

# Dietitians Week

## Staff Solidering On!



The DVH Dietetics team are soldiering on with their special diets, as part of their efforts to better understand patients' experiences.

Sarah has been following the FODMAP diet, which is sometimes used for IBS (Irritable Bowel Syndrome). Avoiding certain types of sugars which are poorly absorbed in the gut, Sarah has been making her own special bread (see pic below) and ensuring that her portions of fruits are small and spread out. Sarah is finding it easier to make meals from scratch,

as it can take a while to read lots of ingredients lists on food labels.

Maria has been following a renal diet which is low in phosphate, sodium and potassium. This restrictive diet requires a lot of planning to make sure that meals and snacks are balanced. As dairy intake is controlled, Maria has been rationing out milk (which contains phosphate) for weak coffee and for porridge at breakfast. She is also minimising her intake of high potassium foods such as tomatoes and pulses, in addition to double-boiling vegetables.

Following the post-oesophageal stent diet, Kate has been working through the guidance in the booklet given to patients – starting on liquids only, then progressing to puree and today she is now on soft/minced foods. Kate has found that pasta is a bit of a strange texture once blended, and recommends using potato, rice and bread in puree recipes to get the starchy carbohydrate into meals.

Geoff has been following a “healthy eating on a budget” diet. Geoff recommends making a list of essential things to buy to keep down costs. He shopped at a local supermarket and Dartford Market for cheaper fruit and veg, and looked out for special offers and reduced price foods. Freezing leftovers and perishable products can help minimise waste. Geoff found the “value” rice, pasta and frozen veg were perfectly acceptable, however the value range Weetabix, fishcakes and frozen chicken breasts were poor quality.