muffins may be soaked in milk, coffee or soup, or served with gravy and sauces.
- Soft scrambled or soft-boiled eggs should be avoided because of possible food-borne illness.
- Fortified milk (see recipe section), yogurt, pudding, cream sauces, and cream soups.
- Try stews or casseroles with added liquid. These can be pureed too if needed.
- Cold foods can aid in detection of swallow mechanism; serve liquids and foods chilled if possible.



CHILDREN

Children are constantly growing and need enough nutrients to ensure their brains and bodies develop optimally. It's easy for children to overeat—or under eat—depending on the meal and the amount of food they have available. Children should be provided with the same foods as their parents. Whenever possible, limit the amount of sugar (especially processed sugar) and sodium provided in foods, as these can negatively impact the health of children when consumed in large quantities.

CHOOSE THESE FOODS OFTEN

PROTEIN FOODS (animal & plant)

Fresh lean meat, chicken, fish, beef

Peanut butter, nut butter

Canned tuna

Canned or dried beans

Nuts

FRUIT AND VEGETABLES

All fresh fruits and vegetables

Canned fruits in nectar, juice

GRAINS

Whole grain breads, cereals, pastas

Oatmeal

Tortillas

Whole grain crackers

DAIRY

Low-fat, non-fat milk (if over the age of 2)

Yogurt

Cheese

OTHER

Canned soups (low-sodium)

CHOOSE THESE FOODS RARELY

PROTEIN FOODS

Processed meats such as hot dogs, bologna, sausage

High sodium canned meats

FRUIT AND VEGETABLES

Canned fruits in heavy syrup

GRAINS

White, bleached flour products



DAIRY

High fat cheese

Whole Milk (if over the age of 2)

PROCESSED AND PACKAGED SNACKS

Chips, pretzels, sugary cereals, sweets, candy and other foods with added sugars, salt, etc.

SUGARY DRINKS

Soda, juice drinks, energy drinks, etc.



CHRONIC KIDNEY DISEASE

People suffering from chronic kidney disease (CKD) cannot filter blood as they should, meaning some of the waste naturally found in our bodies stays in circulation instead of being excreted in urine. This waste can build up in our bodies, impacting other organs as well. Improperly managed diabetes and high blood pressure are the most common causes of chronic kidney disease. Chronic kidney disease may lead to kidney failure. The only treatment options for kidney failure are dialysis or kidney transplantation.

Chronic kidney disease is irreversible and can worsen over time. The diet for Chronic Kidney Disease depends on how well the kidneys are working. The diet may need lower amounts of protein foods (meats, fish and chicken), and lower amounts of some minerals including potassium and phosphorus. The dietary needs will vary depending on the stage of CKD. Individuals with CKD should limit fluid intake to 2 liters per day.

Below are general guidelines for food needs for a person living with Chronic Kidney Disease, it is not inclusive, and needs may vary depending on the individuals health as well as their stage of CKD.

CHOOSE THESE FOODS OFTEN

PROTEIN (animal & plant)

Fresh or frozen lean meat, chicken, fish, beef, turkey
Canned tuna
Canned meats only if low-sodium content

FRUIT AND VEGETABLES

Apple, applesauce
Canned pears, peaches, pineapple
Canned vegetables, choose low sodium

GRAINS

Choose whole grain breads, pastas
Brown rice
Cooked cereals: cream of wheat, oatmeal

DAIRY

Low-fat milk
Low-sodium cheese

CHOOSE THESE FOODS RARELY

PROTEIN (animal & plant)

Avoid salted or cured meats, cold cuts, hot dogs, bacon, sausages
It may be necessary to limit protein intake based on how well the kidneys are functioning
It may be necessary to limit phosphorus intake as well



FRUIT AND VEGETABLES

If avoiding potassium, limit:

Dark leafy greens

Bananas

Oranges

Orange juice

Potatoes

Avocados

Nuts

GRAINS

salted crackers, pretzels

DAIRY

If limiting phosphorus or potassium, limit dairy products in general

BEVERAGES

If told to avoid phosphorus—No dark soda (pop), iced teas, fruit punch



CULTURAL CONSIDERATIONS

When working with people from other countries and cultures, respect is the most important thing to remember. We may think our food is best because that's what we are used to, but what we like isn't liked by everybody. How foods are cooked or which foods we choose is affected by how we were brought up. Someone who comes from a different country won't have the same food practices and beliefs as we do.

Inside every country food choices are affected by where a person lives, even in Washington State. For instance, if we live on Puget Sound we tend to eat different foods on a daily basis than would a family from Moses Lake or Dayton. Influences on food choices are not only based on geography, but also on individual family traditions and customs.

To provide useful information in a small amount of space, we have grouped together people from cultures and countries that tend to eat similar foods. But remember, the information provided here is just a brief guide to help you put together food packages. It is important to observe and listen to others, and to show respect for their cultural food beliefs and practices.

For more information and resources, go to [Food Bank of the Rockies](#) to see their list of food preferences by culture and for more nutrition education around cultural foods, visit [Oldways](#).

LATIN/HISPANIC DIETS

People from Mexico, Central and South America

Beef and fluid milk are not typically eaten every day. Pork, lamb, and cheese tend to be used more often. The everyday source of protein is usually dried beans (mostly pinto and black beans). Beans are usually eaten with rice or tortillas. Together, these foods make a complete protein. Latinos are from tropical countries that have a greater variety of fruits than we are used to seeing. Many of the fruits common in their countries (mangoes, papayas, and guava) are "exotic" here and cost a lot. Vegetables typically consumed are root vegetables and greens.

Oatmeal (similar to Atolé) cooked with powdered milk
Beans (pinto, black, garbanzo, kidney)
Rice and/or corn tortillas
White and Brown rice
Corn: whole, meal, and flour
Almonds, Peanuts
Carrots
Cabbage, Spinach
Jicama
Peppers
Potatoes
Avocado
Squash
Zucchini
Okra, Chard
Tomatoes

Citrus (lime, oranges, pineapple, grapefruits)

Banana

Papaya

Mango

Grapefruit juice

Beans and white potato stew with pieces of meat (suggest canned beef stew with added beans, potatoes, and carrots)

Cod, whitefish

Chicken, eggs

Cheeses: cojita, queso fresco, panela, Manchego, chihuahua

Yogurt, milk



Figure 1- Flour Tortilla with toppings



Figure 2 - Guacamole



AFRICAN DIETS

Americans with an African heritage, as well as newly immigrated Africans.

Pork may not be eaten due to Halal dietary reasons, but other meats are used. In some families, meat, milk, and dairy products are eaten in small amounts, while other families may use these foods quite often. Root vegetables and the greens from such vegetables are popular choices. Fruit use depends a lot on individual family background.

These are products used in most African cuisines. However, depending on the region, some products may be used more or less than others.

VEGETABLES:

Sweet Potato/yams
Tomatoes/tomato paste
Eggplant
Cabbage
Collard greens
Kale, Spinach, Chard, okra
Green beans
Cauliflower, jicama
Pumpkin (canned)

FRUITS:

Banana, plantain
Grapes
Melon
Citrus (oranges, lemons, limes, grapefruits, pineapple)
Canned 100% orange juice

MEAT/PROTEIN/DAIRY:

Meats: Chicken, lamb, beef
Fish (dried or fresh)
Eggs
Yogurt
Clarified butter (smen)

DRY:

Cornmeal porridge, suggest it be cooked with powdered milk
Rice, brown or wild
Black-eyed peas or red mung beans, fava beans
Chickpeas
Split peas and lentils
Hominy
Curry spices/berbere spice mix/ginger
Bread (hambasha, injera)
Fufu (made with potato flakes)
Peanuts, pumpkin or sunflower seeds
Canned stew as a base, add canned sweet potatoes
Maize/cornmeal, couscous
Tef



Figure 0-1- Fresh yams



Figure 2- Black-Eyed Peas



Figure 3- Curry Spices



ASIAN DIETS

Includes people from Southeast Asia, Korea, Japan, and China.

