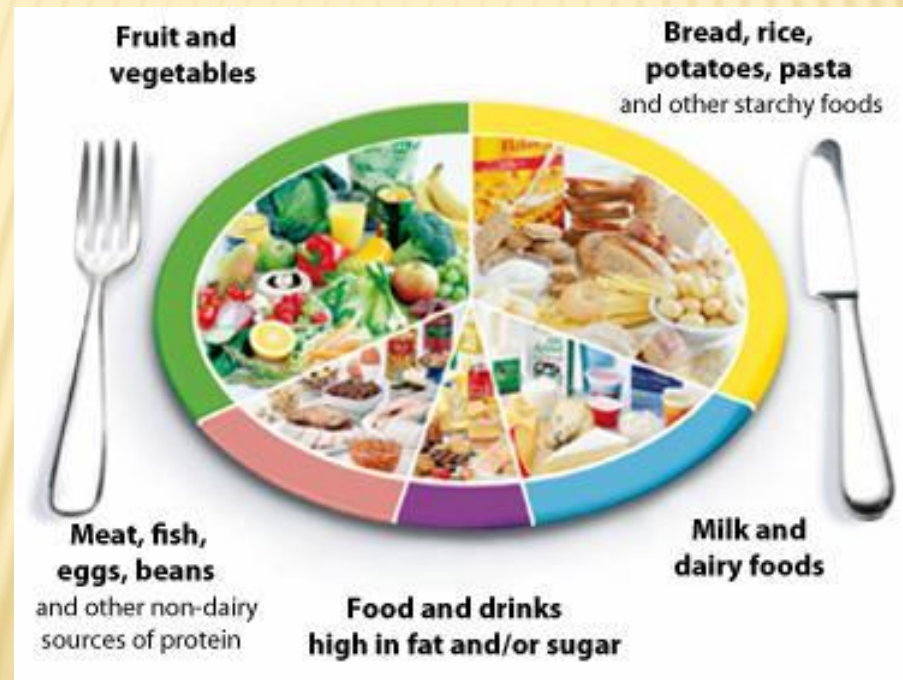


**"THE ORGANIZATION OF CLINICAL
NUTRITION IN THE MEDICAL
ORGANIZATION."**

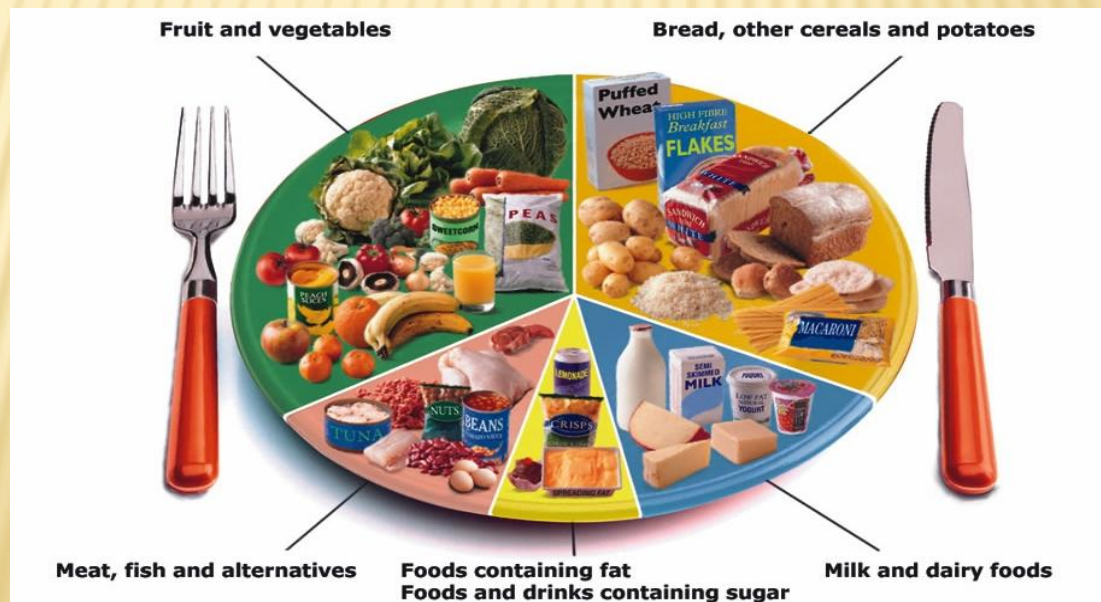
□ Balanced diet is called food, organized in accordance with the real needs of the people and provides an optimum level of metabolism.



- Proper distribution of the food and the selection of dishes throughout the day - one of the most important conditions for a healthy diet.



- Distributing products for breakfast, lunch and dinner, it is necessary to take into account, in any kind of product and the quantity needed or that a family member - depending on age and profession



-
- Diet therapy (Greek Δίαιτα - lifestyle, food + Greek mode Θεραπεία- therapy, treatment, rehabilitation, medicine..), A therapeutic method consisting in the treatment of various illnesses a special diet; However, as a health food.



