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Eat Right With Right To Eat

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Therapeutic Diets

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Introduction

Undoubtedly one of life's fundamental elements is nutrition. It is a crucial component of medical care. You already know that maintaining good health, preventing disease, and recovering from illness all depend on a proper diet. When sickness does arise, providing correct nutrition care can significantly change how it progresses.

To avoid a lengthy and complicated hospital stay, proper nutrition assistance is crucial to medical therapy. The nutritionist's dietician determines an individual's dietary needs in close collaboration with the doctor. We will discuss medical nutrition therapy in this unit. The nutritional care procedure, its elements, and its efficacy are also covered in this section. As you continue reading, it will become clear that the main goal of nutritional care is to make sure that every patient is properly and thoroughly fed. The next section will cover the topic of nutrition care:

Therapeutic nutrition refers to the therapeutic modification of a typical diet. Diet therapy is the practice of utilizing food as a tool to promote full and quick recovery from sickness. The patient's nutrition is largely a concern. Those whose major treatment method for metabolic disorders is normal diets and those for whom customized diets are used. A balanced diet is what the human body expects for normal health and disease functioning. The quantity and quality requirements for the diet may change when health is compromised. Attendants and dietitians plan it when obtaining a home environment is difficult in hospital settings.

Therapeutic diets are modified based on the need for various macro and micronutrients and textured while considering the caloric need. A therapeutic diet is required to prevent nutritional factors from affecting people with diseases during recovery and rehabilitation. The primary and essential function of a therapeutic diet is to maintain the health status that existed before the onset of the disease while completely controlling any apparent, subclinical or imminent nutritional deficits. Therapeutic diets essentially inform us of the nutrients, food textures, and food intolerance that

should be taken into account when deciding whether to include them in our diet type, amount, and frequency of meals were specified in the diet prescription based on a person's disease process & disease management.

An integral part of medical therapy is adequate nutrition support, this is to avoid a down-out and challenging hospital stay. Due to the disease, a variety of other restrictions may need to be enforced.

Additionally, other dietary elements like carbohydrates, fat, vitamin, fiber, phytochemicals, or water may be reduced or increased. Food labels and vegetarian, Ovo vegetarian or non-vegetarian, food intolerance (such as an occupation of the patient, his/her meal timing, and economic status are other factors that the dietetics perspective considers. Therapeutic diets are based on a variety of reasons, and they are used to treat and improve some illnesses.

Dietetics An Arts and Sciences of Human Nutrition Care

Feeding people based on nutritional principles is referred to as dietetics, it is referred to as the nutritional care for humans is a science and an art.

In other words, dietary therapy and its use in patient-related contexts is the emphasis of dietetics. Dietetics is the study of employing the principles of dietetics to develop acceptable meals for health and disease.

Dietetics Can Therefore be Related to:

- Nutrition care and intervention that is individual-centred.
 - Nutritional treatment and intervention tailored to particular groups.
- In the past, dietitians have mostly (or virtually exclusively) concentrated on the biological elements of nutrition. Over time, we have come to understand the physiological biochemistry does not adequately address the issues with human nutrition.

As a result, communities and experts from a wide range of related areas have started to progressively acknowledge the essential role nutrition plays in a person's life. Nutritionists are attempting to view human nutrition holistically.

It is increasingly evident that we need a holistic or all-encompassing approach to human nutrition and dietetics due to the rapid expansion of scientific knowledge as well as knowledge of a person's life being influenced by biological, social, and psychological variables in interaction.

Role of Dietitian in Nutrition Care

All patients receive active treatment and support from dietitians. When a medical and legal judgment must be taken, it is unacceptable to sign off on a patient's medical record. The nutritionist should interact.

- conscious of the patient's and/or their family's rights and desires.
- aware of the illness' severity and its potential side effects.

- thorough knowledge of the benefits and disadvantages of feeding via every conceivable method, active participation in the patient's care as the dietitian responsible for the patient's nutritional status and acting as the doctor's and reporting on the patient's nutritional status and acting as the doctor's and medical team's confidant, and

- informed about legal considerations that may influence the patient's course of treatment, such as choosing to pursue or forgo particular treatments.

