



## DIET THERAPY :

**Diet therapy** refers to modifying or adopting a specific eating pattern to prevent, manage, or support recovery from various health conditions. It may also involve removing or reducing certain foods to improve overall wellbeing. It reduces the risk of many chronic non-communicable diseases such as heart disease, diabetes, and certain cancers.

## THERAPEUTIC DIET:

**A therapeutic diet** is a medically tailored meal plan designed to regulate the intake of specific foods or nutrients. It forms an integral part of clinical treatment, is prescribed by a doctor, and is usually planned by a qualified dietitian. Therapeutic nutrition is used in conditions like diabetes, cardiovascular disorders, and obesity.



## BALANCED DIET:

A balanced diet includes a variety of foods in the right quantities and proportions. It ensures adequate intake of calories, proteins, vitamins, minerals, and other essential nutrients, with a slight reserve to meet the body's needs during short periods of stress or illness.



## OBJECTIVES OF DIET THERAPY:

- To maintain or restore optimal nutritional status.
- To provide rest to the body or affected organ systems.
- To tailor nutrient intake to match the body's metabolic capacity during illness.
- To correct deficiencies arising due to disease or inadequate intake.



## ESSENTIAL NUTRIENTS REQUIRED BY THE BODY:

- **Protein** – Supports growth, tissue repair, cell regeneration, and is crucial during childhood, adolescence, pregnancy, and recovery.
- **Carbohydrates** – Serve as the primary source of energy, fueling the brain, muscles, heart, kidneys, and nervous system.
- **Fats** – Provide energy storage, insulation, and organ protection. They also act as chemical messengers and support various metabolic functions.
- **Vitamins & Minerals** – Play vital roles in immunity, bone health, wound healing, energy production, and cellular repair.
- **Water** – Transports nutrients, aids digestion, maintains temperature balance, supports detoxification, and overall cellular function.
- **Dietary Fiber** – Promotes digestive health, regulates bowel movements, supports cholesterol and blood sugar control, and reduces risk of conditions like diabetes, heart disease, and colorectal disorders.

## DIETARY GUIDELINES FOR GOOD HEALTH:

- **Heart-Healthy Diet** – Helps reduce risk factors such as obesity, hypertension, uncontrolled diabetes, and high saturated fat intake. A diet rich in fibre and plant-based foods with minimal saturated fats supports cardiovascular health.
- **Diabetes Diet** – Healthy eating helps regulate blood glucose levels and prevents diabetes-related complications. Diet plays a key role in managing insulin activity and maintaining stable sugar levels.
- **DASH (Dietary Approaches to Stop Hypertension) diet** : is proven to help lower high blood pressure and improve cardiovascular outcomes.
- **Brain-Healthy Diet** : Nutrient rich foods support nerve and muscle function, enhance brain health, and reduce the risk of neurological disorders like dementia and cognitive decline.

## OUR SERVICES :

- Comprehensive Healthy Living Diet Plans
- Lifestyle Modification Programs Condition-Specific Meal
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- Plans BMI Assessment and Nutritional Counselling



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