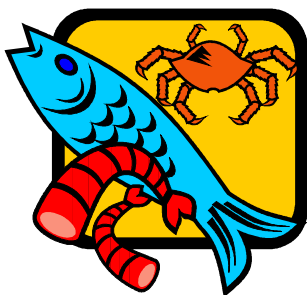




Calories,

Protein, Fluid

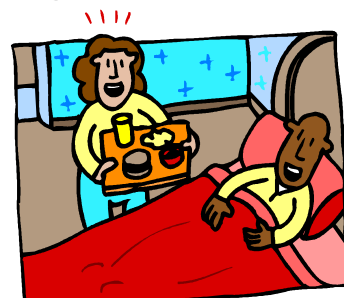
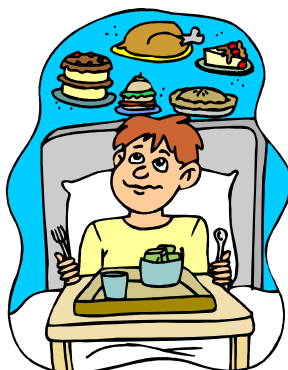


for



Patient /

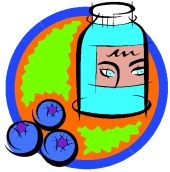
Resident



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Calories, Protein, Fluid for Patient/ Resident

I. What are the common causes of constipation?



- (a) *Immobility*
- (b) Decreased food intake
- (c) *Decreased fluid intake*
- (d) Decreased fiber intake
- (e) *Ignoring going to the bathroom for a bowel movement*
- (f) Using constipating medication: Iron supplements, antihistamines, opiates, barbiturate, aluminum hydroxide antacids, etc...



II. What is High Fiber? 8 grams of fiber per day

III. What can I do to regulate bowel movements?

- (a) *Increase fluids to 6 to 8 glasses per day and 1 extra with each meal.*
- (b) High Fiber diet plan-including fresh fruits and vegetables in the diet daily and gas forming foods as broccoli, cauliflower, raw carrots, etc...
- (c) *Natural laxatives*
- (d) Specific time daily to go to the bathroom to have regular bowel movements
- (e) *Hot beverages to stimulate bowel movements*
- (f) Increase physical activity
- (g) *Used dried fruits as prunes, figs, raisins, etc..*
- (h) Limit use of antacids
- (i) *Limit foods high in fat and processed foods*
- (j) Raw fruits and vegetables- increase in the diet
- (k) *Whole grain cereals and breads-increase in the diet*
- (l) Eat 3 meals daily and a bedtime snack
- (m) *Avoid alcohol and highly seasoned foods*
- (n) Chew foods thoroughly and if edentulous select foods carefully



Calories, Protein, Fluid for Patient/Resident

IV. Fiber:

(a) Crude Fiber:



- (1) Indigestible CHO and end products= CO₂ and methane
- (2) *When digested the energy per gram is about the same as digested starch or sugar.*
- (3) Crude fiber in man could be 25% to 62% digestible

(b) Dietary Fiber:



has no nutritive value but is important due to:

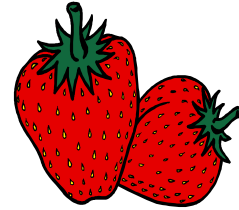
- (1) Provides bulk with calories
- (2) *It's a constituent of foods which have a high nutrient density. Fiber provides no nutrients.*
- (3) Provides beneficial action while passing through the GI tract.

V. *Non-digestible fiber in the human diet comes from two main sources: Fruits and Vegetables*

- *A high fiber diet is one rich in raw fruits and vegetables and whole grain cereals.*
- *A diet high in fiber is usually low in fat and some of the benefits are:*



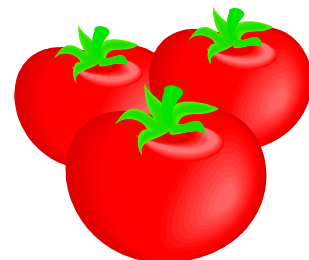
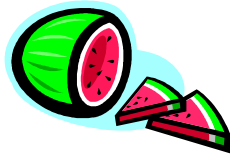
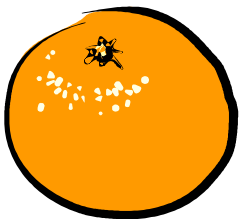
Calories, Protein, Fluid for Patient/Resident



- *Decreased fats lower your risk for cancer*
- *Regular bowel movements*
- *Weight control*
- *Decreases the chances of diverticular disease*
- *Better controls appetite*
- *A high fiber diet has shown to increase fecal nitrogen excretion 39% and reduces colonic bacterial NH₄ production and this reduces hepatic synthesis of urea.*
- *Fiber (H₂O Soluble Fiber) has a beneficial effect on GI functions, glucose tolerance, serum lipid levels, and nutrient absorption.*
- *Fiber containing tube feeding formulas instill both normal bowel functions by eliminating both diarrhea and constipation.*
- *Oat bran has little cholesterol lowering effect. High fiber diet and low fiber diets reduce serum cholesterol levels equally, probably because they replace dietary saturated fats.*

