TRINITY COLLEGE FOR WOMEN
NAMAKKAL

DEPARTMENT OF NUTRITION & DIETETICS

DIETETICS

ODD SEMESTER

Presented by

Mrs. R. RUPA

ASSISTANT PROFESSOR & HEAD

DEPARTMENT OF N&D

http://www.trinitycollegenkl.edu.in/

DIET THERAPY

INTRODUCTION

DIET THERAPY is a broad term for the alteration or adoption of a diet to prevent or treat a disease or to simply promote **optimum health**. In some cases, an alternative dietary lifestyle plan may be developed to eliminate certain foods to reclaim health.

NUTRITION DIET THERAPY

- Nutrition= digestion, metabolism, circulation and elimination
- Nutritional Status= refers to the state of one's nutrition
- Wellness= state of good health with optimal body function (requires good nutrition)

NUTRITION DIET THERAPY

REGULAR DIET - A balanced diet usually used for the ambulatory patient. Foods such as rich desserts, cream sauces, salad dressings, and fried foods may be decreased or omitted.

LIQUID DIETS - Include both clear and full liquids. Foods included on the clear diet are mainly carbohydrates and water, including apple or grape juice, plain gelatin, ginger ale, and tea or coffee with sugar. Foods included in the full liquid diet are strained soups, fruits and vegetable juices, ice cream, custard, pudding.

NUTRITION DIET THERAPY

SOFT DIET -Foods must require little chewing and be easy to digest. Foods to avoid are meat, shellfish, spicy foods, rich desserts, fried foods, nuts, and coconut.

DIABETIC DIET -Used for patients with diabetes mellitus. The diet contains exchange list that group foods according to type, nutrients, and caloric contents. Patients are allowed a certain number of items from each exchange list according to there individual needs.

NUTRITION DIET THERAPY

LOW-CHOLESTEROL DIET -Foods high in saturated fat, such as beef, liver, pork, lamb, egg, yolk, cream cheese, natural cheeses, and whole milk are limited.

FAT-RESTRICTED DIETS -Also called lo-fat diets. Examples to avoid include cream, whole milk, cheeses, fats, fatty meats, rich desserts, chocolate, nuts, coconuts, nuts, fried foods, and salad dressings.

NUTRITION DIET THERAPY

•**SODIUM-RESTRICTED DIET** -Patients should avoid or limit adding salt to food, smoked meats or fish, processed foods, pickles, olives, sauerkraut, and some processed cheeses.

•**PROTEIN DIET** - Protein rich foods include meats, fish, milks, cheeses, and eggs.

NUTRITION DIET THERAPY

BLAND DIET -Consist of easily digested foods that do not irritate the digestive tract. Foods to be avoided include coarse foods, fried foods, highly seasoned foods, pastries, candies, raw fruits and vegetables, smoked and salted meats, whole grain breads, etc.

LOW-RESIDUE DIET - Eliminates or limits foods that are high in bulk and fiber. • Examples of such food include raw fruits and vegetables, whole-grain breads and cereals, nuts, seeds, beans, peas, coconut, and fried food.

THANK YOU

http://www.trinitycollegenkl.edu.in/