Index

Abbreviations, 260–264
Abdominal bloating, 26–7, 47–8, 123
  associated foods, 124
  pain and elimination diet, 126–7
Abdominal migraine, 109
Abdominoplasty, 31–2
ACE inhibitors, 145
Activity diary, 182
Acute phase proteins, response to
  infection, 183
Adcal (calcium supplement), 50
African Caribbean diet, 76–7
Albumin,
  low levels, 38
  measure of nutritional status, 38
Alcohol,
  intake recommendations, 67
  liver disease, 74–5, 82–3
  misuse, 62, 177
Allopurinol, 24–5, 158
Alzheimer’s disease, 40–41
Amenorrhoea, 37
Anaemia,
  appetite failure, 31
  iron deficiency, 39–40, 73
  peptic ulceration, 75–6
Angioedema, 51–2
Anorexia nervosa, 56–7, 85–6
  family involvement, 160
  relapse strategy, 174
Anterior resection of bowel, 129–130
Anthropometric data, 245
  Demiquet and Mindex, 245
  dynamometry, 247
  estimation of height (from ulna
    length), 247
  upper arm, 245–6
Antibiotic use, 31, 70, 72
Anti-depressant therapy, 28
Anti-endosmial antibodies, 33
Anti-histamine use, 51–2
Anti-obesity drugs, prescription criteria,
  151
Anxiety and depression scoring, 160
Apnoea, 65
Appetite control, 159
Appetite failure,
  breast cancer, 60–61
  following surgery, 37–8
HIV, 48–9
Ascites, management of, 74
Aspirin sensitivity, 51–2
Athralgia, 31–2
Attention deficit hyperactivity disorder,
  67–8
Behaviour change, 85, 148
Benzoic acid sensitivity, 52
Binge/vomiting, interruption of cycle,
  157
Binges, typical foods, 34
Biochemical data, interpretation, 8–9
Blood pressure control, 84
BMI, 243–4
  classification, 23,
  health risk, 24
  malnutrition risk, 159
Body weight, self-perception analysis,
  156
BoGH, 152, 166, 179, 185, 187
  sensible eating tool, 274
Bone density parameters, 50
Bone health, 50–51
Breast cancer, 60–61
Bulimic eating disorder, 34–6
  binge behaviour, 34, 36
  bingeing/vomiting, interruption of cycle, 157
  diet assessment, 36
  laxative misuse, 156
  risk assessment (psychiatric), 156
  suicide assessment, 156
Burn injury, 71–2
C-reactive protein, 86
Caffeine consumption,
  high intake, 150
  restricted intake, 219
  withdrawal, 168
Calcium,
  dietary review, 170, 176
  intake, 50–51
  promotion in diet, 51
  status and DEXA scanning, 218, 225
Campylobacter jejuni infection, 25
Cancer,
  cachexia, 62–3
  colon, 129–130
  colorectal risk, 49–50, 57–8
  lung, 62–3
  oesophagus, 92–3
  prostate, 139
  terminal, 100
  tongue, 68–9
Carbohydrate exchanges,
  definitive list, 239
  dietary advice, 46
Cardiovascular risk,
  assessment of diet, 45–50, 111
  cardioprotective diet, 215
  risk screen, 184
Care home nutrition, 73, 101, 163
  Alzheimer’s disease 40–41
Care pathway, diabetes mellitus, 95
Casebook approach to therapeutic care, 3
Cases,
  diaries, 10–11
  referrals, 11
  stepwise analytical approach, 10
CBT, 85
CD4 count, 48, 168
Cerebral palsy, 41–2
Chemotherapy, 93, 127–8
Child development, milestones, 42
Cholesterol, raised, 24
Chronic fatigue syndrome, 64–5
Chronic pancreatitis, 61–2
Chronic peptic ulceration, 75–6
Clinical chemistry, 253–260
  biochemistry and haematological reference ranges, 254
  conversion factors, 253–4
  laboratory variations, 258
  normal distribution of parameters, 255
  variation between groups of individuals, 257
  variation within individuals, 256
Clinical data interpretation, 7–9
Clinical decision-making, 3
Clinical detection and reasoning skills, 3, 6
Clinical guidelines,
  coeliac disease (BGS), 156
  diabetes (DMUK), 167, 196
  hypoglycaemia (DMUK), 166
  pre-operative nutrition support, 178
Clinical information, use of, 8
COAD, 69–70
Coeliac disease,
  aetiology, 33
  Coeliac UK, 125
  Internet information, 138
  iron-deficiency anaemia, 124
  lymphoma, 63–4
  newly diagnosed 32–3
Colectomy, 25
Comfort eating, 148
