

Therapeutic Diets Interactive Worksheet

Directions: Please match the term with the correct definition

<u>Key Term</u>	<u>Definition</u>
Regular Diet	Used for patients with heart disease
Liquid Diet	Patients with cardiovascular and Kidney disease
Soft Diet	Foods that are easily digested
Diabetic Diet	Patients that are overweight
Calorie-Controlled Diet	Limits food high in bulk and fiber
Low-Cholesterol Diet	No dietary restriction
Fat-Restricted Diet	Sugary foods are avoided
Sodium-Restricted Diet	Patients with kidney or renal diseases
Protein Diets	Foods that require little chewing
Bland Diets	Calorie consumption is monitored
Low-Residue Diet	Mainly carbohydrates and water