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**"STUDY ON THE IMPACT OF PATIENT ON DIET CHART AND
IMPORTANT ROLE OF CHEF"**

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ABSTRACT

This study aims to know the impact of patients on diet charts and the chef's important role. A healthy diet provides various health benefits for patients. The hospital provides food service to in-patients. There exists a variety of patients that visit the hospital. Major surgeries can result in causes of weakness, and there needs to be enough energy for recovery. Some patients require an improvement in their diet as per their nutritional requirements that are to be generated for recovery from the trauma post-surgery. Some patients want to increase their weight, while some want to reduce weight. A Diet planner provides a diet that has enough intake of dietary fiber for patients. Meal planning directly concerns with provisions regarding quality diet, and it's an improvement. A Dietician provides meal-planning, including scientific explanation and knowledge about the guidelines about the meal. Dieticians prepare meal-planning for patients with sufficient information about the nutrition, variety of food, weight status, etc. A good chef needs to be passionate about cooking and have a creative approach to preparing food, which indirectly enhances presentation skills. They also ought to have willful energy and stamina to withstand long hours of cooking. They must have a multitasking ability. Any chef should exhibit efficacy in preparing various food and meals by choosing the customer (patients).

INTRODUCTION

Patients consult doctors w.r.t. various problems while a dietician provides a diet chart to each Patient's own to boost energy and lead a healthy life. A Diet chart provides some guidelines for the Patient to improve and live a balanced healthy lifestyle. It can be achieved by keeping a balance of vital nutrients for patients. With the help of a proper diet chart, patients can recover from any disease. It reduces the risk of various diseases like cancer, diabetes, cardiovascular problems, etc. A balanced diet chart advises proper and efficient nutrition. It helps in increasing the

efficiency and adequate functioning of the body. It focuses on the intake of the right concentrations of nutrients and calories. Some fresh vegetables, fruits, proteins, whole grains, etc., provide proper calories and nutrition. A Patient is bound to feel weak and requires more energy for a speedy recovery. A Balanced diet chart provides efficient food, calories, and physical activities that ensure the patients' well-being.

Lack of knowledge about diet charts causes various diseases, exhaustion, and infections. During childhood, every child needs a proper diet to improve their health and grow in various aspects, physical aspects like height, weight, body structure, and mental and psychological elements.

OBJECTIVES OF THE STUDY

- 1.To Study the impact of patients on diet charts and the essential role of chef.
- 2.To study the Importance of diet charts on the Patient's health.

IMPACT OF DIET CHART ON PATIENT

The chef needs to concentrate on the diet chart efficiently, as he is the one who prepares the meal as per the specifications of the standard diet chart. It focuses on the quality of food, and the foodservice provider must provide an adequate quantity of meals. Outdoor patients cannot follow these diet charts as they are different in the specification and need a dietician's advice. He provides a diet chart and diet advice slip to indoor patients. A Dietician gives proper timings of meals to be taken. Doctors and Dieticians recommend mealtime based on history and diagnosis. A Chef should take into consideration diet chart timings to provide a prescribed meal as per specifications. A chef would be preparing various diet foods like dry diet food, liquid diet, soft diet, etc. He would be preparing a dry diet or full liquid diet as per the prescription provided by the dietician. Hospitals should make a proper setting for a therapeutic and non-therapeutic diet that is based on patients because hospitals consist of a variety of patients. If a Dietician recommends a therapeutic diet, he advises taking a liquid diet, soft diet, full liquid diet, or light diet.

A Chef should provide diet meals as per the nature of the diet plan. The chef should prepare meals that contain adequate nutrition and maintain the nutrition levels. The recommendation also noted that the preparation of the meal must have an improvement of nutritional value. Sometimes doctor modifies the diet chart because of illness, surgery, injury for patients. It becomes the duty of the chef to provide the essential nutrition diet food. At the time of surgery or any operation, a doctor recommends taking liquid in the pre-operation period and also post-operation period. A full liquid diet consists of only liquid items like milk, tea, soup, etc. Chef prepares a variety of liquid diet dishes or meals that traditionally differ from milk and tea. He uses a combination of new ingredients to prepare a liquid diet like soups offering a unique taste. After an operation or any surgery, doctors recommend taking a soft diet. It consists of food that is in a smooth texture and easy to eat and chew. Chef should make soft food, easy to digest but with high protein and calories. Chefs also provide a variety of salads, fruits, etc., to ensure flavored food. A Chef schedules a weekly diet plan chart based on patients and dieticians, which contains nutrition and calories and the chef must be notified if the diet chart is modified as per the diagnosis. The chef is responsible for preparing quality diet food, which contains the

standard diet prescribed by the dietician.

Chefs should use the best quality ingredients like vegetables, grains, milk, fruits for cooking. He should purchase milk, vegetables every day. He must inspect the quality at the time of cooking while maintaining a hygienic and clean kitchen environment. The chef needs to communicate with the Patient and dietician for basic knowledge about the Patient and their diet food. He should regularly request feedback on the quality, menu, behavior, and cost of diet food. Chefs should concentrate on cleanliness by the usage of gloves to keep their hands clean. He must cover the containers, supply diet food at the right temperatures, not too hot, chilly, or warm.

TYPES OF DIET AND ROLE OF CHEF

1.**High fiber diet chart-** it is helpful for distal colitis and uncomplicated diverticular diseases in patients. Chef prepares breakfast, which consists of fiber like fruit, orange juice, wholemeal toast. The chef should be providing a variety of food for lunch and dinner like salad, vegetable bean, oatcakes, whole wheat sandwich, etc.

2.**The dietician recommends low fiber diet chart-**patients with low digesting power for a low fiber meal.

