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Eat 4-5 light meals a day 3. Include essential foods (fish, vegetables, fruits)  
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5. Eat the heaviest at noon 6. Avoid fatty foods 7. Avoid coffee 8. Drink hot milk before going to bed Reference: Basic Nutrition & Diet Therapy by Maria Lourdes C. Caudal, RND. DIET THERAPY Purpose of Diet Therapy: 1.

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The dietitian determines nutrition needs, plans and manages nutrition therapy, evaluates the plan of care, and records results. Throughout this entire process, the nurse helps to. develop, support,

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