The Food Pyramid



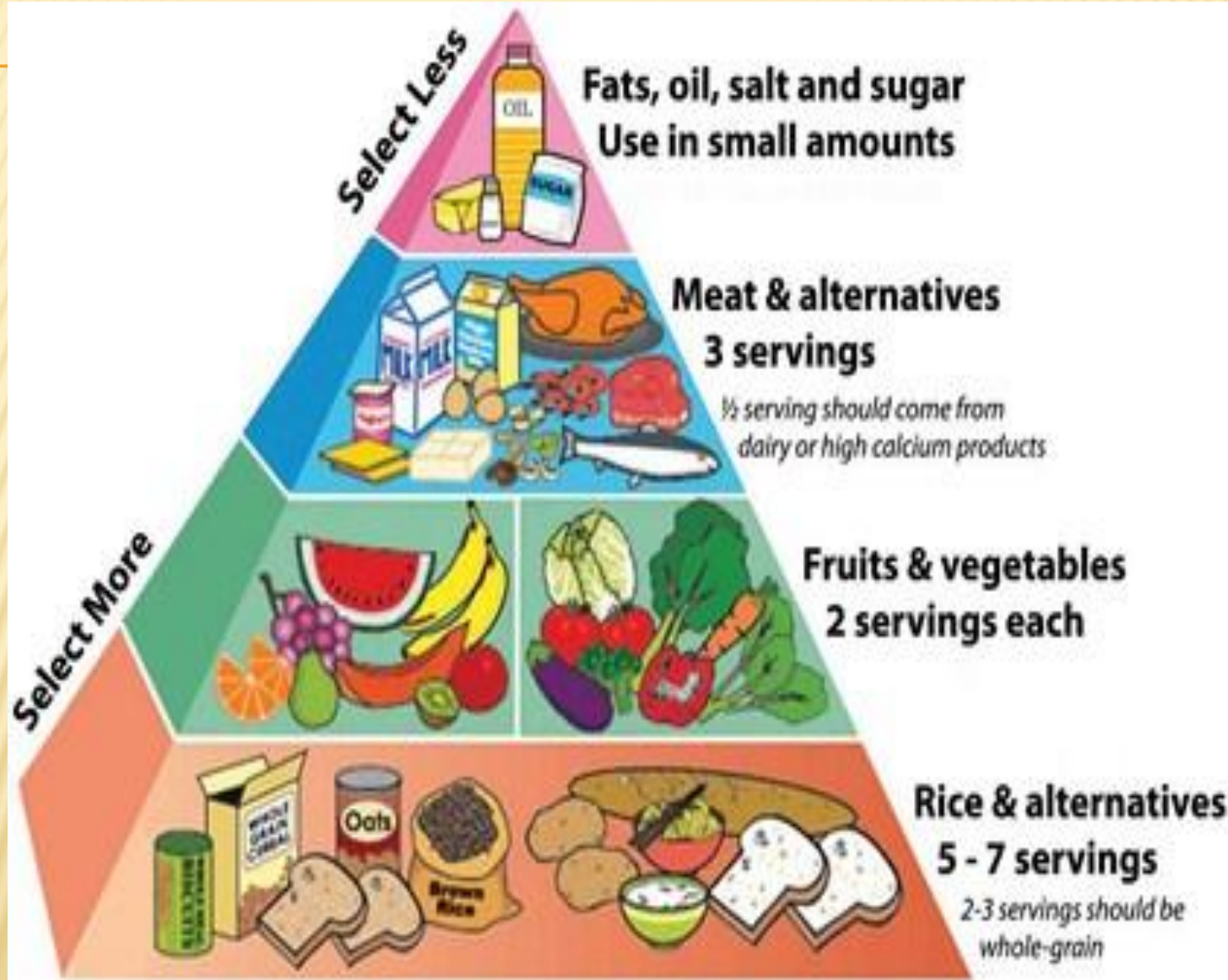
Drink 6 to 8 glasses of water or fluid daily

Source: Hong Kong Department of Health,
Central Health Education Unit website, December 2012 version

- Diet therapy - is the use of food for the treatment of various diseases. The basis of the diet therapy on the theory of a balanced diet.



-
- Influence of nutritional therapy is determined by qualitative and quantitative composition of food (proteins, fats, carbohydrates, vitamins, minerals, trace elements, etc.), Its calorie content, physical properties (volume, temperature, consistency), the power mode (reception hours, the distribution of food for day rate receptions), therapeutic effect of individual products.



-
- Clinical nutrition administered in the form of special diets (therapeutic diets) in view of the pathogenesis of the disease characteristics of the course, basic and associated diseases in a patient.



- Diet therapy is strictly consistent with the general plan of treatment. Sometimes herbal medicine is the main method of treatment is sometimes a mandatory medical background against which all other applicable, including specific, therapy.



Strong Acids	Mild Acids	Mild Alkaline	Strong Alkaline
 Sugary Sodas & Coffee	 Cheese	 Apples & Oranges	 Dark leafy greens like kale or spinach
 Beef	 Fish	 Broccoli & Carrots	 Watermelon
 Fried foods	 All alcohol	 Avocados	 Genesis Today's Acai Berry Juice
 Sugar	 Dairy	 Almonds	 Kelp Alkaline Water

- In some cases, the individual indications, in addition to the basic diet, used daily regime - "contrasting days" - milk, cottage cheese, apple, watermelon, potato probation etc.

HOME TASK

- DESCRIPTION Therapeutic diets

