**UNIT 4 DIETARY MANAGEMENT**

**. Structure**

4.0 Objectives

4.1 Introduction

4.2 Introduction to Basics of Nutrition

4.2.1 Well Balanced Diet

4.2.2 Steps of Healthy Eating/Living

4.2.3 Food Safety

4.3 Dietary Modifications:

4.3.1 Types of Diets .

4.3.2 Diet in Disease Conditions

4.4-- Let Us Sum Up

4.5 KeyWords

4.6 Answers to Check Your Progress

**4.0 OBJECTIVES**

After going through this ~nit you should be able to:

• describe the concept of basic nutrients;

• name various nutrients;

• tell sources and functions of various nutrients;

• explain the types of diets used in illness;

• give health Teaching on diet during various illnesses; and

• recognize about contamination in food and food safety measures.

**4.1 INTRODUCTION**

Diet plays major role to maintain tissues and body function. Diet helps in speedy

~recovery of the patients, it means that patient recovers faster after an illness with

good diet. At the same time well, balanced diet provides resistance to fight against.

infection. As a home based care provider, you 'would be concerned not only giving

care and meeting physical needs of the patients but also his nutritional needs, although

you would be givingfood to your patients provided by the family, but if you have

basic knowledge about nutrition in healthand disease, then you can suggest some

changes in the food for the patient, motivate and encourage your patient to have well

balanced diet with those changes which suits during illness. Hence, this unit explores

interesting facts about the role of food in health and disease. You will be learning

about basic nutrients, their sources, and functions in brief. You will also learn the

types of diets, dietary modification, and diet in disease conditions and food safety

measures.

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· Components of Basic

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The food refers to anything which keeps us healthy to work energetically. Just think,

can we survive without food? If yes, for how long? Answer is no? We can not

survive without food even if we are living healthy life. What about those, who are

sick and chronically ill? Every body needs food to keep on surviving and sustaining ..

life. Let us now learn about the food which contains substances called nutrients.

4.2.1 Well Balanced Diet *r .*

Balance diet consists of nutrients, vitamins, water and mineral salts.

A) Basic Nutrients

The substances present in the food, which are required to perform major functions

in our body, are known as nutrients. These nutrients are (Fig. 4.1):

i) Carbohydrates

ii) Proteins

ill) Fats

iv) Vitamins

v) Minerals

vi) Water

Carbohydrate

Proteins

Nutrients

Vitamins Water

Minerals

Fig. 4.1: Nutrients

B) Sources, function and deficiency of nutrients causing diseases:

Let us learn about sources and.function of these nutrients along with diseases caused

due to deficiency of nutrients in the Table 4.1 given below:

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Table 4.1: Natrients, Sources, functions and diseases caused due to

deficiency of Nutrient'

Nutrients Sources with examples Functions Deficiency

Disease

Carbohydrates 1. Cereals: Rice, wheat, Supply Protein energy

maize, bajra, ragi, jowar. Energy mal-nutrition

2. Root vegetables: Potato, . (kwashiorkor):

sweet potato, colocasia Swelling of

(Kachalu) etc. . feet, hands, to

3. Sugar.and jaggery: gurh generalised

oedema.

Proteins 1. Milk and milk products: Body Protein energy

Milk, curd, paneer, cheese, building mal-nutrition

khoya Build new (marasmus)-

2. Pulses: DaIs tissues and Gross wasting

3. Flesh food Fish, Egg, repair worn of muscles,

Meat out tissues loss of weight.

4. Nuts and oil seeds: Ground

nut, almonds, cashew nut

Fats 1. Fats and oils: Ghee, Supply <' Malnutrition

vanaspati, butter, vegetable Energy High intake

oils, (mustard, soyabean, leads to

ground nut etc.) obesity.

Vitamin A Mango, apricot, orange, papaya Prevent Night blindness

(yellow colour fruits) night

blindness

Vitamin B Whole cereals, pulses. Protect the 1. Cracking at

body from corners of

infection the lips

2. Feeling of

pins and

needles,

sensation of

the legs

Vitamins C Green leafy vegetables e.g. Helps in Scurvy, which

spinach (palak), amaranth, healing of can lead to

fenugreek (methi), wound. bleeding in the

mustard(sarson) and drumstick gums

leaves Fruit such as- Guava,

arnla, Orange, Sweet lime,

" Mausami Grapes etc.

