



Module 12 Study Notes



Essential Nutrients to Life

- *Water*
- *Carbohydrates*
- *Protein*
- *Fats*
- *Vitamins*
- *Minerals*

Types of Special Diets

- **Low-Sodium Diet**
 - Lowers salt, good for high blood pressure
- **Fluid-Restricted Diet**
 - Restricts fluids, good for congestive heart failure
- **Low-Protein Diet**
 - Restricts protein for individuals with impaired liver and or kidney function
- **Low-Fat/Low-Cholesterol Diet**
 - Helps lower cholesterol
- **Modified Calorie Diet**
 - Restricts calories to 1500-1800 K a day
- **Diabetic Diet**
 - Restricts sugary foods and starches



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- **Vegetarian Diet**
 - Avoids certain animal products such as meat and dairy
- **Liquid Diet**
 - All foods must be liquid
- **Soft and Mechanical Soft Diet**
 - All foods are soft enough to be easily smashed with a fork
- **Pureed Diet**
 - All foods are the consistency of a smoothie

- **Dysphagia**
 - Difficulty swallowing

- **Force Fluids (FF)**
 - A medical order to encourage a person to drink more fluids.
- **Restrict Fluids (RF)**
 - A medical order to limit the amount of fluids a person drinks to the level set by the doctor.
- **NPO (nothing by mouth)**
 - Medical order to withhold all food and fluids taken orally.
- **Dehydration**
 - A serious condition resulting from inadequate fluid in the body.
- **Fluid Overload**
 - A condition that occurs when the body cannot handle the amount of fluid consumed.



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- **Edema**
 - Swelling caused by excess fluid in body tissues.