Complementary medicine,
  contraindications, 217
Compliance with diet, how to manage, 144
Compliance with medication, 143
Constipation, 32, 39, 116–117
Conversion factors,
  energy, 237
  protein, 237–8
  vitamins, 238
Coronary atheroma, 110, 121
Corticosteroids, 25
  high dose maintenance use in Crohn’s disease, 66
Counselling skills, BED, 157
Critical thinking skills, 5
Crohn’s disease, 65–6, 85–6
Crytosporidiosis infection, 48
Cyclical weight loss and regain, 28
Dairy products,
  dietary exclusion, dairy-free diet, 88
  food consumption, personal reflection, 115
Dementia, 40–41, 58–9
Depression, 29
Diabetes mellitus, type 1, 66–7
Diabetes mellitus, type 2, 17–18, 46–7
  Asian diet, 138
  chronic pancreatitis, 61–2
  gestational, 76–7
  obesity, 94–5
  with gangrene, 132
  pre-dialysis, 77–8
  pressure sores, 72–3
Diabetic products, use of, 17, 143
Diarrhoea, 114–115
Diarrhoea and vomiting, 30
Diazepam, 29
Diet diary and symptom record, 216
Diet pattern and intake,
  African Caribbean, 76–7
  health risk, 70–71, 89
  Polish, 95–6
  Russian, 18
  trend over time, 52–3
Dietary advice,
  alcoholic liver disease, 75, 84
  calcium promotion, 33
  cancer symptoms alleviation, 61
  cholesterol-lowering, 49–50
  coeliac disease, 33
  colectomy, 26
  dietary restraint, 40, 57
  fluid diet, jaw immobilisation, 81
  formulation guide, 3
  gestational diabetes, 91
  health improvement, 35, 89
  hypoglycaemia, 45, 114
  IBS, 27
  ileostomy, 88, 150
  irregular eating, 32
  managing contradictory sources of information, 167
  Mediterranean-style diet, 215
  obesity, 158
  salt intake reduction, 67
  snacking behaviour improvement, 154
  stroke, following rehabilitation, 98
Dietary compliance management,
  coeliac disease, 125
  diabetes, type 1, 67
  energy-deficit (obesity), 24
  forgetfulness, 147
  low income, pre-dialysis, 22
  renal stones, 25
Dietary intervention, evidence base,
  cholesterol-lowering, 122
  coeliac disease, 33
  diabetes, type 1, 18, 46
  IBS, 27
  obesity, 28
  peritoneal dialysis, 20
Dietary restraint, 66
Dietary supplements, 110
Diverticular disease, 108
DNA, and patients lost to follow-up, 29, 64
Domperidone, 30
Down’s syndrome, 42–3
Dress size zero, 56
Dry mouth (HIV), 48, 168
Dry weight, 74–5, 145–6
Duke’s B colorectal carcinoma, 58
Dumping syndrome, 76
Dyspepsia, 29–30, 75
Dysphagia, 81–2, 92–3
E number classification, 240–242
Eating behaviour,
  assessment in memory loss, 162
  assessment tools, 36
  erratic eating, 45–6
  patient failure to disclose, 194
  questionnaire, 157, 160
278  ■  Index

Eating disorder, 33–4
  anorexia nervosa, 56–7
  BED, 35–6
Electrolytes,
  replacement therapy, 153
  supplements in underweight patients, 178
Elimination diet, 88
Emphysema, 63
Energy-deficit diet model, 24
Energy-dense sip feeds,
  dementia, 163
  paediatrics, 164
  use, 163
Energy requirements, 248–52
  activity factors, 252
  BMR, 248–50
  Elia nomogram, 251
  stress factors, 251–2
Enteral feeding, argument for
  interruption in feeding, 137
Escherichia coli, 20
Ethnic diet, 39–40
Evening primrose oil, 32, 48
Exercise prescription,
  physical activity guidelines, 25
  referral schemes, 160
Familial hypercholesterolaemia, 110
Family involvement, AN, 160
Fatty liver, 24
Ferrous sulphate and constipation, 162
Fibromyalgia, 65
Fluid and electrolyte status and therapy, 72
Fluid overload, 144
Folate, indication for assessment, 154, 195
Folic acid deficiency, 39–40
Follow-up arrangements, obesity, 152
Food allergic disease, 31–2
  differential diagnosis, 127
Food and mood diary, 159
Food cravings, 34
Food exchange lists, 238–240
  carbohydrate, 239
  potassium, 240
  protein, 239
Food fortification, and cancer, 200
Food labels to assess food composition, 52
