

THERAPEUTIC DIETS

Therapeutic diet can be defined as the modification of normal meal to treat the indiscriminate health state of an individual.

Need For Therapeutic Meals

To check deficiency \ excess of the dietary nutrients Eg. Salt intake can be restricted to reduce hypertension and sugar intake can be reduced for diabetic patient.

1. The consistency of food need to be altered when one has eating, swallowing, dental problems.
2. Therapeutic meals are given to provide relief to the whole body and the part that is affected.

Therapeutic Modification of Normal diet

It involve changes in

- a. Consistency
- b. Frequency
- c. Food and Nutrients
- d. Methods of cooking

a. Consistency – Food consistency needs to be changed in case of vomiting, nausea, diarrhoea, dental, oral and swallowing problems.

Different types of food consistency are:

1. Liquid diet : It has no residue, non irritating and non stimulating. It is advised to the patient after surgery. For eg. whey water, coconut water, clear soup, lemon water etc.

2. Semi – Solid diet: This has very low fibre content and is free from spices. For eg. custard, porridge, khichri etc. Such diets are given to the patient having chewing or gastro intestinal problems.

3. Soft diets: It is made of simple digestible foods that contains no fibre or spices. For example stewed fruits, boiled vegetables, dalia, kheer etc..

b. Frequency of eating. Normally 3 to 4 meals are served in a day, but some time increased to 8 to 10 meals during sickness.

c. Nutrients: Prolong sickness calls for nutrients replishment to get a back to normal health. For exp. Electrolyte losses are covered during diarrhoea and vomiting. Milk soft cooked eggs, thin dals make up for protein losses.

d. Methods of cooking: Steaming, boiling, sautéing and baking are ideal methods for cooking the particular foods.

Therapeutic diet modification for some common ailments.

1. Fever
2. Diarrhoea
3. Constipation
4. Jaundice
5. Diabetes
6. Hypertension

Fever

Fever is elevation of body temperature above normal.

Dietary management

Nutritional factors

1. **Energy**: calories and energy requirement increase by 4% to 7% for every degree rise in temperature.

2. **Proteins**: easily digestible protein foods like dal, soup, soft cooked dal are required which help in the repair of worn out tissues.

3. **Fat**: requirement increases due to fat soluble vitamins needed by the body.

4. **Vitamins**: requirement of vitamin B increases in relation to increase energy needs. Vitamin A and C helps in preventing infections.

5. **Minerals**: electrolytes like sodium and potassium have to be provided in high fever, diarrhoea and vomiting. Zinc is beneficial for immunity and iron is required in case of any blood loss.

Dietary patterns and food selections

- Small frequent meals.
- Easily digestible bland foods.
- Judicious use of sugar, fat, cream, milk powder helps to increase protein content.

Diarrhoea

Diarrhoea can be defined as the frequent passage of stools

Dietary management

Nutritional factors

1. Energy: requirement is increased to replace losses for example fruit juices, suji, kheer etc

2. Protein: foods that are easy to digest can be given to the patients for eg: washed moong dal , paneer etc.

3. Fats: fats rich foods are restricted because the intestine are incapable of absorbing them. Butter and light fats like cream can be given after the improvement in the condition.

4. Vitamins: Deficiency of water soluble vitamins(B and C) is caused by the loss of water in diarrhoeahence juices must be added in the diet.

5. Minerals: Loss of Sodium and Potassium leads to their deficiency like loss of appetite, restlessness, loss of flexibility in the muscles. Their deficiency can be made by giving up fruit juices after adding salt.

6. Water: Lot of water is excreted. Hence water should be given in the form of juices, lemon water, barley water, mineral water etc.

Dietary patterns and Food selection

- Fibre should be restricted.
- Small frequent meals
- Milk is poorly tolerated . Curd may be the better option.
- Strongly flavoured foods, fried and fatty foods and nuts and rich desserts should be avoided.
- Low fibre cereals, dehusked pulses should be included.

Constipation

It is a state when one finds difficult to pass the stools.

Dietary Management

Nutritional Factors

1. Carbohydrates: are to be given in the form of fibres. For eg Fibrous fruits, vegetables, flour with bran, whole cereals, guava, apples, grapes, vegetables salad etc.

