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A comparative study of different types of diet recommended by dietician and nutritionist

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Abstract

A comparative study of different types of diet recommended by dietician and nutritionist was study on the basis of impact of different type of diet. The purpose this study was aware and assessment the nutritional status of the people. In nutrition, diet refers to the food and drink that is regularly consumed by an individual (or a group). Normal diet means regular diet which we eat daily for serve but therapeutic diet is a modification of regular diet. A therapeutic diet is used to support a medical condition from a nutritional perspective Anthropometric measurement including weight and height was used to identify the physical condition. During the survey it was found that maximum result shows that (83.3%) respondent were health problem whereas, (16.7%) respondent were No. Minimum (21.7%) respondent were followed therapeutic diet whereas, (78.3%) respondent were No. Minimum (16.6%) respondent were concern with dieticians whereas, (83.3%) respondent were No. Maximum result shows that (78.3%) respondent were intake drugs in daily routine whereas, (38.7%) respondent were No.

Keywords: Nutrients, therapeutic diet, nutritional assessment, anthropometric assessment, macronutrients, dietary pattern

Introduction

Nutrition is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease. Food is one of the basic necessities of life. A healthy diet is key for optimal nutrition and health outcomes through all stages of the lifecycle. The importance of proper nutrition and diet to the overall fitness and health of the individual throughout the life span is well recognized. Dietary pattern is among the most fundamentally important of health influences. An average Indian household consumes more calories from processed foods than fruits. A healthy diet is one in which macronutrients are consumed in appropriate proportions to support energetic and physiologic needs without excess intake while also providing sufficient micronutrients and hydration to meet the physiologic needs of the body. A nutritionist learns about nutrition through self-study or formal education, but they do not meet the requirements to use the titles RD or RDN. Nutritionists often work in the food industry and in food science and technology. Therapeutic diets are special diets chosen for people with certain medical conditions. A therapeutic diet is used to support a medical condition from a nutritional perspective. Changes in diet can help or even relieve some medical conditions. Therapeutic diets are typically high in fresh fruits, vegetables, whole grains and dairy products, and are lower in fat, sugar, and foods that are processed. The grace of a perfect diet helps controlling lifestyle diseases. A therapeutic nutrition edit tames diseases like diabetes, cardiovascular diseases, and obesity. Therapeutic nutrition raises the therapeutic effects of particular foods for specific health conditions. Macronutrients (i.e., carbohydrates, proteins, and fats) provide the energy necessary for the cellular processes required for daily functioning. Micronutrients (i.e., vitamins and minerals) are required in comparatively small amounts for normal growth, development, metabolism, and physiologic functioning Good therapeutic nutrition gives proper nutrients, vitamins, and minerals it the body. For that, a nutritional therapist plans your meals and snacks. S. Lim (2018) [4] a balanced diet following the recommended energy and nutrient intake range is desirable for chronic disease prevention and management. Therapeutic nutrition is the clinical use of some nutrients. A therapeutic diet is a tweak in a regular diet. To fuel the body the best way, make your food the medicine. But, does the word “diet” make you think of an unpleasant weight-loss regimen?

That is the type when they ask you to deny food for weight-loss. The importance of food is obvious and essential. Healthy food provides us the nutrients and energy to develop and grow, be active and healthy, to move, play, work, think and learn. Foods are directly related to our body and mental and social health because each food or liquid contains particular nutrition such as carbohydrates, protein, vitamins, minerals, fats, etc. which are very necessary for our physical and mental growth. Therapeutic diet is prepared to optimize the nutritional requirements of an individual in order to treat a range of ailments or to improve one's ability to eat. A diet prescribed by a physician is a part of the treatment plan for a clinical condition or a disease to eliminate, increase, or decrease specific nutritional needs in the diet and minimize the risk of injuries. Dieticians recommend therapeutic diets either to improve the patient's overall health or to maintain a healthful lifestyle. For example, many patients undergoing dialysis are on diets that are therapeutic to their cure so that they observe maximum improvement in condition from the dialysis. The dietician or nutritionist may recommend changes in one's therapeutic diet, depending on the patient's response and development in overall health condition. Remember, a specific diet that may suit one person may not be ideal for another. It is best to leave up to your physician/dietician to decide which particular you should stick to. A healthy diet is one in which macronutrients are consumed in appropriate proportions to support energetic and physiologic needs without excess intake while also providing sufficient micronutrients and hydration to meet the physiologic needs of the body. Macronutrients (i.e., carbohydrates, proteins, and fats) provide the energy necessary for the cellular processes required for daily functioning. Micronutrients (i.e., vitamins and minerals) are required in comparatively small amounts for normal growth, development, metabolism, and physiologic functioning. A registered dietician nutritionist (RD or RDN) studies food, nutrition, and dietetics. To become a registered dietician, a person needs to attend an accredited university, follow an approved curriculum, complete a rigorous internship, pass a licensure exam, and complete 75 or more continuing education hours every 5 years. Dieticians' work in private and public healthcare, education, corporate wellness, research, and the food industry. Kharbanda N., (2021) [5] Studying to, therapeutic diet is suggested to people who are getting treated for a medical condition. This meal plan is usually suggested and created by a physician or dietician, and is planned by making a few moderations in the patient's regular diet. John S, (2012) [11] effects of Therapeutic Lifestyle Change (TLC) diets, low and high in dietary fish, on apo lipoprotein metabolism were examined. Subjects were provided with a Western diet for 6 weeks, followed by 24 weeks of either of two TLC diets (10/group). Apolipo protein kinetics were determined in the fed state using stable isotope methods and compartmental modeling at the end of each phase. Elevated LDL-cholesterol is an independent risk factor for coronary heart disease. Denise *et al.*, (2017) [12] the in view of the large number of people who are concerned about their diets and made attempts to change their dietary patterns, we conclude that it is crucial to gain a better understanding of both the automatic and environmental influences that are responsible for people not acting upon their good intentions for diet change.

