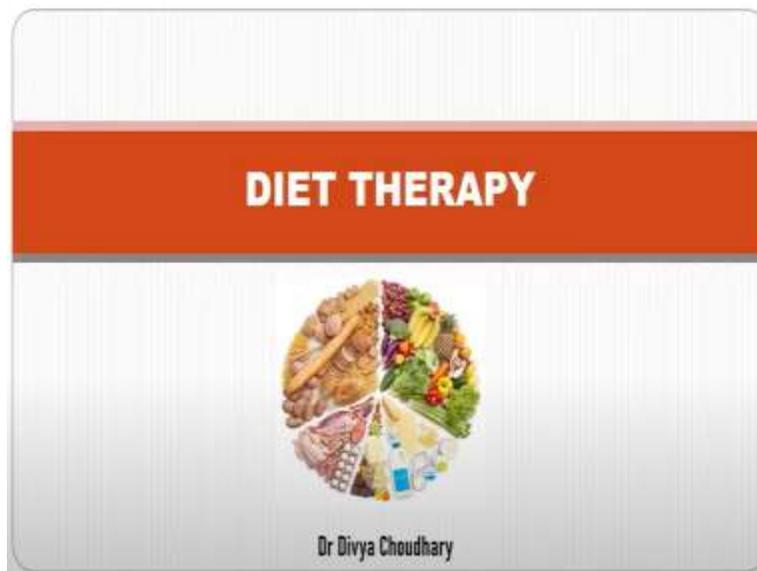


Certificate in Integrative Palliative Care – 3
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Week-09
Lecture 67: Diet Therapy

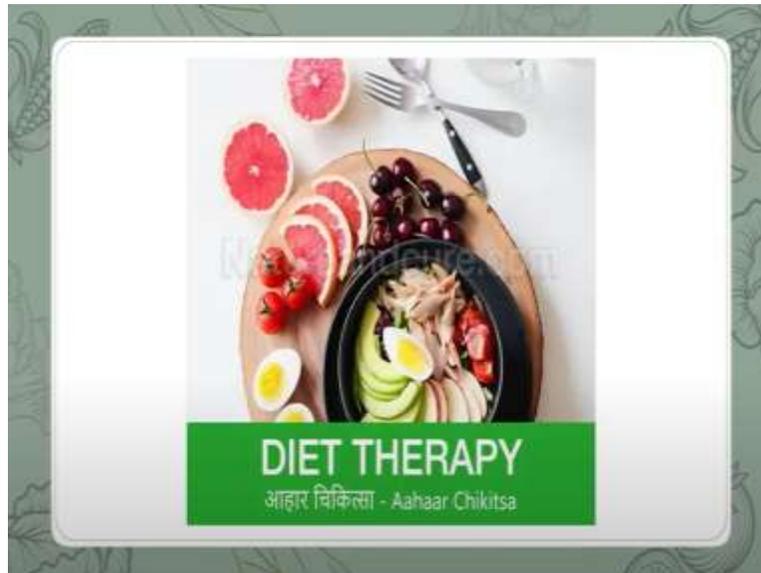
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Hello friends, I am Dr. Divya Choudhry. I am associated with Rajiv Gandhi Cancer Institute and Research Centre in New Delhi. I am working there as a Chief Clinical Nutritionist. These days diet has become a very important aspect in our daily lifestyle. Diet is important right from prevention of any disease.

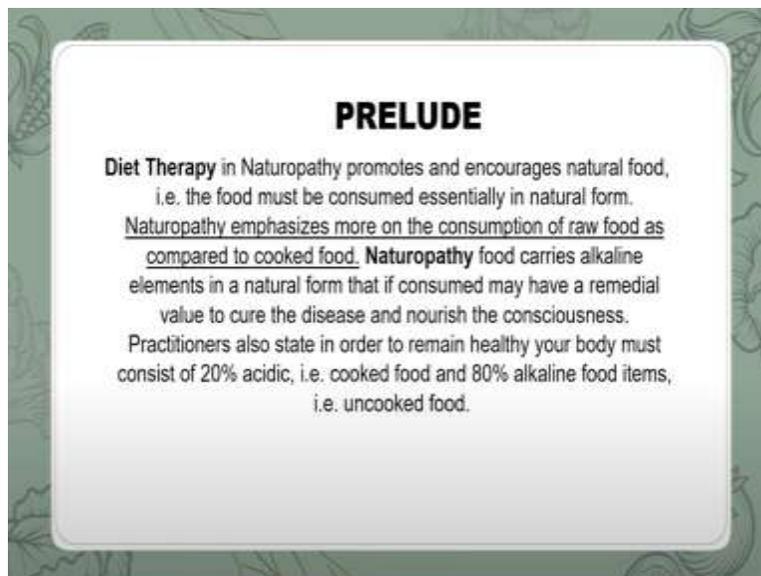
If at all someone gets diagnosed with a deadly disease like cancer, so during the treatment and even after the treatment is over, the importance of diet continues. So today we will learn that how and why diet is important and how can we integrate it in and during our treatment.

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Diet therapy or also well known as Aahaar Chikitsa.

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Diet therapy in naturopathy promotes and encourages natural food that is the food must be consumed essentially in natural form.

