



# Nutrition and Therapeutic Diets

# Fundamentals of Nutrition



- Most people know there is a relationship between food and good health
- Many do not know what nutrients are needed
- Many are not able to choose proper foods for optimum health



# Therapeutic Diets



Diet Therapy , Naturopathy

- Modification of normal diet used to improve specific health condition
- Normally prescribed by physician and planned by dietitian
- May change nutrients, caloric content, and/or texture
- May seem strange and even unpleasant to patient

# Therapeutic Diets

1/16 Modified Consistency Diet

2/17 Soft Diet

3/18 Bland Diet

4/19 Diabetic Diet

5/20 Calorie Controlled Low Diet

6/21 Calorie Controlled High Calorie Diet

7/22 Low Cholesterol Diet

8/23 Fat Restricted Diet

9/24 Sodium Restricted Diet

10/25 High Protein Diet

11/26 Low Residue Diet

12/27 Cultural Related Diet

13/28 Renal Diet

## Therapeutic Diet Brochure

Research the therapeutic diet you were given. \_\_\_\_\_

Include:

- **+5** Name of diet (include picture)
- **+10** Why it might be necessary, be detailed in your explanation. (At least 5 full sentences)
- **+5** Foods to be consumed as part of this diet (list and draw pictures)
- **+10** What conditions would you prescribe this for? (At least 5 full sentences) Talk about the conditions.
- **+10** What are some problems or deficiencies that might be part of this diet? (At least 5 full sentences)
- **+30** Create a meal plan for your pt using this diet plan. Breakfast, lunch and dinner. Include a snack and drink.
- **+20** You will be presenting one meal using fake food provided. You can bring in your own food (empty containers) to the class. Be able to explain all the above. There should be another person with your same diet. You can plan this part and ONLY this part together.
- **+10 MUST HAVE COLOR and BE NEAT/EFFORT EVIDENT!!! NO COMPUTER GENERATED PICTURES!!**

