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What Are the Basic Principles of Diet Therapy? | Healthfully

Basic nutrition and diet therapy Responsibility: Staci Nix, MS, RD, CD, Assistant Professor, Lecturer, Department of Nutrition and Integrative Physiology, Adjunct Faculty, School of Medicine, University of Utah, Salt Lake City, Utah.

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Organ Rest 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.

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_____ is a specific nutrition service and procedure that is used to treat an illness, injury, or condition; it involves an in-depth nutrition assessment of the patient, nutrition diagnosis, nutrition intervention (which includes diet therapy, counseling, and the use of specialized nutrition supplements), and nutrition monitoring and evaluation.