Bone growth Rickets -

Vitamins D Exposure to sunlight in which -do- deformity of

presence of calcium helps in bones/

absorption of Vitamin D through

skin

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C) Minerals

In order to make the diet well balanced, we need to know minerals and their major

functions as shown in Table 4.2.

Table 4.2

Minerals Functions

Calcium Development of bones & teeth

Contraction & relaxation of heart muscles.

Facilitation of nerve impulses

Clotting of blood

Phosphorous Development of bones & teeth

Contraction & relaxation of heart muscles.

Facilitation of nerve impulses

Clotting of blood

Iron Iron is required for the formation of hemoglobin. Transport

of "

oxygen through the action of haemoglobin. To maintain

immunity.

Iodine Iodine is required for the formation of hormone thyroxin

Sodium Sodium Chloride ., is also known as common salt for

Chloride regulation of fluid balance

Potassium for regulation of acid - basic balance

Transmission of nerve impulse

Proteins build new tissues and repair worn out tissues e.g. all are

working hard all the day and get tired by evening. Weneed rest in the

night so wesleep 6-8 hours in. By next morning we are again ready for

work, once again feel fresh hence, the proteins in the diet helps in

building of worn out tissues.

Check Your Progress 1

1) List the minerals and their major functions.

2) Fill in the blanks:

a) Rich sources of carbohydrates are : .

b) Fats are required to : : .

c) Rich sources of proteins are .

d) ~ Name the fruits rich in vitamin C ~ ~ .

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e) Name the sources of vitamin A .

D) Energy value of nutrients

1 gm of carbohydrate .

1 gm of protein

- Provide 4 k.calories

- Provide 4 k.calories

1 gm of fat - Provide 9 k.calories

Food provides us with energy. Energy is measured in kilocalories. One kilocalorie is

the amount of heat required to raise the temperature of one kilogram of water by

one degree centigrade.

E) Balanced Diet

An adequate or balanced diet contains wide variety of food items in selected quantity.

Meaning and definition

Balanced diet is defmed as one, which contains variety of foods in such quantities

and proportions that the need for carbohydrates, fats, proteins, minerals, vitamins

and water are adequately met. Hence, bal~ce ?iet:

• consists of different types of food items such as a meal should consist of chapati,

rice, dal, vegetable, curd, salad & water as per the requirement of the body

needs.

• meets the minimum need for nutrients for the individual.

With the help of Fig. 4.2 it will be easy for you to understand the concept of well

balanced diet. .

As shown in the figure nutrients supply to the body is equal to nutrient needed by the

body is called balanced diet.

Nutrient supply Nutrient Need

/~

Balance

Fig. 4.2: Balance Diet Scale

4.2.2 Steps of Healthy Eating/Living

The basic of food is carbohydrates in daily diet. These are taken in lunch as well as

in dinner such as chapatti, rice, bread, dalia, upma etc. These foods provide energy,

vitamins and minerals. Hence whole wheat flour (atta) should be preferred to refined

flour (maida), under milled rice is better than polished rice as they both contain

fibres and carbohydrates.

Vegetables and fruits are rich in antioxidant, which protect us from several diseases 47

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like cancer, heart disease. so include plenty of vegetables and fruits in the diet,

including some in the raw form as salad like carrots, raddish, cabbage etc. may be

fmely chopped or grated if person with dental problem or elderly find it difficult to

chew.

Pulse, nuts, milk and milk products, fish and chicken are good sources of proteins

and are body building food and hence useful to the body. Hence one should include

at least one item from this group in every meal such as curd milk and its products like

cheese, curd, paneer etc. contain calcium which help us to keep the bones strong.

Eggs and red meat should be taken in limited amounts, as one grows older. They are

rich in fat, cholesterol, oil, ghee, butter provide energy. Excessive consumption of

these fats in old age is harmful to health. Avoid eating too much of fried foods as one

grows older, and may lead to disease like high blood pressure, heart disorders and

cancer in later life.

Salt is considered to be an essential constituent of diet. However, the taste for salt is

an acquired one. Too much salt is harmful for the body. Its use should be restricted

in old age as it can lead to high blood pressure.

Sugar and Jaggery also provide energy; however, their use in the diet should be

restricted.

You can advise the patient and family members regarding these steps of healthy

living not only for the patient but also for family members to promote their health and

wellbeing.

,/

Precautions other than diet are as follows:

1) Exercise for a healthy heart: Walking briskly for half an hour a day at least 3-4

times per week.

