

PROMOTION OF NUTRITION

UNIT-4

AKANSHA INSTITUTE
OF NURSING
ANM 1ST YEAR
(HP)

Meal planning → It is a plan to make a wholesome and attractive meal using the knowledge of food, nutrient, food habits and person likes and dislike. Meal planning is an art and science.

In hospital meal is planning according to patient disease condition.

Basic Consideration

- Cost of food
- Menu adjustment
- Adequate storage facility.
- Appropriate preparation technique.

Aims of Meal planning

- To meet the one's nutritional need.
- To consider food cost.
- To provide variety of foods
- To save money, time, energy.

Principle of Meal planning :-

- Disease condition of patient
- family composition and keep the individual need in mind.
- Menu that meet the nutritional requirement of each family member.
- Meal pattern must fulfill the family needs.
- Save time and energy.
- Economic consideration
- Planning for maximum nutrients.
- Consider individual like and dislikes.
- Planning to provide variety.
- food habit should be kept in mind
- Considering psychological aspect.
- Seasonal availability.

Diet planning for adults : →

Factors affecting adult Nutrition :- including sex, age, body height weight, composition of body, body growth

Energy requirement for adult male :-

Sedentary worker - 2425 kcal

Moderate worker - 2875 kcal

Heavy worker - 3800 kcal.

Energy requirement for adult female :-

Sedentary worker - 1875 kcal

Moderate worker - 2225 kcal.

Heavy worker - 2925 kcal.

Diet plan for pregnant women :-

Mother's diet directly influence foetal and inadequate diet may result in LBW babies, IUGR.

Pregnant women need extra 300 kcal per day, 600mg extra calcium and 10mg extra iron.

Diet planning for Aged people

- (i) Reduction of energy food but small amount of milk
- (ii) Adequate intake of calcium and exposure to sunshine for vitamin D.
- (iii) Unsaturated fats to prevent cardiovascular disease.
- (iv) Adequate amount of dietary fibre and reduction of simple sugar.
- (v) Little food at a time, meal may be increased if desired.
- (vi) Soft well cooked diet require minimum mastication.
- (vii) Colourful, attractive and tasty food to arouse their appetite and interest in food.

Methods of Using Locally Available

foods for special diet

- 1) Breast milk - Easier, cheapest, save money, time, energy.
- 2) Eggs and chicken
- 3) Liver, Heart, kidney, fish.
- 4) Rice wheat other grains.
- 5) Dried Maize (corn)
- 6) Ragi and Bajra
- 7) A mixed cereal diet.
- 8) Beans and other Legumes (peas, lentils) etc.
- 9) Green leafy vegetables
- 10) Cook vegetable, rice and other food with little water.
- 11) Berries.
- 12) Jaggery.

Principle of cooking :->

-) select good quality of fruits and vegetable.
-) Always use fruits and vegetable before use.
-) cut fruits and vegetable for salad just before they are to be served.
-) Avoid soaking in water bcz vitamin are leach out.
-) Cook in minimum quantity of water so that extra cooking is not required to dry up the excess liquid.
-) use shortest cooking time.
-) Cook in covered pan.
-) Do not add alkali (~~soda~~ bicarbonate)
-) Store food in refrigerator.
-) Pressure cooking help in retaining vitamin as food is cooked in a covered container for a short-time.
-) fat soluble vitamin are lost during deep frying.

Methods of cooking

- 1) Boiling
- 2) Simmering
- 3) Steaming
- 4) Stewing
- 5) Roasting
- 6) Frying
- 7) Baking
- 8) Grilling.

Food Hygiene And Safe Preparation

Food Hygiene :- important aspect of health, hygiene is the production, handling, distribution and serving all types of food.

Milk:- milk is a carrier of animal borne like TB, anthrax, Q. fever etc. Milk can be sterilize by boiling and pasteurization.

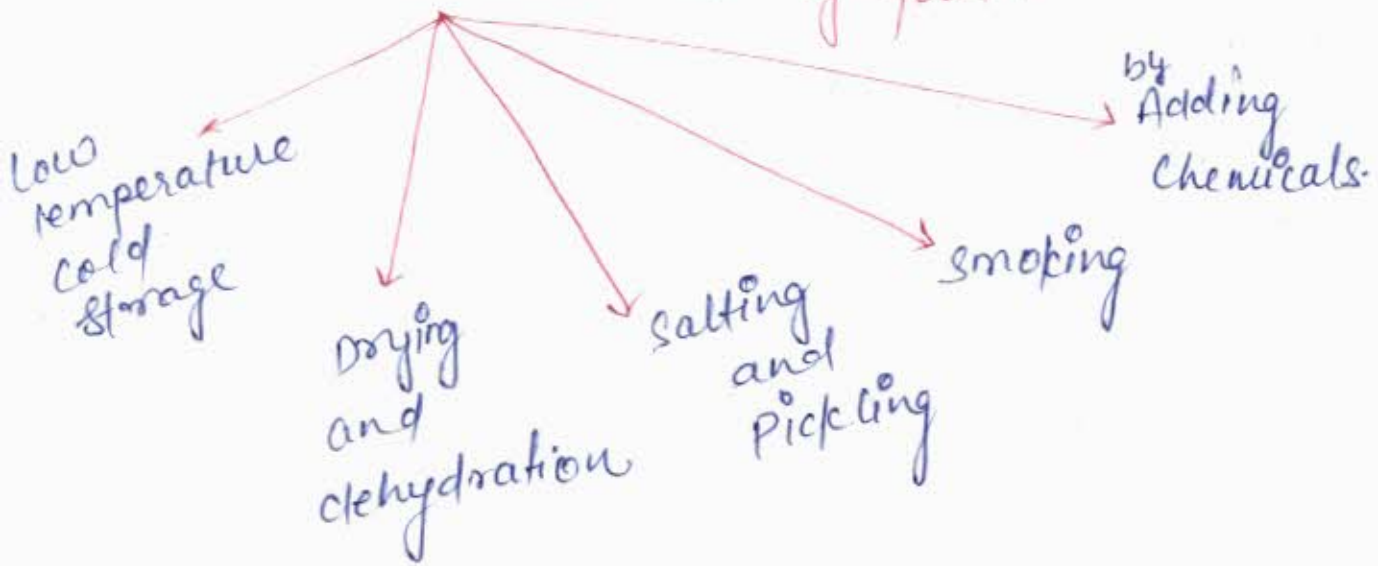
Sanitation of Eating Place:- Hotels, restaurants, patient kitchen in hospitals, minimum standard of hygiene condition should be followed as laid down.

