

تم تحميل هذا الملف من موقع المناهج الإماراتية



*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

<https://almanahj.com/ae>

* للحصول على أوراق عمل لجميع مواد الصف الثاني عشر اضغط هنا

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* للحصول على جميع أوراق الصف الثاني عشر في مادة علوم صحية ولجميع الفصول, اضغط هنا

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* للحصول على أوراق عمل لجميع مواد الصف الثاني عشر في مادة علوم صحية الخاصة بـ اضغط هنا

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* لتحميل كتب جميع المواد في جميع الفصول للـ الصف الثاني عشر اضغط هنا

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للتحدث إلى بوت المناهج على تلغرام: اضغط هنا

https://t.me/almanahj_bot

Health science

Study guide unit 11 Clinical nutrition

Therapeutic diets

A therapeutic diet is a special diet plan which is given by a healthcare professional. It controls the intake of certain foods or nutrients based on the needs and health status of the patient. Therapeutic diets can be altered for nutrients, texture, food allergies or food intolerances.

Who benefits from therapeutic diets?

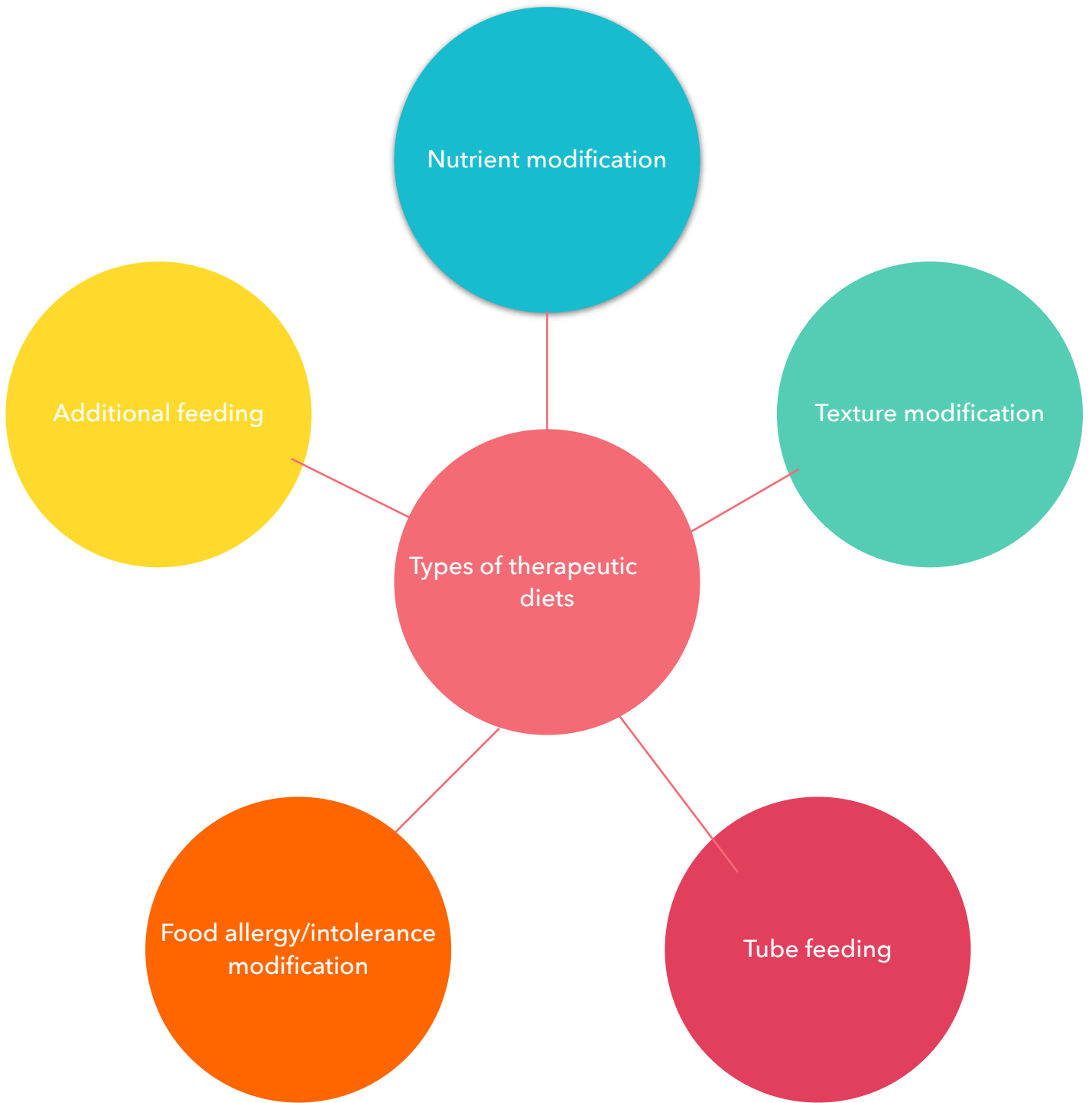
WHY ARE THERAPEUTIC DIETS NEEDED

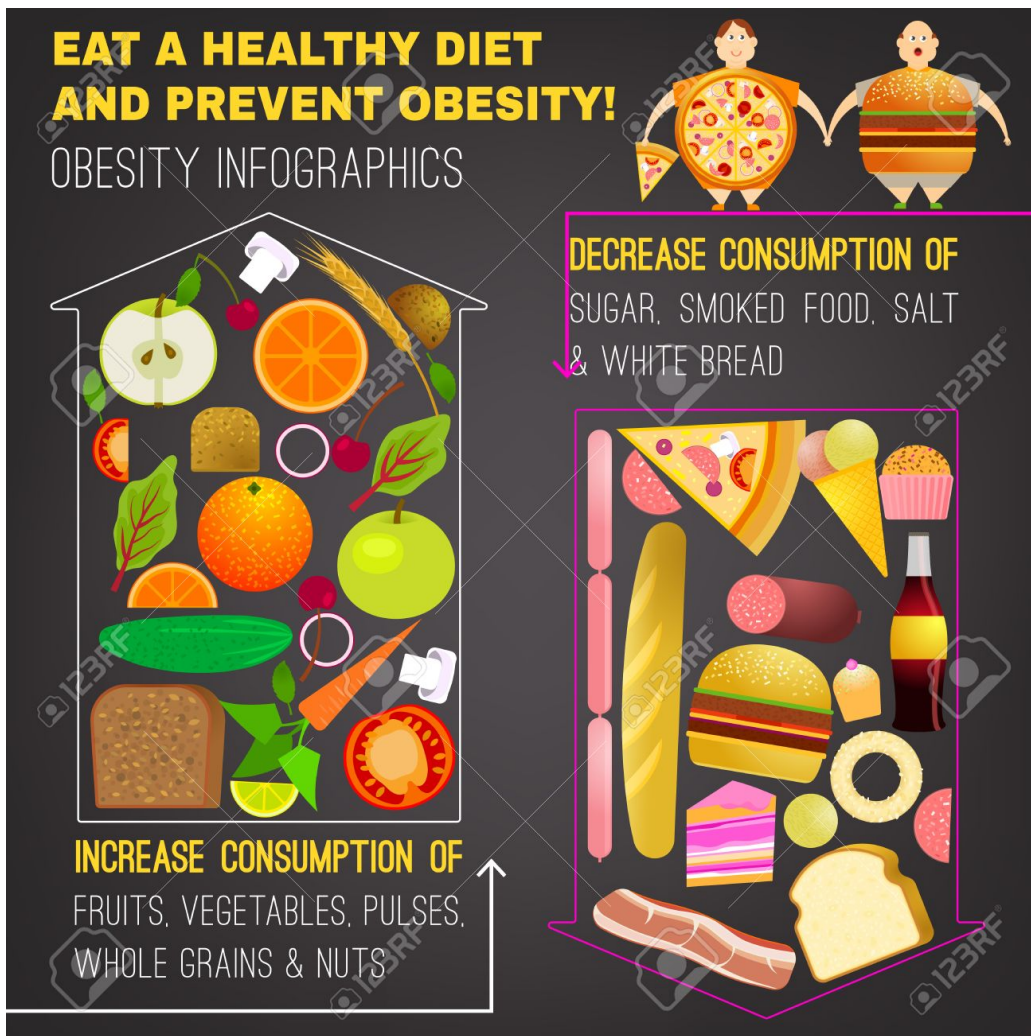
- Increase, decrease or eliminate a type of food or nutrient
- Maintain or correct nutritional status
- Provide extra calories for weight gain