2) Cope up with stress. It is not work but worry that kills.

3) Practice yoga for better health.

4) Stop smoking, Think and stop today.

Let us now learn about the food pyramid in which we will discuss about food item

which are to be eaten in plenty and item to be eaten in little amount and fats and oils

in very less amount.

**Food Pyramid**

Food pyramid includes all the food groups - so that all five groups of nutrients

(carbohydrates, protein, fats, vitamins, and minerals are present in your meal).

The foods at the bottom of the pyramid are to be eaten in plenty, to provide bulk of

basic requirements of calories, while those at the top are to be eaten in small amounts.

Reduce the relative amount as you move to the top of the pyramid.

The figure given below (Fig. 4.3) is a simple diagrammatic representation of what a

nutritious and healthy diet should constitute.

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Cereals

Fats & Sugar Eat Least

Milk, Meat &

Meat Product Eat Moderately

Vegetables &

Fruits

Eat More

Fig. 4.3: Food Pyramid

Drink at least 6 8

glasses of water each

day .. .it's good for you

Too much salt or sugar

can be harmful, so use

them in less amount.

Eat for a healthy heart

Don't eat your heart

**4.2.3 Food Safety**

As a home based care provider you must know about the contaminants in the food

and also what measures should be taken to keep the food safe. As there are so

many sources of infection, food can also get contaminated and become source of

infection. Let us learn the meaning of contamination of food.

l) Food **Contamination:** Harmful substances or micro organisms present in the

food which are capable of causing infection in human beings is called

contaminated food.

\_21 Causes **of Food Contamination are:**

• Food infection can be transmitted by insects such as housefly which causes

diarrhoea (loose motion), typhoid fever.

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• Eating raw vegetables grown on soil contaminated with sewage allow the

entry of parasites such as round worm, tape worm enters into the human

system.

3) Measures **to promote food** safety:

• /

Any person handling food must be healthy and free from infection.

Personal hygiene of food handlers must be maintained. It includes hand

washing with soap ~d water, daily bath, neat and tidy hair style etc.

Food storage is also to be maintained. Food stored is not only important

before preparation and before being served but-also after cooking, even

during the process of serving the food. Freeze is best option for raw

vegetable and also to store left out cooked food. Always cover the food

with lid so that flies does not sit on it.

•

•

• In case of fruits and vegetables - it must be washed, scrubbed and soaked

in water.

• Washing of vegetables and fruits before cutting or eating.

Never eat cut vegetable/fruit from out side vendor.

Use of air tight containers is needed to prevent moisture while storing

grains and pulses.

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**Check Your Progress 2**

1) List the energy value of major nutrients.

•• •• •• •• •• •••••••• •• •• •• • • •• •• •• ••••••• 0' •••••••••••• ~ •••••••••• " ••••• , ••••••••••••••••••••••••••••••••••••••••••••••

2) Define balanced diet.

**.......................................................................................... ' .**

**.....................**.**.....................................**.**................................**.**.........................**

3) Fill in the blanks

a) The basic of food is in daily nutrients.

b) The food provide .

c) Pulses, nuts, milk and milk product are good source of .

d) Avoid eating too much of in obesity.

e) is considered as essential constituent of diet.

4) State the measures to promote food safety.

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4.3 DIETARY MODIFICATIONS Dietary Management

In our previous section, you have come to know about three food groups, their

sources and functions. You must remember that change in diet is required in case of

several diseases and the modified diet is also part of treatment for the patient to help

hirnlher in early recovery from the illness. Hence, even if patient likes/dislikes the

taste of-modified diet but he has to follow necessary restrictions. As a home based

care provider, you need to make patient understand the importance of modified diet

and ensure that patient accept it and agree to take it. So, we will be discussing types

of modified diets. Look at Fig. 4.4.

4.3.1 Types of Diets

\_\_ S\_e\_ffilS' ol\_id\_D\_\_\_i\_et ---.~ 1\_\_ M\_O\_d\_i\_fi\_c\_a\_itni\_\_od\_\_nie\_st\_-ll ·~---iL-\_S\_oft\_D\_i\_et\_

Clear fluid

Fig. 4.4: Types of Diets ,

• Clear Fluid: Clear food are given when intake of nutrients are restricted to

replace the fluid and electrolytes, and which supply very little nutrients. e.g. rice

water, dal water, clear chicken soup etc.