Naturopathy emphasizes more on the consumption of raw food as compared to cooked food. Naturopathy food carries alkaline elements in a natural form that if consumed may

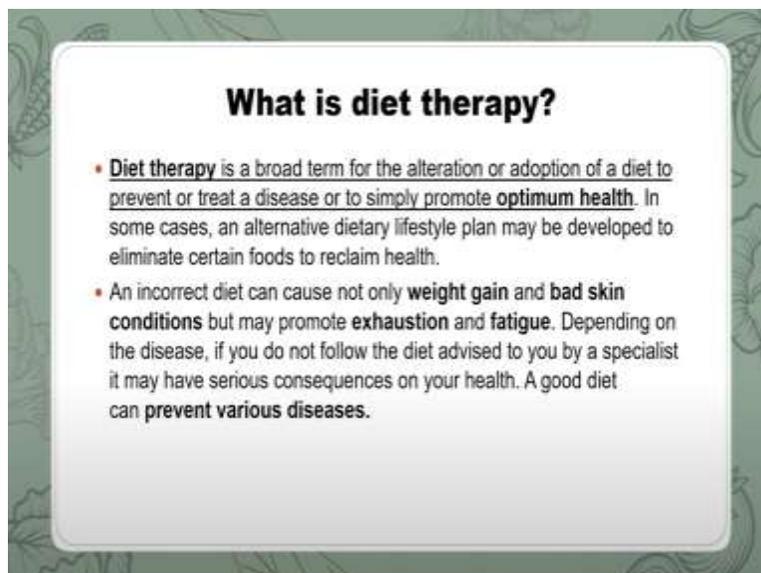
have a remedial value to cure the disease and nourish the consciousness. Practitioners also state in order to remain healthy your body must consist of 20% acidic that is cooked food and 80% alkaline food items that is uncooked food. We have seen that these days basically the focus has been shifted from raw to cooked and now to processed and preserved food items. So the need of the hour is that we should switch back to nature and start consuming food in the most natural form.

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So let's start. Part 1, Diet Therapy.

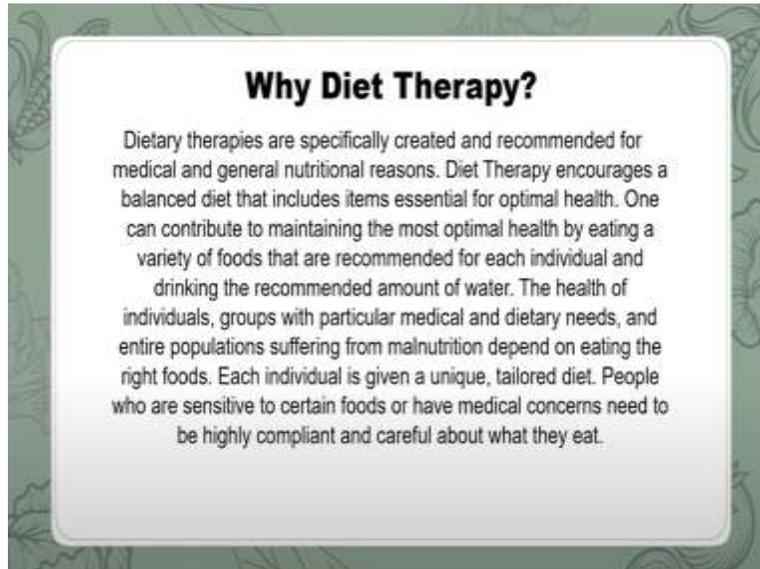
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What exactly is diet therapy? It is a broad term for the alteration or adoption of a diet to prevent or treat a disease or to simply promote optimum health. So, as we discussed that diet is really important right from the prevention till the treatment is completed and even after the treatment is stopped. In some cases, an alternative dietary lifestyle plan may be developed to eliminate certain foods to reclaim health.

An incorrect diet can cause not only weight gain and bad skin conditions but may promote exhaustion and fatigue. Depending on the disease, if you do not follow the diet advised to you by a specialist, it may have serious consequences on your health. A good diet can prevent various diseases. Food is the best fuel for our bodies and we should put the right kind of fuel so that our bodies function very well and in a healthy manner to sustain a good quality of life.

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Why diet therapy is important? Diet therapies are specifically created and recommended for medical and general nutritional reasons.

Diet therapy encourages a balanced diet that includes items essential for optimal health. One can contribute to maintaining the most optimal health by eating a variety of foods that are recommended for each individual and drinking the recommended amount of water. The health of individual groups with particular medical and dietary needs and entire population suffering from malnutrition depend on eating the right foods. Each individual is given a unique tailored diet. People who are sensitive to certain foods or have medical concerns need to be highly compliant and careful about what they eat.

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For example, if it is to treat obesity or excess weight. Weight loss is closely related to a decrease in the number of calories released in the body. In fact, the energy balance must be negative. That is, the calories consumed must be lower than those burned. This is achieved not only by integrating a sports activity into the patient's routine, but also by changing the patient's eating habit.

Diet therapy is not limited to weight loss. In fact, this treatment can prevent and treat a whole range of different diseases with very different characteristics and the diet may depend on the nature of the disorder treated. So one diet does not fit all. It is a tailor-made thing especially when it comes to weight loss or if it has to be integrated in prevention or in the curative of health. Diseases that can be treated with diet therapy and other clinical treatments.

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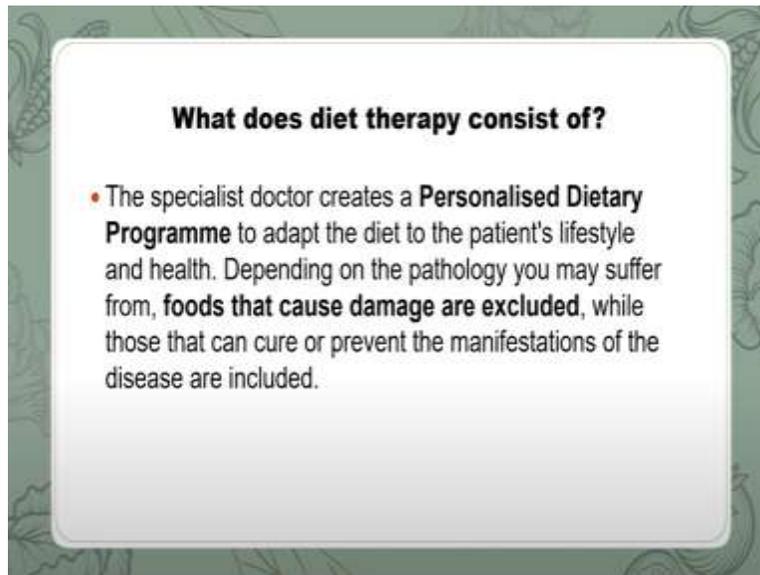
These include constipation, diarrhea, osteoporosis, meteorism, alcoholism, ulcers, aerophagia, hypothyroidism, atherosclerosis, heart diseases, headache, hypertension, cholecystitis, ulcerative colitis and the list is endless.

