



“बेटी बचाओ, बेटी पढ़ाओ”

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Faculty Name	:	JV'n Alivia Maitra
		Teaching Methodology of Food Nutrition and Dietetics
Program	:	M. Sc. N&D III Sem
Course	:	Food Nutrition and Dietetics
Session	:	Special Nutrition in Cancer

Academic Day starts with –

- Greeting with saying ‘**Namaste**’ by joining Hands together following by 2-3 Minutes Happy session, Celebrating birthday of any student of respective class and **National Anthem**.

Lecture Starts with-

- Topic to be discussed today- Principles for planning diets
- Lesson deliverance (Tables, Charts, Diagrams & Live Example)

TYPES OF DIETS

We are living in a society where people are obsessed with making their lives as healthy as possible. Diet-health relation is cardinal. Because of the essentiality of food for survival, human beings had the inherent belief since early times, that

the amount and kind of food they eat, some how influences their well being. Where as a balanced diet brings optimum nutrition, dietary imbalances cause mal nutrition, which in turn permit and promote dysfunction.

DEFINITION OF HOSPITAL DIET

A normal or general diet in a hospital setting is a balanced diet that meets the nutritional needs of an individual. All hospitals and health care institutes have basic routine diets that are based on normal diet patterns and derived from RDAs. It is given when an individual's medical condition specifically lacks of some nutrients.

OBJECTIVES

1. To give a diet in keeping with the ability of the body to metabolize certain food constituents.
2. To give relief to a particular organ.
3. To increase or decrease body weight by addition or reduction of calories.
4. To treat chronic malnutrition, give a high-protein diet.
5. To adjust the tolerance of food intake by mouth.
6. To make digestion easier.

PRINCIPLES

The principles that govern the planning of therapeutic diets are –

- The factors of height, age, gender, body weight, and activity of the patient.
- The nutrient amounts required for normal body needs and the foods that are the principal sources of these food constituents.
- The diet should be balanced with respect to macro and micronutrients.
- Physiology and pathology of the body tissue and relationship to food metabolism and utilization.

TYPES OF THERAPEUTIC DIETS

LIQUID DIET

A diet that consists of food that can be served in liquid form at room temperature.

It can be two types –

- a) **Clear fluid** : Composed of food with low residue content, provides clear liquid at room temperature main purpose is to provide electrolytes. Ex. Coconut water
- b) **Full fluid** : Food and fluids are semiliquid in room temperature.

Ex. Cereal porridge

This diet provides	
Calories	1400kcal
Protein	52g
Calcium	1760mg
Iron	11.1mg

SOFT DIET

Provide soft foods that are lightly seasoned and moderately low in fiber, soft texture and easy to digest. Given in GI disorder, chewing problem.

Ex. Dalia

This diet provides	
Calories	1800kcal
Proteins	55g
Calcium	680mg
Iron	17mg

BLAND DIET

A bland diet is a diet which is non-irritating chemically and mechanically and which inhibits gastric secretion. It can be used for duodenal ulcer patients after acute symptoms.

Ex. Fruit juice

Principle:

- a) The skin and seeds of fruits should be avoided
- b) Fried food should be avoided
- c) Raw vegetables should be avoided

The diet provides	
Calories	2000kcal
Protein	75g
Fat	90g
Carbohydrate	220g

DIABETIC DIET

This diet is as close to the normal diet as possible to meet the nutritional needs and the treatment of the individual patient. Used mainly for diabetes patients.

Ex. Broccoli

Principle:

- a) Sweet, pudding, should be avoided
- b) Dried and preserved foods should be avoided
- c) Fruits like bananas, and papaya, should be avoided

The diet provides	
Calories	1600kcal
Protein	65g

Fat	40g
Carbohydrate	245g

GLUTEN-FREE DIET

A gluten-free diet is a nutritional plan that strictly excludes gluten, which is a mixture of proteins found in wheat, as well as barley, etc. Used in managing signs and symptoms of celiac disease. Ex. Eggs

Principle:

- a) Wheat-based foods like wheat bran, wheat flour, and semolina can be avoided
- b) Meats and fish, eggs should be included

The diet provides	
Calories	1639kcal
Protein	86g
Fat	72g
Carbohydrate	167g

- **Online References**

- Dietetics

- B Srilakshmi - 2007 - books.google.com

- **Competitive questions from today topic (2 questions Minimum)-**

- What is Therapeutic Diet?
 - What are the objectives of it?

- **Suggestions to secure good marks to answer in exams-**
 - Give answers with complete labeled diagrams.
 - Explain the answer with key-point answers

- **Questions to check the understanding level of students-**
 - What is the Bland Diet?
 - What is the Soft Diet?

Next Topic-

Academic Day ends with-
National song 'Vande Mataram'