



231 East Avenue  
Hilton, NY 14468  
585-392-7171

Dear Doctor:

Below is a list of diets served at Hilton East Assisted Living, and a description of each. Please check the appropriate diet for your patient, and sign your name at the bottom.

- REGULAR** – planned for the resident whom no dietary modifications are prescribed.
- NO ADDED SALT (NAS)** – 4gm of sodium are allowed daily. No salt is used in cooking. Mrs. Dash will be provided at the tables instead of salt.
- NO CONCENTRATED SWEETS (NCS)** – This is a regular diet with removal of the sugar packet. A sugar substitute is provided. Regular desserts are replaced with diabetic desserts. Skim milk is used in place of regular milk. Please note this is not a low fat diet.
- HOLIDAY AND SPECIAL EVENTS MEALS** – In order for all residents to enjoy these special occasions there are no restrictions in the type of food served.

\_\_\_\_\_  
MD Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Resident's name