

# THERAPEUTIC MODIFICATIONS OF A NORMAL DIET

# BALANCED DIET

- Balanced diet can be defined as one which contains different types of foods, from all food groups, in such quantities and proportions that the needs for all the nutrients are adequately met, and a small extra allowance is made as a margin of safety.



- Food has a very significant role to play in illness.
- The diet may have to be modified depending upon the:
  - 1) Disease
  - 2) Severity of problem
  - 3) Nutritional status
  - 4) Metabolic changes involved.

# THERAPEUTIC DIET

- Therapeutic diets are planned to maintain or restore good nutrition in the patient.
- In a disease condition, the body tissues either do not receive proper nutrients in sufficient amounts or cannot utilize the available ones due to: faulty digestion, absorption, or transportation of food elements.
- It affects the nutritional homeostasis of the sick person.
- The diet needs to be suitably modified.

- DIET THERAPY: means the use of diet (food and drink) not only in the care of the sick, but also in the prevention of disease and maintenance of health
- DIET THERAPY: is concerned with the use of food as an agent in affecting recovery from illness.
  
- The general objectives of diet therapy:
  - 1) To maintain a good nutritional status
  - 2) To correct nutrient deficiencies which may have occurred due to the disease
  - 3) To afford rest to the whole body or to specific organs affected by the disease
  - 4) To adjust the food intake to the body's ability to metabolize the nutrients during the disease
  - 5) To bring about changes in body weight whenever necessary.

# THERAPEUTIC ADAPTATIONS OF THE NORMAL DIET

- A normal diet maybe modifies according to disease, symptoms, condition of the patient and the metabolic changes .
- Therapeutic modifications commonly done are:
  - 1) Change in consistency
  - 2) Modifications in energy intake
  - 3) Modifications in the content of one or more nutrients
  - 4) Modifications in the fibre content
  - 5) Bland diets
  - 6) Exclusion of certain foods
  - 7) Increase in the frequency of feeding
  - 8) Modify the mode of feeding

# NORMAL DIET

- One which consists of any and all foods eaten by a person in health.
- The basic food groups are kept in mind so that optimum nutrients are provided.
- Patients not on a therapeutic diet are on a normal diet.
- In hospitals, since a patient is on bed, 10% of his energy should be reduced, too many fatty foods and fried foods should not be included for they are difficult to digest.
- The proteins are increased to counteract negative nitrogen balance
- **ADVANTAGES** of a normal diet serving as the basis of therapeutic diets are:
  - 1) Diet is nutritionally balanced and is based on the 3 group pattern
  - 2) Ease in planning and preparation
  - 3) Psychological advantageous, having better acceptability
  - 4) East to evaluate and modify accordingly, if necessary.

- **FOODS ALLOWED**

All foods that can be eaten up by a normal person

**FOODS RESTRICTED**

- 1) Fatty foods: cakes, pastries
- 2) Fried foods: poories, pakoras
- 3) Strongly flavoured vegetables: turnip, capsicum
- 4) Too many spices, relishes, pickles



# SOFT DIET

- Used as a transitional diet
- Dietary step between full fluid and normal diet
- It is: soft, easy to chew, made up of easily digestible foods, moderately low in cellulose, with no highly rich or flavoured foods.
- Average soft diet supplies between 1800-2000 kcal and 55-65g protein. However, the energy protein and other nutrients are adjustable according to the individual's needs based on activity, height, weight, sex, age and disease conditions

## FOODS ALLOWED

- 1) Refined cereals: rice, breads, biscuits
- 2) Washed pulses: as soups or in combination with cereals and vegetables.
- 3) Milk and milk products: curd, cottage cheese
- 4) Eggs and lean meats
- 5) Starchy and low fibre vegetables: potato, spinach
- 6) Soft fruits: papaya, banana
- 7) Fruits and vegetables in the form of juices and soup
- 8) Fats: butter, cream
- 9) Salt and sugar

- FOODS RESTRICTED

- 1) Raw fruits and vegetables except soft fruits
- 2) High fibre vegetables: tomato, peas
- 3) Whole grain cereals: cracked wheat
- 4) Whole pulses
- 5) Dried fruits and nuts
- 6) Fried foods, fatty meats, rich cakes, pastries

# MECHANICAL SOFT DIETS

- Also known as dental soft diet
- For people who don't have teeth
- Modifications to the normal food done are:
  - 1) Vegetables maybe chopped or diced before cooking
  - 2) Avoid hard raw foods and vegetables
  - 3) Remove tough peels and skins
  - 4) Nuts and dry fruits maybe used in chopped or powdered form
  - 5) Meats should be ground
  - 6) Soft breads and chapattis are given

# FLUID DIETS

- Used in febrile states, post-operatively or whenever the patient is unable to tolerate solid food
- Foods are free from mechanical and chemical irritants
- Fluid diets are of 2 types
  - 1) Clear fluid diet
  - 2) Full fluid diet

# 1) Clear fluid diet

- Diet consists of only clear fluids
- Used for post operative patients to furnish non-gas forming fluids and nourishments
- Small amounts of fluids, usually 30-60 ml are served at frequent intervals to replace the fluids and electrolytes.
- Composed of water, carbohydrates, electrolytes.
- Provide 400-500 kcal, 5 g proteins, negligible fats and 100-120g of carbohydrates.
- Nutritionally inadequate
- Used for short periods of time
- Clear fluid diet consists of
  - Weak tea, broths, carbonated beverages, strained fruit juices, cereal pulse waters.

## 2) Full fluid diet

- Diet given to patients who are unable to chew or swallow solid foods
- All foods are in liquid form or liquified at room and body temperature
- Free from cellulose and irritating condiments and spices
- The average nutritional composition of the diet is approximately 1500-2000 kcal, 55-60 g proteins and adequate minerals and vitamins
- Can be used for a longer period as compared to clear fluid diets

- FOODS ALLOWED
- Clear broths, strained cream soups
- Refined and strained cereals and pulses
- Strained fruit and vegetable juices and purees
- Milk and milk beverages
- Plain gelatin desserts, ice creams, soft custards
- tea., coffee, carbonated beverages
- Sugar, butter, cream, oil, salt

# MODE OF FEEDING

- Depends up on:
  - ✓ Type of disease
  - ✓ Patients condition
  - ✓ His tolerance of foods

## TYPES OF FEEDING:

- ✓ Enteral or oral diet

Ingestion of food through the oral route

- ✓ Enteral via tube feeding

Advised when the patient is unable to eat but his gut i.e. GIT is functional

Full fluid diets or commercial formulas may be administered here



✓ Parenteral peripheral vein feeding

Aka intravenous feeding (IV)

Advised when a patient cant take in food via the digestive system

Feeding is done through peripheral veins and is suitable for short term therapy

Formulas consist of: dextrose, vitamins, electrolytes

✓ Parenteral- total parenteral nutrition (TPN)

IV feeding cannot be carried on for a long time period as peripheral veins are unsuitable.

Thus, a larger vein has to be selected and surgical procedure adopted.

The complete sustaining of increased nutritional requirements through IV feeding has been termed as TPN

Formulas used: dextrose, amino acids, vitamins, minerals, fatty acids