Material and Method

Scientist methodology is necessary for successful study as it

directly toward to detail of methods and techniques device and procedure applied conducting research "A comparative study of different types of diet recommended by dietician and nutritionist".

Research design

The area of Sultanpur was purposively selected because study has been easily accessible for the researchers for collection data.

Selection of area

Sultanpur will be selected for primary data.

Selection of sample size

Total 60 respondents will be selected for primary data collection.

Method of collection of data

Survey method will be adopted in order to collection of data from the selection respondent with the help of the survey with questionnaire schedule. The schedule will include aspect which led to the fulfilment of the objective of this study. Schedule will include the following.

Statistical analysis

The data obtained from various parameters will be analysed by appropriate statistical method.

Result and Conclusion

The empirical result and discussion have been presented in this chapter for the purpose of convenience. The collected data were categorized, analysed, tabulated and interpreted as per the objective of study.

Table 1: Distribution of respondent on the basis of their knowledge about balanced diet

Knowledge about balanced diet	Frequency N=60	Percentage (%)
Yes	15	25
No	45	75
Total	60	100

Above shows the table that (25%) respondent were Yes whereas, (75%) respondent were No.

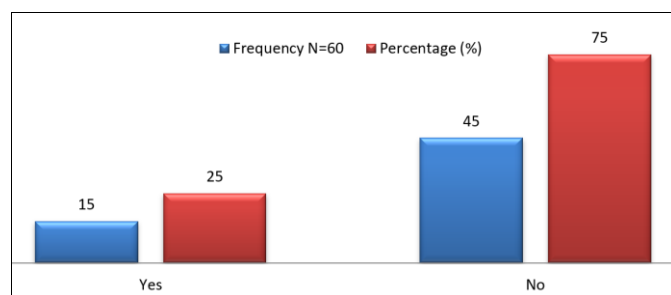


Fig 1: Distribution of respondent on the basis of their knowledge about balanced diet

Table 2: Distribution of respondent on the basis of their concern with dietician

Concern with dietician	Frequency N=60	Percentage (%)
Yes	10	16.6
No	50	83.3
Total	60	100

Above shows the table that (16.6%) respondent were Yes, whereas, (83.3%) respondent were No.

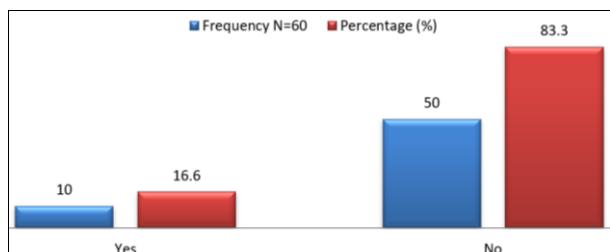


Fig 2: Distribution of respondent on the basis of their concern with dietician

Conclusion

Oral questionnaire or interview method was chosen for the research purpose. Oral questionnaire or interview method was chosen for the research purpose. A comparative study of different types of diet recommended by dietician and nutritionist. In conclusion this studies the role of different types of diet, maximum (78.3%) respondent were concern with dietician whereas, (38.7%) respondent were no. Maximum that (93.3%) respondent were intake milk and milk product whereas, (6.7%) respondent were no. Maximum (86.7%) respondent were satisfied with therapeutic diet whereas, (13.3%) respondent were No.

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