

Module 4: Modified diets



Activity 1

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1. Explain the concept 'modification in texture'.

The 'modification in texture' in a diet means that the consistency of foods and liquids is altered.

Proper preparation of **texture-modified diets** can help improve or maintain the nutritional status of a patient that requires a **texture-modified diet**. Thickened liquids are necessary when a patient has swallowing problems or cannot handle thin liquids without the risk of choking.

2. List the THREE types of modified-texture diets.

- Soft diet/puréed diet
- Mechanical soft diet/a minced, ground and chopped diet
- Modified regular diet
- Liquid diet

Any THREE; however the examination papers refer to the following THREE:

- Soft diet/puréed diet
- Mechanical soft diet/a minced, ground and chopped diet
- Liquid diet

Definitions:

- Soft diet/puréed diet: A diet for people with a gastrointestinal condition, which includes foods that soft and easy to chew and swallow.
- Mechanical soft diet/a minced, ground and chopped diet: A diet for people who have difficulty in chewing because of a lack of teeth, and includes food that are minced, ground or chopped.
- Modified regular diet: A diet that consists of foods that are normally soft and moist.
- Liquid diet: A diet for people with intolerance for solid food and have difficulty swallowing solid foods.

Additional information:

Food textures can be modified by adding more fluid, cooking for longer, straining and using thickening agents. When altering the consistencies of food, individual foods should be kept separate for both flavour and appearance. Mixed consistency foods (e.g. soup with vegetables) can be challenging, because the person must be able to handle the liquid and the solid.

Liquids also vary in consistency:

- Thin/regular, such as water and juice.
- Naturally thick, such as fruit nectars.
- Mildly thick, such as thin custard or yoghurt.
- Moderately thick, such as mashed potato, thick gravies and jelly.

Thin liquids are often the most difficult to swallow because they move very quickly and so require very good oral control to keep them in the mouth and to control how they move back to be swallowed. Thicker liquids have more mass, shape and tend to move more slowly – this can compensate for weakened oral skills and sluggish swallow movements. They may not be as thirst quenching and are often more filling than thin fluids.

Additional activity**3. What is the difference between a mechanical soft diet and a soft diet?**

Mechanical soft diet	Soft diet
<ul style="list-style-type: none"> • May be prescribed if you have difficulty chewing or swallowing. • May also be recommended as a transitional diet from a liquid diet to a regular diet if you are recovering from surgery or a long illness. • Includes soft and easy-to-chew foods. • It is for people who are learning to use dentures or after radiation therapy involving the head and neck. • Foods are cooked, chopped, blended, ground, or shredded. 	<ul style="list-style-type: none"> • Made up of foods that are soft and easy to chew and swallow. • These foods may be chopped, ground, mashed, puréed, and moist. • Followed if a person has had certain types of surgery, such as head, neck, or stomach surgery. • Also called a low-fibre diet or a bland diet. • The only diet that encourages low-fibre foods and refined, processed carbohydrates. • Involves choosing foods that are soft, easy to chew, and gentle on the stomach. • Aims to make the digestive process easy on the body. • A temporary solution for when the body needs to heal, but cannot provide all the nutrients required.
Foods to avoid	Foods to avoid
<ul style="list-style-type: none"> • All foods that are difficult to chew, including tough meats, raw and dried fruits and vegetables, bread with a thick crust, nuts and seeds. 	<ul style="list-style-type: none"> • Wholewheat and wholegrain breads • Starches: dry bread, toast, crackers, granola and cereal • Raw vegetables: broccoli, cauliflower, corn, peas and carrots • Beans and nuts, including peanuts • Brown and wild rice • Berries • High-fibre and fibre-enriched cereals • Carbonated beverages (e.g. soda) • Fruits: raw, crisp fruits, such as apples and pears and dried fruit
Foods to include	Foods to include
<ul style="list-style-type: none"> • Cooked fruits and vegetables, ground meats, soft cheese and other dairy products, and softened bread and cereals. • Any liquid. • Legumes that are cooked properly. • All cooked food that is chopped should be smaller than 6 mm in size. • Bread and cereals can be softened with some liquid before eating. 	<ul style="list-style-type: none"> • Eat canned vegetables and fruit as opposed to fresh produce. • Eat softer sources of protein, such as eggs and well-cooked fish. • Drink plenty of water to keep hydrated and keep the digestion going because of the lack of fibre. • Avoid foods that are high in fibre content or difficult for your body to digest.



