Principles of therapeutic nutrition
What is diet??

Diet is the sum of food consumed by a person or other organism.
Diet therapy

It is concerned with recovery from illness by giving good diet and prevention of disease.
What is therapeutic diet

Planned diet

Modification of normal diet

Used to supplement the medical or surgical treatment

Prescribed by doctor and planned by dietician
Removing or adding foods

Change nutrients, caloric content and/or texture

Increase or decrease bulk in the diet e.g. high or low fiber diets
Principles

• To maintain good nutritional status
• To correct deficiencies
• To afford rest to the body
• To metabolize the nutrients
• To make changes in body weight when necessary
Purpose of therapeutic diets

- Regulate amount of food
- Assist body organs to maintain normal function
- Aid in digestion
- To improve specific health conditions
- Increase or decrease body weight
- Modify the intervals of feedings
Significance

Useful in managing disease

Promote greater resistance to specific conditions

Prevention or supplemental treatment
Conclusion