3.**High protein, high energy diet chart-** doctor recommends a high protein diet to patients who do not take proper diet, have a poor appetite, history of weight loss, or any underweight patients. Cancer patients, ulcer patients, and operated patients need to increase their energy, so the doctor gives them a high protein diet chart. The chef should prepare meals that contain proteins and calories like full cream milk, cheese, biscuits, fresh vegetables, sandwiches, and extra butter foods.

4.**Weight reducing diet chart-** this type of diet chart is beneficial to those patients who want to reduce or lose weight. The dietician recommends to reduce the energy quotient but concentrate on proper intake of nutrients for health. The chef should prepare sugar-free tea, milk, coffee, fresh fruits, fresh vegetables and use artificial sweeteners for beverages.

5.**Vegetarian and vegan diet chart-**vegetarian diet chart consists of vegetables and fruits and prohibits meat, poultry, and fish. Any doctors do not prescribe this type of diet, but for some moral, ethical, and religious reasons are followed by individual patients. Patients need a healthy diet chart and provide full nutrition and protein with zero interference in spiritual values. Some religions are particular in their values and follow the rules and regulations, like Hindus fasting during festivals. A Fasting diet is different from a regular diet. The chef should prepare a meal that can be consumed during fasting. Hindus do not eat any non-vegetarian diet during the fast.

6.**Diabetic diet chart-**diabetic diet considers type 1 and type-2 diabetes. The chef is encouraged to provide a full diet chart that ensures balanced nutrition, fat, and calories. Diabetic patients should focus on consistency in their meals. For a diabetic diet, the chart chef considers the following precautions. Chef prepares meals like bread, rice, and low sugar breakfast, which gives starchy carbohydrates. They provide various foods and fruits, excluding potato—The Chef prepares biscuits for the morning breakfast.

7.**Wheat-free diet chart-** some patients have a wheat allergy and do not prefer wheat. It focuses on a diet that doesn't involve wheat and wheat products. If any patient prefers a wheat-free diet, the chef is encouraged to prepare meals and food

without wheat, like milk, fish, eggs, fruits, cheese, and vegetables. Wheat consists of a lot of fiber but a wheat-free diet focus on fiber that does not contain wheat.

DUTIES, ROLES, AND RESPONSIBILITIES OF CHEF IN DIET CHART

1. Hospital foodservice providers, canteen, snack room chef must provide fresh vegetables, fruits, green leaf, beans, red vegetables.
2. If a Dietician recommends grain, the chef provides diet food like whole grains and refined grains, i.e., brown rice, oats, barley, quinoa, and buckwheat.
3. If a diet chart includes proteins, the chef must select such vegetables that supply high protein food and a meal like chicken, beef, fish, peas, beans, etc.
4. If Patients require a low-fat diet, the chef uses dairy products in meals, i.e., cheese, yogurt, milk, soy milk, etc.
5. Chefs are provided with a varied choice for the selection of food for patients. He prepares a variety of food, which contains the diet chart nutrition.
6. Chef prepares a balanced diet for patients to recover through balanced nutrition, fats, and protein.
7. The chef should prepare a good meal pattern to provide a complete combination of food items.
8. Chef prepares and serves an efficient quantity at all intervals, breakfast, dinner, lunch, snacks to each Patient.
9. The prominent role of a chef is to properly plan the menu for patients as per the diet chart.
10. Chefs should ensure the quality of diet food provided to patients and concentrate on the taste of the meal or food because on many occasions, patients are not willing to eat anything.
11. He/ she has to prepare a proper budget for the diet chart menu and control the wastages and minimize cost.
12. He/ she has to manage the vegetables, fruits, grains as per stock requirement.
13. A Chef is responsible for maintaining the excellent quality of food, hygiene, and a healthy environment at the work station.
14. He/ she must have complete knowledge regarding the diet plan and food prescribed by the doctor for patients.
15. He/she must be able to prepare healthy food with new and creative ideas and new ingredients for a unique taste because the Patient is bored of the specific food diet charts and craves a variation in food.

PRACTICAL IMPLEMENTATION

This research will assist the patients in taking proper diet as per the diet chart and diet plans. This study provides basic guidelines for a balanced diet chart and factors affecting the diet of food. It clarifies the role of a chef to prepare diet food and determines the relationship between healthy diet food and Patient's recovery. This study also focuses on a chef's role in providing the patients a healthy and balanced diet with appropriate nutrition, calories, and proteins to improve their health and recovery from various diseases.

CONCLUSION

This study highlights the impact of a chef's role in a patient's diet chart. It studies

that meal planning efficiently improves diet meal quality and maintains good health. It encourages the chef to prepare balanced food that is healthy and appeals to the Patient's taste buds. It studies the impact of a Chef's role in the Patient's diet chart. Hospital foodservice providers and chefs should purchase fresh vegetables, fruits, grains, etc., for the preparation of meals and food delivered to the Patient. A Patient must be aware of the diet chart and provide good quality food; within the hospital's hygienic conditions. It directly impacts Patient's satisfaction. Chef's play an essential role in the preparation of healthy food for patients.

Foodservice providers, Dieticians, and doctors provide guidelines about the diet chart, healthy food, how to manage and maintain hygiene in food preparation. The chef plays a vital role in patient care and recovery by providing proper diet chart food to patients. Change in mentality about the diet food of patients influences the diet chart. Each Patient comes from a different background, knowledge, religion, and regions. Having different cultures, behavior, and preference of patients also impact food choice. This paper studies the various roles played by the chef in a patient's diet chart. A Chef must efficiently offer quality and healthy food to patients for quick improvement in the Patient's health. This paper focuses on Patient's needs. It considers proper nutrition along with the taste of food. A chef provides tasty and balanced diet food for faster recovery of patients.

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