Food poisoning, 30
Fractured mandible, 80–81
FTT, 68
Game, nutritional composition, 50
Gestational diabetes, 76–7, 90–91, 133
Gingko biloba, 48
Gluten-free, exclusion diet, 124
Gluten-free versus wheat-free diet, 225
Gluttony, 23
Glycaemic control and pressure sores, 73
Growth chart, 42–4
Growth failure (ADHD), 67–8
Guilt, diet and trust of dietitian, 156
Haem and non-haem sources of dietary
  iron, 161
Haemodialysis, 18
Head injury, 91–2
Height/length conversion tables, 233–5
Helicobacter pylori, 30
High protein, energy dense diet,
  liver disease, 188
  pre-operative (partial gastrectomy), 188
Hip fracture, 68–9
Hip replacement, 138
HIV, 48–9
Homeopathy, 65
Hospice care, 101
Hospital diet,
  light, 21
  menu, 79
Hypercholesterolaemia, 56–7, 110
  lupus, 155
Hypertension, 18, 111
  sodium intake, 67, 71, 95–6
Hyperuricaemia, 111
Hypoglycaemia, 45–6, 113
Hypokalaemia, investigation, 154
Hypotension, 56
IBS, 26–7, 47–8, 109, 122
  trigger foods, 216
Institutionalisation and diet, 86
Insulin regimen, 67
Intra-cranial pressure, 92
Iron deficiency, 39–40
celiac disease, 124
Iron, haem and non-haem sources, 161
Iron supplementation, 31, 162
J-pouch procedure in ulcerative colitis, 25–6
Jaw wiring, 80–81
Kick boxing, energy requirements, 25
Language issues, 18–19
Laxative misuse, BED, 156
LFTs, 24, 35, 74–5, 83–4
Lipase inhibition (orlistat), 29
Lipid levels, clinical aim, 25
Lipid profiles,
  management, 193
  over time, 169
Liquid diet, 80–81
Lisinopril, 67, 83
Lithium therapy and dietary restrictions, 123
Liver impairment, 193
Low allergen diet exclusion, 31–2
Low income, state pension, 29
Lung cancer, 62–3
Lupus, 32
  hypercholesterolaemia, 154–5
Lymphoma, 63–4
Magnesium and vitamin D status, 196
Malabsorption, 62
Malnutrition risk, 82
  decision-making algorithm, 267
  MUST tool, 268–73
Mandible, fracture, 80–81
Mastectomy, 50
MDT,
  AN, 57, 174
  BED, 156
cancer, 220
  community, 203
Crohn’s disease, 195
diabetes, 221
paediatrics, 164–5
stroke, 204
Meal times, battleground, 41
Mediterranean-style diet, 215
Melaena, 58
Memory assessment, 147
Meningitis, 60
Menus, analysis, 53–6
  food intake and socioeconomic status, 172
  hospital, 78–9
  rig/offshore, 149
Metformin, 17–18, 143
Migraine, 106
  headache trigger foods, 209
Milk consumption and diarrhoea, 195
Mineral supplements, 146
Motivation, 89
  interviewing in obesity, 28
  motor neurone disease, 81–2
  personal reflection on skills, 28
Multiple sclerosis, 137
MUST tool, 268–73
Myalgic encephalomyopathy (ME), 65
NAGE recommendations, 163
Nasogastric feeding, 38, 60, 100
together with oral diet, 161
  worked through regime (Jevity), 206
Nausea, diet to improve intake, 38
Negotiating dietary change, 153
Negative thoughts, effect on dietary intake, 160
Night-time food scavenging, 116, 40–41
No added salt diet, 240
Nocturnal feeding, 177
Normal eating, 36
NSAIDs, 154
Nutrition and wound healing, 81
Nutrition of the unconscious patient, 139
Nutrition risk assessment, 128–32, 187, 220
Nutrition screening tools,
  evidence base, 131
  obesity, 132, 137
Obesity, 23–4, 25–6, 28–9
  aggressive weight loss, 138
  anaemia, 30–31
CBT, 84–5, 88–9
depression, 123
diabetes, 94–5
dietary review, 35, 37
FAD, 32
follow-up arrangements, 152
gestational diabetes, 90–91
group therapy, and community
  support classes, 153
hypertension, 96–7
infection and wound healing, 30–31
motivation, 137
negative body image, 117
NSP, 35
pharmacological management, 27–8
polycystic ovarian syndrome, 36–7
prescription criteria, 151
renal calculi, 24–5, 34–5
snacking behaviour, 35
thyroid function, 125–6
Oedema, albumin status, 59
Oesophagitis, 68–9
Oesophago-gastrectomy, 93
Omega-3 fatty acid supplementation,
  154–5, 180
Oophorectomy, 50–51
