

Managing a Patient's Dietary Needs
by Marie McCullagh & Ros Wright

A Pre-reading

What is regarded as a 'healthy diet' in your country?

B Key words

1. Match the words to the definitions.

- | | | | | |
|---------------|------------|-------|-----------|-------------|
| expend | metabolism | hype | adherence | perceived |
| carbohydrates | nutrients | dairy | consensus | intolerance |

- a) _____ is when something is publicized a lot on TV, radio, newspapers etc. in order to maximize interest.
- b) _____ means that there is general agreement on a particular issue.
- c) Foods rich in _____ include bread, pasta, rice, and breakfast cereals.
- d) Milk, yoghurt and cheese are examples of _____ products.
- e) _____ are substances which are needed to support living plants and organisms.
- f) _____ means to continue to obey a rule.
- g) A _____ benefit is something that people think will help them (whether or not it really does).
- h) Having an _____ to a food means that you have problems digesting it.
- i) _____ refers to all the chemical processes in your body, especially those that cause food to be used for energy and growth.
- j) To _____ energy means to use it up.

2. Match the words on the left with the definitions on the right.

adjust (downwards)	not as it seems
cheer up	enough
deceptively	feel happier
irresponsible	price to be paid
penalty	reduce
sufficient	interest for potential self-benefit
vested interests	not considering results of actions

C Comprehension check

Read the text below and write T (true) or F (false) next to each of the statements.

- 1. Healthy eating guidelines should be followed in all cases.
- 2. Liking or disliking particular foods depends completely on the individual.
- 3. Mood can affect food choices.
- 4. Less than 50% of Britain's population is overweight.
- 5. Obesity management should encourage patients to aim for immediate rapid weight loss.

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What is a healthy diet?

Concepts of a 'healthy diet' have steadily altered across time in response to beliefs and research, and at no other time in history have we had access to so much evidence of the impact of food on the human body. Despite considerable 'hype' from those with vested interests and frivolous speculation from irresponsible journalism, there is now a clear consensus about what a 'healthy diet' consists of, which has remained relatively consistent over the past few years. The UK Department of Health's guidelines for a healthy diet are represented in the health promotion tool, the 'plate model', which shows the five major food groups and the proportion each should contribute to the dietary intake.



The balance of good health



Tips for eating well

- Base your meals on starchy foods
- Eat lots of fruit and vegetables
- Eat more fish
- Cut down on saturated fats and sugar
- Try to eat less salt, no more than 6g a day

Additionally, it is recommended that each individual should eat five or more portions of a variety of fruit and vegetables a day. However, people who are unwell often require a more energy-dense diet in order to obtain sufficient nutrients to meet their needs and therefore adherence to healthy eating guidelines may not be appropriate. In addition, some people are prescribed a therapeutic diet for a particular medical condition and are required to avoid certain types of food. The type of diet outlined above is not suitable for those under five years of age.

Appetite and choices

There are many factors regarding food choices. For example, we consume food because of its perceived benefits or for its own sake, because it tastes good or for comfort. By the same token we avoid foods because of their dangerous properties ('bread is fattening', 'eggs are binding'), because of our intolerance or allergy to them, or because of dislike or unfamiliarity. Social factors are important in determining how we come to like or dislike certain foods. Parental choice can, for

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example, influence children one way or the other. People can develop long-term food preferences that are stable over long periods of time and unaffected by changes in their mood or environment; these can be highly resistant to change if a more healthy diet is advised. Some food preferences change from day to day and are more likely to be affected by mood. For example, we may choose to eat a bar of chocolate to 'cheer ourselves up', or have a glass of champagne to celebrate an event.

Body Mass Index

Weight in relation to height is considered an accurate way of assessing the degree to which a person is under- or overweight. Body Mass Index (BMI) is commonly used for this reason. This can be calculated as follows:

BMI calculation = weight (kg)/height (m²)

Reference ranges for desirable BMI =

<18.5	underweight
18.5-24.9	normal weight
25-29.9	overweight
>30	obese

Obesity

Nearly half of Britain's population is overweight and one in five is clinically obese. The equation is deceptively simple: the energy expended must be balanced by the energy gained. The body's metabolism slows over time, so as people become less active because of age, they need to adjust their intake downwards and try to keep their activity level up. Obesity can reduce a person's life expectancy, the increased weight relating to conditions such as type II *diabetes mellitus*, osteoarthritis, sleep apnoea and coronary heart disease. The client with obesity may well experience psychological and social penalties too. The treatment of obesity should be individualised and include assessment and goal-setting. It should be based on diet, activity and behavioural change. The initial aim of obesity management is to stabilise weight and prevent further weight gain. Following this, a moderate weight loss can be attempted, followed by further weight loss and weight maintenance. If diet, activity and behavioural change are successful in isolation, surgery or drug therapy may be offered. Prevention is, however, better than cure and currently there are lots of national and local initiatives to try and address the significant public health problem of obesity in this country.

