



Diet & Nutrition

Good nutrition supports healing, strength, and disease management. Your individual diet should follow the instructions of your healthcare provider.

Keep this handout for reference. Your 123 GA Home Healthcare staff may review this topic with you and provide a printed copy. This website/PDF copy is available for you and your caregiver to review again at any time.

Follow Your Prescribed Diet

- Follow any special diet ordered for you, such as low-sodium, diabetic, heart-healthy, texture-modified, or fluid-restricted nutrition.
- Do not make major diet or fluid changes when you have medical restrictions without discussing them with your healthcare provider.

Build Healthy Habits

- Choose nutrient-dense foods such as vegetables, fruits, whole grains, lean proteins, and other foods appropriate for your care plan.
- Limit highly processed foods and excess sodium, added sugar, and saturated fat when advised.
- Drink fluids as directed. Some conditions require fluid limits, so follow your individualized instructions.

Watch for Nutrition Concerns

- Report difficulty swallowing, repeated choking, persistent nausea or vomiting, poor appetite, unexplained weight change, or inability to obtain food.
- Ask your healthcare provider whether you should track your weight or other nutrition-related measurements.

Important: This handout is general education and does not replace your physician's orders, medication instructions, emergency plan, or individualized Plan of Care. Follow the instructions given specifically to you. For a medical emergency, call 911.