

# Dietary therapy in infectious diseases

- a patient with an acute infection is in a hypercatabolic state: the energy expenditure sometimes rises to the values seen in a very hard-working person
- in a previously healthy individual, we do not have to alter the energy intake in acute inflammation
- if the inflammation lasts over 10 days, we must supplement energy intake
- first we always try to supplement energy intake via the oral route, then via i.v. infusions.

## Diets (Regulae diaeteticae)

### Dietary system in hospitals

#### Basic diets

##### ▪ D-0 Liquid

*Characteristics:* Drinks, soups, sauces, half-energy content

*Indications:* Surgeries of the gastrointestinal system

##### ▪ D-1 Soft

*Characteristics:* Purees, full-energy content

*Indications:* Surgeries and diseases of the gastrointestinal system

##### ▪ D-2 Saving

*Characteristics:* Easy to digest

*Indications:* Feverish diseases, mild gastrointestinal system diseases

##### ▪ D-3 Rational

*Characteristics:* Respects the principles of rational nutrition, energy content of 11 MJ, physiological nutrient ratio

*Indications:* Diseases that do not require a change in diet

##### ▪ D-4 Low fat

*Characteristics:* Fat limitation (65 grams)

*Indications:* Diseases of the gallbladder, pancreas, hepatitis, mild intestinal diseases

##### ▪ D-5 Low Residue

*Characteristics:* Mechanically and chemically soft to the intestine, reduction of cellulose (vegetables) and milk as a beverage

*Indications:* Mild diarrhea

##### ▪ D-6 Low protein

*Characteristics:* Protein and salt limitation (60 grams)

*Indications:* Kidney diseases

##### ▪ D-7 Low cholesterol

*Characteristics:* Contains mainly unsaturated fatty acids (vegetable oils) and cellulose (vegetables)

*Indications:* Hyperlipidemia, complications of atherosclerosis

##### ▪ D-8 Reduction

*Characteristics:* Energy limitation (6 MJ)

*Indications:* Obesity

##### ▪ D-9 Diabetic

*Characteristics:* Ensures a lower and spread out carbohydrate intake (200 grams)

*Indications:* Diabetes mellitus

- **D-10 Low sodium**

*Characteristics:* Reduces sodium intake by eliminating table salt

*Indications:* Edema (decompensation of cardiac insufficiency, pregnancy)

- **D-11 Nourishing**

*Characteristics:* Energy rich (14 MJ) and biologically valuable

*Indications:* Convalescence, tuberculosis, tumors, AIDS

- **D-12 Toddler diet**

*Characteristics:* Respects the principles of rational toddler diet: dairy products

*Indications:* Children aged from 1 and 1/2 years to 3 years

- **D-13 Older children's diet**

*Characteristics:* Respects the principles of a rational diet for children: common, popular, easily digestible, non-spicy foods

*Indications:* Children aged from 4 to 15 years

## **Special and standardized diets**

- **D-0/S Tea**

*Characteristics:* Tea and crackers

*Indications:* Acute diarrhea

- **D-1/S Liquid nutrition**

*Characteristics:* Liquid, energy-rich with a high bioavailability

*Indications:* Disorders of chewing and swallowing due to diseases and injuries of the oral cavity and esophagus

- **D-4/S With strict fat restriction**

*Characteristics:* Significant fat reduction

*Indications:* Acute conditions of the gallbladder and pancreas after a tea diet and in onset of viral hepatitis

- **D-9/S Diabetic saving**

*Characteristics:* Meets the requirements of diets D-2 and D-9

*Indications:* Diabetes with complications

- **D-S/KN Non-greasy soft**

*Characteristics:* Similar to D-4/S

*Indications:* Acute diarrhea

- **D-S/P Pancreatic**

*Characteristics:* Similar to D-4

*Indications:* improving diarrhea, improving pancreatitis

- **D-S/K Greasy soft**

*Characteristics:* Similar to D-1

*Indications:* Mild gastrointestinal system disease

- **D-S/BLP Gluten-free**

*Characteristics:* Does not contain wheat gluten (which contains gliadin)

*Indications:* Celiac disease, gluten enteropathy

- **D-S/BLK Lactose-free**

*Characteristics:* Does not contain dairy products

*Indications:* Lactose intolerance

- **D-S/OK For examination of occult bleeding**

*Characteristics:* Does not contain meat and vegetables (for 3 days)

*Indications:* Detection of occult bleeding, if it is positive without dietary restrictions

## References

### Source

- BENEŠ, Jiří. *Studijní materiály* [online]. [cit. 2009]. <<http://jirben.wz.cz>>.

### Literature

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