

# Dietitians Week Update



allowed caffeine (i.e. tea or coffee) whilst on the Modulen diet. Weaning onto the diet gradually over several days is definitely recommended to allow the body to get used to these sudden changes in habit.

The Nutrition and Dietetics Department are now in the middle of Dietitians Week, and the Dietetics team at DVH are well into their special diet trials – all in aid of raising awareness of the unique plans that patients may experience.

Amelia (pictured) has been drinking Modulen – a special powdered formula which temporarily replaces all food, used for some patients with Crohn's Disease. The taste can become repetitive, and can leave a coating in the mouth. Amelia has found that cleaning her teeth between shakes has helped her to mouth to feel fresh – a useful tip! Amelia also found that she felt a little groggy for the first 24-48 hours. This is very likely due to not being

Phillipa has been following a syrup thick fluid and puree diet all week – a very common plan for patients with swallowing difficulties. She has learnt that fizzy drinks mix up particularly well, and when making tea or coffee, add the milk in after the drink has been thickened to make it smoother. Carillion kindly provided a puree fish and chip meal for Phillipa to have for lunch today, exactly as is available for inpatients – and it tasted impressively like the real thing, all things considered!

Do check out the display stand in the main entrance this week, where you can pick up leaflets with dietary advice covering a range of popular topics.