Tips to Informal Caregivers
on Giving Personal Care

Modified Diets

Modified diets are an important part of treatment for persons with heart, kidney or liver diseases, diabetes and other health problems. Some medications may require restriction of certain foods because of a possible interaction. Other drugs may increase a person's requirement for specific nutrients. Whatever the modification, the individual must receive the essential food necessary to maintain or improve his health status and hasten recovery and rehabilitation.

A modified diet is sometimes prescribed by a physician. When a modified diet needs to be followed, the caregiver should be given a copy of the diet as a guide in food shopping and preparing meals. Some agencies have nutrition consultants to assist in developing a diet that is therapeutically acceptable and which conforms to the individual's likes and dislikes.

Help the person adhere to the prescribed diet. Compliance problems should be discussed with the patient's physician.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.