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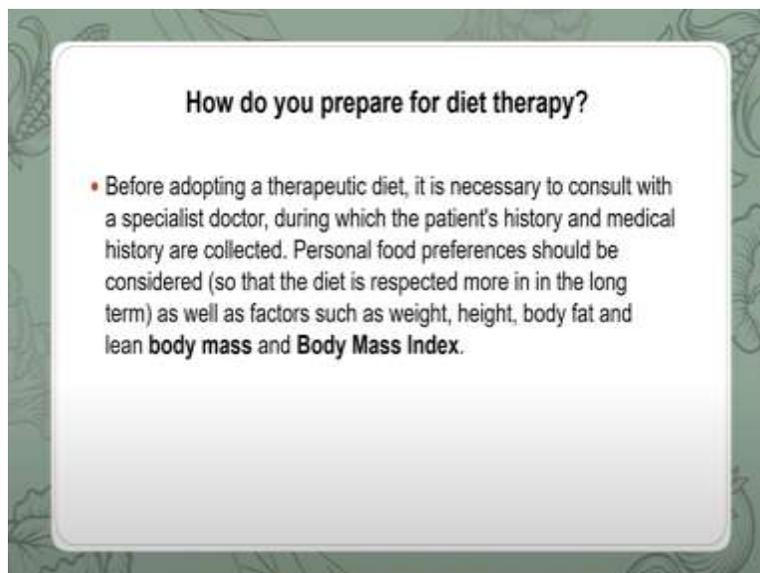
Diseases that can be treated with diet therapy and other clinical treatments include intolerance to lactose, gluten or carbohydrates, irritable bowel disease, diabetes, renal insufficiency, anemia, diverticular diseases, hypertriglyceridemia and hypercholesterolemia.

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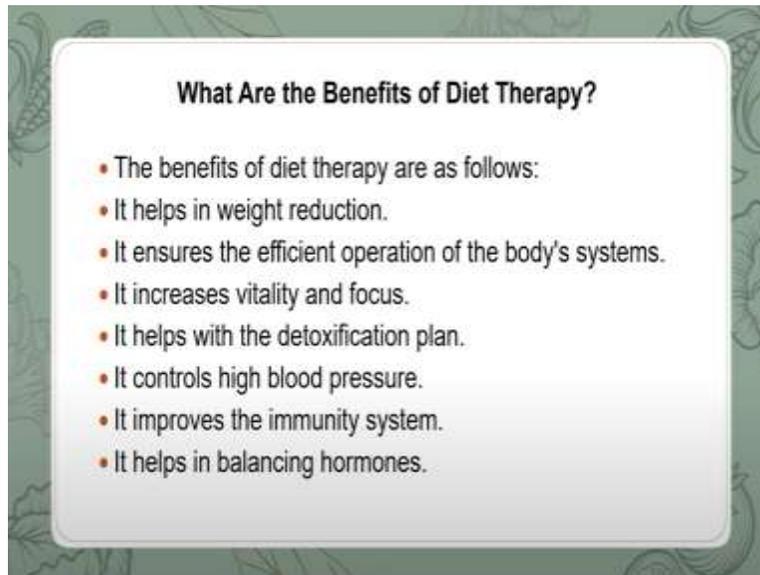
What does diet therapy consist of? The specialist doctor creates a personalized dietary program to adapt the diet to the patient's lifestyle and health. Depending on the pathology you may suffer from, foods that can cause damage are excluded while those that can cure or prevent the manifestations of the disease are included. The nutritionist or the diet doctor takes into account the height, the weight of the person and accordingly the calories and proteins are calculated and as per the disease the diet changes are made.

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How do you prepare for diet therapy? Before adopting a therapeutic diet, it is necessary to consult with a specialist doctor during which the patient's history and medical history are collected. Personal food preferences should be considered so that the diet is respected more in the long term as well as factors such as weight, height, body fat, lean body mass and body mass index.

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What are the benefits of diet therapy? Benefits of diet therapy include, It helps in weight reduction, It ensures the efficient operation of the body system, Increases vitality and focus, Helps with the detoxification plan, Helps control the high blood pressure. It also improves the immunity system and it helps in balancing hormones.

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Side Effects of Diet Therapy?

The side effects of Diet Therapy are as follows:

- It lowers resting energy expenditure.
- It shows hormonal changes, a decline in bone density, irregular menstruation, and a decrease in resting energy expenditure are all undesirable alterations in body composition.
- It leads to irritability.
- It can lead to fatigue.

Side effects of the diet therapy.

Can there be some side effects along with the good effects? It lowers resting energy expenditure. It shows hormonal changes, a decline in bone density, irregular menstruation and a decrease in resting energy expenditure are all undesirable alterations in the body composition. it can also lead to irritability and lead to fatigue also. So, as we know that diet therapy has many health benefits to offer, but if not properly designed or not properly followed, it can have some detrimental effects also.

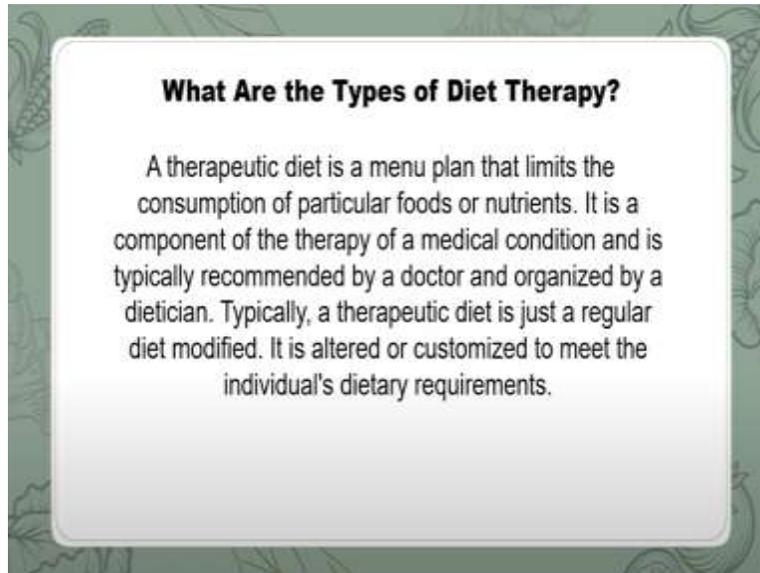
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PART: II Types of Diet Therapy



