THERAPEUTIC ADAPTATION OF NORMAL DIET
Therapeutic nutrition begins with the normal diet

- It should be planned to maintain or restore good nutrition in any situation
Modification of normal diet

• Provide change in consistency

• Increase or decrease energy value

• Greater or lesser amount of one or more nutrients

• Increase or decrease fibre diet

• Provide foods bland in flavour
Liquid and soft diets
Mechanical soft diet

• Many people need soft diet because they have no teeth

• Changed only in consistency

• No restriction in food selection
Soft diet

- It is used in acute infection, some gastrointestinal disturbances & following surgery
- Made up of simple foods
- Easy to chew
• Easily digested food

• Harsh fibre, fatty or spiced foods are avoided

• Nutritionally adequate

• Three meals with intermediate feedings
The diet includes some examples

• Soft cooked rice, chapati & bread
• Milk & milk products
• Dals well cooked
• Boiled eggs
• Green leafy vegetables cooked & strained
• Citrus fruits & juices (non-fibrous)
Liquid or full fluid diets

- Are used in febrile states

- Postoperatively

- When ever the patient is unable to tolerate solid food

- The adequacy of diet depends on types of liquids permitted
Clear fluid diet

- When person unable to tolerate food due to
- Nausea
- Vomiting
- Gas formation
- Diarrhoea
- Extreme lack of appetite
- It is advisable to restrict the intake of food in acute infections before diagnosis,
• In acute inflammatory conditions of the intestinal tract

• Surgery of colon or rectum

• To prevent evacuation from the bowel

• Also given to relief thirst

• To supply the tissues with water
• The diet is entirely inadequate

• It is deficient in protein, minerals, vitamins & calories

• Should not continued for more than 24 to 48 hours

• Amount of fluid is restricted to 30 to 60ml per hour at first

• Gradual increase in amounts as patient tolerance improves

• Given in 1 to 2 hours intervals
Full fluid diet

- This diet bridges the gap between the clear fluid & soft diet
- Who are very ill & cannot chew or swallow solid food

It is used in following surgery

- Acute gastritis
- Acute infection
- Diarrhoea
• In this diet foods which are liquid or which readily become liquid on reaching the stomach are given

• The diet made entirely adequate and may be used over an extended time without fear of deficiencies

• Given at 2-4 hours intervals
• Fibrous foods

• Irritating spices are excluded

• The content of diet can be increased by adding protein & energy rich foods