Some work for themselves and/or in private practice. These days, dietitians work in hospitals, sales, and marketing as well. If you look closely at these positions, you'll discover that the dietitian's services are concentrated on:

- Health care services
- Nutritional support for community health
- Information or communication about nutrition
- Food providers
- Health and illness prevention
- Nutritional studies

A growing number of dietitians are starting to work in the more recent fields of sports nutrition, cardiovascular fitness, public nutrition education, prenatal nutrition, physical medicine, and rehabilitation.

Adaptation of Therapeutic Diets

Therapeutic diets include methods for altering a person's regular diet to meet his/her needs. To better the quality of life for individuals and communities in both good health and sickness, clinical dietitians have obtained education and training in understanding nutrition research. Every diet that is suggested for an individual has a purpose and justification. Dietitians should have the knowledge, skills, and attitudes required to ensure the quality of their work.

We will study the many therapeutic diets offered in hospitals for various illnesses and diseases in this unit. We will also discuss the various feeding methods, including peroral and oral enteral feeding.

Therapeutic Diets

The normal diet is modified for therapeutic purposes. In other words, it's a diet created specifically for a person who is suffering from a condition like diabetes, heart disease, hypertension, or renal failure.

Why do you think the diet needs to change in light of these conditions? What adjustments need to be made frequently? We'll talk about a couple of these conditions in this subsection.

You are already aware that some disorders, such as those caused by deficiencies, can be treated with diet or nutrient concentrates. Making dietary changes can aid in controlling the severity of diseases like diabetes and help the development of complications.

Similar to how minor dietary changes can halt the progression of internal disease and symptoms that might otherwise be fatal, the disease process has an impact on quantity and quality as well. Meal frequency is one of the additional factors that need adjustment.

These Changes Result as a Consequence of the Following Reasons:

Loss of appetite, which results in lower intake, feelings of increased hunger, and results in higher intake, and difficulties chewing, swallowing, digesting, or absorbing food or certain nutrients (caused by structural and/or functional changes) will change the kinds of food that are tolerated as well as the frequency of feeding.

The goal of therapeutic dietary changes:

A therapeutic diet is a modified version of a healthy, balanced diet that is quantitatively or qualitatively altered to match the changing nutritional needs of a patient or medical condition. A person may alter their diet for one or more of the following reasons:

- to keep or get back to an ideal nutritional state,
- to promote relaxation or relieve an organ injury (e.g., soft or liquid diet is preferred),
- to conform to the body's capacity to metabolize, excrete, or absorb nutrients (e.g., low-fat diet for fat malabsorption),
- to build a tolerance for eating meals orally (e.g., tube feeding for patients with cancer of the esophagus),
- to adapt to mechanical challenges (for instance, a soft diet for people with denture issues)
- to change weight or body composition (e.g., high calorie, low calorie, etc.)

Types of Dietary Adaptations For Therapeutic Needs

The foundation is regular nutrition; on which therapeutic changes are based. The goal of dietary modifications has previously been covered in earlier sections. The following sorts of dietary modifications may be made to meet therapeutic needs:

- changes to the texture of the food, like liquid or soft diets, low or high-fat diets,
- An increase or decrease in the diet's energy value, such as a high-calorie diet for turning calories or a low-calorie diet for losing weight.

Therapeutic Diets

An increase or decrease in the consumption of certain nutrients or food groups, such as a diet low in sodium, high in fibre, or high in potassium.

- Removing seasonings and condiments, such as through bland diets.
- Exclusion of particular foods, such as gluten-free and allergy diets.
- **Test diets:** - Patients are given one- or two-day diets or single meals in conjunction with particular tests, including the fat absorption test used to detect the existence of steatorrhea.

Changes in meal frequency and feeding intervals. After reviewing the various dietary adjustments, let's learn the fundamentals of designing therapeutic diets.

Normal Nutrition: Base of A Therapeutic Diet

The therapeutic changes are constructed over the framework of a typical diet. The main idea behind food and nutrition therapy is that the patient's regular dietary needs should be taken into consideration. Any therapeutic diet simply modifies a person's regular nutritional demands to suit the requirements of his or her particular illness. The composition of food and liquids is what is referred to as a person's "diet." All detailed dietary alterations should be offered with options, specific instructions, menu recommendations, and documentation regarding any feasible alternatives.

Patients should be urged to comprehend the crucial connection between diet and food. The amount of nutrients a food contains and how frequently it is consumed determine its value. If the reasons for the required dietary adjustments are made plain and the necessary steps are straight forward, there is a higher likelihood that the changes will be adhered to.

