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The term "diet therapy" refers to the usage of food and nutrition in controlling symptoms and creating the best possible life for yourself through health and wellness. Some illnesses can be effectively managed by altering your diet, and diet therapy is sometimes used

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What Are the Basic Principles of Diet Therapy? | Healthfully

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promotion. Nutrition. Nutrition science.
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educational, political, environment....
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Eat 4-5 light meals a day 3. Include essential foods (fish, vegetables, fruits)
4. Eat leisurely in pleasant surroundings
5. Eat the heaviest at noon 6. Avoid fatty foods 7. Avoid coffee 8. Drink hot milk before going to bed Reference: Basic Nutrition & Diet Theraphy by Maria Lourdes C. Caudal, RND. DIET THERAPY

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Purpose of Diet Therapy: 1.

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Chapters. You get a test bank for each chapter. PART 1: Introduction to Basic Principles of Nutrition Science 1. Food, Nutrition, and Health 2. Carbohydrates 3 ...

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The dietitian determines nutrition needs,

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plans and manages nutrition therapy, evaluates the plan of care, and records results. Throughout this entire process, the nurse helps to. develop, support, and carry out the plan of care. Successful care depends on the close teamwork of the dietitian and the nurse.

Chapter 17 Basic Nutrition and Diet

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Therapy (Nutrition Care)

WE ARE HAPPY to present the 5th edition of Fundamentals of Foods, Nutrition and Diet Therapy. This book is an introduction to Foods, Nutrition and Diet Therapy. The science courses studied at high school level are sufficient background for this course. This book has consistently been used by students

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components:

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- the workbook, to be completed by the staff member.

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