

NUTRITION AND DIETETICS

SEMESTER III

THERAPEUTIC NUTRITION (CREDITS: THEORY-4, PRACTICAL-2)

Objectives

1. Understand the modifications in nutrition requirement for various diseases.
2. Develop skills in planning and preparation of therapeutic diets for various diseases.

Contents

Unit I Definitions, Responsibilities of Dietitian in Health Care

- Dietetics the Science & Art of human nutrition care
- Role & responsibilities of dietitian in health care
- Adaptation of therapeutic diets
- Therapeutic diets Types of dietary adaptations for therapeutic needs, Normal nutrition a base of therapeutic diet, Constructing therapeutic diets
- Routine hospital diets-Normal / General diets, Liquid diets, Soft diets, Bland diets

Unit II Etiology, clinical features and nutritional management of

- Obesity
- Underweight
- Nutrition in Eating Disorders Anorexia Nervosa & Bulimia Nervosa
- Infections and Fever -Typhoid ,Tuberculosis

Unit III Etiology, clinical features and nutritional management of the following GI Tract Disorders:

- Diarrhoea
- Constipation
- Lactose intolerance
- Peptic ulcer
- Liver: Infective Hepatitis, liver cirrhosis
- Cholelithiasis, Cholecystitis

Unit IV Etiology, clinical features and nutritional management of the following

- Type 1 and Type 2 Diabetes Mellitus
- Hypertension and Coronary Heart Disease
- Dyslipidemias, Atherosclerosis, Angina Pectoris,
- Renal diseases Glomerulonephritis ,Nephrotic Syndrome ,Acute Renal Failure (ARF)Chronic Renal Failure (CRF)