For determining whether therapeutic diets are adequate, the Recommended Dietary Allowances (RDA) are frequently utilized as a starting point. When designing the diet, it is important to consider the nutritional needs unique to a given disease state or disorder.

As a dietitian, you must also keep in mind that a person's diet is influenced by a variety of socio-cultural and socio-economic factors, including literacy, income, knowledge, taste preferences, and religious views. Planning a therapeutic diet effectively could arise from failing to consider them.

Diet Prescription

By the disease process and disease management objectives of an individual, the diet prescription specifies the kind, quantity, and frequency of food. A calorie limit or other restrictions may be necessary due to the condition. Additionally, it may reduce or increase the amount of different dietary elements like water, vitamins, minerals, fibre, phytonutrients, protein, and carbs.

The disease prescription also takes into account the patient's occupation, economic

eggs, including beef burgers, pies, cakes, meringues, buns, and shaped cereals.

- **Additive-free diets:** The ingredients in this include preservatives, benzoic acid, salicylates, as well as legal food colourings like tartrazine, yellow, and Food Blue 4B.

- **Ketogenic diet:** It is occasionally employed to help in epilepsy control.

In this case, the patient first fasts for 48 hours before receiving half of their daily energy needs in the form of MCT (medium chain triglyceride) oil. To say the impression of ketones, one must limit the amount of energy one consumes in a regular diet.

- **Diabetic diets:** Therapeutic changes have been made to the quality of certain macronutrients, especially carbs.

Constructing Therapeutic Diet

Either qualitative or quantitative methods could be used for this. Sometimes it is necessary to use both at once.

Why do we use these techniques? How are they conducted?

Let's investigate the next part to find out. We'll start with the qualitative technique.

- Qualitative Methods:** The specific options, clear instructions, terms, and supporting details like suggestions for suitable produced goods are provided in this part. Encourage the patient to comprehend the crucial connection between diet and food.

The amount of nutrients a food contains and how frequently it is consumed determine its value. Among the several qualitative techniques are:

- Guidelines for nutritious eating.
- The Food Pyramid.
- A list of wholesome food options.
- Demarcation plans.

- Quantitative Methods:** These are required when developing therapeutic diets. There are two methods that could be used to accomplish this:

- Make use of an exchange mechanism that distributes a set number of calories per serving of food. The carbohydrate exchange technique used to control diabetic diet plans for people on insulin is an illustration of this. The diet is based on an exchange list and the target level of intake is given.
- Measuring the amount of food consumed each time as well as its portion size. The meals in this diet are prepared in normal-sized amounts, however, the foods that have the highest concentration of a specific nutrient per serving are

not included in the diet. When we first started diets that restrict our intake of fat, sodium, and potassium, we also learned about this technique. We also looked at the food products that were allowed and prohibited depending on their nutrient value.

The frequency with which the various food types are consumed should also be taken into account. When a diet is a major element in a multifactorial ailment, such as coronary heart disease, this strategy is generally used.

HIV Infection and AIDS:-

Another illustration of persistent infection is HIV/AIDS. Its presence was very recently discovered in 1981. AIDS can develop from the extreme spread of HIV infection. Since it is one of the most feared infectious and is spreading quickly, it has been demonstrated that a nutritious diet is to blame for its development. Let's find out more information about it.

The HIV illness has different acknowledged stages which are:

- HIV infection that is acute
- HIV infection without symptoms
- Signs of HIV infection

Dietary Therapy

Nutrition intervention's broad objectives are to:

- nutritional management of infections and severe protein-energy malnutrition
- avoid dietary excesses or deficits known to impair immune function.
- reduce nutrition-related issues with nutrient intake or absorption.
- promote optimum therapeutic medication concentrations.
- improve one's quality of life, and
- patients might be instructed on the value of a balanced diet or how to enhance their nutritional status.

Classification of Therapeutic Diet

A therapeutic diet is divided into 4 types based on function:-

- Primary treatment** - In this case, nutrition is the only method of disease treatment. It is necessary to modify the macronutrients, particularly carbs, in cases of diabetes mellitus that is not insulin dependent. Inherent metabolic disorders and non-complicated obesity are also treated with primary nutrition therapy.
- Integral treatment** - It is employed in conjunction with therapeutic drugs, meaning that in this case both a healthy diet and medication are necessary, such as in the