All meats tend to be eaten in small amounts. Common “meat” sources are: pork, chicken, and fish. Cheese is commonly not part of the diet for any of these countries. Non-meat sources of protein are used more often and include peanuts, tofu, and colored lentils. Rice is a staple served with every meal and forms the bulk of the diet. Small amounts of vegetables and meat are served with rice. It is typical for breakfast foods to be leftovers from the evening meal from the night before. Sweets are very much enjoyed.

Rice and egg noodles of all varieties are used in Asian cooking, and it is important to include variety when possible.

Rice & lentils with peanut sauce (for a peanut sauce suggest heating peanut butter and thin down with a little oil)

Canned pineapple or mandarin oranges

Top Ramen (add canned chicken and spinach)

Sweet/sticky rice with fruit cocktail (sweeten rice with canned sweetened condensed milk)

Cabbage

Peppers

Citrus (pineapple, bananas, oranges, kiwi)

Cod, whitefish

Chicken, eggs

Noodles

Condiments: soy sauce, fish sauce, condensed milk

VEGETABLES

Pak/Bok Choy, Cabbage

Cucumber, celery

Eggplant

Broccoli

Spinach

Corn and Baby Corn

FRUIT

Pineapple

Apple

Mango

Papaya

Dragon fruit

Guava

Peaches

Lychee and Rambutan

Asian pear

Mangosteen

Jackfruit

PROTEIN

Poultry

Eggs

Tuna, Salmon, and other fatty fish

Tofu

CONSIDERATION FOR PACIFIC ISLAND DIETS

High prevalence of lactose intolerance

Spam

Rice

Tubers: casava, taro, yams

Green bananas

Fish

Pork

Coconut milk

Seaweed

Soy sauce



Figure 1- Bok Choy



Figure 2 - Dragon Fruit

EUROPEAN DIETS

Includes people from all Eastern and Western European countries. Some Eastern Russians may have food patterns that are more like people from Asia. Other Russians may eat foods more common to Western European diets.

Common European foods include:

Bread pudding with nuts and dried fruit

Apple cider

Oatmeal with molasses

Canned or powdered milk

Canned apricots

Pierogi

Borscht (Russian red beet soup)

Beef stew, add lentils and canned carrots

Rye or whole wheat bread

Apple cranberry crisp

Boxed macaroni and cheese (add canned chicken or tuna for protein)

Canned mixed vegetables

Pound cake with peaches

Meat



Figure 0-1 - Rye Bread



Figure 0-2 - Borscht



DIABETES MELLITUS

Diabetes is a chronic disease where the body doesn't produce enough insulin, or, it doesn't use insulin well. Insulin is a hormone that the body needs so it can get energy from the carbohydrates found in food. There are different types of diabetes but the most common is type 2. Glucose is the main source of fuel to power the body and provide energy. Glucose comes mostly from carbohydrate foods. It is important to continue to eat carbohydrates to provide the body energy.

If someone has diabetes and it is not controlled well, they may have high blood sugar levels. High blood sugar levels, when left untreated, can lead to many complications such as eye damage, kidney disease, nerve damage and damage to blood vessels. Diet and lifestyle play a major role in controlling blood sugar levels. Creating a regular eating plan and making smart food choices that work for you can help you better manage your diabetes and prevent other health problems.

Eating habits that support blood sugar balance:

- Balanced meals and snacks that have carbohydrates, protein, and healthy fats.
 - Complex carbs contain fiber which slows digestion and keeps blood sugar levels stable. Complex carbs include whole grains, beans, lentils, whole fruit (with the skin), and starchy vegetables such as sweet potatoes and squash.
 - Healthy fats and protein also help slow digestion. This helps you feel fuller longer and provides long-lasting energy. Healthy fats include extra virgin olive oil, nuts and seeds, and cold water fish like salmon and sardines. Protein-rich foods include eggs, meat, fish, dairy products, beans and tofu.
- Eat on a regular schedule
 - Eat small meals and snacks every 3 to 5 hours during waking hours.
 - Try to eat a consistent amount of carbohydrates each day and at each meal/snack.
- Avoid skipping meals if possible.