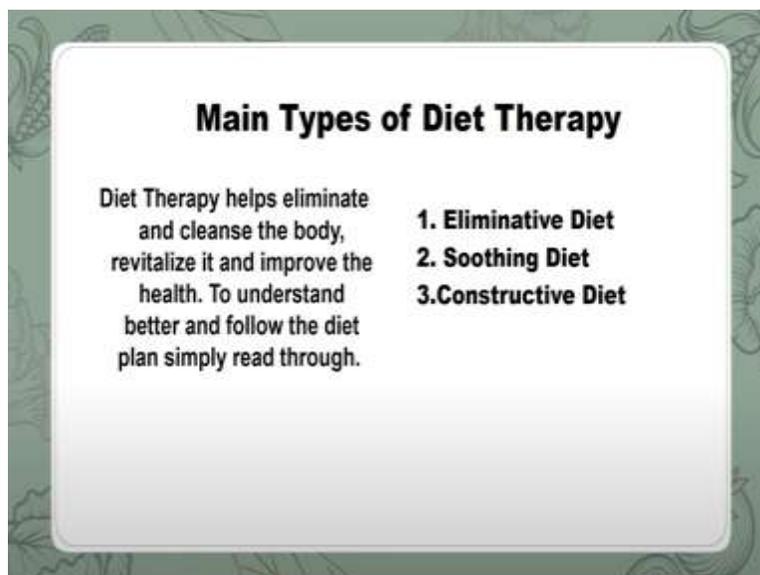
Now let's continue to part two.

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What are the types of diet therapy? A therapeutic diet is a menu plan that limits the consumption of particular foods or nutrients. It is a component of the therapy of a medical condition and is typically recommended by a doctor and organized by a dietitian. Typically, therapeutic diet is just a regular diet modified. It is altered or customized to meet the individual's dietary requirements.

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Main types of diet therapy.

This therapy helps eliminate and cleanses the body, revitalize it and improve the health. To understand better and follow the diet plan, simply read through. Eliminative diet, soothing diet, constructive diet.

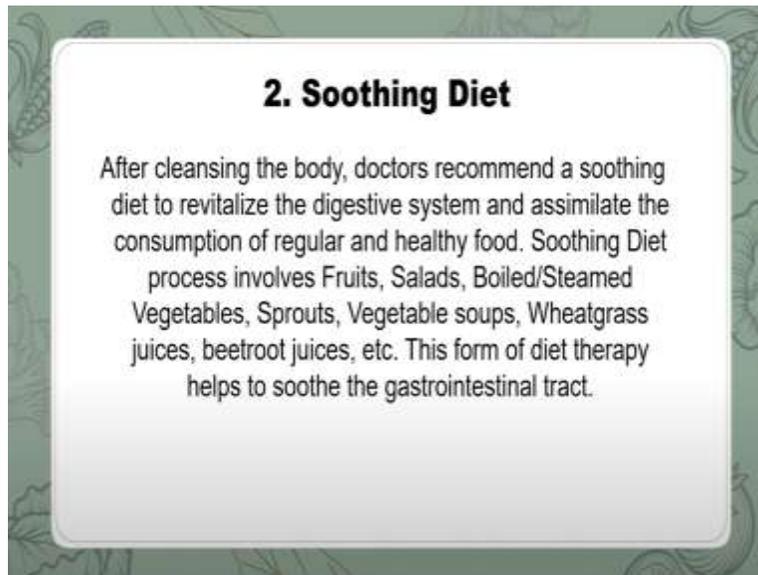
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Let's talk about first the eliminative diet. The root cause of most diseases is the morbid matter that gets accumulated in our digestive system.

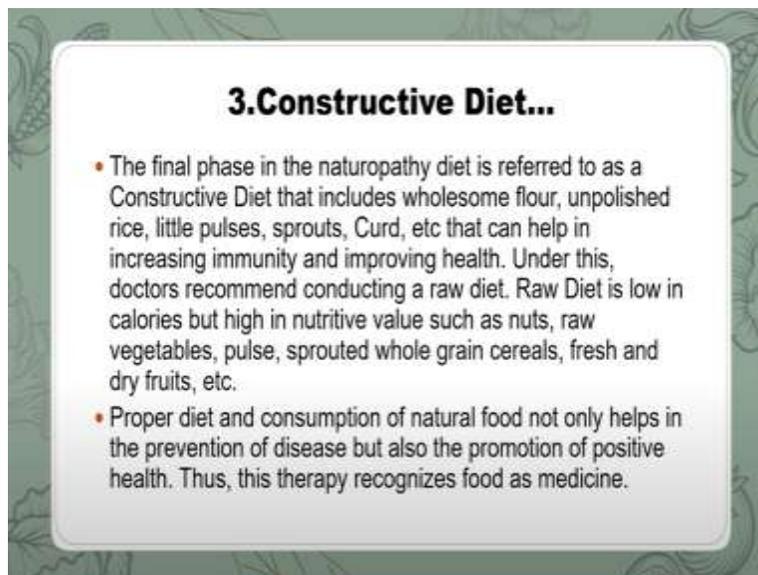
To eliminate these diseases, the naturopathy recommends the consumption of specific food items that activate your organs such as kidneys and intestines to eliminate toxins. Thus, an eliminative diet in naturopathy medicine encourages detoxification of the body and removes toxins by following cleansing diet plans including consumption of food items like lemon water, citric juices, various alkaline juices like wheatgrass juice, gooseberry juice, ash gourd juice and tender coconut water. This form of diet was designed to help carry out or eliminate metabolic toxins from the body. If you have been recommended to follow an eliminative diet plan, avoid carrying out any physical activity as it is much like fasting therapy. One can go in for lighter activities like yoga.

