

Why would a Clear Liquid Diet be ordered?

- Before certain medical procedures, such as a colonoscopy, that requires your intestines to be clear.
- For digestive issues such as nausea, vomiting and diarrhea.
- Pre surgery
- Post surgery
- May also be used initially to feed a malnourished patient who has not had oral intake for some time

What does a Clear Liquid Diet consist of?

- Plain water
- Fruit juices without pulp, such as apple, grape, cranberry
- Strained tomatoes or fruit punch
- Clear, bubble-free (soft) or (canned) tea
- Clear sodas
- Plain gelatin
- Honey
- Popovers without bits of crust or flap

What does a typical menu on the Clear Liquid Diet look like?

Breakfast:

- 1 glass fruit juice
- 1 cup coffee or tea (without dairy)
- 1 cup broth
- 1 hard-boiled egg

Lunch:

- 1 glass fruit juice
- 1 slice watermelon
- 1 slice cantaloupe
- 1 hard-boiled egg

Dinner:

- 1 glass fruit juice
- 1 slice watermelon
- 1 slice cantaloupe
- 1 hard-boiled egg

Snack:

- 1 glass fruit juice
- 1 slice watermelon
- 1 slice cantaloupe
- 1 hard-boiled egg

Interim:

- 1 cup plain or water
- 1 slice gelatin
- 1 slice gelatin
- 1 cup coffee or tea (without dairy)

Subsequent Meals:

- 1 cup plain or water
- 1 slice gelatin
- 1 slice gelatin
- 1 cup coffee or tea (without dairy)

Additional Guidelines:

- Do not consume alcohol or caffeine
- Do not consume dairy products
- Do not consume high-fiber foods
- Do not consume high-fat foods
- Do not consume high-sugar foods
- Do not consume high-sodium foods
- Do not consume high-acid foods
- Do not consume high-cholesterol foods
- Do not consume high-potassium foods
- Do not consume high-calcium foods
- Do not consume high-iron foods
- Do not consume high-zinc foods
- Do not consume high-magnesium foods
- Do not consume high-phosphorus foods
- Do not consume high-sulfur foods
- Do not consume high-oxalate foods
- Do not consume high-phenol foods
- Do not consume high-tyramine foods
- Do not consume high-histamine foods
- Do not consume high-serotonin foods
- Do not consume high-vitamin K foods
- Do not consume high-vitamin B6 foods
- Do not consume high-vitamin B12 foods
- Do not consume high-vitamin C foods
- Do not consume high-vitamin E foods
- Do not consume high-vitamin A foods
- Do not consume high-vitamin D foods
- Do not consume high-vitamin K2 foods
- Do not consume high-vitamin B1 foods
- Do not consume high-vitamin B2 foods
- Do not consume high-vitamin B3 foods
- Do not consume high-vitamin B5 foods
- Do not consume high-vitamin B7 foods
- Do not consume high-vitamin B9 foods
- Do not consume high-vitamin B10 foods
- Do not consume high-vitamin B11 foods
- Do not consume high-vitamin B12 foods
- Do not consume high-vitamin B13 foods
- Do not consume high-vitamin B14 foods
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- Do not consume high-vitamin B25 foods
- Do not consume high-vitamin B26 foods
- Do not consume high-vitamin B27 foods
- Do not consume high-vitamin B28 foods
- Do not consume high-vitamin B29 foods
- Do not consume high-vitamin B30 foods



High fiber diet

- High fiber diet is a diet that is rich in fiber. It is used to help with constipation and other digestive issues.
- Foods that are high in fiber include fruits, vegetables, whole grains, and legumes.
- A high fiber diet can help to improve your digestive health and reduce the risk of heart disease and other chronic conditions.
- It is important to drink plenty of water when on a high fiber diet to help with digestion.

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What is a low fiber diet?

- A low fiber diet is a diet that is low in fiber. It is used to help with constipation and other digestive issues.
- Foods that are low in fiber include white bread, white rice, and plain pasta.
- A low fiber diet can help to improve your digestive health and reduce the risk of heart disease and other chronic conditions.
- It is important to drink plenty of water when on a low fiber diet to help with digestion.

What is a low fiber diet menu?

- A low fiber diet menu is a menu that is low in fiber. It is used to help with constipation and other digestive issues.
- Foods that are low in fiber include white bread, white rice, and plain pasta.
- A low fiber diet menu can help to improve your digestive health and reduce the risk of heart disease and other chronic conditions.
- It is important to drink plenty of water when on a low fiber diet menu to help with digestion.