CHOOSE THESE FOODS OFTEN

GRAINS

Whole grain or enriched breads (not sweet or frosted)
Whole grain bagels, English muffins, crackers
Tortillas (corn, flour)
Pastas (whole grain like brown rice or whole wheat)
Brown rice and rice products
Oatmeal and oatmeal products
Whole grain breakfast cereals (Cheerios, Bran Flakes)

FRUITS AND VEGETABLES

Fresh or frozen fruits and vegetables
Canned fruits in 100% fruit juice. (Rinse syrup from fruit canned in syrups)
Dried fruits, raisins without added sugar
Canned vegetables (without sauces or added salt/sugar)
Frozen vegetables
100% Vegetable juice, reduced/low-sodium when possible

PROTEIN (animal & plant)

Fresh, lean meat, poultry, fish, eggs
Plain canned meats, poultry, fish (low/no sodium)
Canned or dried beans and peas (canned soups, reduced or low sodium when possible)
Peanuts, peanut butter, nut butters



Tofu

DAIRY

1%, non-fat milk

Evaporated skimmed milk

Powdered milk

CHOOSE THESE FOODS RARELY

GRAINS

Sweet rolls, donuts, frosted breads, other sweet pastries

Sweetened hot cereals (instant oatmeal products with added “fruit”, brown & maple sugars)

Sugar-coated, sweetened dry cereals

Cakes

Cookies

Granola bars, breakfast bars

FRUITS AND VEGETABLES

Fruit juices with added sugar

Canned fruits with added sugar, syrup or concentrates (rinse syrup from canned fruit)

Fruit concentrate syrups

Dried soup mixes

PROTEIN (animal & plant)

Canned meats, poultry, fish in a creamed sauce

Baked beans or other similar type produces sweetened with sugar, molasses, and corn syrup

Processed meats, Vienna sausage, wieners

DAIRY

Sweetened condensed milk

Canned and packaged puddings

DIABETES MELLITUS FACTS

- One in ten (37 million) people have diabetes in the United States.
- 1 in 5 don't know they have it
- Diabetes is the 8th leading cause of death in the United States
- Another 1 in 3 (96 million) people have prediabetes and are at risk for developing diabetes.
- Diabetes is a serious condition that can be managed with diet, exercise, and/or medications.
- If diabetes is not controlled, it can lead to serious complications including:
 - Heart disease and stroke
 - High blood pressure
 - Blindness
 - Loss of limbs



- Kidney disease
 - Premature death
- Eating a healthy diet is important for managing diabetes. A healthy diet includes whole grains, lean meats, low fat milk and dairy products, fruits, and vegetables. Many different kinds of foods can be part of a healthy diet for people living with diabetes.
- Controlling diabetes is not just about limiting sugar and sweets. While foods with added sugar should be limited in a healthy diet, small amounts can be included with planning. Sugar free products are more expensive than regular products and are not required to plan a healthy diet.
- Unfortunately, there is no cure for diabetes. It can be managed with diet, exercise, and medications.

Source: <http://www.cdc.gov/diabetes/pubs/factsheet11/fastfacts.htm>



INFANTS

Infancy is the period where babies grow the fastest. The best food source during this time is the mother's breast milk, as this is perfectly catered to suit the needs of the infant. If a mother is having a hard time breastfeeding as much as the baby needs, or if they have to go long periods of time without breastfeeding (perhaps because of work), they may consider supplemental use of formula in addition to breastfeeding when able.

Breast milk (or formula) is recommended exclusively for the first 6 months, with soft foods introduced slowly from 6-12 months. Introducing a new food every few days helps keep track of any possible food allergies that the baby may have. During the 1–2 year age period. The toddler should drink whole milk (if they are not lactose intolerant). After 2 years, the toddler can now switch to a lower fat milk, such as 1% or fat-free.