- Balance the diet
- Cut out foods that affect medication
- Help with digestion
- Remove foods due to allergies or intolerances
- Provide changes in texture due to problems with chewing or swallowing

A therapeutic diet can benefit individuals with health conditions such as:

- Cardiovascular disease
- Obesity
- Diabetes
- Food allergies
- Digestive diseases
- Eating disorders







Diabetes TYPE 1

AGE UNDER 30

Reasons

- PAST VIRAL INFECTION
- GENETIC PREDISPOSITION

Symptoms

- EXCESSIVE THIRST
- FREQUENT URINATION
- WEIGHT LOSS
- BLURRED VISION
- FATIGUE

Diabetes TYPE 2

10%

Reasons

- MEDICINE
- PANCREATIC DISEASES
- STRESS
- OVERWEIGHT

HEALTHY

GLUCOSE NOURISHES THE MUSCLES

FOOD CONVERTED TO GLUCOSE

PANCREAS PRODUCES INSULIN

BLOOD CONVERTED TO GLUCOSE

MUSCLES CONSUME TO ENERGY AND ACCUMULATES IN THE FAT

DIABETES TYPE 2

INSULIN RESISTANT TISSUE

INSULIN PRODUCES UNUSUAL LEVELS

BLOOD VESSEL

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Gestational diabetes

Symptoms of gestational diabetes are rarely experienced. Sometimes the symptoms of gestational diabetes can be confused with regular pregnancy symptoms. In the UAE, pregnant women are usually screened for gestational diabetes between weeks 24-28 of pregnancy. However, testing may be done earlier than this if the doctor believes the pregnant mother is high-risk.