

Course Focusing on Gender

Programme Code:	AP	Programme Title: B.Sc	Biochemistry	
Course Code:	19UAPNT406	Title: NON MAJOR ELECTIVE II - NUTRITION AND DIET THERAPY	Batch:	2019 -2020 Onwards
Hours/Week:	2		Semester:	IV
			Credits:	2

Objectives

- To get aware of the purpose and principles of diet as therapy.
- To acquire knowledge of diet consumption during diseases and infections
- To learn the nutritional and dietary requirements for different age group

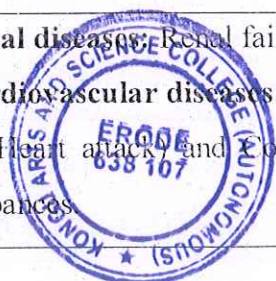
Course Outcomes

On the successful completion of the course, students will be able to

K1	CO1	Acquire the basic concepts to Diet therapy.
K2	CO2	Develop basic idea of nutritional requirement during infections.
K3	CO3	Gain knowledge about dietary requirements during liver and abdominal diseases.
K4	CO4	Explain the dietary habits for renal and heart patients.
K5	CO5	Understand the impact of diet on pregnancy and geriatric nutrition.

Syllabus

Unit	Content	Hours
I	Concept of Diet therapy: Introduction, Purpose and principles of therapeutic diets, classification of therapeutic diets. Modification of normal diet, Etiology, clinical features and nutritional management of Weight Imbalances- Overweight and obesity; Underweight; Eating disorder- Anorexia nervosa and Bulimia.	4
II	Diet in fever and microbial infections - Metabolism in fever, General dietary consideration diet in Influenza, Typhoid Fever, Recurrent Malaria and Tuberculosis. Diet in surgical conditions, Burns and Cancer.	3
III	Diet in diseases of the Liver, Gall Bladder and Pancreas: Liver – Jaundice, Hepatitis; Role of alcohol in liver diseases. Gall bladder – Gall bladder stones Pancreas – Diabetes Mellitus Diet in Gastrointestinal diseases: Peptic Ulcer, Diarrhea, Constipation.	4
IV	Diet in Renal diseases: Renal failure, Urinary calculi- Causes & treatment, Diet in Cardiovascular diseases: Atherosclerosis, Hypertension, Myocardial infarction (Heart attack) and Coronary Heart Disease. Diet in Allergy and Skin disturbances	3



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V	Diet in Pregnancy - Nutritional and food requirements in Pregnancy. Impact of nutritional deficiency on the outcome of Pregnancy, Diet during Labour and following Delivery	4
	Geriatric Nutrition - Adult Nutrition. Food habits of Older People. Food requirements of Older People. Planning Meals for Olderpeople.	
TOTAL		18

Teaching Methodology:
Chalk and Talk. PPT, Oral Discussion

Books for Study:

1. Ruth. A.Roth, Nutrition and Diet Therapy, 10th Edition, Congage Learning, U.S.A.

Books for Reference:

1. Mudambi SR and Rajagopal MV, Fundamentals of Foods, Nutrition and Diet Therapy, 5th Edition, New Age International Publishers, 2007.
2. Stacy Nix, William's Basic Nutrition and Diet Therapy, 13th Edition. Elsevier Mosby, 2007.
3. Mahan L K and Escott Stump S, Krause's Food & Nutrition Therapy, 13th Edition, Saunders-Elsevier, 2013.
4. Seth V and Singh K, Diet Planning through the Life Cycle Part II: Diet Therapy. A Practical Manual, 4th Edition. Elite Publishing House PvtLtd, 2007.
5. B.Srilakshmi, Human Nutrition, 2nd Edition, New Age Publishers, 2008.

Course Designed by	Verified by	Checked by	Approved by
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