

In the Know Inc. Inservice Club
presents
A Nutrition Module:
Understanding Commonly Prescribed Diets



Instructions for the Learner

We hope you enjoy this Inservice, prepared especially for nursing assistants like you. You work very hard, and we appreciate the effort you make to complete these educational materials. It shows your desire to continue learning and growing in your profession!

After finishing this inservice, you will be able to:

- Discuss why nutrition is important to good health.
- List at least five types of therapeutic diets.
- Describe the basic health benefits of five types of therapeutic diets.
- Discuss the important points of a "Nutrition Facts" label.
- Pick foods appropriate to serve to clients on five different therapeutic diets.

If you are studying the inservice on your own, please:

- Read through all the attached materials. You may find it useful to have a highlighting marker nearby as you read. Highlight any information that is new to you or that you feel is especially important.
- If you have questions about anything you read, please ask _____.
- Take the quiz. Think about each statement and circle the best answer.
- Check with your supervisor for the right answers. You pass the quiz with at least six correct answers! Print your name, write in the date, and then sign your name.
- Keep the inservice information for yourself, and turn in the quiz page to _____ no later than _____.
- Show your Inservice Club Membership Card to _____ so that it can be initialed.

THANK YOU!

IN THE KNOW

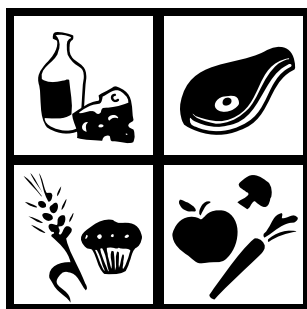
The Inservice Club for Nursing Assistants



Getting Healthy With Nutrition

Helping your clients get or stay healthy is an important part of your job as a nursing assistant. One way you can do this is by paying close attention to what your clients eat. Have you ever noticed that the plan of care for every client includes some kind of diet or meal plan order? Many clients may have an order for a “regular” diet. This means they should eat a balanced diet and that no foods are “off limits”. Other clients have an order for a special eating plan—known as a **therapeutic diet**.

A therapeutic diet consists of special *types* and *amounts* of foods that help treat a certain condition or disease. For example, since eating too much fat causes heart disease, doctors usually prescribe a low fat diet for clients who have had heart attacks. And, since too much salt can make the blood pressure go up, clients with high blood pressure may be ordered to eat a low sodium diet. You may even have a client with orders for more than one therapeutic diet.



There are many different types of therapeutic diets and they are usually ordered by a physician and/or a registered dietician. It is important to remember that a therapeutic diet is a **medical treatment**—just like checking vital signs or doing skin care. Keep in mind that the food your clients eat can be just as important to their health as the medications they take!

As a nursing assistant, you are actively involved in your clients’ meal plans—by preparing their food, serving their food, documenting how much they eat and drink, and/or reporting changes in appetite. By learning about common therapeutic diets, you’ll be able to help your clients eat healthy—and feel better!

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306 Brandermill Drive
Durham, NC 27713
877-809-5515
www.knowingmore.com

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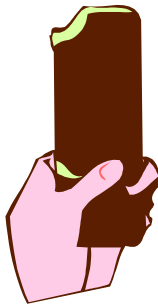
Nutrition Tidbits

(Can you spot the four "facts" that aren't true?)

- Over 20% of teenagers and 55% of adults are overweight—mostly due to eating a high fat diet.
- Need to lose weight? Then **don't** win the lottery. Studies have shown that 100% of lottery winners gain weight!
- When you eat meat and drink milk during the same meal, your body doesn't absorb any of the calcium from the milk. It's best to drink your milk at least two hours before or two hours after eating meat.
- If you eat something and no one sees you eat it, it has no calories.
- By age 60, most people have lost half their taste buds. That's why many older people tend to add extra salt or sugar to their foods. (Using herbs and spices is a better way to add more taste to food.)



- Remember that the average person should drink at least 2 liters of fluid every day (think of a 2 liter soda bottle). Many clients on a renal diet are restricted to about 1 liter a day.
- Every day, 7% of the people in America eat at McDonalds.
- 25% of American households have at least one adult on a low-sodium diet.
- If you fatten up everyone else around you, you'll be thinner.
- People's eating habits are formed early in life and are difficult to change. No diet will be therapeutic if a client doesn't like the food—because the food probably won't be eaten!
- Eating a high fat diet causes almost as many health problems as smoking cigarettes!
- Skipping a meal tends to make people overeat at the next meal.
- Obesity makes people 50-100% more likely to die prematurely.
- At least 97 million Americans need to lose weight—but losing even 10% of their body weight would make them healthier. So, a woman who is overweight at 200 pounds could improve her health a great deal by losing 20 pounds.
- Doctors prescribe a renal diet for as many as 300,000 Americans every year.



