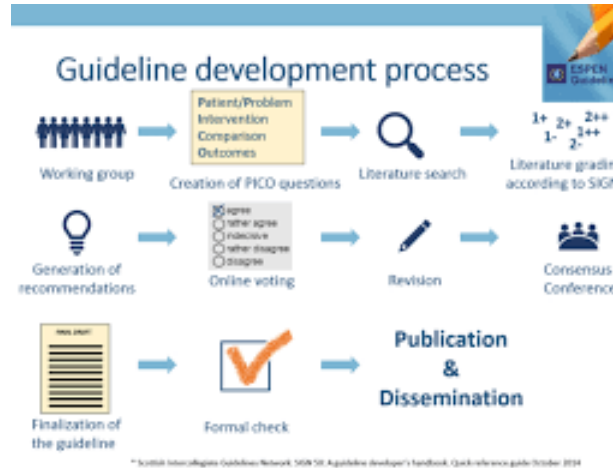




Ineke Obbema, dietitian Máxima MC

# Dietary guidelines

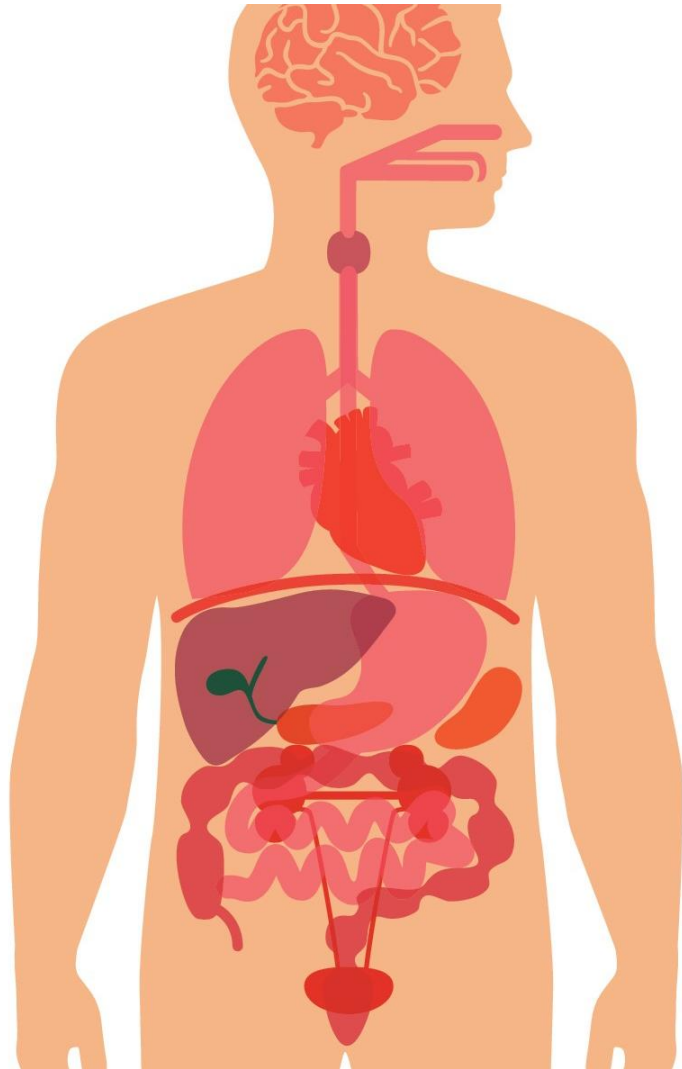


- Healthy diet guidelines
- "gezonde voeding proef je"

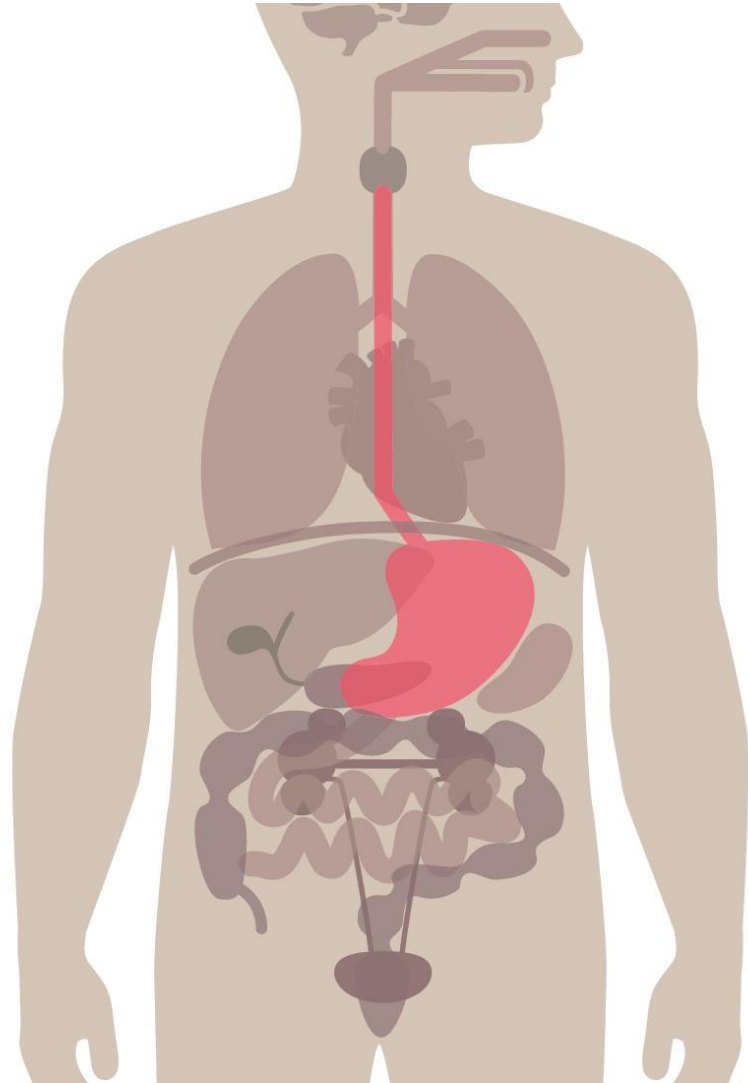
- Guidelines for illness
- Espen guidelines
- National guidelines