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Next, soothing diet. After cleansing the body, the doctors recommend a soothing diet to revitalize the digestive system and assimilate the consumption of regular and healthy food. Soothing diet processes involve fruits, salads, boiled or steamed vegetables, sprouts, vegetable soups, wheatgrass juices, beetroot juices, etc. This form of diet therapy helps to soothe the gastrointestinal tract.

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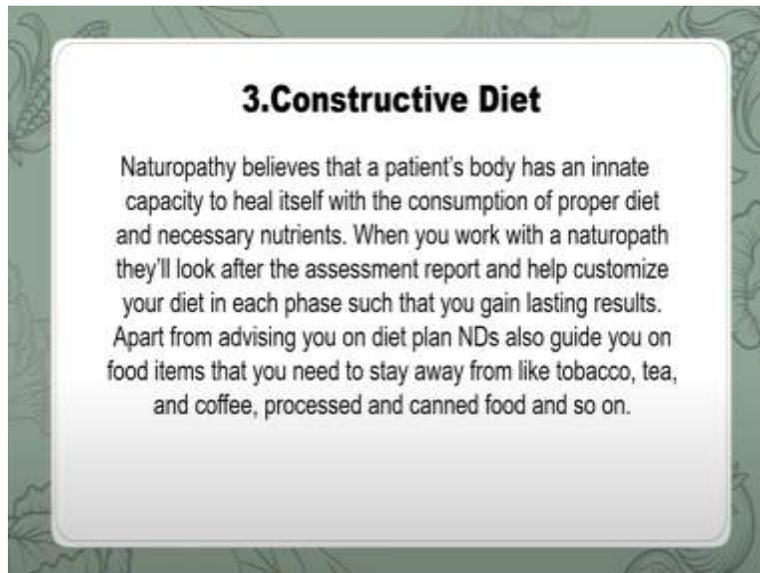


Next, we will learn about constructive diet. The final phase in the naturopathy diet is referred to as a constructive diet that includes wholesome flour, unpolished rice, pulses,

sprouts, curd, etc that can help in increasing immunity and improving health.

Under this, doctors recommend conducting a raw diet. Raw diet is low in calories but high in nutritive value such as nuts, raw vegetables, pulses, sprouted, whole grain cereals, fresh and dry fruits etc. Proper diet and consumption of natural food not only helps in the prevention of disease but also the promotion of positive health. Thus, this therapy recognizes food as medicine.

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Naturopathy believes that a patient's body has an innate capacity to heal itself with the consumption of proper diet and necessary nutrients.

When you work with a naturopath, they look after the assessment report and help customize your diet in each phase such that you gain lasting results. Apart from advising you on diet plans, the naturopathy doctors also guide you on food items that you need to stay away from like tobacco, excessive tea and coffee, processed and canned food and so on. These days, it has been observed that basically the diet patterns have shifted more towards processed and packaged food items. So naturopathy also recommends to eliminate the processed and packaged food items for a better and healthy you.

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Next, we are going to learn about Ornish diet.

It is also known as Lacto-Ovo vegetarian diet. This very low fat vegetarian diet aims to help reverse arterial blockages that cause coronary artery disease and may help prevent or slow the progression of prostate and other cancers. It focuses on plant-based foods and avoidance of fat, refined carbohydrates and animal protein. As a component of an intensive lifestyle program for participants with symptomatic coronary artery disease, the ornish diet is effective and cost-saving. However, it is not clear what benefits result from the specific food restrictions of the diet.

Similar benefits may result from other diets that limit less healthy full fats and refined carbohydrates but do not limit healthful fats.

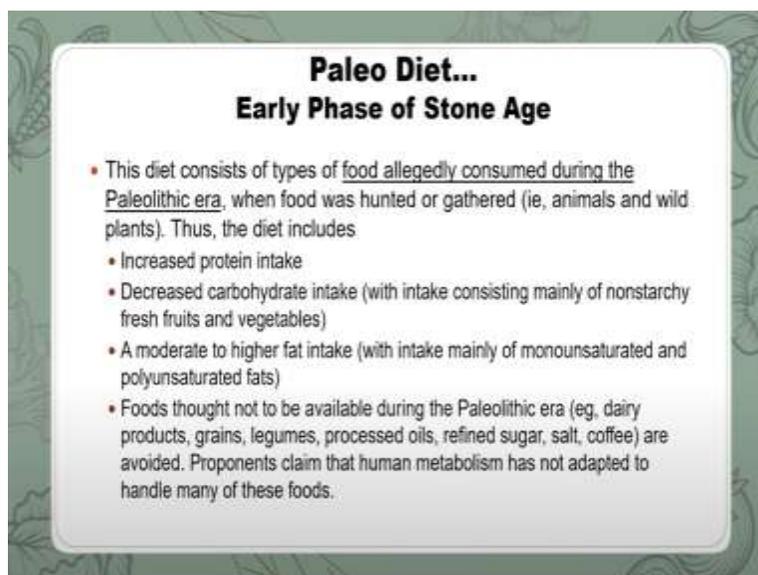
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Macrobiotic diet or the organic food diet. This diet consists mainly of vegetables, whole grains, fruits and cereals. Some proponents claim that this diet can prevent and treat cancer and other chronic disorders. However, no evidence supports efficacy of a macrobiotic diet for treatment of cancer.

The macrobiotic diet has also been investigated in patients with metabolic syndrome, prediabetes and diabetes without conclusive evidence of efficacy. Risks of following this diet other than lack of efficacy in disease prevention and therapy are very few.

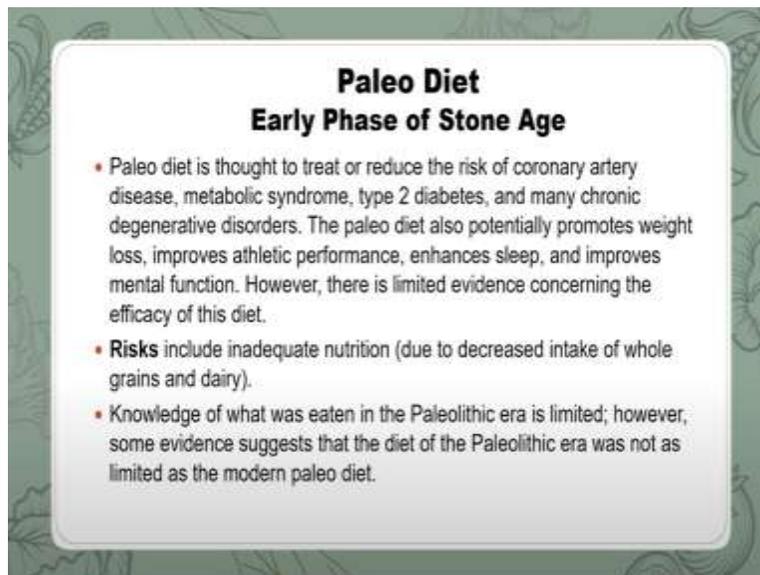
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Paleo diet, this is an early phase of stone age. This diet consists of types of food allegedly consumed during the Paleolithic era when food was hunted or gathered that is animals and wild plants. Thus, this diet includes increased protein intake, decreased carbohydrate intake with intake consistently mainly of non-starchy fresh fruits and vegetables.

A moderate to a higher fat intake with intake mainly of monosaturated and polyunsaturated fats. Foods thought not to be available during this era, for example, dairy products, grains, legumes, processed oils, refined sugar, salt, tea, coffee are avoided. Proponents claim that human metabolism has not adapted to handle many of these foods.

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This diet is thought to treat or reduce the risk of coronary artery diseases, metabolic syndrome, type 2 diabetes and many chronic degenerative disorders. The Paleo diet also potentially promotes weight loss, improves athletic performance, enhances sleep and improves mental function.

However, there is limited evidence concerning the efficacy of this diet. Risks include inadequate nutrition due to increased intake of whole grains and dairy. Knowledge of what was eaten in the Paleolithic era is limited. However, some evidence suggests that the diet of the Paleolithic era was not as limited as the modern Paleo diet.

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Now let's continue to part 3, types of therapeutic diet.

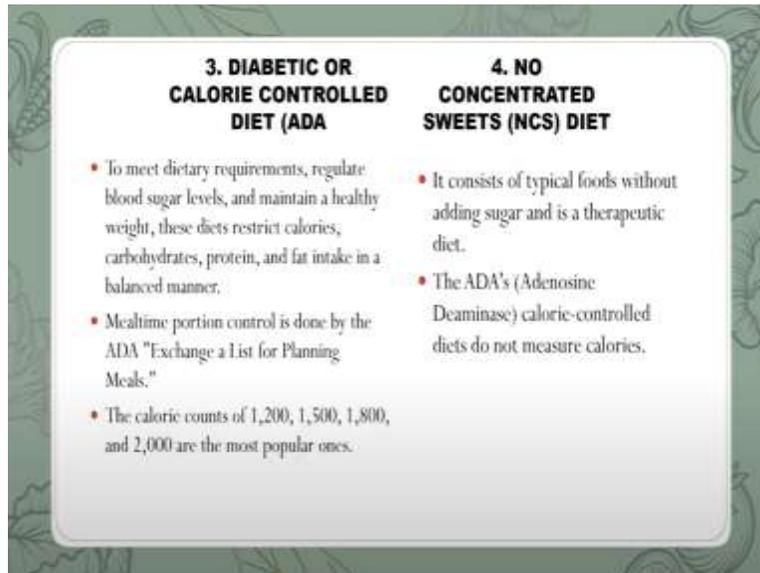
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The first and the foremost is the clear liquid diet. It includes liquids with little leftovers such as fruit stock and juices without pulp. It is frequently used as the initial step in resuming oral eating following a surgery or a procedure for the abdomen. It also helps to replace hydration and electrolytes in those suffering from pronounced diarrhea. It should not be used for an extended period of time because it does not provide protection.

Full liquid diet. Some permitted foods include ice creams, puddings, diluted hot cereals, custard, strained cream soups and juices with pulp. It can be used as the second step in resuming oral eating after clear liquids have been consumed and tolerated. It should not be used repeatedly.

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Next, we will learn about diabetic or calorie control diet. To meet the dietary requirements, regulate blood sugar levels and maintain a healthy weight.

These diets restrict calories, carbohydrates, protein and fat intake in a balanced manner. Mealtime portion control is done by ADA, exchange a list for planning meals. The calorie counts of 1200, 1500, 1800 and 2000 are the most popular ones. Next. We will learn about no concentrated sweets diet.

It consists of typical foods without adding sugar and is actually counted as a therapeutic diet. The ADA's calorie control diets do not measure calories.

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5. NO ADDED SALT (NAS) DIET	6. LOW SODIUM (LS) DIET
<ul style="list-style-type: none">• The food is seasoned and has a regular diet without salt content.	<ul style="list-style-type: none">• It limits salt and salty items, including bacon, sausage, cured meats, canned soups, salty spices, pickled foods, salted crackers, etc., and may also be referred to as a 2-gram sodium diet.• It is employed for individuals who might be "holding water" (edema) or have heart disease, liver disease, excessive blood pressure, or the early stages of renal illness.



Next, we will learn which is no added salt diet. This food is seasoned and has a regular diet without salt content.

The next in the list is low sodium diet. It limits salt and salty items including bacon, sausages, cured meats, canned soups, salty spices, pickled foods, salted crackers and may also be referred to as a 2 gram sodium diet. I would like to bring to your notice that these days since most of us are in the habit of consuming processed packaged foods, these contain a lot of salt. So this diet also excludes all such food items. It is employed for individuals who might be holding water which is edema or have heart disease, liver disease, excessive blood pressure or the early stages of renal illness.

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7. LOW FAT OR LOW CHOLESTEROL DIET

- It is used to lower fat levels and address medical disorders such as liver, gallbladder, or pancreatic ailments that affect how the body consumes fat.
- It sets a cap on fat at 50 grams or no more than 30 percent of the total calories.
- It has a modest amount of saturated and total fat and 250 to 300 mg of cholesterol.

8. HIGH FIBER DIET

- It is given for many gastrointestinal, cardiovascular, and metabolic illnesses as a preventative measure or treatment.

Let's learn about low fat or low cholesterol diet. It is used to lower fat levels and address medical disorders such as liver, gallbladder or pancreatic ailments that affect how the body consumes fat. It sets a cap on fat at 50 grams or not more than 30% of the total calories. It has a modest amount of saturated and total fat and 250 to 300 milligrams of cholesterol. High fiber diet. It is given for many gastrointestinal, cardiovascular and metabolic illnesses as a preventive measure or treatment.

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9. RENAL DIET

- It is for those who have a kidney or renal disease.
- A different eating plan is recommended depending on whether the patient receives dialysis.
- The diet limits specific amounts of liquids, protein, sodium, and potassium.
- The laboratory work is carefully monitored.

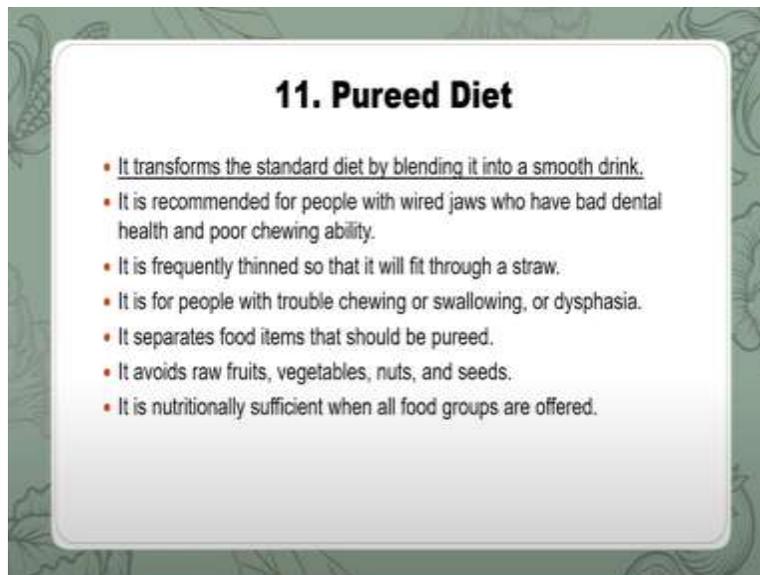
10. MECHANICALLY ALTERED OR SOFT DIET

- It is used when swallowing and chewing are problematic.
- It alters the typical diet's texture, giving it a softer consistency.
- Both chopped or ground meats and chopped or ground raw fruits and vegetables are included.
- It is for those with dental problems, tooth loss, an absence of teeth, or dysphasia (difficulty swallowing).

Renal diet. It is for those who have a kidney or a renal disease. A different eating plan is recommended depending on whether the patient receives dialysis. The diet limits specific amounts of liquids, protein, sodium and potassium. The laboratory work is carefully monitored.

Let's learn about mechanically altered or soft diet. It is used when swallowing and chewing are problematic. It alters the typical diet's texture, giving it a softer consistency. Both chopped or ground meats and chopped or ground raw fruits and vegetables are included. It is also for those with dental problems, tooth loss and absence of teeth or dysphagia which is difficulty in swallowing of food.

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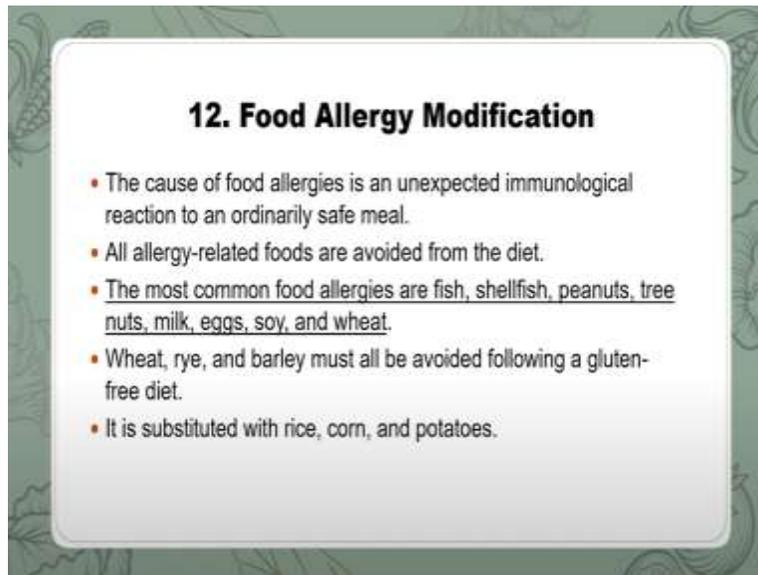


Pureed diet, this diet transforms the standard diet by blending it into a smooth drink.

It is recommended for people with weird jaws or who have had bad dental health and poor chewing ability. It is frequently thinned so that it will fit through a straw. It is for people with trouble chewing or swallowing or dysphagia. It separates food items that should be pureed.

It avoids raw fruits, vegetables, nuts and seeds. It is nutritionally sufficient when all food groups are offered.

