To increase, decrease or eliminate a type of food or nutrient

To provide changes in flavor due to problems with chewing

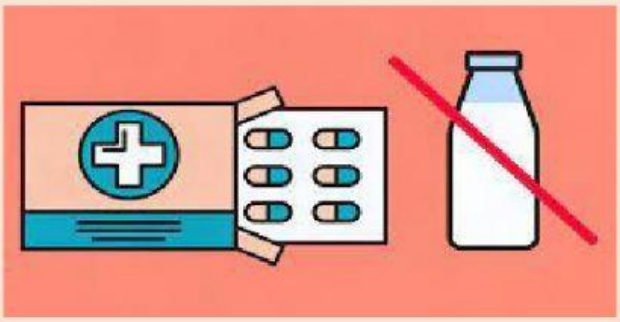
To remove foods due to allergies or intolerances

To provide extra calories for weight gain

Cut all the calories from the diet to lose weight

To maintain poor nutritional status.

To help with digestion



To cut out certain foods that affect medication.

LIVEWORKSHEETS