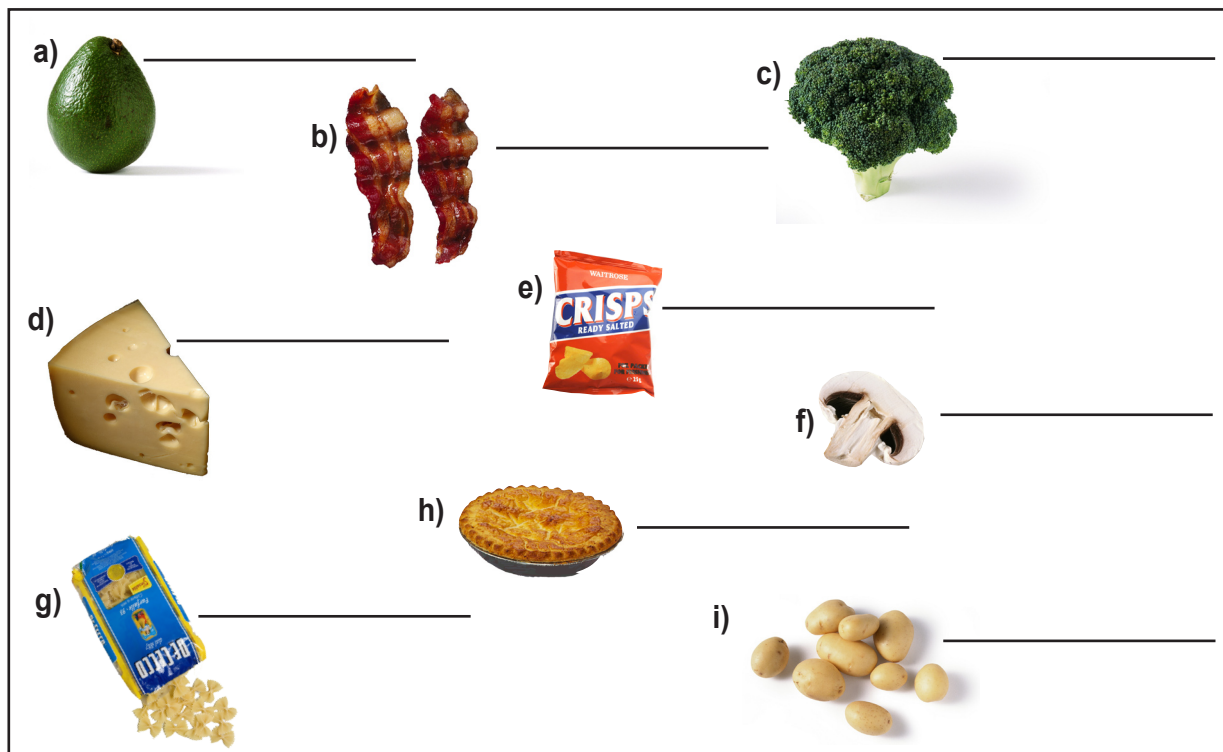
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D Vocabulary development

1. Label the pictures with the names of the foods



2. Put each of the words below into the correct category from the plate model.

avocado, bacon, beef, bread, broccoli, burgers, butter, celery, cheese, chips, cod, cola, cream, crisps, haddock, lamb, lentils, lime, mango, noodles, nuts, omelette, pasta, pies, pork, porridge, potatoes, rice, sardine, spinach, tuna, yoghurt

Fruit and veg	Dairy products	High complex carbohydrates	High protein	High in fats / sugars

3. Add some other foods that are typical in your country (or the country you are working in) to the table.

E Discussion

To what extent do you agree with the concept of a 'healthy diet' as defined by the UK Department of Health? Can you think of any difficulties that somebody might have in following the diet?

F Follow-up

Choose five processed foods. Determine the amount of protein, carbohydrate and fat contained in each 100g, using the information on the product packaging or from the Internet. Calculate how much of each product somebody would need to consume in order to reach the recommended daily allowance for protein, carbohydrate and fat.

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ANSWER KEY

B Key words

1.
a) hype
b) consensus
c) carbohydrates
d) dairy
e) nutrients
f) adherence
g) perceived
h) intolerance
i) metabolism
j) expend

2.

Sufficient – Enough

Cheer up – Feel happier

Deceptively – Not as it seems

Adjust ... Downwards – Reduce

Penalty – Price to be paid

vested interests – Interest for potential self-benefit

Irresponsible – Not considering results of actions

C Comprehension check

1. F
2. F
3. T
4. T
5. F

D Vocabulary development

1.
a) avocado
b) bacon
c) broccoli
d) cheese
e) crisps
f) mushroom
g) pasta
h) pie
i) potatoes

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ANSWER KEY

2.

Fruit and veg	Dairy products	High complex carbohydrates	High protein	High in fats / sugars
broccoli spinach avocado mango	yoghurt cream butter cheese	bread pasta rice potatoes porridge	beef lamb pork bacon cod haddock tuna salmon sardine omelette lentils nuts	cola crisps chips burgers pies

E Discussion

Some people may have difficulty affording some foods, particularly fresh fruit and vegetables. There may be a lack of knowledge of how to prepare some of the foods, particularly the healthier options e.g. lentils. Processed and convenience foods can have a high salt and sugar content and more natural foods can taste bland by comparison.