Examples:

- Dairy products: yoghurt, soft cheese, cottage cheese and cream cheese
- Ice-cream, sherbet, sorbet or frozen yoghurt without nuts
- Pudding and custard
- Butter or margarine
- Ground cooked chicken, turkey, beef or pork
- Thinly shaved deli meats (chopped into small pieces)
- Tuna, egg, seafood or chicken salad (shredded or cut into small pieces) without any added raw vegetables
- Tofu
- Peanut butter (smooth only, no chunky peanut butter)
- Soft-cooked vegetables (without seeds or skins, and chopped into small pieces)
- Mashed potatoes or sweet potatoes (without the skins)
- Clear and creamed soups with chopped or shredded meats and vegetables
- Soft fruits, like bananas and ripe peaches
- Jams and fruit preserves without seeds
- Cereal without nuts or dried fruits
- White bread and crackers softened in liquid
- Cooked white rice or pasta
- Plain cake and soft cookies without nuts, chips, raisins or candies
- Gravies and sauces

Examples:

- Puréed fruit (such as apple sauce)
- Canned fish and poultry
- Fruit and vegetable juice
- White rice
- Egg noodles
- White bread
- Mashed potatoes
- Bananas
- Mangoes
- Avocados
- Cottage cheese
- Tea



Activity 2

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Describe the following diets:

1. Low-fat diet

Description:

- A low-fat diet is a diet that restricts fat, namely saturated fat and cholesterol.
- Low-fat diets are intended to reduce diseases such as heart disease and obesity.
- Reducing fat in the diet can make it easier to cut calories.

Foods to include:

- Eat a variety of lower-fat foods to get all the nutrients you need.
- Eat plenty of plant foods (such as wholegrain products, fruits, and vegetables).

1. Low-fat diet (continued)	<ul style="list-style-type: none"> • Eat a moderate amount of lean and low-fat, animal-based food (meat and dairy products) to help control your fat, cholesterol, carbs, and calories.
2. Low-sodium diet	<p>Description:</p> <ul style="list-style-type: none"> • A low-sodium diet is a diet that restricts the intake of salt found in food. • Eating too much salt causes the body to keep or retain too much water, worsening the fluid build-up that happens with heart failure. • Following a low-salt diet helps keep high blood pressure and swelling (also called edema) under control. • It can also make breathing easier if you have heart failure. <p>Foods to include:</p> <ul style="list-style-type: none"> • Eat more non-processed foods, such as fresh vegetables, fruit, fish and meat.
3. Low-protein diet	<p>Description:</p> <ul style="list-style-type: none"> • A diet that reduces the intake of protein. • Prescribed for people with kidney or liver disease. • Restrict high-protein foods such as meat, fish, eggs, poultry and dairy products. <p>Foods to include:</p> <ul style="list-style-type: none"> • Vegetable products (breads, cereals, rice, pasta, dried beans) that are considered “low-quality protein.”

Additional activity

Give reasons why it is necessary to follow instructions when given a low-fat, low-salt or low-protein diet to prepare:

- Allows the individual to make healthy choices and not just limit the intake of foods.
- Will lower the risk of the various diseases that led to the above diets.
- Improves health conditions and life-style.
- Will assist individuals to make good food choices when they eat out at restaurants as well as at home.
- Will assist individuals to make healthy choices when purchasing food items.
- Increases knowledge when reading food labels.



Activity 3

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Explain the term ‘reduced diet’ and give examples of these diets.

A diet designed to control fat, cholesterol, carbohydrates or calorie intake in order to lose weight.

Examples of REDUCING diets:

1. Reducing fat consumption	<p>Reducing fat/saturated fat in the diet reduces the risk of heart disease and will help lower blood cholesterol levels.</p> <p>Eating fewer high-fat foods means more room for fruits, vegetables, grains, and beans.</p>
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<p>1. Reducing fat consumption (continued)</p>	<p>Tips:</p> <ul style="list-style-type: none"> • Eat more fruits and vegetables. • Eat more fish and chicken. Remove the skin from chicken before cooking. • Eat leaner cuts of beef and pork, and trim as much visible fat as possible before cooking. • Bake or grill meats and avoid frying. Avoid breaded/coated meats and vegetables. • Use fat-free or low-fat milk instead of full-cream milk. • Use fat-free plain yoghurt or a blend of yoghurt and low-fat cottage cheese instead of sour cream. • Avoid cream and cheese sauces, or make recipes with low-fat milk and cheese. • Snack on pretzels or unbuttered popcorn instead of chips. • Cook with herbs, spices, lemon juice, etc. instead of butter or margarine. • Use liquid oils, particularly canola, olive or sunflower. • Read the nutrition labels on all products. Many “fat-free” products are very high in carbohydrates. • Compare the fat content of similar products. • When eating in a restaurant, ask that the sauces and dressings be served on the side. • When baking or cooking, use two egg whites instead of one whole egg in recipes. • Limit products containing saturated fats such as margarine, vegetable shortening, packaged snacks, pre-made baked products, fried foods and coffee creamers.
<p>2. Reducing cholesterol consumption</p>	<p>Reducing the intake of meat fats, egg yolks and dairy products high in fat.</p> <p>Tips:</p> <ul style="list-style-type: none"> • Limit your intake of foods containing saturated fats, such as butter, fatty meat, and full-fat dairy products. • Avoid organ meats, egg yolks and shellfish. • Eat fibre-rich foods such as beans, oats, barley, fruits and vegetables. • Eat foods rich in omega-3 fatty acids. • Choose protein-rich plant foods such as legumes or beans, nuts and seeds rather than meat. • Choose fats and oils, e.g. canola and olive oils, with 2 grams or less saturated fat per tablespoon. • Read the labels of food products.
<p>3. Reducing sugar consumption</p>	<p>Eating plans that are focused on reducing or eliminating the amount of sugar that a person consumes.</p> <p>Sugars, which are a form of carbohydrate, occur naturally or are added to foods and beverages.</p> <p>Tips:</p> <ul style="list-style-type: none"> • Read the nutrition labels of food products. • Remove sugar (white and brown), golden syrup, honey and molasses from the table.

<p>3. Reducing sugar consumption (continued)</p>	<ul style="list-style-type: none"> • Instead of adding sugar to sweeten oatmeal or cereal, top the bowl with fruit. • Choose low-calorie or sugar-free drinks instead of sugar-sweetened beverages. Drink plain or sparkling water. • Enjoy fruit for dessert instead of biscuits or pastries. • Cut the amount of sugar used in recipes for cakes and biscuits or substitute sugar with unsweetened apple sauce. • Be mindful of condiments such as tomato sauce and barbecue sauce, which can be high in sugar, and use lower-sugar options such as salsa or mustard.
<p>4. Reducing energy consumption</p>	<p>Eating plans that are focused on foods low in energy, such as fruits, vegetables, and other low-fat foods, as part of a reduced-energy diet that is associated with weight loss.</p> <p>Tips:</p> <ul style="list-style-type: none"> • Include large portions of fruits and vegetables into meals. • Snack on fruits and vegetables. • Add starchy fruits and vegetables, whole grains, legumes, lean meats, and low-fat dairy foods to meals to create a balanced diet. • Pay attention to portion sizes of fried foods, dairy foods that are not reduced in fat, fatty cuts of meat and non-whole grains. Include occasionally in small portions. • Pay attention to portion size of foods such as crackers, biscuits, and chips as well as high-fat foods like croissants, margarine, and bacon. These foods provide a large number of calories and can easily be over-consumed. • Consume foods such as nuts and olives, which have a high amount of polyunsaturated and monounsaturated fatty acids in moderate portions.
<p>5. Reducing carbohydrate consumption</p>	<p>Eating plans that are focused on foods low in carbohydrates (low-carb diet), such as sugary foods, pasta and bread and replaced with foods including protein, natural fats and vegetables.</p> <p>Tips:</p> <ul style="list-style-type: none"> • Exclude sugar-sweetened drinks from the diet. • Replace fruit juice in the diet with juice to which a small amount of fruit is added. Fruit juice contains as many carbohydrates as sugar-sweetened beverages. • Limit or exclude the intake of bread. • Eat vegetables instead of potatoes or breads in restaurants with meals. • Eat non-starchy vegetables. • Include eggs and high-protein foods at breakfast time. • Eat healthy high-protein foods such as eggs, poultry, fish, meat, nuts, cheese, cottage cheese and Greek yoghurt. • Substitute flour with almond or coconut flour when baking or covering food. • Replace milk with almond or coconut milk. • Prepare foods with health fats, e.g. virgin coconut oil and extra-virgin olive oil. • Use sweeteners instead of sugar. • Read food labels of food products.