Food handlers:- should have unhygienic habits, free from any infectious disease, medically examined before employment. If any person suffering from infection should not be allowed to handle the food.

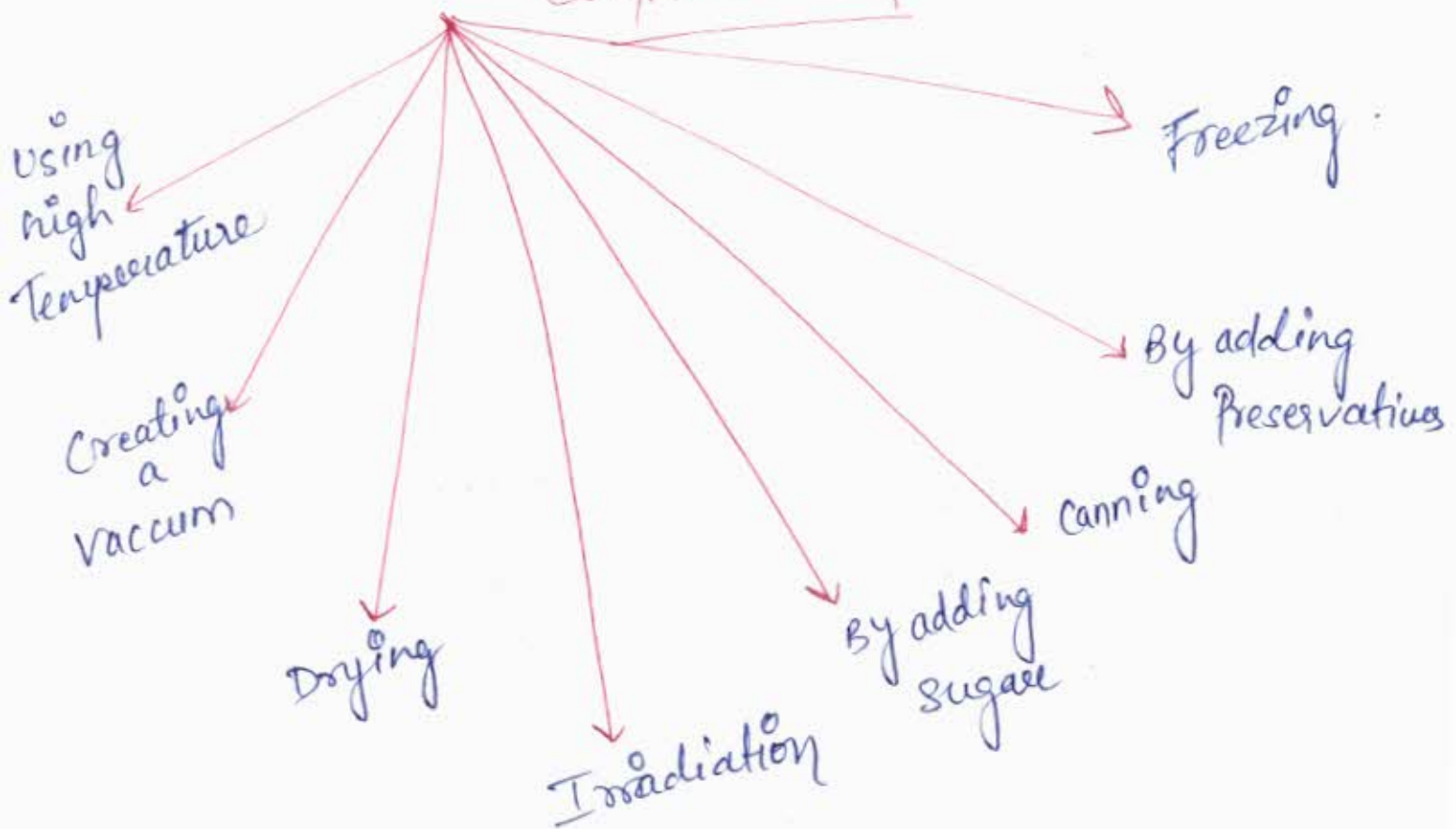
Storage and Preservation of food

Preservation of food:- It is done to prevent deterioration of food when it is to be kept for a long time.

Household Method Storage and preservation of food.



Commercial Method



Food Adulteration

Adulteration is defined as the process by which the quality of the food (product) is reduced through addition of base substance or removal of vital element.

Prevention of food adulteration act come in (1954)

Precaution During festivals

- Before Buying, Make sure that they are of good quality.
- No any foul smell.
- Check their taste before buying.
- Fried food like samosa's, tikki' fried in oil same oil use again & again. many carcinogenic compound are formed due to oxidation.
- It maynot be hygienic.
- Check the expiry date of packed foods.