- A broken cookie contains no calories since the process of breaking it causes the calories to leak out.
- Americans eat over 3.1 billion pounds of chocolate each year. That's 11.7 pounds per person.



- The average American eats more than 50 tons of food and drinks over 15,000 gallons of liquid in a lifetime! But, around the world, over 20 million people starve to death every year.

- If you lick a spoon or knife while you are *cooking* a meal, the food has no calories.
- 6 billion Oreos are sold every year. That's 12 billion grams of fat!
- The average child will eat 1500 peanut butter and jelly sandwiches by high school graduation!

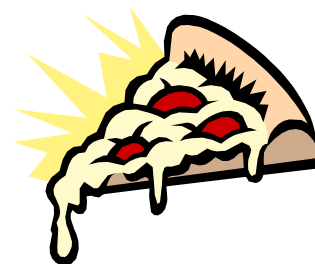
Therapeutic Diet #1: Low Fat

A low fat diet is one of the most commonly prescribed therapeutic diets. It can help treat a number of diseases—in fact, most people could be healthier if they ate a low fat diet. The National Center for Health Statistics says that the average American gets at least 35% of daily calories from fat. And many people eat **twice** as much fat as they should.

A low fat eating plan includes a variety of foods every day that add up to less than 30% fat.

Doctors might order a low fat diet for:

- People with heart disease.
- Diabetics.
- People who are overweight.
- People who have trouble digesting fats.



Eating too much fat leads to at least 300,000 deaths every year in the United States.

What Are the Benefits of a Low Fat Diet?

- Eating a high fat diet causes “globs” of cholesterol to stick to the sides of blood vessels. This can cause serious problems like strokes, heart attacks and cancer. So, eating a low fat diet reduces the number of cholesterol “globs”.



- A low fat diet can boost the immune system by increasing the number of white blood cells that fight off disease.
- Eating low fat foods helps prevent gallbladder disease.
- A low fat diet helps keep body weight at an ideal level.

What Are Some Low Fat Foods?

Clients on a low fat diet should eat:

- Lots of fruits and vegetables.
- Small portions of meat.
- A bagel instead of a doughnut.
- A bowl of oatmeal instead of a muffin.
- Steamed vegetables instead of french fries.
- Low fat milk instead of whole milk.
- Yogurt instead of sour cream.
- Skinless, baked chicken instead of fried chicken.



Helping Clients Eat a Low Fat Diet



- Remember that beef, veal, pork, lamb, sausage and lunch meats are all high in fat. Meat portions should be kept small—no bigger than the size of a deck of cards. Poultry and fish are better low fat choices, especially if they are broiled or baked, not fried.
- Suggest using egg substitutes...or mix one real egg with an equal amount of egg substitute.
- Don't let your client "spoil" a low fat food like a baked potato by adding lots of sour cream, bacon and butter!
- Butter, margarine and oil are all 100% fat. Try cutting the amount of oil in a recipe in half. Use oil sprays, like Pam, for cooking. Offer fat-free salad dressings.
- Choose to serve canned tuna that is packed in water, not oil.
- Take the skin off of chicken and turkey before cooking it. And remember that dark meat is higher in fat than white meat.
- Avoid cooking or serving fried foods, gravies, cream sauces and whole milk.
- Offer low fat snacks like fresh fruit, carrot sticks, air-popped, unbuttered popcorn or nonfat yogurt.
- Remember that fats count whether they are in the food already or are added during cooking.
- Keep in mind that low fat foods might be high in sugar and/or calories. For example, there are many low fat cookies and cakes available in the grocery store. If your clients overeat these foods, their low fat diet can turn into a very high calorie eating plan!
- Remember that it's not the bread in a sandwich that's high in fat—it's what your client puts *between* the slices of bread...cheese, peanut butter, cream cheese, mayonnaise, butter, lunch meats, etc.
- Praise any healthy change in your client's eating habits, any weight loss, and/or any good reports from the doctor.

