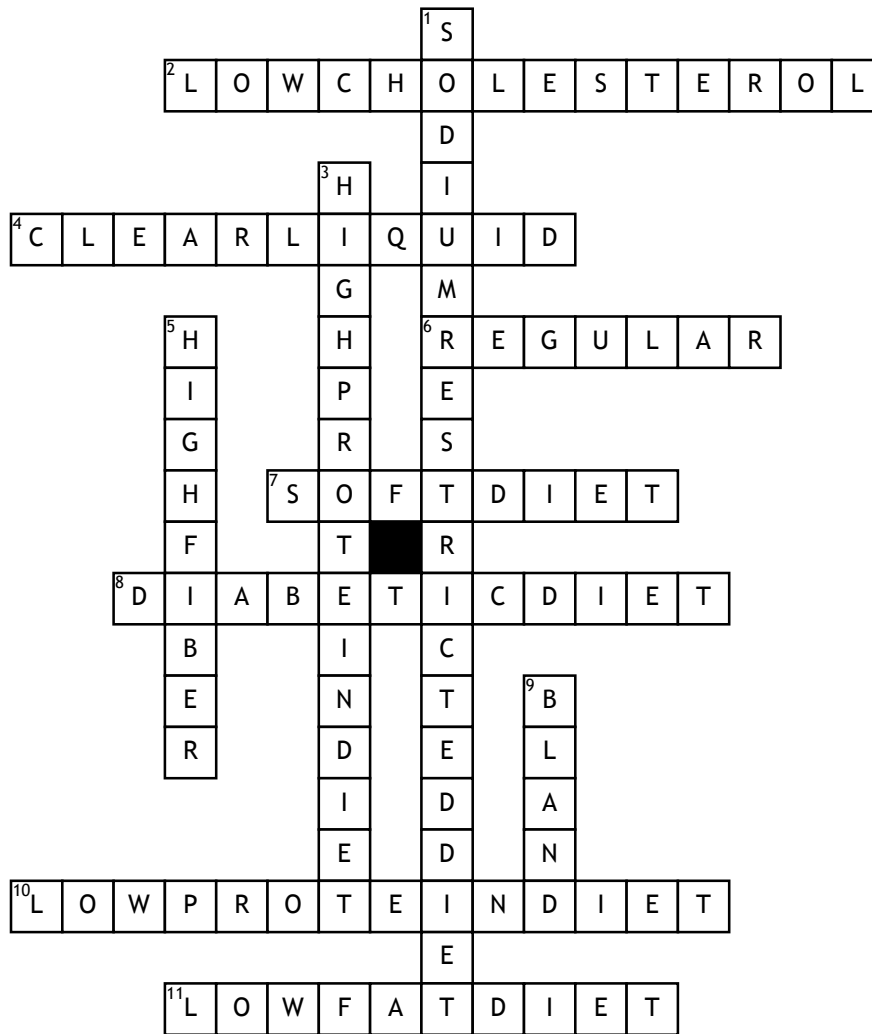


Name: \_\_\_\_\_

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

Clear Liquid

High protein diet

Soft Diet

Regular

Bland

Diabetic Diet

Sodium restricted diet

LowCholesterol

High fiber

Low fat diet

Low protein diet

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

## Down

1. In this diet patients 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