Oral hypoglycaemic agents, use and
  review, 143
Osmolarity and osmolality, 253

Palliative care, 100–101
Pancreatic enzymes, 177
Pancreatitus, chronic, 61–2
Parkinsonism, 68–9
Partial gastrectomy, 76
Peer pressure and weight, 159
PEG feeding, 205
Peptic ulceration, 75–6
Peritoneal dialysis, 19
Peritonitis, 20
Pernicious anaemia, 76
Phosphate binders, use of, 144
Phosphate restriction, 144
Physical activity,
  diabetes, 67
  obesity, 25
Polish diet, 95–6
Potassium,
  dietary intake and review, 144
  exchanges, definitive list, 240
  formal dietary advice, 190
Pre-conceptual nutrition, 77, 91
Prednisolone, 25
Pregnancy,
  optimal weight gain, 77
  weight management (obesity), 189
Pressure sores, 59, 72
Problem-solving approach to cases, 5
Promethazine, 29
Protein exchanges, definitive list, 239
Prozac, 97
Pyrexia, 31, 60
Radiation therapy, 58, 69, 93, 139
Reactive hypoglycaemia, 113, 165
Recreational drugs, 96–7
Re-feeding syndrome, 100, 178
Renal calculi, 24, 111
Renal disease,
  haemodialysis, 18
  peritoneal, 19
  pre-dialysis, 20–21
  diabetes, 77–8
Renal impairment, following burn injury,
  72
Renal stone-forming risk, 158
Rheumatoid arthritis, 84–5
Russian diet, 18
Safe swallow,
  advice, 81–2
  assessment, 164, 199, 223
Salicylate,
  dietary exposure, 51
  salicylate-free diet, 171
School meals, formulation of therapeutic
  advice, 68
Self-esteem, low, 29
Sepsis, 138
Sikhism, 19
Sip feeding, 59
  failure to consume prescription, 59
  following surgery, 61
  phlegm, 184
  pre-operative, 174–5
  semi-elemental in diarrhoea, 169
  terminal care, 101
Size zero, weight classification, 56–7
Slimming pills, 26–7
Smoking and weight, 90
Social issues,
  child dependency, 117
  eating alone, little family support, 70
  exposure to inappropriate foods, 126
  family stress, 34, 36, 171
  irregular meal patterns, 150
  isolation, 74, 146, 155
  language barriers, 18–19
  limited mobility, 89, 151
  low income, 18–19, 51
  pre-dialysis, 21–2, 146
  low self esteem, 152, 224
  shift work, long days, 71, 106
  unemployment, 96
  work/home life balance, 166
Socioeconomic status, influences on diet selection, 54–6
Sodium restricted diets, 97
Staphylococcus aureus, 31
State pension, 29
Statin therapy, 67, 121
Steatorrhoea, 33
Stoma, and management of output, 87
Stone-forming (renal) risk assessment, 158
Streptococcus sp., 20
Sulphasalazine, 84
Sweet foods, consumption of in menstrual cycle, 34
Texture modification, 200
Thinness, weight stable, 70–71
Threadworm infestation, 105
Thyroid,
  dysfunction, 56
  function in obesity, 28, 125
Total body fat monitoring, 149
Triglycerides, raised, 24
Ulcerative colitis,
  J-pouch procedure, 25–6
  loop ileostomy, 87–8
Unconscious patient, 139
Upper GI series endoscopy, 30
Vegetarian diet, peritoneal dialysis, 19
Ventilated patient, 59–60
Villus atrophy, 33
Vitamin B supplements in underweight, 178
Vitamin B12 deficiency, 75, 180, 189, 195
  indication for assessment, 154
Vitamin D
  dietary review, 170
  magnesium status, 196
  therapy, 144–5
Vitamin supplementation, 146
Vomiting cycle, BED,
  binging episodes, 160
  interruption of cycle, 157
Waist circumference,
  correlation with BMI, 24
  health risk, 24
  size zero, 57
Weight loss,
  acute, 29–30
  ALD, 74–5
  bowel habit, 105
  breast cancer, 60–61
  cerebral palsy, 41–2
  chronic pancreatitis, 62
  colorectal cancer, 57–8
  dementia, 58–9
  diarrhoea, 114
  HIV, 48–9
  lung cancer, 62–3
  post-surgical, 37–8
  prostate cancer, 139
Weight management in pregnancy, 189
Weight patterns, pregnancy, 77
Weights and measures, conversion tables, 233–7
Wheat consumption, personal reflection, 115
Wheat-free versus gluten-free diet, 225
Whipple’s procedure (pancreaticoduodenectomy), 62
Wound healing and diet, 31, 81