



## **Physio Questions 7**

1. What do you understand, how do you explain low-carbohydrate nutrition?
2. What are the benefits of a low carbohydrate diet?
3. How long can a carbohydrate diet be followed? What are the symptoms that the patient should eat more carbohydrates?
4. Which proteins are suitable to bring sufficient energy to the body, when body signs show too low carbohydrates?
5. How much liquid should a person drink daily to be healthy?
6. Explain how you can produce an oral rehydration solution, by yourself, for a dehydrated patient?
7. When are vitamin and mineral additions indicated??

Enjoy answering these questions and if you like to send them back to me, you will find an envelope enclosed.

Sala hantle  
Ntate Thuso