What's An Ideal Weight?

An easy way to figure out an adult's ideal weight is to start with 100 pounds for the first 5 feet of height. Next, add 5 pounds per inch for a woman and 6 pounds per inch for a man. Then, if someone is small boned, take 10% off the total. If someone is big boned, add 10%. (Remember, though, that ideal weight varies with age and general health.)

For example, a big boned woman who is 5 feet, 6 inches tall should weigh 143 pounds:

100 lbs. (for the first 5 feet) PLUS 30 lbs. (5 lbs. X 6 inches) = 130 PLUS 13 lbs. (10%) = 143 lbs. ideal weight

Therapeutic Diet #2: High Fiber

Fiber is a coarse, stringy substance that is *not* digested. It travels quickly through the stomach and the intestines, taking harmful substances and excess fats and cholesterol with it. Studies have shown that most Americans eat only **half** the recommended amount of fiber every day.

A high fiber diet should include a variety of grains, vegetables and fruits containing a total of about 35 grams of fiber every day.

Doctors might order a high fiber diet for:

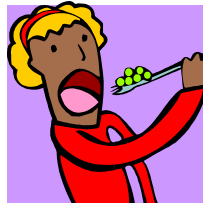
- People with heart disease.
- People who are overweight.
- People who suffer from constipation.
- People who have a high risk for colon cancer.



Only one in five people eat enough vegetables every day.

What Are the Benefits of a High Fiber Diet?

- Eating a high fiber diet prevents constipation because it helps foods move quickly through the intestinal tract.
- Because fiber picks up waste as it moves through the body, it helps lower cholesterol and blood pressure. This means that fiber helps prevent heart disease.
- Some studies have shown that a high fiber diet



helps protect against cancer, especially colon cancer.

- Because fiber fills up the stomach but has no calories, a high fiber diet can help people lose weight and/or maintain their ideal weight.
- Some studies have shown that a high fiber diet may prevent diabetes.

What Are Some High Fiber Foods?

Clients on a high fiber diet should eat:

- Lots of whole grains like brown rice, whole wheat bread, and barley.
- Fresh vegetables and fruits.
- Dried beans like lentils, lima beans, split peas and black-eyed peas.
- An apple (4 grams of fiber) instead of applesauce (1.5 grams).
- A cup of brown rice (3.5 grams of fiber) instead of noodles (1.8 grams).
- Oatmeal (4 grams of fiber) instead of corn flakes (1 gram).
- Baked beans (7 grams of fiber) instead of green beans (2 grams).

Helping Clients Eat a High Fiber Diet

- When a high fiber diet is first ordered for a client, don't be surprised if the amount of fiber is increased slowly. Too much fiber all at once can upset the digestive system.
- Encourage your clients on a high fiber diet to drink plenty of fluids. Without fluids, fiber can lead to constipation and even to a blockage in the intestines.
- Any food that claims to be a "good source of fiber" must have 2.5 to 4.9 grams of fiber in each serving. If a food is labeled as a "high fiber" food, it must have at least 5 grams per serving. Check food packaging and nutrition labels.
- If you shop for your clients, look for breads and grains that say "whole wheat" or "whole grain" or "whole oats". These foods usually contain the most fiber.
- It's much better to get fiber from foods rather than supplements like Metamucil or Fibercon.
- Encourage your clients to eat dark green, leafy vegetables like spinach and collards...or deep yellow vegetables like carrots, sweet potatoes and squash. These vegetables have the most fiber.
- If your client wants a snack, offer fresh fruit or cut vegetables instead of chips or candy.
- Keep in mind that a high fiber diet contains about 35 grams of fiber every day. This means that each meal should contain about 10 grams of fiber, leaving 5 grams of fiber for snacks. If you shop and/or cook for your client, be sure to check food labels for the fiber content. This will help you plan high fiber meals.
- Be sure to report any digestive problems such as bloating, excess gas, abdominal pain, constipation or diarrhea.
- There are many foods that have little to no fiber such as skim milk, cottage cheese, yogurt, ice cream, pizza, chicken and egg whites. This does not mean these foods can't be eaten. But, if your clients fill up on low fiber foods, they won't have room for the fiber they're supposed to eat.

While most people don't like to talk about it, your clients' bowel movements will give a clue to the amount of fiber in their diets. Remember, this is not a "high tech" method—it's an old-fashioned "test" you can even teach to your clients.