*SEE ATTACHED HANDOUT FOR BREASTFEEDING GUIDELINES



IRRITABLE BOWEL SYNDROME

Irritable Bowel Syndrome (IBS) is a condition that is characterized by unexplained abdominal discomfort/pain/cramping and associated with changes in bowel habits. It is multifactorial and not entirely understood. Foods that are high in fat content or contain certain types of carbohydrates can be associated with lower gastrointestinal (GI) tract reactions such as IBS that may lead to constipation, diarrhea, or both.

IBS is highly individualized; it is up to the person to know what foods may trigger a reaction and what foods work well with their digestive system. Some people may need to eliminate certain foods altogether, while others may be able to eat those same foods in moderation. Consumption of gas-inducing foods is a significant concern; fermented vegetables and most varieties of beans should be eaten in moderation.

SUPPORTIVE FOODS FOR CONSTIPATION:

CHOOSE THESE FOODS OFTEN

FRUITS AND VEGETABLES

All fruits and vegetables, especially those high in fiber:

Prunes
Figs
Pears, with the skin
Apples, with the skin
Bananas
Oranges
Strawberries
Peas
Broccoli
Potatoes
Corn
Carrots
Brussels sprouts

GRAINS

Whole grains

PROTEIN (animal & plant)

Beans
Lentils
Nuts and seeds

BEVERAGES

Water
Electrolyte drinks

SUPPORTIVE FOODS FOR DIARRHEA:

CHOOSE THESE FOODS OFTEN

FRUITS AND VEGETABLES

Apples, without the skin
Peaches and pears, without the skin



Sweet potatoes
Winter squash
Zucchini, peeled
Applesauce, no added sugar
Bananas

GRAINS

Oatmeal
Rice
Polenta

PROTEIN (animal & plant)

Chicken, skinless
Tofu

DAIRY

Yogurt

BEVERAGES

Water
Coconut water
Electrolyte drinks



LACTOSE FREE/LACTOSE INTOLERANCE

This diet is needed for people who cannot digest lactose, the sugar found naturally in milk/dairy foods. This type of diet may be needed as a result of:

- an inherited trait. Many people of African, Asian, Jewish, Latin, or Native American descent cannot digest milk or dairy products
- an illness, or complication because of surgery

Lactose is also widely used in processed foods. People who are lactose intolerant or who follow a lactose free diet should not be given packaged foods that contain lactose. When reading the label, look for the following words: milk, butter, milk solids, casein, curd, lactose, and whey.

Lactase enzyme supplements may be consumed with dairy products to aid in lactose digestion.

CHOOSE THESE FOODS OFTEN

GRAINS

Most breads (check label to be sure they are made without milk)

Pasta (noodles, macaroni, etc.)

Graham crackers

Rice and rice crackers

Soda crackers

Hot cereals

Most cold breakfast cereals (check label)

FRUITS AND VEGETABLES

Fresh, canned, or frozen fruits not processed with milk or milk products

Vegetables without cream sauce

PROTEIN (animal & plant)

Meat and meat products

Fish

Poultry (chicken and turkey)

Peanuts and peanut butter

Dried beans and peas

DAIRY

Cheese or yogurt, if tolerated

NON-DAIRY

Soy, almond, oat, hemp or rice milk products

CHOOSE THESE FOODS RARELY

GRAINS

Breads/rolls containing milk

Mixes (pancake, waffle, and biscuit)

Breakfast cereals made with milk and most instant oatmeal (check labels)



FRUITS AND VEGETABLES

Any fruit or vegetable with lactose added during canning

DAIRY

All milk (fresh, dry or canned)

Carnation Instant Breakfast (any instant breakfast with a milk base)

Puddings, canned and packaged

Cheese in large amounts

Dips: sour cream, cream cheese, chip dips, sauces and salad dressings made with milk products



LOW FAT and LOW CHOLESTEROL

A low-fat diet may be needed for people with:

- Heart disease
- Gall bladder disease
- Diabetes
- Other medical problems

CHOOSE THESE FOODS OFTEN

GRAINS

Whole wheat, rye, and enriched breads (bagels, pita bread)
Rice, rice crackers
Pasta (noodles, macaroni, spaghetti)
Tortillas (corn or whole grain)
Hot cereals (whole grain)
High fiber cereals (good choices are Total, Bran Flakes)
Cornmeal & cornmeal products
Crackers (made without animal fats or tropical oils, read label)
English muffins

FRUITS AND VEGETABLES

Fruits, including fresh, frozen, or canned in their own juice
Vegetables, including fresh, frozen, or canned (low sodium)
Frozen juice bar desserts

PROTEIN (animal & plant)

Canned or dried beans (red, black, pinto, navy, etc.)
Canned beans and soups (pork and beans, throw-out pork fat)
Dried lentils or split peas
Canned lentil or pea soup
Water-packed tuna
Nuts and peanut butter in small amounts

DAIRY

Non-fat, 1% milk
Powdered milk
Evaporated skim milk

CHOOSE THESE FOODS RARELY

GRAINS

Donuts
Sweet rolls, and other similar type baked goods (1-2 servings/week)
Large, high-fat muffins
Granola and granola products
Crackers (made with animal fat or tropical oils like palm oil)



FRUITS AND VEGETABLES

Vegetables with butter or added cream sauces

PROTEIN (animal & plant)

Processed meats (Vienna sausage, luncheon meats, frankfurters)

Canned meats and meat spreads

Tuna fish and sardines packed in oil

Canned dinners (chow mien, spaghetti & meatballs)

DAIRY

Whole, evaporated milk

Mocha mix

Cool whip & similar toppings

Butter,

DESSERTS

Cocoa powder, cocoa drink mixes

Angel food cake mix

Cookies (best choices are vanilla wafers, gingersnaps, arrowroot)

Chocolate

Snack cakes and cream-filled pastries (Ding-Dongs, Ho Hos, Honey Bun, Snoballs, etc.)

CONDIMENTS & COOKING STAPLES

Vegetable oils (mostly Canola, corn, olive, peanut, rice oil)

use in small amounts

Nonstick pan spray

Low-calorie/reduced fat salad dressing

Bouillon or broth without fat

Mixes (gravies, cheese, high-fat sauces)

Shortening, lard

PROCESSED & PACKAGED SNACKS

Chips (potato, corn, tortillas, puffs)

Popcorn (buttered)



LOW SALT/LOW SODIUM

A diet low in salt may be needed for people with:

- Kidney problems (including kidney disease)
- High blood pressure/hypertension
- Some pregnant women

It is recommended that individuals consume no more than 2300 mg of sodium per day. For some groups of people, an upper limit of 1500 mg per day is recommended.

Most of the sodium we consume comes from added salt in packaged foods. A low-sodium diet should include mostly foods with minimal processing. If using packaged processed foods, use half of the seasoning packets. Americans typically consume well over the daily recommended intake for sodium, so it may be a good idea to provide lower sodium options to all individuals, regardless of their health status.

Terms to look for on food labels regarding sodium content:

- Salt/Sodium-Free – Less than 5 milligrams of sodium per serving
- Very Low Sodium – 35 milligrams or less per serving
- Low Sodium – 140 milligrams or less per serving
- Reduced Sodium – At least 25 percent less sodium per serving than the usual sodium level
- Light in Sodium or Lightly Salted– At least 50 percent less sodium than the regular product

CHOOSE THESE FOODS OFTEN

GRAINS

Whole wheat, rye or enriched breads (without salt on crust)

Barley

Hot cereals (not instant)

Dry cereals (less than 200 mg sodium/serving)

Flours, except self-rising

Cornmeal & cornmeal products

Matzo

Tortillas (corn and flour)

Pasta (macaroni, spaghetti, noodles)

Rice

FRUITS AND VEGETABLES

Fresh, canned and dried fruits

Fruit juice

Fresh vegetables

Frozen vegetables (plain, no sauces)