Activity 4

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1. Give FIVE tips of the following health trends in nutrition:

1.1 Low cholesterol	<ul style="list-style-type: none"> • Restrict the intake of meat fats and egg yolks. • Include low-fat or fat-free dairy options in the diet. • Eat foods that contain unsaturated fat instead of saturated or trans-fats (Artificial fats or trans-fatty acids are created in an industrial process. Look out for them on the ingredient list on food packages.). • Avoid foods high in saturated fats, which include: meat pies, sausages and fatty cuts of meat, ghee, lard, cream, hard cheese, cakes and biscuits, and food containing coconut or palm oil. • Replace foods containing saturated fats with foods that are high in unsaturated fats, such as: oily fish e.g. mackerel and salmon; nuts e.g. almonds and cashews; seeds e.g. sunflower and pumpkin; vegetable oils and spreads e.g. sunflower, olive, corn, walnuts and grape seed oils. • Reduce the total amount of fat in the diet. • Microwave, steam, poach, boil or grill instead of roasting or frying. • Choose lean cuts of meat and low-fat varieties of dairy products and spreads, or eat small amounts of full-fat varieties. • Being active can help to lower cholesterol levels.
1.2 Low fat	<ul style="list-style-type: none"> • Be aware of invisible fats in foods such as cakes, gravies, dressings, fried foods, etc. • Include low-fat or fat-free products. • Use low-fat spread or omit it altogether. • Remove fat from meat or skin from chicken. • Remove dripping fat from meat when making gravies. • Use alternative thickening agents, such as cornflour, instead of a roux when making sauces. • Grill or roast meat instead of frying it. • Season vegetables and salads with lemon juice, vinegar, herbs and spices instead of rich sauces and dressings. • Read the nutrition labels on food to determine the fat content. Choose food low in saturated or trans fats. • Choose lean meats, fish and poultry. • Choose foods rich in omega-3 fatty acids, such as salmon, flax seed and walnuts.
1.3 High and low fibre	<p>High-fibre diet:</p> <ul style="list-style-type: none"> • Include foods high in soluble fibre e.g. oats, beans and peas, apples and oranges and green leafy vegetables such as cabbage and spinach. • Eat the vegetables above without additional fats, such as fatty sauces or butter. • Eat plenty of bread, pasta, rice and potatoes. • Choose wholewheat bread and pasta, and brown rice.

1.3 High and low fibre (continued)

- Eat wholewheat scones, muffins or buns.
- Enjoy plenty of breakfast cereal with low-fat milk and no sugar. Choose wholegrain varieties with little or no added sugar.
- Avoid sugar-coated cereals.
- Use more pulses, such as beans, peas, lentils and split peas in cooking dishes like cottage pie, curry, pasta sauces, etc.
- A high-fibre diet must be balanced and must include a variety of food from the five food groups.
- Raw vegetables and fruits must be included daily.
- Extra fibre can be added by sprinkling 1–2 tablespoons of bran onto food.
- Drink at least 8 glasses of water per day.
- Daily exercise is important.

Low-fibre diet:

- High-fibre food is excluded from the diet for a period of time.
- Supplement the diet with calcium, iron and multivitamins.
- These diets are used for people suffering from intestinal disorders.

2. Suggest ways of increasing the fibre intake of your diet. Write these ideas in a poster format for presentation in class or to use in your kitchen.



Example of content on a poster:

Increasing fibre in the diet

- Eat raw fruit & vegetables daily.
- Drink 8 glasses of water.
- Eat vegetables.
- Eat plenty of bread, pasta, rice and potatoes.
- Eat wholewheat bread and pasta, and brown rice.
- Include foods high in soluble fibre.
- Eat oats, beans and peas, apples and oranges and green leafy vegetables such as cabbage and spinach.
- Eat wholewheat scones, muffins or buns.
- Eat the vegetables above without additional fats, such as fatty sauces or butter.
- Enjoy plenty of breakfast cereal with low-fat milk and no sugar.
- Choose wholegrain varieties with little or no added sugar.
- Avoid sugar-coated cereals.
- Use more pulses, such as beans, peas, lentils and split peas in cooking dishes like cottage pie, curry and pasta sauces, etc.
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