- A bowel movement that **floats** in toilet water shows a **high** fiber diet.
- A bowel movement that **sinks** in toilet water shows a **low** fiber diet.

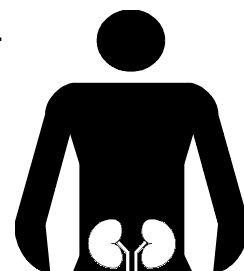
Therapeutic Diet # 3: Renal

A renal diet is for clients with kidney disease. It is usually prescribed in the early stages of kidney disease—to keep the disease from getting worse—or in the late stages when a client is on dialysis. The purpose of the diet is to give the body extra nutrients and to lighten the work of the kidneys by eating foods that pass through the kidneys easily.

Clients on a renal diet will have a special eating plan developed just for them based on their weight and the condition of their kidneys.

Doctors might order a renal diet for:

- People who have been diagnosed with renal disease.
- People who have some other condition that affects the kidneys, such as a birth defect, an infection, hardening of the arteries or diabetes.
- People on dialysis.



The kidneys filter waste products from the foods we eat.

What Are the Benefits of a Renal Diet?

- Most people who follow a renal diet are able to slow down their kidney disease—so it doesn't get worse as quickly.
- Following a renal diet may delay the need for dialysis.



- For clients who are already on dialysis, a renal diet prevents additional complications of the disease such as fluid overload, high blood pressure or an overdose of potassium.
- The renal diet also helps clients on dialysis stay strong until a kidney is available for transplant.

What Can Clients Eat On a Renal Diet?

Keep in mind that if you have two clients on a renal diet, each of them might be allowed to eat very different foods. This is because a renal diet is developed for people depending on how much they weigh and on how badly their kidneys are damaged. **Generally, a renal diet includes the following:**

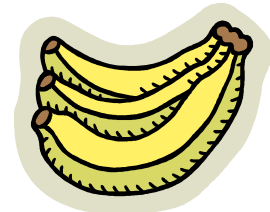
- A certain amount of **protein** that can be eaten everyday. Often, clients are restricted to a small amount of protein. This is because the kidneys have to work hard to filter
- the waste products that come from protein.
- A specific number of **calories** to be eaten every day.
- A **sodium** restriction so the body doesn't hold onto fluids and swell up.
- A **potassium** restriction to avoid serious heart problems that come from a build up of potassium.
- A **fluid** restriction since too many fluids make the kidneys work overtime.

Helping Clients Eat a Renal Diet

- Remember that the average person drinks at least 2 liters of fluid every day (think of a 2 liter soda bottle). Many clients on a renal diet are restricted to only **1 liter** a day.
- If your clients are on a fluid restriction, remember that **any food that is liquid at room temperature** also contains water. These foods include soup, Jell-O, custard, sauces and ice cream. Be sure to measure these foods and include them as part of the daily fluid allowance.
- Clients who complain about being thirsty—but who have a fluid restriction—might benefit by drinking from smaller cups and glasses. (This lets them have a glass of liquid more frequently than if they drink from a big glass.) You can also try freezing juice in an ice cube tray and serving it like a Popsicle—it lasts longer than a little glass of juice!
- You can also try cleansing and lubricating the client's mouth frequently. It's also a good idea to encourage the client to forget about being thirsty by doing a fun activity.



- Be sure you know whether your client is supposed to **restrict** protein (usually for people with early kidney disease) or is supposed to eat **lots** of protein (usually for people on dialysis since dialysis “washes away” protein).
- If your clients have a sodium restriction, they may be tempted to use a salt substitute to flavor their foods. Remind them that salt substitutes contain potassium and probably aren't good for them.
- If the doctor has prescribed a daily vitamin pill for your renal clients, be sure to remind them to take it.
- If your client has a potassium restriction, be sure you know which common foods are high in potassium. These include avocados, bananas, kiwis, dried fruit, oranges, melons, pears, potatoes, sardines, spinach and tomatoes. (*HINT: You can remove some of the potassium from potatoes by peeling them and soaking them in water for several hours. Drain before cooking.*)
- Encourage your clients to eat all the foods on their meal plan...and praise them when they stick to their diet!!



Therapeutic Diet #4: Low Sodium

Sodium is a mineral that's needed by our bodies to keep muscles and nerves working right and to balance the amount of water inside us. The average adult **needs** about 500 to 1000 milligrams of sodium every day. The average adult in America **eats** about 2000 to 5000 milligrams each day! Many of your clients might benefit from a low sodium diet.