Canned vegetables (if rinsed before using)

PROTEIN (animal & plant)

Canned beans (red, black, pinto, navy, etc.), lentils (green, yellow, orange), split peas all can be used if rinsed with water

Dried beans (red, black, pinto, navy, etc.), lentils (green, yellow, orange), split peas, no salt (use other spices to flavor beans, lentils and peas)

Low-sodium canned meats, chicken, tuna (rinse with water, over half the salt can be rinsed away)

Unsalted nuts



DAIRY

Evaporated milk

Powdered milk

Naturally low-sodium cheese (Swiss, goat, ricotta, fresh mozzarella)

MIXED FOODS

Low-sodium soups & soup bases (be careful—some labeled as “1/3 less” may have over 500 mg—still too high for some folks)

BEVERAGES

Low-sodium carbonated beverages

Coffee, coffee substitutes

Tea

CHOOSE THESE FOODS RARELY

GRAINS

Breads with salt toppings

Mixes (pancake, waffle, biscuit)

Biscuits in refrigerated tube

Dry cereals (more than 230 mg sodium/serving)

English muffins

Frozen pastas with sauces

Rice with seasonings

Salted rolls

Salted crackers

Self-rising flour

FRUITS AND VEGETABLES

Canned vegetables (unless rinsed before using)

Olives

Pickles

All pickled vegetables (i.e. sauerkraut)

Tomato juice, vegetable juice blends (V-8 juice)

PROTEIN (animal & plant)

Processed meats (ham, wieners, bologna, other luncheon meats)

Corned beef

Smoked, salted, or pickled meat & pigs feet

Kipperd fish, koshered meats

Cracklins

Unrinsed canned meats, chicken, tuna

Salted nuts

MIXED FOODS

Most canned & dried soups



DAIRY

Buttermilk, fresh or dried

Processed cheeses, cheese spreads

Pudding mixes

Canned and dried packaged main dishes with cheese/cheese based sauces

PROCESSED & PACKAGED

Chips (potato, corn, tortilla)

Pretzels, other similar snack foods

Popcorn, salted/seasoned/buttered

COOKING STAPLES

Many packaged mixes (pudding, cake, sauces, gravy, “Shake ‘n Bake”)

Bouillon cubes, powders, liquids

BEVERAGES

Gatorade and other sports drinks



OLDER ADULTS

As people age, their caloric needs decrease slightly. Their appetites, however, tend to decrease more substantially, so it is common for older adults to under-eat. Advances in medicine have allowed people to live longer and as a result, the older segment of the population is continually growing.

Older adults may face a variety of different eating concerns. If an older adult lives alone, they are more likely to skip meals or be undernourished. Older adults may also have trouble eating hard, chewy, solid foods if they are missing teeth. For those with dental problems or dentures, whole grain breads and seeds tend to be easier to chew rather than tougher breads like sourdough. For those with swallowing difficulties, it is a good idea to offer moist, soft foods, as well as gravies or sauces to help moisten foods so they are easier to eat. If chewing is a concern, reference the section on chewing or swallowing difficulties.

The presence of other diseases, such as diabetes, cardiovascular disease, chronic kidney disease, etc. will also impact the kinds of foods offered to older adults. As a guideline, it's better to choose lower fat, lower sodium options, as well as include foods from all five food groups.

Tip: Swap butter, cream, cooking margarine, coconut and palm oil with unsaturated fats from oils, spreads, nut butters, and avocado

CHOOSE THESE FOODS OFTEN

GRAINS

Whole wheat bread
Oatmeal, hot breakfast cereals
Brown rice
Tortillas (corn, flour)
Quinoa, couscous

FRUITS AND VEGETABLES

All fruits, fresh preferred
All vegetables, fresh preferred

PROTEIN (animal & plant)

Fresh or frozen lean meats
Peanut butter, nut butter
Tuna, canned, low-sodium
Canned or dried beans
Tofu
Eggs