• Semi Solid Diet: Semi Solid diet include all solid prepared in such a manner

that it become soft and mash them in the water in which it was boiled. It does

not require to strain the solids of the contents e.g. rice mixed with water, dal

mixed with water, mixed vegetable water, saboodana, dalia, should be over

cooked and shall be mashed.

• Soft Diet: Soft diet is just like normal diet modified to help people who have

dental problems e.g. elderly persons. No food is restricted. Soft diet is prepared

by removing the skin and seeds, cutting or chopping into fine pieces and cooking

well e.g. mix vegetable khichri, mixed vegetable dalia, sweet dalia, kheer etc.,

• Normal Diet: Balance diet is a normal diet.

4.3.2 Diet in Disease Conditions

Eating the wrong type ?f foods can lead to several problems in old age. Obesity,

hypertension and heart disease, diabetes mellitus are common diet related diseases

of advancing age, hence, simple diet restriction help to control these disorders. For

example, obesity leads to arthritis (Joint problem), heart disease, diabetes mellitus

etc. hence, maintaining normal range of weight will beep one healthy and action. To

learn more about weight according to height. Let us look at figure 4.5 - a nomogram.

Over weight is considered with BM! above 30 KgtM2. To know your normal weight

against your height refer figure 4.6. The table (4.3) given below tells about disease/

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condition/problem its meaning and which modified diet should be given in different

situation, but you should also remember that provided diet by doctor is given priority.

Weigh! Height

kglb ,BoUy . cm 111

340 Mass

l~O- '. '\20 , Index ~25

110 .. *so*

JOC (wt/( ht)2J' 130\_

-~8l 130-

12iJ-

~70

2ti0

, 1 f~' .- 60

1:,5

*?4ti*

100, 2:!O 140 55

9t>":' so

90 2u0 145,

85' 1% Wo rnen .:0 Men I

60 ' HJO •. 150 He Obese Obese 60

70 160 30 155

~50 "i"" Overweight fj~ Overweight 140

60 1JC Acceptable Acceptable. 65

55 120 20

50 -l10

45 100 70

95

40 9u

85

f I

80 ' 110

35 *i5*

75

195

30 6~ 200

6U

80

205

25 55 210

85 - ~G

Fig. 4.5: A Nomogram Body Mass Index

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·Range of Body Weight for Adult Men and Women (Kg.) Dietary Management

for a given height

Height A B C Height A B C

(m) (m)

