

BACKGROUND

- NUTRITION PLAN CREATED ACCORDING to INDIVIDUAL NUTRITIONAL STATUS & REQUIREMENTS by REGISTERED DIETITIAN-NUTRITIONIST (RDN)
 - ~ RECOMMENDED by H.C.P.
 - ~ SIMPLE CHANGES in DIET or LIFESTYLE
 - ~ STRICT DIET
 - ~ ADVANCED: IV or TUBE FEEDING



SCHEDULE						
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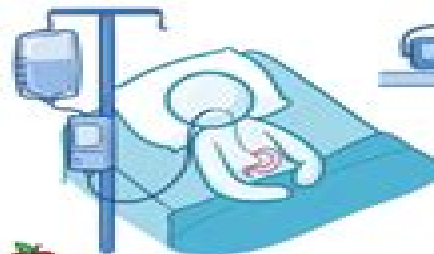
ASSESSMENT

- NUTRITION STATUS & HEALTH CONDITIONS
- BODY MEASUREMENTS
- BLOOD TESTS
- ESTIMATION of CALORIE INTAKE
- EATING HABITS, PORTION SIZES, & COOKING METHODS
- CHANGES in SMELL or TASTE
- USE of DENTURES or SWALLOWING DIFFICULTIES / ASPIRATION RISK
- FOOD INTOLERANCES & TASTE PREFERENCES



TREATMENT

- DIABETES MELLITUS
 - ~ IMPROVE GLUCOSE CONTROL
 - ~ PREVENT LONG-TERM COMPLICATIONS
- OBESITY
 - ~ LOSE WEIGHT
 - ~ ↓↓ CHOLESTEROL
 - ~ IMPROVE HYPERTENSION
- GI DISORDERS
 - ~ IBD, GERD, CELIAC DISEASE, IBS, SHORT BOWEL SYNDROME
- LIVER or KIDNEY DISEASE
- PREVENT MALNUTRITION
- TREATMENT of METABOLIC DISORDERS or SEVERE FOOD INTOLERANCES
- COMBINED with PSYCHOLOGICAL THERAPY in ANOREXIA & BULEMIA NERVOSA or BINGE EATING DISORDERS



Nutrition For DummiesR

Lauren Gardner



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