2. Proteins: Protein foods like soyabeans, legumes provide good dietary problems.

3. Fats: can be taken in reasonable amount to stimulate the flow of bile needed for digestion and keep the tract well lubricated. Spicy, fried foods irritate the tract.

4. Vitamins: It is necessary to take B- complex vitamins (like Khamiri roti, naan) as it enhances the muscular movement of intestine.

5. Water: is required for flushing out the body waters. Person must consume 8-10 glasses of water.

Dietary Patterns and Food Selection

- Regular meal timings.
- Vegetable in the form of salads, fruits with skin and seeds when ever possible.
- Whole pulses and sprouts are preferable
- Bulking agents such as Isabagul and other natural laxative agents must be used.

Jaundice

Jaundice is a very common liver disorder occurring specially in summers.

Nutritional Factors

1. Carbohydrates: Calorie requirement can be gradually regulated depending on the health of the individual. Fruit Juices with sugar, glucose can provide energy. Honey, sugarcane juice, jam etc can be given in the diet.

2. Protein: Diet high in complete proteins should be given to speed up the regeneration of liver cells.

3. Fats: All kinds of fats must be avoided for atleast two weeks.

4. Vitamin: C and B in the form of fresh juices and fruits stimulate the regeneration of liver cells.

5. Minerals: Sodium and Potassium loss take place due to vomiting. Adding salt to the juices and soup is a good practice

6. Water and Roughage: Plenty of water and less of fibre is desirable.

Foods allowed	Foods avoided
Grapes, apples, sugarcane, barley water, coconut water, fresh fruit juices, spinach, fenugreek, carrot, radish with leaves are useful.	Saturated Fats like ghee, butter, eggs, whole pulses, fibre rich cereals, papad, chutney, pickles, icecreams, should be avoided.

Diabetes

Diabetes is a metabolic disorder caused by low or no secretion of insulin hormone. By the deficiency of insulin glucose is not converted into glycogen leading to increase level of glucose in blood.

Nutritional Requirement

1. Calories: It depends upon the activity and occupation of the individual. Eat whole grain cereal products that take care of health and well being.

2. Protein: Patient of diabetes require more of protein than normal like egg, milk, tofu, paneer , variety of pulses etc.

3. Fats: 75% of fats should be unsaturated fats (vegetable oils).

4. Vitamins: can be met by consuming foods like papaya, pumpkin, carrots for vitamin A. B- groups can be met with toned milk and whole grain cereals. Vitamin C is essential for diabetic patient and can be obtained by eating fruit, fruit juices – even nimboopani.

5. Minerals: Calcium can be provided by consuming milk and milk products. GLV furnish the iron need to the body.

6. Water and Roughage: These regulate the body functions. Beverages like soups, chaaaj, juices can be regularly included to keep fit.

Foods allowed	Foods avoided
Mixed grain chappati, Whole legumes, GLV , bitter gourd, cauliflower, radish etc.	Potato, colocacia, chikoo, banana, soda squashes, sweet beverages, dates raisins etc.

Hypertension

If there is any obstruction in the flow of the blood, then the heart has to pump the blood with more force causing high blood pressure. This is known as Hypertension.

Nutritional Requirement

1. Energy and Calories: giving foods should be reduced. Obese people are more prone to hypertension.. In any case weight should be controlled. Carbohydrates should be the main source of calories

2. Protein: It is advisable to cut down some amount of protein foods. For eg. The foods which have more of sodium content.

3. Fats: It is desirable to cut down on fatty foods. High fat diets are known to increase the incidence of atherosclerosis.

4. Minerals: The amount of sodium should be restricted

Foods Allowed	Foods Avoided
Unsaturated Fatty acids, Foods which do not contain sodium (rajmah, lobia, bathua, mint, onion, turnip, pumpkin, mustard leaves). Toned milk, tubers, peas, pulses like arhar, green gram etc.	Spicy and salty foods, Saturated fatty acids and cholesterol rich foods like ghee, egg, meat , black channa, corn, palak, raw mangoes, water melon, achar, chutney, tea , coffee etc.