1.30 31.3 42.3 50.7 1.65 50.4 68.1 81.7

1.31 31.8 42.9 51.5 1.66 51.0 68.9 82.7

1.32 32.2 43.6 52.3 1.67 51.6 69.7 83.7

1.33 32.7 44.2 53.1 1.68 52.2 70.6 84.7

1.34 33.2 44.9 53.9 1.69 52.8 71.4 85.7

1.35 33.7 45.6 54.7 1.70 53.5 72.7 86.7

1.36 34.2 46.2 55.5 1.71 54.1 73.1 87.7

1.37 34.7 46.9 56.3 1.72 54.7 74.0 88.8

1.38 35.2 47.6 57.1 1.73 55.4 74.8 89.9

1.39 35.7 48.3 58.0 1.74 56.0 75.7 90.8

1.40 36.3 49.0 58.8 1.75 56.7 76.6 91.9

1.41 36.8 49.7 59.6 1.76 57.3 77.4 92.9

1.42 37.3 50.4 60.5 1.77 58.0 78.3 94.0

1.43 37.8 51.1 61.3 1.78 58.6 79.2 95.1

1.44 38.4 51.8 62.2 1.79 59.3 80.1 96.1

1.45 29.8 52.6 63.1 1.80 59.9 81.0 97.2

1.46 39.4 53.3 63.9 1.81 60.6 81.9 98.3

1.47 40.0 54.0 64.8 1.82 61.3 82.8 99.4

1.48 40.5 54.8 65.7 1.83 62.0 83.7 100.5

1.49 41.1 55.5 66.6 1.84 62.6 84.6 101.6

1.50 41.6 56.3 67.5 1.85 63.3 85.6 102.7

1.51 42.2 57.0 68.4 1.86 64.0 86.5 103.8

1.52 42.7 57.8 69.3 1.87 64.7 87.4 104.9

1.53 43.3 58.5 70.2 1.88 65.4 88.4 106.0

1.54 43.9 59.3 71.1 1.89 66.1 89.3 107.2

1.55 44.4 60.1 72.1 1.90 66.8 90.3 108.3

1.56 45.0 60.8 73.0 1.91 67.5 91.2 109.4

1.57 45.6 51.6 73.9 1.92 68.2 92.2 110.6

1.58 46.2 62.4 74.9 1.93 68.9 93.1 111.7

1.59 46.8 63.2 75.8 1.94 69.6 94.1 112.9

1.60 47.4 64.0 76.8 1.95 70.3 95.1 114.1

1.61 48.0 64.8 77.8 1.96 71.1 96.0 115.2

1.62 48.6 65.6 78.7 1.97 71.8 97.0 116.4

1.63 49.2 66.4 79.7 1.98 72.5 98.0 117.6

1.64 49.8 67.2 80.7 1.99 73.3 99.0 118.8

*lames et al., 1988*

, Weight BMI

<A: < 18.5 Underweight - Less weight for height.

A - B: 18.5 - 25 Normal Weight - Desirable range for good health

B - c: 25 - 30 OverWeight - Your health can suffer as age advances

sc. > 30 Obese - Treatment needed

Normal well-to-do Indian men and women have a BMI betweenn 18.5 - 25 *(Gopalan, 1989)*

Fig. 4.6: Body weight for given height 53

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Table 4.3 : Meaning of disease conditions which require modification in

diet

Disease/Condition!

Problem

Meaning Modification in diet

Obesity Increase of excess of body

fats leading to increase in

body weight.

Decrease intake of (take in less

amount) rice, chapati, bread, excess of

sugar, chocolates, sweets, jam, jellies,

pastry, ice cream, ghee, butter, oils,

patties, fried snack- (prantha, pakoda,

samosa, patties etc.)

Increase intake of Fibre rich fruits and

vegetables, orange, mango, cheekoo,

carrot, radish etc.

Diabetes Mellitus Increase of sugar in blood

(Obesity is a strong risk

factor)

Blood Glucose Levels

Normal: 80-120 mg%

Impaired glucose

tolerance-120-180 mg%

Diabetes mellitus: More

than 180 mg%

Decrease intake of (take in less

amount) food items as mentioned in

obesity. Eat plenty of fresh green leafy

vegetables, salad, sprouts - moong dal,

kala chana

Restrict banana, mango, cheekoo,

sweet potato etc.

Hypertension High blood pressures

(More than 130 mmHg

systolic) (More than 90

mmHg diastolic) gradually

increases over a period of

time. Obesity is an

important risk factor.

Decrease intake of (take in less

amount):

Fats: ghee, butter, fried food, samosa,

pakora.

Restrict: use of salt either very low or

salt free diet or without salt.

Alcohol: restrict or completely stop

taking .:

Fever Fever is a symptom of any

infection in body in which

tem~erature rises to above

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Increase intake of: energy giving and

body building food.

Plenty of Iiquids- Glucon C, ORS,

Lassi, Lemon water etc.

Kidney failure Fail to form urine, does not

excrete wastes from the

body. Fails to maintain

fluids and electrolyte

balance.

Increase the amount of proteins:

Milk and milk products, egg white,

pulses

Intake of fluid should be equal to

output.

Salt restriction.

Kidney stone Solid particles get

collected III the kidneys

leading to severe pain.

Restrict meat & meat products, pulses,

dried beans, spinach, (palak), tomato,

beetroot, fig, almond.

Indigestion (Not able to digest food)

Heart Burn (Acidity)

Gas formation, feeling of

vomiting sensation or

vomits

Plenty of liquids: Glucon C, ORS,

. Lassi, Lemon water etc.

Semisolid: dalia, khichri with curd,

saboodana etc.

Gastritis (Infection in stomach)

Lack of appetite,

(Acidity) Heart burn

Clear fluid after 24-48 hours of

restriction of food.

Then semi solid, followed by solid diet

based on tolerance by patient choice

Constipation Difficult passage of hard

stools

Plenty of liquids: Coconut water, light

tea, butter milk (lassi), rice water.

Semi Solids: khichri, dalia, riped

mashed banana, bread mashed with

milk.

Plenty of fibers: Salad of raw

vegetables: whole dals and wheat floor

without-straining with their skin.

(contd ...)

