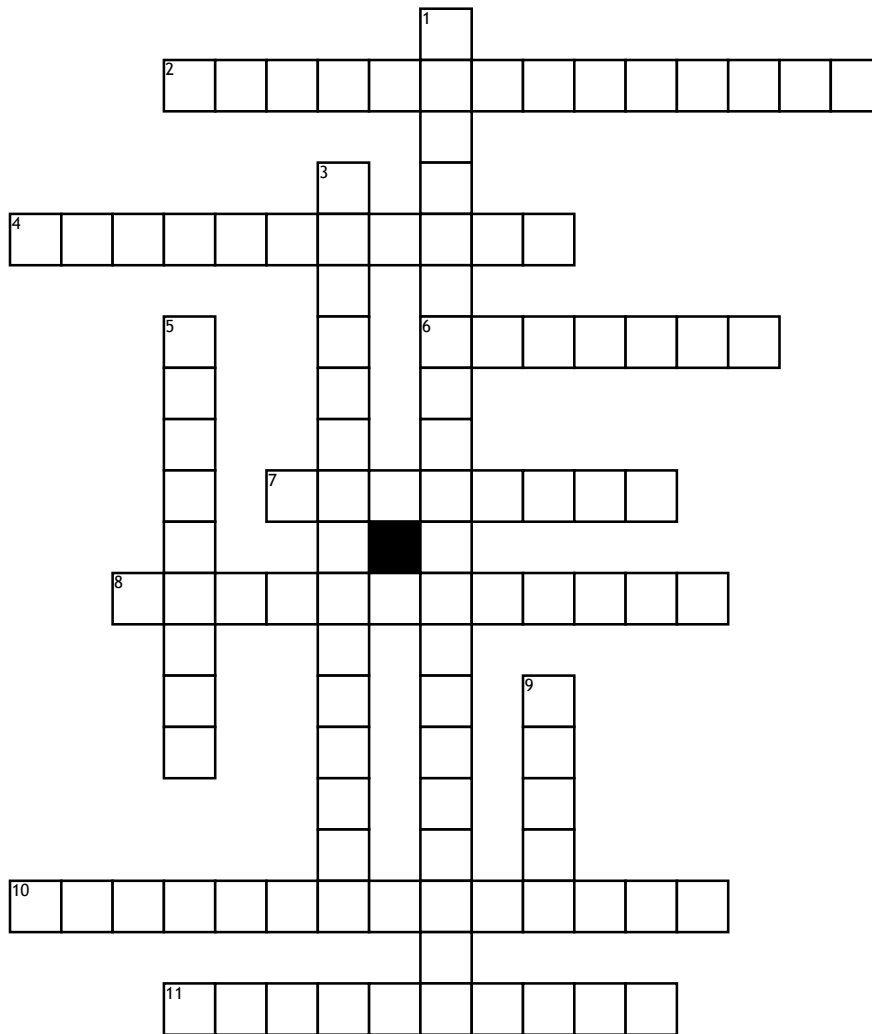


Name: _____

Date: _____

Therapeutic Diets



Across

2. Diet that limits fats to 50 grams daily used for heart patients
4. Diet in which there is little nutritional value used to rest the gastrointestinal system. All liquid must be see through
6. Balanced diet with no restrictions
7. Diet that requires little chewing and easy to digest
8. Diet in which patients count carbohydrates in each meal and stay away from sugars
10. Diet used for patients with kidney or renal disease

Word Bank

High protein diet
Low protein diet
Diabetic Diet
Clear Liquid

High fiber
LowCholesterol
Bland
Sodium restricted diet

Soft Diet
Low fat diet
Regular

11. Limits fats to less than 50 gm daily used for obese or gallbladder and liver disease

Down

1. In this diet paitents avoid foods such as pickles, olives, sauerkraut, and processed cheese
3. Used for children, pregnant or lactating women
5. Diet used to increase the bulk in the diet to stimulate the digestive tract
9. Diet that consists of easily digested foods that don't irritate the GI tract and avoids fried foods or highly seasoned foods