

# Topic : ROUTINE HOSPITAL DIET

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# Definition:-

- Therapeutic diet are modified into hospital diet according to patients requirements.

# Clear Fluid Diet :

This diet is made up of clear liquids that leave no residue.

- **◇ Characteristics:**

- non gas forming
- non irritating
- non stimulating to peristaltic action.

- **◇ This diet is suggested in following conditions:**

- in case of nausea , vomiting
- in case of diarrhoea
- in acute infections
- in acute inflammatory conditions of intestinal tract
- post operative cases
- in case of oral cancer etc

- **◇ Nutrition contribution :**

- It is entirely inadequate from a nutritional standpoint since it is deficient in protein, minerals, vitamins, and calories.

# Dal water



## ◆ Amount to be fed :

- The amount of fluid is usually restricted to 30 to 60 ml per hour.

## ◆ Duration of Feeding :

- It should not continue for more than 24-48 hr interval. It can be given in 1 to 2 hour interval.
- Example:
  - Dal water
  - barley water
  - black tea etc.



**Barley  
water**

**Black Tea**



# ● Full Fluid Diet :

- This diet bridges the gap between the clear fluid and soft diet. It is made up of liquid or readily become liquid on reaching the stomach are given.

## ● ◇ characteristics:

- Free from cellulose
- Free from irritating condiments
- Non stimulating to peristaltic action
- Liquid at room temp and at body temp.

## ● ◇ This diet is suggested in following conditions:

- in acute gastritis
- in acute infections
- in acute diarrhoea
- in case of swallowing problem
- post operative condition

## ◆ Duration & Feeding pattern:

- This diet is given at 2 - 4 hour intervals.
- This diet gives 1200 kcal & 35 gm of protein.

## ◆ Nutrition Contribution:

- This diet may be entirely nutritionally adequate.
- Example:
  - milk
  - cereal porridge
  - soup
  - fruit
  - juice etc

Soup



Milk

juice



# ● Soft Diet :

This diet is made up of simple, easily digested food & contains no harsh fibre.

## ● ◇ Characteristics:

- Soft in texture
- Bland in flavour
- Easily Digestible
- contain no harsh fibre , spices & condiments

## ● ◇ This diet is suggested in following conditions:

- acute infections
- gastro intestinal disorders
- post operative cases
- The patient who is unable to chew
- patient with dental problem

## ● ◇ Nutrition Contribution:

- This diet is nutritionally adequate. This diet consists of foods which are easily digested.

## ◆ Duration & Feeding pattern:

- In this diet, three meals with adequate intermediate feedings should be given.
- Example:
  - suji porridge
  - custard
  - kheer
  - boiled mashed
  - rice
  - dal etc.



**custard**

**SUJI  
PORRIDGE**



**Kheer**