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Nutrition can directly affect recovery and function while an individual is under a physical therapist's care. Thus, PTs should be concerned with and address nutritional intake and eating patterns of their patients and clients. PTs should consider several factors before engaging in nutrition and diet services.

Nutrition and Physical Therapy | APTA

CORE SET IV 6. Low-Calorie Step I Diet. Nutrient Recommended Intake
Calories 500 to 1,000 kcal/day reduction
Total Fat 30 percent or less of total calories
SFA 8 to 10 percent of total calories
MUFA Up to 15 percent of total calories
PUFA Up to 10 percent of total calories
Cholesterol <300 mg/day.

Dietary Therapy (1 of 5)

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The term "diet therapy" refers to the usage of food and nutrition in controlling symptoms and creating the best possible life for yourself through health and wellness. Some illnesses can be effectively managed by altering your diet, and diet therapy is sometimes used before surgery to ensure that surgery is absolutely necessary.

What Are the Basic Principles of Diet Therapy? | Healthfully

Nutritional Therapy 101 (FREE) You will learn the following: How to eat a properly prepared, nutrient-dense, whole food diet. Why you are not just what you eat, but what you actually absorb. How to balance blood sugar and increase energy. Why you need healthy fats and cholesterol in your diet.

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Quia - BASIC NUTRITION & DIET THERAPY, CHAPTER 6, VITAMINS

Nix: Williams' Basic Nutrition and Diet Therapy, 15th Edition. Table of Contents = 23 Chapters. You get a test bank for each chapter. PART 1: Introduction to Basic Principles of Nutrition Science 1. Food, Nutrition, and Health 2. Carbohydrates 3. Fats 4. Proteins 5. Digestion, Absorption, and Metabolism 6. Energy Balance 7. Vitamins 8 ...

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