1. a) What is diet counseling? Enumerate its various types and the points you would keep in mind while counseling a group of elderly people.

**Ans:** Diet Counseling provides individualizing nutritional care for encouraging modification of eating habits. It may also assist in prevention or treatment of nutrition-related illnesses such as cardiovascular disease, cancer, obesity, diabetes, and hyperlipidemia. The clinician must teach the patient about diet, health and cause and prevention of the disease. Successful diet counselling depends on the ability of the clinician to make the patient see the problem clearly and thereby work upon its solution.

Nutrition for the elderly

The Centers for Disease Control and Prevention (CDC) reports that a lot of the illnesses, disabilities and deaths associated with chronic diseases could be avoided or at least postponed with lifestyle changes. Getting good senior nutrition, along with not using tobacco and staying physically active, is the foundation of healthy aging. Here are some of the most important considerations when it comes to nutrition for seniors:

- Go for variety. People should aim to eat a diversity of foods so that the body is getting a variety of nutrition. This will help ensure nutritional needs are met. It’s important to get good sources of iron, protein, healthy fats and calcium each day.
- Avoid the junk. As much as we may like empty-calorie foods such as chips, cookies, soda and candy, they wreak havoc on our bodies. Avoiding them is a sure step toward good nutrition.
- Know the fats. The fats to avoid as much as possible are saturated, which come from animals. Also avoid trans fats, which are found in many processed foods.
- Get vitamins and minerals. A daily supplement of vitamin D is particularly important, as it helps to ward off osteoporosis which can lead to hip fractures. It also play a role in preventing several types of cancer.
- Good nutrition for seniors. The key to healthy aging and good nutrition is getting plenty of fresh fruits, vegetables, whole grains, and lean protein.
- Weigh regularly. It’s a good idea to get your parents to step on the scale and check their weight regularly; otherwise they may not be aware of any changes.

b) Suggest the type of dietary adaptations required for therapeutic needs.

**Ans:** Types of Diet Adaptations

A clear liquid diet is a diet that consists only of clear liquids and leaves no undigested residue in the intestinal tract. Doctors may also start patients on this diet after surgeries or if a patient has digestive issues like nausea or diarrhea. Patients cannot stay on this diet for more than a few days because it does not meet caloric or nutritional needs. On a clear liquid diet, a patient is allowed to consume the following:

- Water
- Fruit juice without pulp
- Fruit flavored drinks, such as punch or lemonade
- Sodas (including dark colored soda)
- Plain tea or coffee
- Vegetable juices
- Broths
- Sports drinks
- Gelatin
- Honey or sugar
- Hard candies
- Ice pops (without dairy or pieces of fruit)

A full liquid diet is similar to a clear liquid diet, but less restrictive. On a full liquid diet, a patient can have any food or drink that is a liquid at room temperature. This means that, in addition to everything on the clear liquid diet, a person can also eat:

- Milks, including cow's, and alternative milk options, such as almond or soy
- Pureed soups
- Ice cream
- Yogurt without fruit
- Cooked cereals thinned with milk or water
- Eggs as a soft custard
- Pudding
- Syrup
- Melted cheese

This diet is used as a middle step between a clear liquid diet and a soft diet. After certain surgeries or procedures, some patients will need to slowly add foods back into their diet. A full liquid diet is useful in this situation because it allows the patient more options, calories and protein without over-working the patient's digestive system.

A soft diet is a low residue and low fiber diet consisting of only soft, easily-digestible foods. Patients on this diet have many more food options than on liquid diets. In addition to foods allowed on the liquid diets, patients are also able to eat: