

### Counseling Sheet for Therapeutic Diet Refusal

You were ordered a therapeutic diet by your healthcare provider. You have chosen to refuse that diet. You should be aware of the following:

1. Your therapeutic diet was ordered to promote health and slow the progression of your chronic condition or disease. Such conditions include but are not limited to hypertension, diabetes, high cholesterol, and heart, kidney or liver disease.
2. When a person refuses a recommended therapeutic diet and chooses instead to eat a regular diet, their chronic condition or disease may worsen or progress more rapidly. This can lead to an earlier onset of irreversible complications such as poor circulation, nerve damage, lowered resistance to infection, loss of a limb, blindness, stroke, heart attack, kidney or liver failure, and even death.
3. Since you are choosing to refuse your therapeutic diet and eat from the regular diet menu, below are a few things you can do to help improve your overall health.
  - You should remove any fried batter.
  - Avoid desserts.
  - Do not add extra salt to your food.
  - Drink water instead of sweetened drinks.
  - Limit your carbohydrates to 10 grams per meal.