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- Plain water
- Fruit juices without pulp, such as apple, grape, cranberry
- Sweetened lemonade or fruit punch
- Clear, bubble-free (soft) tea or cola
- Clear sodas
- Plain gelatin
- Honey
- Popovers without bits of crust or flap

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Breakfast

- 1 glass fruit juice
- 1 cup coffee or tea (without dairy)
- 1 cup broth
- 1 cup gelatin

Lunch

- 1 glass fruit juice
- 1 glass water
- 1 cup broth
- 1 cup gelatin

Dinner

- 1 glass fruit juice
- 1 glass water
- 1 cup broth or tea (without dairy)
- 1 cup gelatin

Snacks

- 1 cup plain or vanilla ice cream
- 1 cup gelatin
- 1 cup broth or tea (without dairy)
- 1 cup gelatin

Beverages

- 1 cup plain or vanilla ice cream
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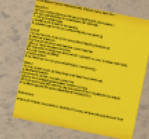
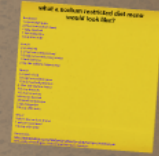
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Nutritional Assessment

- Detailed evaluation and interpretation of multiple parameters and seeks
- to define the risk of developing nutrition-related medical complications

Four elements of a nutritional assessment:

- Anthropometric
- Biochemical
- Clinical
- Dietary

Anthropometrics

*Objective measuring, recording, and analyzation of specific dimensions of the body

*Can be used to compare between individuals, or used as a baseline for weight loss or weight gain in the individual

	Centenarians	Elderly	Young	Obese
Age (years)	101.1 ± 2.03	66.03 ± 0.85***	26.04 ± 7.6***	41.63 ± 12.42***
BMI (kg/m ²)	23.19 ± 0.49	26.31 ± 0.6	21.52 ± 0.3	32.71 ± 0.8***
Systolic BP (mm Hg)	129.5 ± 2.35	143.4 ± 3.76	119.8 ± 1.27	151.8 ± 4.2***
Diastolic BP (mm Hg)	80.9 ± 1.2	87.6 ± 1.4	75.2 ± 1.3	93.9 ± 2.0***
Cholesterol (mg/dl)	176.4 ± 4.0	232.4 ± 6.6***	176.1 ± 1.2	227.8 ± 6.7***
HDL (mg/dl)	61.4 ± 1.9	69.9 ± 3.4	78.7 ± 1.2***	58.3 ± 2.5
LDL (mg/dl)	96.0 ± 3.1	137.7 ± 8.3***	68.7 ± 1.2***	145.9 ± 5.6***
TG (mg/dl)	94.4 ± 5.1	123.8 ± 12.0	75.5 ± 0.8	130.2 ± 7.1***
Fasting insulin (μU/ml)	5.6 ± 0.43	7.8 ± 1.1	14.12 ± 1.6***	33.8 ± 4.9***
Fasting glucose mmol/l	5.5 ± 0.3	4.9 ± 0.1	4.05 ± 0.1*	6.72 ± 0.4
HOMA index	1.47 ± 0.2	1.76 ± 0.3	2.33 ± 0.3	11.18 ± 1.7***

Includes

* Weight

* Height

* Body Mass Index (BMI): used to estimate the body-fat mass, and gives you an indication if you are underweight, healthy weight, overweight, or obese.

*Body circumference measurements of the waist, hips, chest, upper arms and legs.

*Body fat percentage: measured by taking skin fold measurements.

Biochemical Data

- *Laboratory tests on blood and urine to determine nutritional excesses or deficiencies.
- *A comprehensive nutrition panel tests for a variety of vitamins and minerals, amino acids, antioxidants, carbohydrate metabolism, and fatty acids.
- *Blood sugar tests may be taken to measure for elevated blood sugar levels which can serve as a sign of diabetes.
- *Many nutrients can cause adverse effects if used to the point of toxicity or deficiency.

	<i>Ante-mortem</i>	Commencement of <i>rigor mortis</i>	Completion of <i>rigor mortis</i>
Glycogen	Varies	Low	Low
Creatine phosphate	25mM	Low	0mM
ATP	5mM	1.0mM	0.1 to 0mM
Calcium ions	$< 10^{-7}$	10^{-6}	10^{-4}
pH	~7.2	~5.9	~5.5

Note: (mM = millimoles per litre)

Clinical Data

- *Includes the medical history
- *Past and current chronic and acute diseases or illnesses (some diseases inhibit the body from absorbing certain nutrients which can lead to a nutrient deficiency).
- *Current medications being taken: includes over the counter as well as physician prescribed medications (ex. antacids, antibiotics, diabetic medications, heart medications, diuretics, hypertension medications, laxatives).
- *Family history of diseases and illnesses.
- *Use of vitamins, minerals, or herbal remedies.
- *Recent weight fluctuations (weight gain or weight loss)
- *The presence of mouth sores, nausea, vomiting, diarrhea, constipation, bed sores, malnutrition, dehydration, gas, frequent heartburn, etc.