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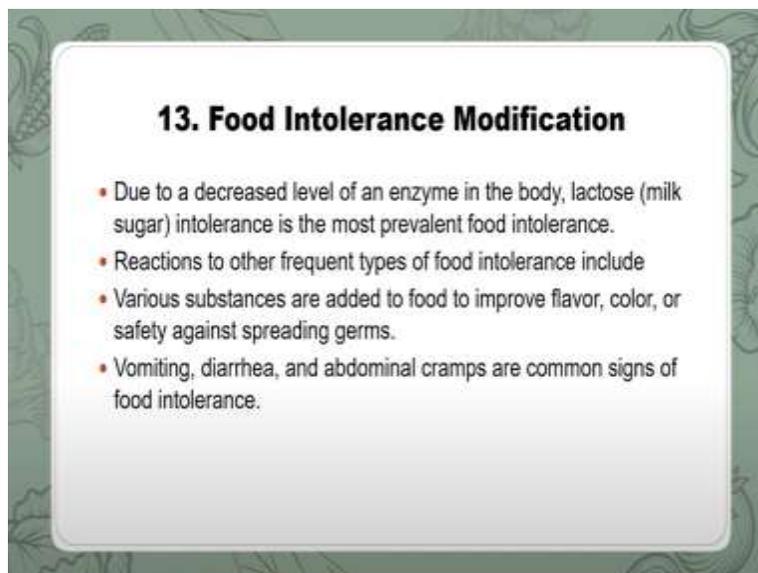
12. Food Allergy Modification

- The cause of food allergies is an unexpected immunological reaction to an ordinarily safe meal.
- All allergy-related foods are avoided from the diet.
- The most common food allergies are fish, shellfish, peanuts, tree nuts, milk, eggs, soy, and wheat.
- Wheat, rye, and barley must all be avoided following a gluten-free diet.
- It is substituted with rice, corn, and potatoes.

Food allergy modifications. The cause of food allergies is an unexpected immunological reaction to an ordinary safe meal. All allergy-related foods are avoided from the diet. Most common food allergies are fish, shellfish, peanuts, tree nuts, milk, eggs, soy and wheat.

Wheat, rye and barley must all be avoided following a gluten-free diet. It is substituted with rice, corn and potatoes.

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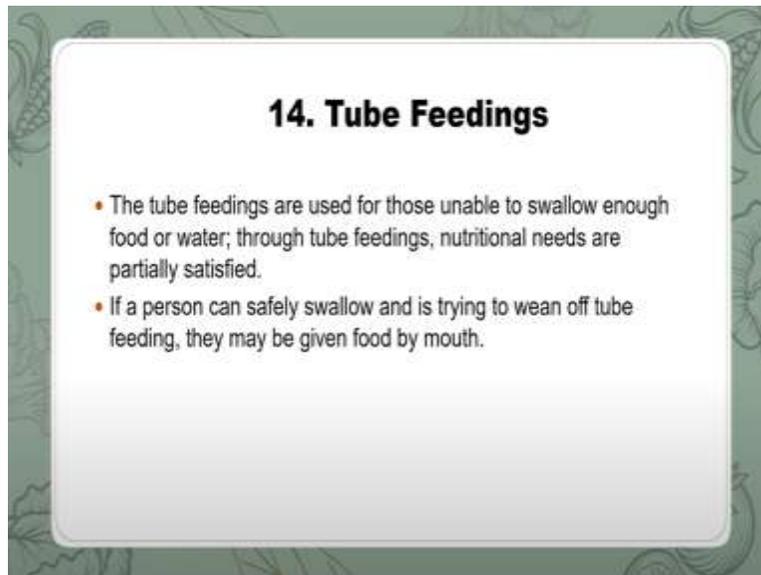
13. Food Intolerance Modification

- Due to a decreased level of an enzyme in the body, lactose (milk sugar) intolerance is the most prevalent food intolerance.
- Reactions to other frequent types of food intolerance include
- Various substances are added to food to improve flavor, color, or safety against spreading germs.
- Vomiting, diarrhea, and abdominal cramps are common signs of food intolerance.

Food intolerance modification. Due to a decreased level of an enzyme in the body, lactose, which is a milk sugar, intolerance is the most prevalent food-related issue. Reactions to the other frequent types of food intolerance include various substances are added to food to improve the flavor, color or safety against spreading germs.

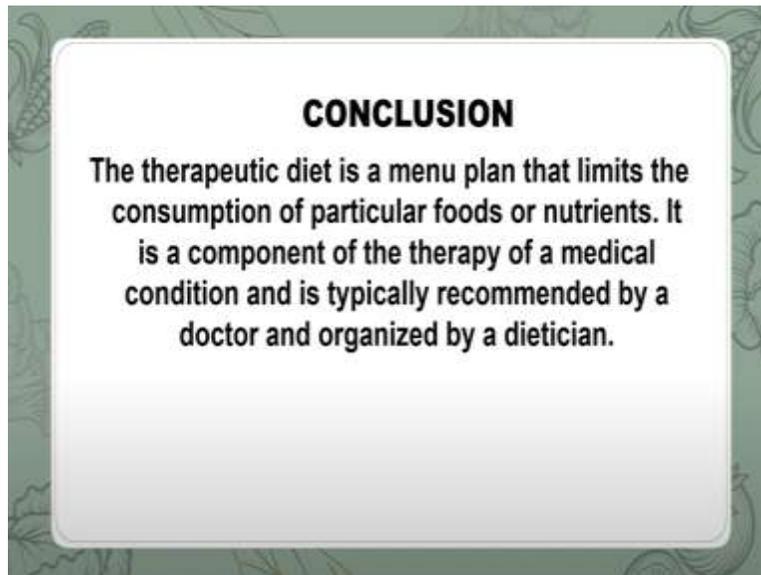
Vomiting, diarrhea and abdominal cramps are the most common signs of food intolerance.

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Tube feedings, tube feedings are used for those unable to swallow enough food or water. Through tube feedings, nutritional needs are partially satisfied. If a person can safely swallow and is trying to wean off the tube feed, they may be given food by mouth.

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Conclusion, the therapeutic diet is a menu plan that limits the consumption of a particular food or nutrients.

It is a component of the therapy of a medical condition and is typically recommended by a doctor and organized by a dietician. So, today we had learned what are the different kinds of diet therapeutic diets which can be included in a patient's diet so that they can be recovered from their diseases very soon. Thank you so much.