Disease/Condition! Meaning Modification in diet

Problem

Diarrhea (Piles) Loose frequent Plenty of liquids: Glucose water,

passage of grey, greasy, electrolyte solution, home made

foul smelling stools (More liquids, rice water, dal water etc.

than 3 times)

Hemorrhoids Bleeding at the time of Bland diet: (without spices boiled

passing Stool food)

fiber restricted diet

Cirrhosis ofliver Jaundice High carbohydrates,

Damage/ death of liver High protein

cells Moderate fat

Vitamin B complex

Cholecystitis Inflamed gallbladder Low fat diet,

Bland diet

Fat restricted diet depending upon

condition of the patient

Pancreatits Inflamed pancreas High calorie/carbohydrates

Low fat diet at small frequent intervals.

Restrict - Alcohol strictly

Check Your Progress 3

1) Fill in the blanks

a) In kidney failure, kidney does not excrete from

the body.

b) In renal failure the intake of salt.

c) In fever increase the intake of food.

d) Frequent having of loose motion is known as .

e) Patients with renal stones must take plenty of .

2) List the types of diet modification.

4.4 LET USSUM UP

This unit dealt with the following aspects:

• Basics of nutrition and balanced diet.

• Types of dietary modification. '

• Diet in disease conditions/problems.

• Food safety and step of healthy eating.

Adequate diet is the key to good health. Every one wishes to remain youthful even

in old age. Hence one should be sensible in choosing the right food from childhood

onwards. Good life style can not only delay ageing and increase the life span but

also adds to the quality of life.

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Care-I 4.5 KEYWORDS

Anaemia

Therapeutic diets

Pallor of mucous membrane, caused by lack

of iron, due to deficiency of food such as

green leafy vegetables, sprouted pulses, meat

and meat products.

Diet free from spices and condiments.

All measures necessary for ensuring the safety

of food at all stages from protection till

consumption.

Excessive weight in skin folds, 'around

abdomen, etc. These conditions result

because oflack of exercise, intake of calories

and lack of physical activity.

Modification or changes in normal diet e.g.

increaseor decrease in consistency and energy

content, putting more or less amount of one

or more nutrients, increases or decreases in

fiber content diet without spices, etc.

A bland diet

Food hygiene

Obesity

4.6 ANSWERS TO CHECK YOUR PROGRESS

Check Your Progress 1

1) Functions of minerals are as given below:

Minerals Functions

Calcium Development of bones & teeth

Contraction & relaxation of heart muscles.

Facilitation of nerve impulses

Clotting of blood

Phosphors Development of bones & teeth

Contraction & relaxation of heart muscles.

Facilitation of nerve impulses

Clotting of blood

Iron Iron is required for the formation of hemoglobin.

Transport of

oxygen through the action of haemoglobin. To

maintain immunity.

Iodine Iodine is required for the formation of hormone

thyroxin

Sodium Chloride Sodium Chloride ~ is also known as common salt

for regulation of fluid balance

Potassium for regulation of acid - basic balance

2) a) Rice, wheat, maize

b) Supply energy

c) Milk and milk products

d) Guava, amla, citrus fruits

e) Mango, orange, papaya

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**Check Your Progress 2**

I) Energy value of nutrients

1 gm of carbohydrate

I gm of protein

I gm of fat

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- Provide 4 kcalories

- Provide 4 kcalories

- Provide 9 kcalories

2) Balanced diet is defined as one, which contains variety of foods in such quantities

and proportions that the need for carbohydrates, fats, proteins, minerals, vitamins

and water are adequately met.

3) a) Carbohydrate

b) Energy

c) Proteins

d) Fats/fried food

e) Salt

4) Measures to promote food safety:

• Any person handling food must be healthy and free from infection.

• Personal hygiene of food handlers must be maintained. It includes hand

washing with soap and water, daily bath, neat and tidy hair style etc.

• Food storage is also to be maintained. Food stored is not only important

before preparation and before being served but also after cooking, even

during the process of serving the food. Freeze is best op~ion for raw

vegetable and also to store left out cooked food. Always cover the food

with lid so that flies does not sit on it.

• In case of fruits and vegetables - it must be washed, scrubbed and soaked

in water.

. • Washing of vegetables and fruits before cutting or eating.

• Never eat cut vegetable/fruit from out side vendor.

**Check Your Progress 3**

1) a) Waste

b) Restrict

c) Energy and body building.

d) Diarrhoea

e) Fluids

2) Types of diet modification

• Clear fluid diet

• Semi solid diet

• Soft diet

• Nonnaldiet

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