The order for a low sodium diet might be for a specific amount of sodium, such as 1000 mg. (1 gram). Or, it might be an order for "No Added Salt" (NAS) which means the client shouldn't add any salt at the table.

Doctors might order a low sodium diet for:

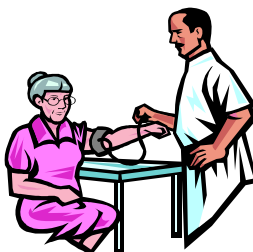
- People with high blood pressure.
- People who are *at risk* for high blood pressure.
- People who have had a stroke.
- People who have a lot of edema.



One **teaspoon** of table salt contains about **2000 milligrams** of sodium. The typical 26 ounce "box" of salt you'd buy in the grocery store has nearly **300,000 milligrams** of sodium!

What Are the Benefits of a Low Sodium Diet?

- Some people are especially "salt sensitive". This means that when they eat salt, their blood pressure *really* goes up. Following a low sodium diet will help them keep their blood pressure under control.
- Eating a low sodium diet decreases the risk of having serious problems like heart disease and



strokes.

- If clients take medications to lower their blood pressure, the drugs will work much better if the clients stick to a low sodium diet. And, chances are, your clients will be able to take *less* blood pressure medicine if they follow a low sodium eating plan.

What Are Some Low Sodium Foods?

Clients on a low sodium diet should eat:

- Lots of fresh fruits and vegetables.
- Small servings of meat, poultry, fish, dairy products and eggs—because these foods have more sodium.
- Very little canned and processed food—because these are the highest in sodium.

(Lots of foods have sodium added during processing. These include cheese, bacon, sausage, ham, pickles and sauerkraut.)

- No salty foods like chips, popcorn, pretzels and crackers.



Helping Clients Eat a Low Sodium Diet

- Remember that fast food is very high in salt! Discourage your clients from eating this type of food.
- To remove excess salt, rinse canned vegetables with water before cooking.
- Don't keep a salt shaker on the table or get one with really small holes.
- When clients first begin to eat a low sodium diet, it's best to cut down on salt *gradually*. This gives the taste buds a chance to adjust.
- Serve tuna packed in water instead of oil, and rinse it first with water.
- Remember that salt substitutes are really not a good idea because they keep the taste buds *used* to the taste of salt. It's better for your clients to get in the habit of flavoring their foods with other spices.
- If sodium is listed as one of the first three items on a food's ingredient list, then that food is **high** in sodium and should be avoided!
- Encourage your clients to use spices and herbs to flavor food. A pinch of sugar or a squeeze of lemon juice really brings out the flavor in fresh vegetables.
- If you buy groceries for your clients, look for salt-free canned goods.
- Offer snacks that are low in sodium like fresh fruits and vegetables.

Remember that processed foods are usually much higher in sodium than fresh foods. For example, a fresh tomato has only 14 milligrams of sodium. But, a cup of tomato soup (such as Campbell's) has over 900 milligrams—that's nearly a half a teaspoon of salt! When you have a choice, offer your clients fresh foods!



Therapeutic Diet #4: Diabetic Diet

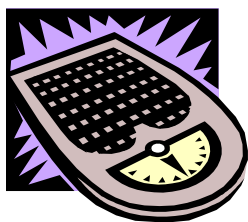
Nutritionists have different opinions about what makes up a diabetic diet. Some say that diabetics need to eat according to a careful “food exchange” program. Others say that they only need to “count” carbohydrates. Still others say that there is *no such thing as a diabetic diet*...and that diabetics just need to eat a variety of healthy foods. Why don't all nutritionists agree? It's because **every** food causes blood sugar to go up—not just sugar. So, if people with diabetes eat

no sugar, but continue to eat a lot of fats and high calorie foods, their blood sugar will still be out of control.

Overall, a nutrition plan for people with diabetes should include from 10 to 20% protein, no more than 30% fat and the rest (50 to 60%) carbohydrates.

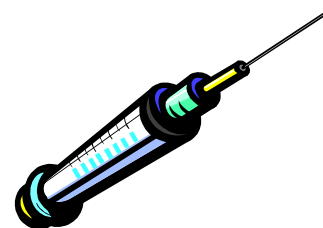
Doctors might order a diabetic diet for people with diabetes or for people who are at risk for the disease.