- Extra guidelines for consistency and or allergy

# Mouth and esophagus



- Taste
- Smell
- Mucous membranes
- Chew
- Swallow
- Passage



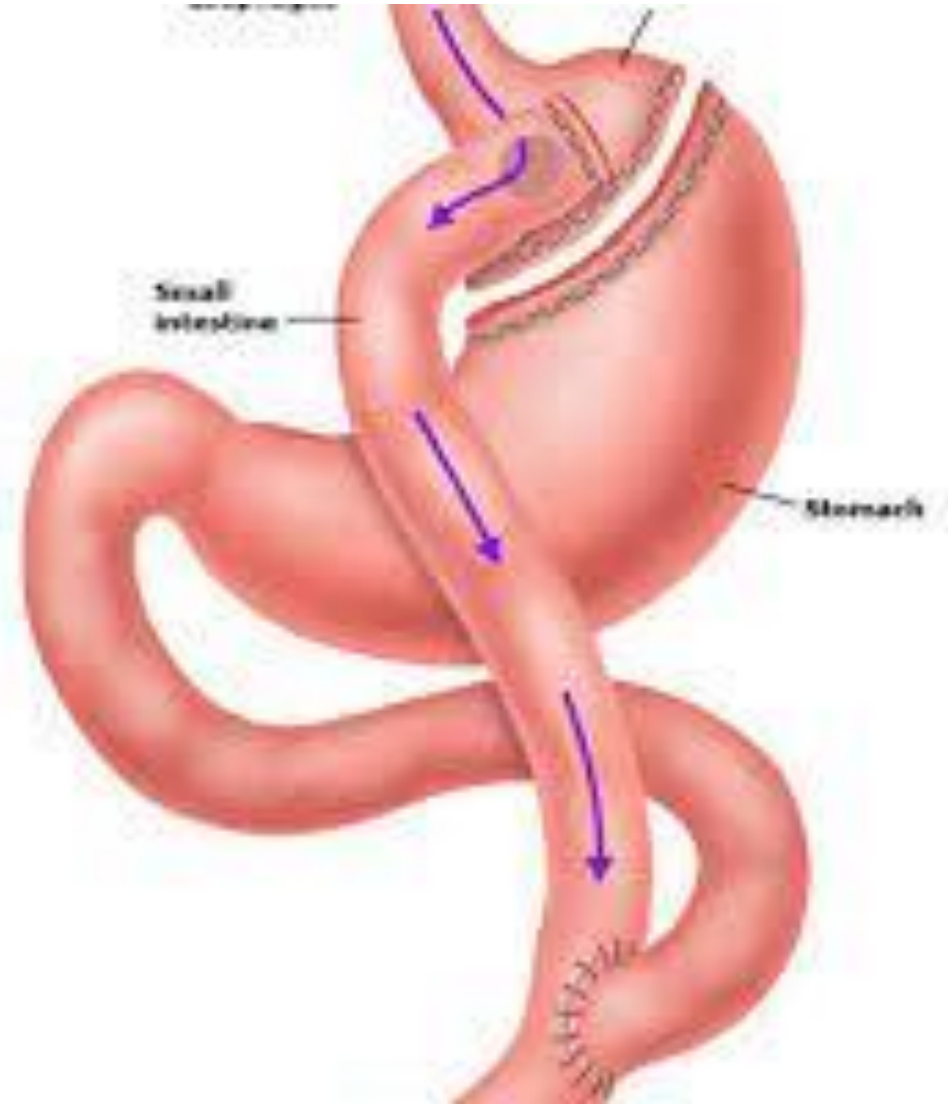
# Stomach

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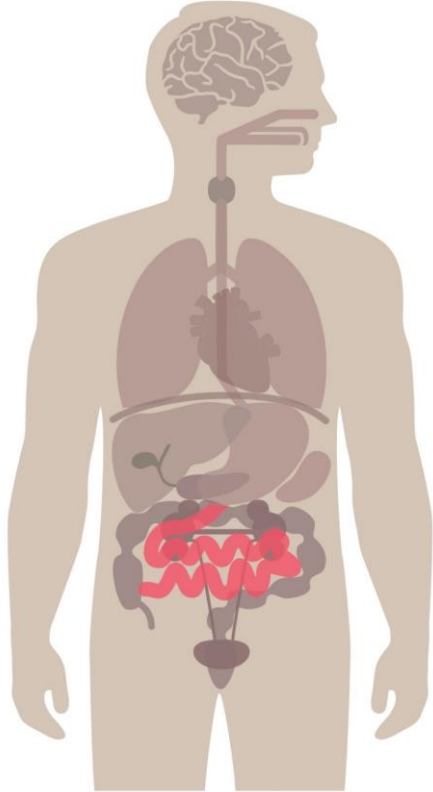
- Passage

# Bariatric surgery

- Before operation; mealreplacers
- 2 weeks after operation; liquid diet, including rusk
- Live after operation; based on healthy diet guidelines, but small portions, low osmotic value, high protein, vitamins+minerals supplement
- (yearly 10.000 people get bariatric surgery)

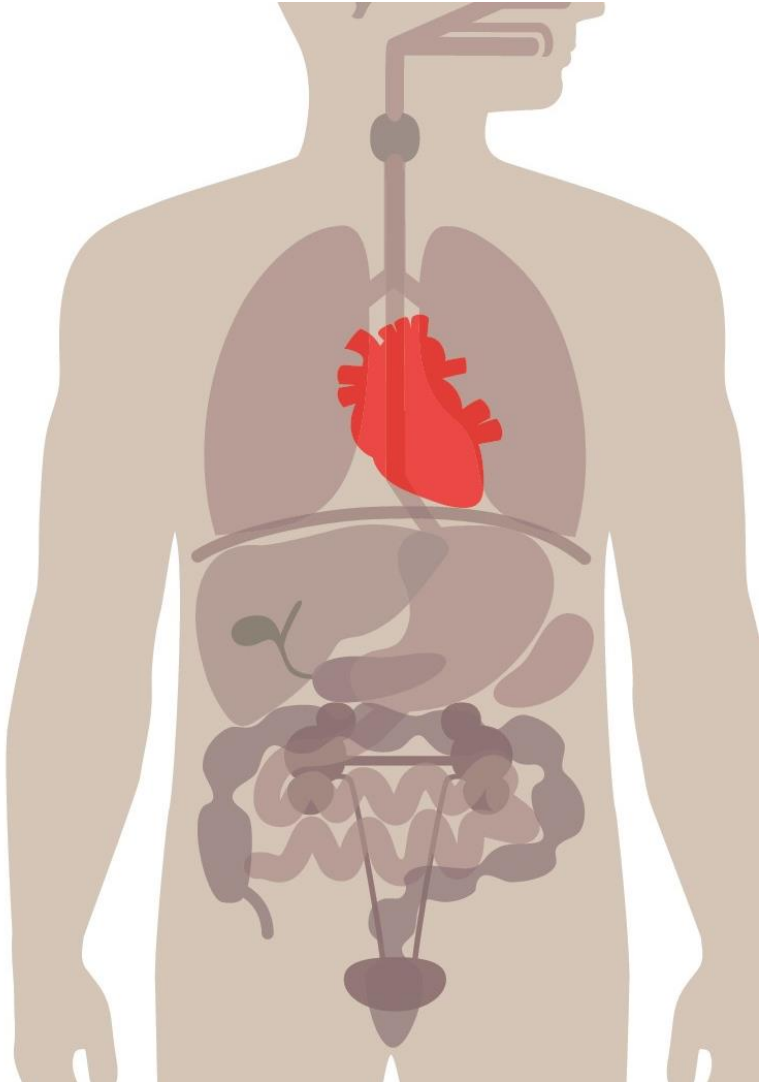


# Intestine



- Mucous membranes
- Passage
- Digestion

# Heart, kidney



- Fluid (for example max 1,5 liter)
- Minerals
  - Sodium
  - Potassium
  - Phosphor

# How to solve these challenges?



- Drinking food
- Ground / pureed food
- Tube feeding





# Whishes and dreams



- Natural and sustainable foodprocess
- Products looking like "normal food", including products as lasagna,quiche,pastry
- Good taste and smell, with possibilities to add extra flavours and scents
- Right consistence (Idsi, but also products wich are crispy in the outside but soft and creamy inside, together easy to pass or the better you chew the more taste it get)
- Good nutrition values
- Easy available
- Squeeze meal?