

your health. Eating a good, balanced diet to maintain strength and healthy weight is essential for people with liver problems, for example, advanced liver disease.

Diet for Diabetes: If you have diabetes, your body cannot make or properly use insulin. This leads to high blood glucose, or blood sugar levels. Healthy eating helps keep your blood sugar in your target range. It is a critical part of managing your diabetes because controlling your blood sugar can prevent the complications of diabetes.

Diet for Blood Pressure: The low-salt Dietary Approaches to Stop Hypertension (DASH) diet is proven to help lower blood pressure.

Diet for Brain Health: A balanced diet plays an important role in improving brain health and reducing the chances of neurological problems and diseases such as Alzheimer's and Diabetes. A balanced diet consists of brain food i.e. food that is good for nerves and muscles.



OUR SPECIALTIES

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**DEPARTMENT OF
CLINICAL
NUTRITION**

"Every time you eat or drink, either you are feeding disease or fighting it."

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WHAT IS DIET THERAPY?

Diet Therapy is a broader term for the alteration or adoption of a diet to prevent or treat a disease or to simply promote optimum health. In some cases, an alternative dietary lifestyle plan may be developed to eliminate certain foods to reclaim health.

A healthy diet is essential for good health and nutrition. It protects you against many chronic non-communicable diseases, such as cardiac disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats are essential for a healthy diet.

WHAT IS THERAPEUTIC DIET?

A Therapeutic Diet is a meal plan that controls the intake of certain foods or nutrients. It is part of the treatment of a medical condition and is normally prescribed by a physician and planned by a dietician. A therapeutic diet is usually a modification of a regular diet.

Therapeutic Nutrition is specially designed for diseases like diabetes, cardiovascular diseases, and obesity. Therapeutic nutrition raises the therapeutic effects of particular foods for specific health conditions. You get preventive care for the developing disease. If you suffer from some disease, it helps prevent the progression.

A BALANCED DIET

A Balanced Diet is a diet that contains different kinds of foods in certain quantities and proportions so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequate and a small provision is reserved for additional nutrients to endure the short length of leanness.

OBJECTIVES OF DIET THERAPY:

- ▶ To maintain a good nutritional status, correct deficiencies or disease, if any.
- ▶ To afford rest to the whole body or the specific organ affected by the disease.
- ▶ To adjust the food intake to the body's ability to metabolize the nutrients during the disease.
- ▶ To correct nutrient deficiencies that may have occurred due to the disease.

ESSENTIAL NUTRIENTS THAT OUR BODY REQUIRES

Protein: You need protein in your diet to help your body repair cells and make new ones. Protein is also important for growth and development in children, teens, and pregnant women.



Carbohydrates: Carbohydrates are your body's main source of energy. They help fuel your brain, kidneys, heart muscles, and central nervous system.

Fats: They help the body with the storage of energy and insulation and protection of vital organs. They act as messengers, helping proteins do their jobs.



Vitamins & Minerals: Vitamins and minerals are considered essential nutrients—because acting in concert, they perform hundreds of roles in the body.

They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy and repair cellular damage.

Water: Water carries nutrients to all cells in our body and oxygen to our brain. Water allows the body to absorb and assimilate minerals, vitamins, amino acids, glucose and other substances. Water flushes out toxins and waste.



Fibres: Dietary fibre is important for our digestive health and regular bowel movements. Fibre also helps you feel fuller for longer, can improve cholesterol and blood sugar levels and can assist in preventing some diseases such as diabetes, heart disease and bowel cancer.

DIET FOR GOOD HEALTH

Diet for Heart: Diet is an important risk factor in coronary heart disease. Food-related risk factors include obesity, high blood pressure, uncontrolled diabetes and a diet high in saturated fats. A low-saturated fat, high-fibre, high plant food diet can substantially reduce the risk of developing heart disease.

Diet for Kidney: Following a kidney diet may help promote kidney function and reduces the progression of complete kidney failure.

Diet for Liver: Good nutrition can help to support your liver to function which plays a crucial role in