What Are the Benefits of a Diabetic Diet?



- Sticking to a diabetic eating plan helps many people lose weight. Getting to a reasonable body weight keeps a person with diabetes from developing serious complications.
- Some people with diabetes can avoid having to take medications or insulin by following a healthy diabetic diet.

- For people who must take medication—like insulin shots—for their diabetes, eating a diabetic diet usually keeps them from having to take as *much* medication.



What Foods Are Included in a Diabetic Diet?

Clients on a diabetic diet should eat:

- Lots of whole grains, including oats, brown rice and whole grain cereals and breads.
- Plenty of fresh fruits and vegetables.
- Small to medium portions of meat, poultry and fish. And, it's good to eat other kinds of



protein like lentils, dried peas and beans.

- Nonfat milk.
- Foods that are baked, broiled, poached, steamed or microwaved—but not fried.
- Very small amounts of sugar and fat.

Helping Clients Eat a Diabetic Diet

Remember that every food affects the blood sugar...some just take **longer** than others.

Here's the deal:

- A high fat food will cause a jump in the blood sugar in about *6 to 8 hours*.
- A food that is mostly protein will make the blood sugar rise in about *3 to 4 hours*.
- A starchy or sugary food (mostly carbohydrates) boosts the blood sugar in about *30 minutes!*

This is why a balance of foods is so important—especially for a person with diabetes.

- Remember that most people with diabetes can eat *some* sugar. The key is to only eat a little bit, once in a while. But, if a client's blood sugar is out of control, sugary foods are not a good choice.
- Keep in mind that people with diabetes are twice as likely to develop heart disease as people without diabetes. This means that your diabetic clients need to be very careful about limiting the fat in their diet.
- Check out food labels for sugar—and “hidden” sugars. Look at the ingredient list on the foods you prepare and/or serve. Any word that ends in “ose” is some kind of sugar—like fructose, glucose, and sucrose. If sugar is listed as one of the first three ingredients, then that food may not be a good choice for a diabetic client.
- Remind your diabetic clients that just because a food doesn't have sugar in it doesn't mean they can eat all they want. High calorie foods will make their blood sugar go up, too!
- Encourage your clients to get some daily exercise. Diabetics who exercise have a better time controlling their blood sugar.
- Checking blood sugar levels with a glucometer is the best way for diabetics to know if they are eating properly. If your clients are supposed to be checking their blood sugar—or having it checked for them—make sure it gets done as ordered. Report any abnormal results.

Reading Food Labels

- Every food that comes in a package has a “Nutrition Facts” food label. Even candy bars and breath mints have nutrition labels. So, if you aren’t in the habit already, it’s time you started checking out the labels on the food you fix—for yourself, for your family and for your clients.

Nutrition Facts	
Serving Size 2 cookies (31 g)	
Servings Per Container About 15	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1g	4%
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Protein 1g	
Total Carbohydrate 20g	7%
Dietary Fiber 1g	6%
Sugars 13g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

- Look at the nutrition label on this page. It’s a label from a box of cookies. The first thing to look at is the **servicing size**. Notice that one serving is *two cookies*. If you grab four cookies out of the box, you are eating *two* servings—and you’ll have to double all the information on this label. (For example, four cookies would be 220 calories and have 5 grams of fat.)
- The next thing to pay attention to is the number of **calories**. Remember, even a low fat food can have plenty of calories!
- Now, look at how many of those calories come from **fat**. You want this number to be low. *Remember the basic rule on low fat?* For every 100 calories, there should be no more than 3 grams of fat. Do these cookies pass the test? (Yes!)
- Next, look at the **type of fat** in these cookies. The total fat is 2.5 grams, but only 1 gram of it

is *saturated* fat. (That’s the kind that can most quickly “clog up” your blood vessels).

- It’s important to check out the **cholesterol** level. These cookies contain no cholesterol. That’s good!
- You can see that these cookies have 1 gram of **protein**, probably from the eggs used in baking them. Keep in mind that most people eat too much protein every day.
- How about **fiber**?

Would these cookies be a good choice for a client on a high fiber diet? Not really. There is only 1 gram of fiber in two cookies.

