

CLINICAL AND THERAPEUTIC NUTRITION –I

Sem	Subject Code	Category	Lecture		Theory	Practical		Credits
I		Core Practical II	Hrs/sem	Hrs/Per week	-----	Hrs/sem	Hrs/Per week	4
			-	-		45	3	

EXPERIMENTAL FOOD PRACTICAL

1. Grouping of foods according to ICMR classification
2. