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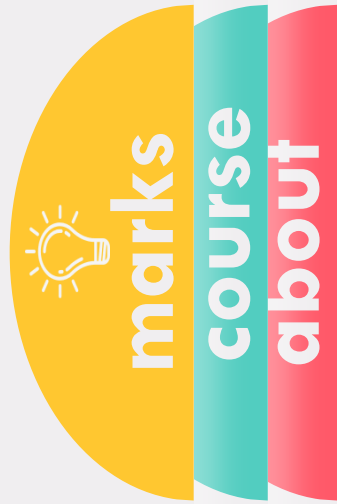
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**HEALTHY
NUTRITION
UNI 152**



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about



Benha University
Faculty of Science
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HEALTHY NUTRITION Uni 152

Lecture 1

أ.م.د. دعاء صبرى إبراهيم

Therapeutic Nutrition

Therapeutic nutrition refers to the use of food as a means of treatment to combat diseases and provide care for patients. Sometimes, dietary therapy is used alongside drug therapy, while in other cases, it serves as the primary method to combat diseases such as kidney failure and diabetes.

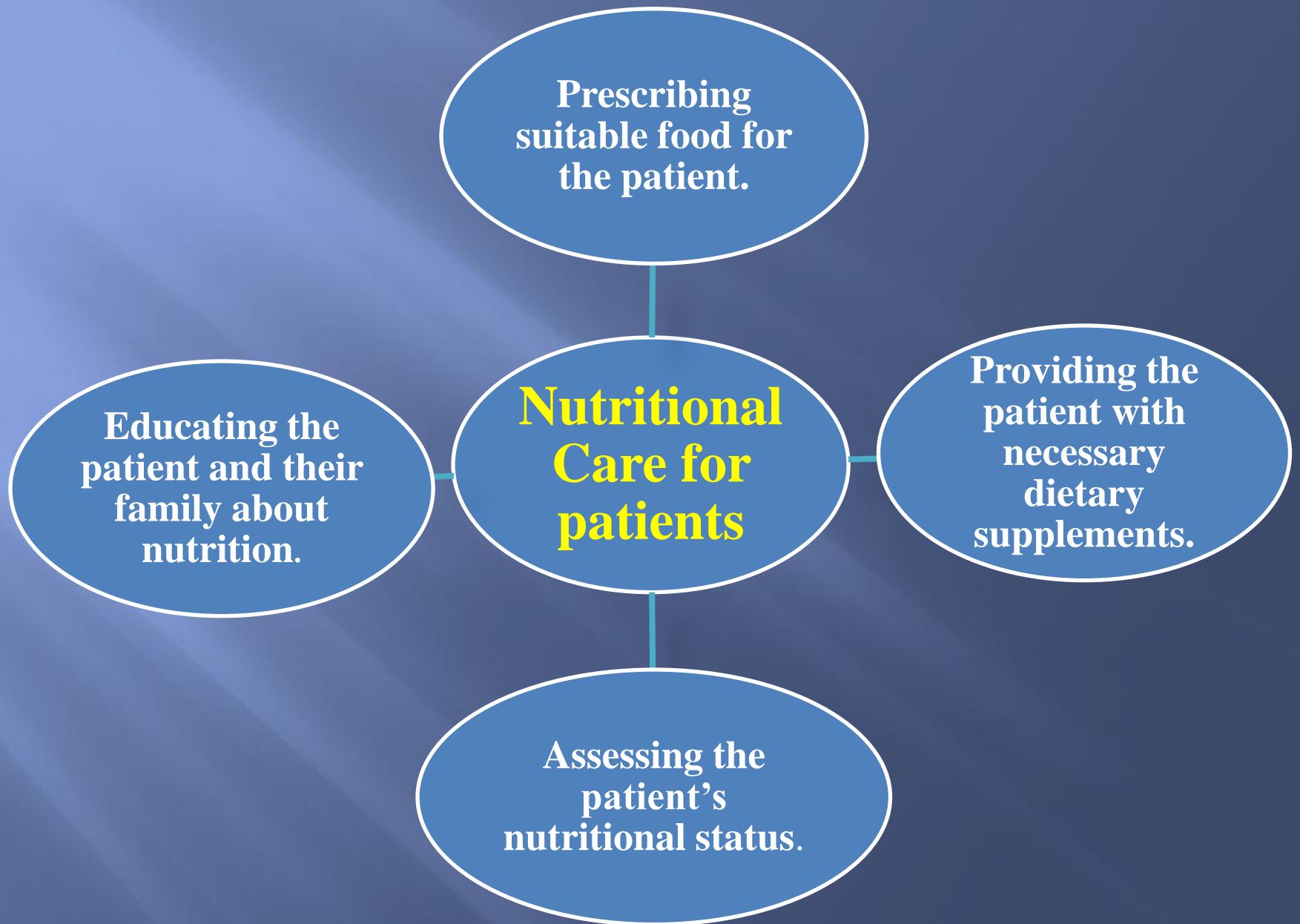
Objectives Of Therapeutic Nutrition

Control the symptoms experienced by the patient

Help reduce or prevent complications

Shorten the recovery period

Prevent the occurrence of secondary malnutrition



Types of diets

- **Regular diet:** A standard diet suitable for patients who do not require modifications in quality, quantity, or both.
- **Therapeutic diet:** A modified version of the regular diet tailored to suit the nature of the disease and the patient's condition. Adjustments may involve texture, caloric content, fat, carbohydrates, proteins, minerals, fluids, fiber, or the exclusion of certain food components.

Dietary modifications

Modification in food texture:

1. Liquid diet:

1.1. Clear liquid diet: Consists of sugar solutions, filtered fruit juices, coffee, tea, or fat-free broth. Used in preparation for intestinal surgeries and severe digestive disorders.

1.2. Full liquid diet: Includes liquid and strained semi-liquid foods. Recommended after surgeries and for patients with chewing or swallowing difficulties.

2. Soft diet: Composed of liquid and semi-solid foods, prescribed for dental patients and as a transition from liquid to a regular diet after surgeries.

Checkpoint

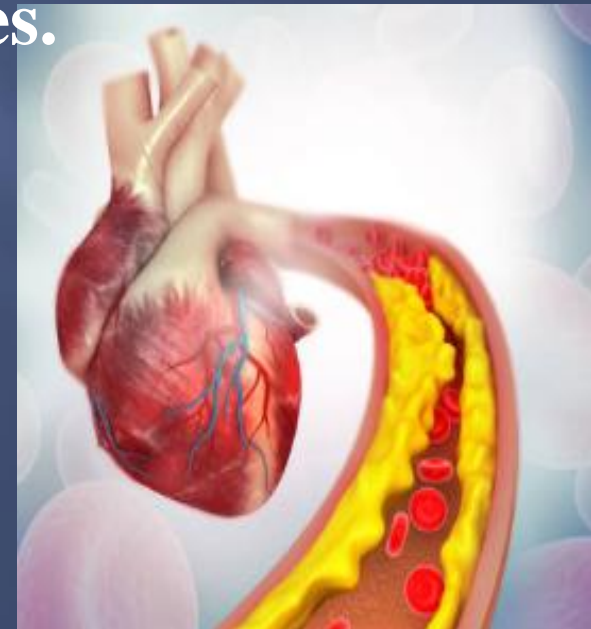
- **Dietary therapy is the main means of combating diseases such as**
A) diabetes mellitus B) pulmonary tuberculosis C) heart attack
- **It is recommended to follow a diet in cases of severe intestinal infections.**
A) clear liquid B) full liquid C) soft

Modification in caloric intake:

1. **High-calorie diet:** Recommended for cases of thinness.
2. **Low-calorie diet:** Advised for obesity and cases in which weight loss is required.

Modification in fat intake:

1. **Low-fat diet:** Recommended for liver, gallbladder, and pancreatic diseases.
2. **Low-fat and low-cholesterol diet:** Suggested for arteriosclerosis and high blood cholesterol levels.



Modification in carbohydrate intake

1. A diet limited in simple sugars: It is recommended in cases following partial gastrectomy surgery.

2. Lactose free diet: It is recommended in cases of lactose intolerance.

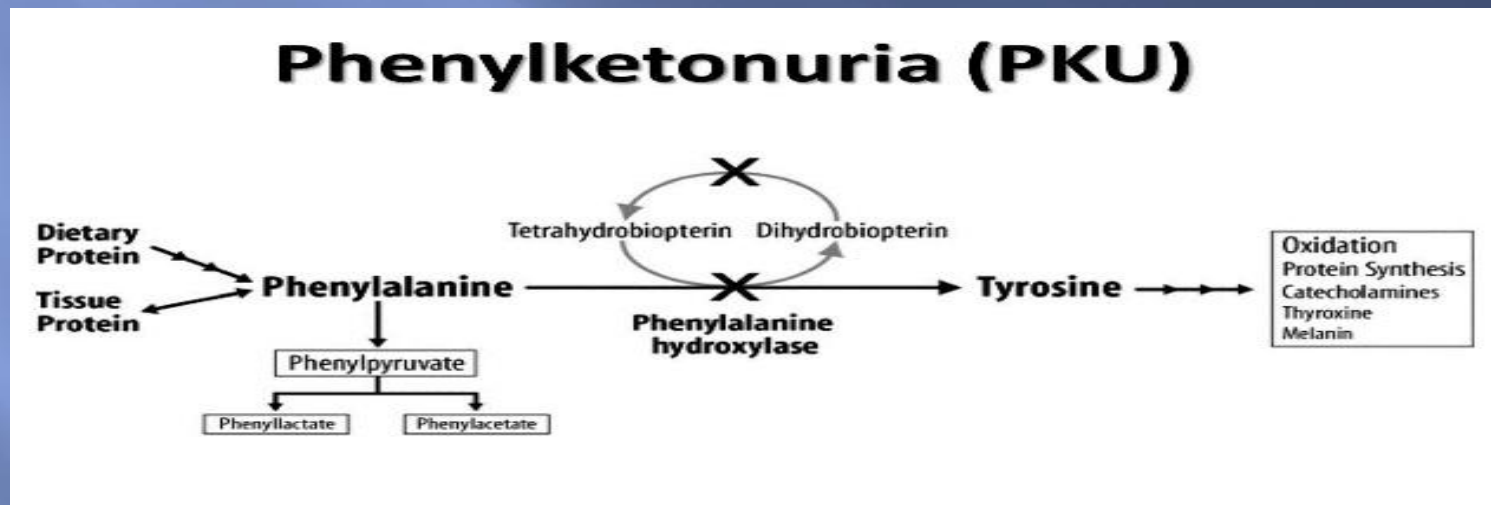


Modification in protein intake:

- 1. High-protein diet:** It is recommended in cases of protein deficiency or loss in general (cases of wounds, burns, fractures, and nephrotic renal disease).
- 2. Low-protein diet:** It is recommended in cases of nephritis, kidney failure, liver diseases, and gout.
- 3. Protein-free diet:** It is recommended in cases of hepatic coma.
- 4. Gluten-free diet:** It is recommended in cases of celiac disease, where an allergy occurs and the body cannot tolerate the wheat protein called gluten.



5. Phenylalanine-free diet: It is recommended in cases of phenylketonuria (PKU) in children.



6. Purine-free diet: It is recommended in cases of gout, where the level of uric acid in the blood rises.

Modification of carbohydrates, protein and fat in diet:

1. A diet with limited carbohydrates, fats and high proteins: It is recommended in cases of diabetes of various types

2. A diet with high carbohydrates, fats and proteins: It is called a high-energy diet or a replacement diet and is recommended in cases of pulmonary tuberculosis.

3. A diet with limited carbohydrates, high fats and proteins: It is called a ketogenic diet and is recommended in cases of epilepsy.

Modification of mineral salts in diet:

1. Sodium salts:

1.1. High sodium diet: given in Addison's disease.

1.2. Low sodium diet: given in cases of fluid retention in the body such as congestive heart failure, high blood pressure and preeclampsia.

2. Potassium salts:

2.1. High potassium diet: given in cases of deficiency of this element in the blood such as some cases of renal failure accompanied by increased excretion of potassium.

2.2. Limited potassium diet: given in cases of acute renal failure and acute nephritis.

3. Calcium and phosphorus salts:

3.1. High calcium and phosphorus diet: given in cases of rickets and osteomalacia.

3.2. Limited calcium and phosphorus diet: given in some cases of urinary tract stones.

4. Iron salts:

A diet rich in iron salts is given in the event of a deficiency of this element in the body, such as cases of anemia.

Modification in diet fluids:

- 1. High fluid diet:** It is given in some cases of urinary tract stones.
- 2. Limited fluid diet:** It is given in some cases of kidney diseases.

Modification of fibers in diet:

- 1. High fiber diet:** It is given in cases of constipation.
Restricted fiber diet: It is given in cases of acute diarrhea.
- 2. Restricted fiber diet:** It is given in cases of acute diarrhea.

Excluding some food components: As occurs in cases of allergies from certain food component.

Checkpoint

In cases of rickets and osteomalacia, it is recommended to follow a diet high in

- A) Calcium B) Phosphorus C) Potassium D) A and B together

A diet high in is recommended in cases of Addison's disease.

- A) Potassium B) Calcium C) Sodium D) Phosphorus

In cases of pulmonary tuberculosis, it is recommended to follow a diet high in

- A) Carbohydrates B) Protein C) Fat D) All of the above



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لمزيد من المعلومات

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