- As you might expect, these cookies have more **carbohydrates** than anything else. It’s true that carbohydrates give our bodies energy, but if we eat *too many* carbohydrates we tend to get fat.
- Look...these cookies have *no* **Vitamin A** or **Vitamin C**. There is no **calcium** in the cookies, but there is a little bit of **iron**—probably from the fortified flour used to make the cookies.
- You can learn a lot about nutrition if you pay attention to the labels on foods. It will help you make the right food choices for you and for your clients.

Some Final Tips...

- For all your clients, regardless of their eating plan, remember that portion size is very important. Many Americans eat too much food, and are used to seeing their plate piled with food at each meal. Check nutrition labels on food packages for the recommended serving size. And, keep these basic “rules” in mind:

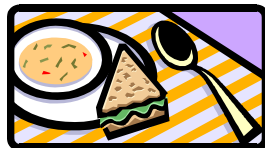
- One serving of meat is about the size of your palm or a deck of cards.
- For many vegetables, one serving is about a cup.



- A serving of pasta is usually only one cup—not a plate full of noodles!

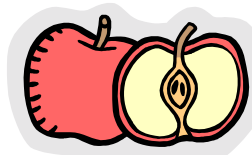
- For a lot of fruits, one serving is about half a cup.
- Less than a cup* of most breakfast cereals counts as one serving.
- One serving of bread is usually one slice!

- You can help with portion control by measuring foods for your clients. For example, pour salad dressing into a spoon first instead of directly on the salad. Or, put a piece of tape around a glass that shows your client where to stop pouring juice or milk. Serve meals on a smaller plate so that it looks really full.



- Encourage every client to make food choices that provide the most “bang” for the calories. For example, if Mrs. Jones satisfies her sugar

craving by drinking a can of Coke, what has she gotten? Just a lot of sugar. No vitamins. No minerals. No protein. A better choice



would be a sweet, juicy apple or orange which would give her more nutritional value for the calories.

- Help your clients eat a variety of foods. Everyone has favorite foods, but it’s important not to get stuck in a food “rut”. If your clients eat the same foods every day, they may not be getting enough vitamins, minerals, fiber or energy from their diet.
- Keep in mind that being on a special diet is difficult. Many people find it a real challenge—especially in the evenings and between meals. They may eat their *three meals* according to the meal plan, but they lose control at other times. You can help your clients by:
 - Suggesting activities that keep their minds off eating.
 - Offering healthy snacks for between meal eating. Plan an evening snack that fits into your clients’ eating plans.
 - Ask friends and family to help—by encouraging their loved ones and by not offering “forbidden” foods.
 - Help your clients understand the benefits of their particular eating plan. Remind them *why* their doctor ordered the diet and how much better they will feel when they follow it.
- PRAISE** your clients for the healthy food choices they make—every day!

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Are You "In the Know" About Therapeutic Diets?



Circle the best choice (or fill in the blank) and then check your answers with your supervisor!

1. Your client, Mrs. Burton, has coronary artery disease and is not allowed to eat fried foods or gravy. What kind of diet is she on?

- A. Low fat
- B. Low sodium
- C. High fiber
- D. Renal

2. Your client, Mr. Nelson, has a doctor's order for a low sodium diet. Which would be the best lunch for him?

- A. A bologna sandwich & some pretzels.
- B. A hot dot & some canned pears.
- C. A bowl of canned soup & two pickles.
- D. A grilled chicken breast sandwich & an apple.

3. **TRUE** or **FALSE**

An order for a therapeutic diet is a suggestion from the doctor and not a medical treatment.

4. **TRUE** or **FALSE**

A high fiber diet increases the risk of colon cancer because it makes the colon work harder.

5. **Clients who are on a renal diet must usually:**

- A. Drink extra fluids to "flush out" their kidneys.
- B. Eat some kind of meat at every meal.
- C. Be careful not to eat too many salty foods.
- D. Weigh themselves after every meal.

6. **Fill in the blank:**

Carbohydrates (starches and sugars) cause an increase in the blood sugar _____ minutes after eating.

7. **Fill in the blank:**

It's important to check the serving _____ on a nutrition label so that you don't serve your clients more food than their eating plan allows.

EMPLOYEE NAME _____

DATE _____

I understand the information presented in this inservice. I have completed this inservice and answered at least six of the test questions correctly.

Employee Signature _____

Inservice Credit: 1 hour

Supervisor Signature _____

Self Study _____

File completed test in employee's personnel file.

Group Study _____