

## Diet Therapy

Most common diets

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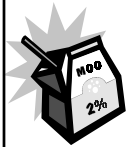
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### Regular Diet Select or House Diet



- Includes a great variety of food
- Excludes only very rich foods, which might be difficult for inactive people to digest
  - pastries
  - heavy cakes
  - fried foods
  - highly seasoned
- Has a lower caloric count, because an inactive person requires fewer calories.



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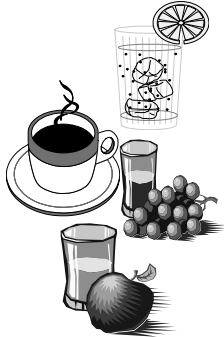
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### Clear Liquid Diet provides water and carbohydrates



- Temporary diet, not adequate.
- Given every two-four hrs.
- Can see through the liquids
- Do not irritate the bowel, cause gas, or enc. B.M.
- Foods allowed include:
  - tea, coffee, with sugar, but no cream
  - clear, strained, fruit/vege. juices
  - meat broths, fat free
  - ginger ale, 7UP, Coke
  - Gelatin

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### Full Liquid Diet

more nourishment than clear liquid



- May be ordered for:
  - Patient's with acute infections
  - Patient's with difficulty chewing
  - Certain disease's of digestive tract
- Includes all clear liquids plus +++
  - strained cereal/soup
  - milk, eggnog, cream, yogurt, malt, sherbet/ice cream (plain)
  - junket
  - solids that liquify at room temperature

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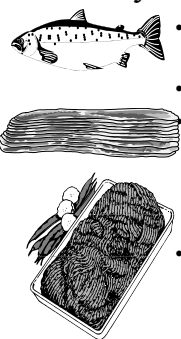
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### Soft Diet

usually follows the full liquid diet



- Low residue, (almost completely used by body)
- mildly flavored and seasoned

Foods allowed include:

- most soups, cottage cheese, toast, crackers, fish, white meat of chicken and turkey, eggs, cooked fruit, cooked vegetables, ground beef and lamb.

Foods to be avoided:

- foods high in roughage, pork (except bacon)
- spices, gas-forming foods, fried foods
- rich desserts, raw fruits and vege., corn

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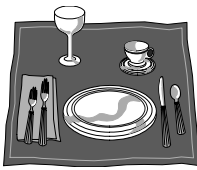
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### Diabetic Diet

may be all that is needed for control



- May need to measure foods
- May only limit sugar and concentrated sweets.
- American Dietetic association diet
  - has specific calorie levels
  - Utilizes an exchange list which is:
    - based on standard household measurements
    - excludes concentrated sweets
    - divides foods into six groups
      - milk, vegetables group A and B, fruit, bread, meat, fats.

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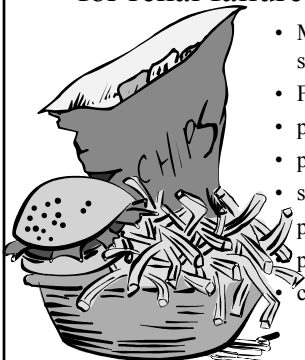
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### Sodium-Restricted Diet for renal failure or heart disease



- May be mildly, moderately, or severely restricted.
- Foods to be avoided are:
  - pork
  - potato chips
  - soda
  - pickles
  - processed meats
  - canned foods, soups

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### Low fat/Low Cholesterol Diets for heart, liver, or gallbladder disease



- Foods are baked, roasted, or broiled.
- Skin removed from poultry
- Foods included are:
  - low fat cottage cheese (only cheese allowed)
  - Skim milk, buttermilk, yogurt
  - lean meats, chicken, fish
  - vegetables/fruits
  - jams, jellies, ices
  - cereals, pasta, bread, potatoes, rice
  - carbonated beverages, tea, coffee

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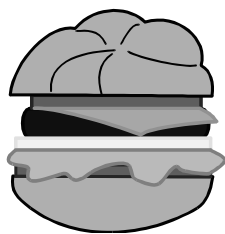
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### Pureed Diet



- Used for patients who have difficulty swallowing.
- Should not be watery.
- Consistency of pudding.
- Regular diet is blended with liquid (water, milk, gravy) .
- Explain to patient what each food item is.

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