DAIRY

2%, 1%, non-fat milk (use 2% if under eating is a concern)
Almond, soy, rice milk
Condensed milk
Cottage cheese
Yogurt
Cheeses



OTHER

Canned stews, soups

Packaged macaroni and cheese mix (can add hotdogs for protein)

CHOOSE THESE FOODS RARELY

GRAINS

Bleached white breads, muffins

Sugary pastries (donuts, pop tarts)

Sugary breakfast cereals

FRUITS AND VEGETABLES

Limit starchy vegetables (potatoes, corn) to 2-3 servings per week

Crunchy foods (apples) may be hard to eat if chewing concerns are present

Grapefruit should be avoided on certain medications- consult with doctor

PROTEIN (animal & plant)

Meats may be hard to chew, so suggest combining with sauce, cutting into small pieces, or adding to stew

DAIRY

Whole milk

Whole milk products

Hard cheeses

OTHER

Chips

Popcorn



PREGNANT/BREASTFEEDING WOMEN

Pregnant and breastfeeding women need more calories, vitamins, and minerals to help their baby grow healthy and properly. Pregnant women who have a low weight gain during pregnancy are more likely to deliver underweight babies, which in turn are more likely to have health problems later in life. Providing adequate nutrition during pregnancy helps prevent diseases in the long-term.

When selecting food packages for pregnant or breastfeeding women, it is important to provide foods from each of the following food groups. Limiting sugary foods (like donuts) that are high in calories and low in nutrients is also recommended.

Some pregnant women may suffer from gestational diabetes, which in turn can cause preeclampsia, a condition that may negatively affect the growing fetus. If a pregnant mother says she has gestational diabetes, reference the “diabetic diet” to help provide the correct carbohydrates for her, along with other key macronutrients.

CHOOSE THESE FOODS OFTEN

GRAINS

Whole wheat, rye, and enriched breads (bagels, pita bread)
Rice, rice crackers
Pasta (noodles, macaroni, spaghetti)
Tortillas (corn & flour)
Oatmeal & oatmeal products
Low-sugar & high-fiber cereals (good choices are Total, Bran Flakes)
Cornmeal & cornmeal products
Crackers (whole wheat, unsalted)

FRUITS AND VEGETABLES

Fresh and frozen fruits and vegetables as available
All canned vegetables (spinach, sweet potatoes, mixed vegetables are high in Vitamin A)
Canned, fruit juice—100% juice (select those fortified with Vitamin C)

PROTEIN (plant and animal)

Chicken
Fish (limit some fish due to mercury content)
Beans, nuts, seeds, lentils

DAIRY

Cow's milk, almond, soy, or rice milk

OTHER FOODS

Coffee, tea, and other foods high in caffeine, such as chocolate foods, cocoa, candy bars, etc. should be limited.

All canned fruits (good choices are mandarin oranges, pineapple, and fruit cocktail in its own juice)

CHOOSE THESE FOODS RARELY

GRAINS

Sweetened products, such as: donuts, pop tarts, frosted cookies, sweet rolls
(If these types of foods are what you mostly get for donations, limit servings to 1 time per week)

FRUITS AND VEGETABLES

Limit powdered juice beverages. They are not a juice, but sometimes people think they are. These are very high in sugar.
Fruit rolls/chews

PROTEIN (plant and animal)

Dried beans may not be tolerated by pregnant women who are not used to eating beans

DAIRY

Canned evaporated milk
Powdered milk
Canned and packaged puddings



GUIDELINES FOR A THREE-DAY FOOD PACKAGE

1. This guide follows the MyPlate nutrition recommendations.
2. Read across line for family size
3. Read down to find amounts to give people shopping at your pantry.
4. **Amounts are approximately one pound packages or cans.**

FAMILY SIZE	1	2	3	4	5	6	7	8	9	10
Fruits and Vegetables	5	9	14	18	23	27	33	41	46	50
Grains	2	3	5	6	8	9	11	12	14	15
Protein/Dairy	3	6	9	12	15	18	21	24	27	30