VI. **8 grams of fiber a day = High Fiber Diet:**

- (a) *½ gram of fiber: ½ cup sweet potato, white potato, celery, cornflakes, grits, oatmeal, brown rice, barley, plain popcorn, one slice of whole wheat bread, one corn muffin, ½ cherries, peaches, watermelon, three prunes, two medium plums.*
- (b) *One gram of Fiber: ½ cup cooked carrots, shredded lettuce, lima beans, spinach, broccoli, beets, squash, cabbage, brussel sprouts, summer squash, green beans, turnips, tomatoes, whole kernel corn, 40% Bran, apples, frozen strawberries, raisins, one raw tomato (medium), one whole wheat muffin, one small banana, two large figs, one medium orange.*



Calories, Protein, Fluid for Patient/Resident

(a) Two grams of Fiber: $\frac{1}{2}$ cup peanut butter, baked beans, all bran, and prepared bran

(b) Three grams of Fiber: $\frac{1}{2}$ cup raspberries and blackberries



(c) *Four grams of Fiber: $\frac{1}{2}$ cup pinto beans, red kidney beans, and raw peanuts.*

(d) Five grams of Fiber: $\frac{1}{2}$ cup mung, dry beans



VII. *Kilocalories, Protein, and Fluid:*

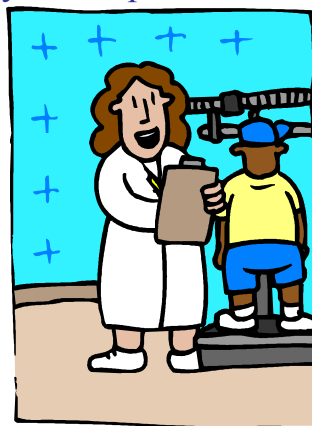
(a) $IBW \times 12 = \text{basal calories}$

(b) *Weight $\times 12 = \text{kilocalories to maintain weight}$*

(c) $\text{Protein needs} = IBW \text{ divided by } 2.2 \times 1.0 = \text{grams of protein needed per day for a normal person, } \times 1.1 - 1.5 \text{ depending on lab work and a person's skin breakdown}$

(d) *Fluid needs = weight divided by 2.2 $\times 30 = \text{fluid needs and add } 500 \text{ cc per each: UTI, dehydration, vomiting, fever, foley catheter, using colace or peri-colace}$*

These are very simple statements and is much more in depth depending on a person's diagnosis and many other specifics.



Calories, Protein, Fluid for Patient/ Resident

(TRUE or FALSE and QUESTIONS Quiz)

1. Name one reason for constipation.
2. *Name one solution to preventing constipation.*
3. A low fiber diet can help with constipation. (True or False)
4. *A High Fiber Diet is 7 grams of fiber per day. (True or False)*
5. $IBW \times 12 = \text{Calories to maintain weight.}$ (True or False)
6. *Name 2 foods high in fiber.*
7. Constipation can be caused by the abuse or the overuse of laxatives. (True or False)
8. *One should try and get in the habit of going to the bathroom to have a BM at the same time daily. (True or False)*
9. Increased fluids in the diet can help prevent constipation. (True or False)
10. *Increased exercise can help with regular BM's. (True or False)*



Calories, Protein, Fluid for Patient/ Resident

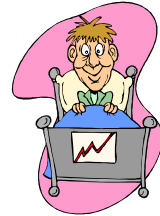
(TRUE or FALSE QUESTIONS and ANSWERS Quiz)

1. Name one reason for constipation.
Inadequate fluid and fiber
2. Name one solution to preventing constipation.
Regular bowel movements, increased fluid, increased fiber
3. A low fiber diet can help with constipation. *False*
4. A High Fiber Diet is 7 grams of fiber per day. *False*
5. IBW x 12 = Calories to maintain weight. *False*
6. Name 2 foods high in fiber:
Fresh fruits and fresh vegetables
7. Constipation can be caused by the abuse or the overuse of laxatives.
True
8. One should try and get in the habit of going to the bathroom to have a BM at the same time daily. *True*
9. Increased fluids in the diet can help prevent constipation. *True*
10. Increased exercise can help with regular BM's. *True*



Calories, Protein, Fluid for Patient/Resident

Education Record for Dietary Department



Date: _____ Time: _____ Instructor: _____

Title: *Calories, Protein, Fluid for Patient/Resident*

Signatures:

1. _____	2. _____
3. _____	4. _____
5. _____	6. _____
7. _____	8. _____
9. _____	10. _____
11. _____	12. _____

Special items covered in the meeting, plus the quiz: This In-Service has been geared toward constipation, kilocalories, food high and low in fiber, protein needs, and fluid needs. We have listed ways to prevent constipation as with the fluids, diet, going to the bathroom daily at the same time, always going to the bathroom when you need to. Increased fiber in the diet with a list of foods that are highest in fiber with the amount of each of the foods.

Responses and Comments: _____





CERTIFICATE



1 Hour on Calories, Protein and Fluids

CERTIFICATE FOR: _____

DATE: _____

Title: **Calories, Protein and Fluids**



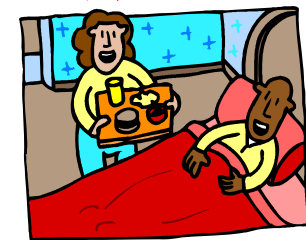
CPE: **Level 1** Activity Type: **Conventional Activity**

Conventional: **Speaker with Materials, Quiz, Handouts,
and an Oral Presentation**

By: **Food Fitness First, Inc.,**

FOR: Calories, Protein, and Fluids- This is geared toward constipation,
kilocalories, foods high and low in fiber, fluid needs, etc...

SIGNATURE: _____



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