

| Dieta Adulto - Futuras Nutris

Regímenes Básicos

Alimentación Normal: equilibrada, variada. La alimentación normal se adapta a la patología del paciente.

La dieta normal puede ser modificada en sus aspectos cualitativos (consistencia, digestibilidad, horario y sabor) y cuantitativos (aporte de energía, nutrientes específicos y volumen).

Modificación de la Dieta Normal

- **Consistencia:** Cambios de texturas de los alimentos, por medio de técnicas culinarias o también o por el uso de espesantes. (regímenes Líquida, Papilla y Blando)
- **Digestibilidad:** Modificaciones se centra en las características nutricionales
 - función de los procesos de absorción y digestión
- **Temperatura:** Fría, templada y caliente, dependiendo la tolerancia del paciente.
- **Horario:** Fraccionado (2 – 3 horas) o habitual (4 comidas), dependiendo de la patología del usuario

Modificaciones Cuantitativas

Componente para modificar	Nomenclatura	1 edita	5 gr
Energía	Hipocalórico-normocalórico-hipercalórico	7,5gr	x
Proteína	Hipoproteico-normoproteico-hiperproteico		
Hidratos de carbonos	Hipoglucídico – normoglucídico -Hipoglucídico		
Lípidos	Hipolipídico- normolipídico- hiperlipídico		
Vitaminas y minerales	Bajo en o alto en X		
Sodio	hiposódico		

- **Aporte Nutritivo**
- **Volumen:** reducido -aumentado.
- **Modificación del sabor:** Dulce, salado, ácido, amargo y neutro.
- Modificaciones según vía de administración Vía Oral, Vía enteral y Vía parental

Isótono 0.9%

100 cc = 3 g
200 cc = x

X = 10 g de Jolena si se
recipien 200 cc de agua

Anticid 3%

100 cc = 3 g
200 cc = x

X = 7,5 g de anticid en
un litro con 200 cc de
agua

gCudena cubacendina
en 7,5 g de anticid

Alimentos De Regimen

BM King



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Table of Contents Alimentos De Regimen

1. Understanding the eBook Alimentos De Regimen
 - The Rise of Digital Reading Alimentos De Regimen
 - Advantages of eBooks Over Traditional Books
2. Identifying Alimentos De Regimen
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Alimentos De Regimen
 - User-Friendly Interface
4. Exploring eBook Recommendations from Alimentos De Regimen
 - Personalized Recommendations
 - Alimentos De Regimen User Reviews and Ratings
 - Alimentos De Regimen and Bestseller Lists
5. Accessing Alimentos De Regimen Free and Paid eBooks
 - Alimentos De Regimen Public Domain eBooks
 - Alimentos De Regimen eBook Subscription Services
 - Alimentos De Regimen Budget-Friendly Options
6. Navigating Alimentos De Regimen eBook Formats

- ePub, PDF, MOBI, and More
- Alimentos De Regimen Compatibility with Devices
- Alimentos De Regimen Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Alimentos De Regimen
 - Highlighting and Note-Taking Alimentos De Regimen
 - Interactive Elements Alimentos De Regimen
- 8. Staying Engaged with Alimentos De Regimen
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Alimentos De Regimen
- 9. Balancing eBooks and Physical Books Alimentos De Regimen
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Alimentos De Regimen
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Alimentos De Regimen
 - Setting Reading Goals Alimentos De Regimen
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Alimentos De Regimen
 - Fact-Checking eBook Content of Alimentos De Regimen
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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