

Module 4 – Modified diets

MODIFICATION IN TEXTURE

Dietary modification means altering the consistency of foods and liquids.

Three types of modified-texture diets:

1. Puréed diet;
2. A minced, ground and chopped diet; and
3. A modified regular diet.

Module 4 – Modified diets (continued)

SPECIAL DIETS

Special diets include:

- Low-fat diets;
- Low-sodium diets;
- Low protein diets.

Module 4 – Modified diets (continued)

REDUCING DIETS: BASIC PRINCIPLES, FOOD ALLOWED AND FOOD TO AVOID

It takes more than just eating low-fat foods to lose weight –one must also watch how many calories one eats. Trans fats, cholesterol and sodium are recommended to avoid when dieting.

Module 4 – Modified diets (continued)

HEALTH TRENDS IN NUTRITION

Different health trends include:

- Lowering cholesterol content;
- Lowering fat content;
- Raising fibre content; and
- Lowering fibre content.