

Specialized Diets

Special diets are allowed when prescribed by a MHCP provider and denied by insurance or exceeding what insurance will cover. CDCS Alternative or Specialized Therapy/Treatment form must be completed. Monthly allowable amounts are based on the Minnesota Supplemental Assistance (MSA) percentages of the current Official USDA Liberal Food Plan (LFP). No other diets or food items beyond this list are allowed. The following is the MN Department of Human Services list of allowable special diets:

- Anti-dumping - 15% of LFP
- Controlled protein diet (40-60 grams AND requires special products) - 100% LFP
- Controlled protein diet (<than 40 grams AND requires special products) - 125% LFP
- Gluten free diet - 25% LFP, does not include casein free. No fruits and vegetables allowed unless MHCP prescribes organic fruits and vegetables to be necessary.
- High protein diet (minimum 80 grams/day) = 25% LFP
- High residue diet - 20% LFP
- Hypoglycemic diet - 15% LFP
- Ketogenic diet - 25% LFP
- Lactose free diet - 25% LFP (dairy free or casein free diets are not allowed)
- Low cholesterol diet - 25% LFP
- Pregnancy and lactation diet - 35% LFP
- NOTE - diets are not listed/covered or allowed include non-dairy, non-soy and non-casein free diets.
- Refer to current Official USDA Food Plans and average monthly food cost for monthly maximum based on the percentages above.
- A receipt with only special diet items must be submitted to the FMS for reimbursement.

When a participant requests a payment for more than 1 diet, use the following guidelines to determine payment:

- If the recommended diets overlap one another with respect to their dietary components, go with the more costly diet.
- If there is no overlap in the recommended dietary components of the prescribed diets, allow the total for both or all of the prescribed diets.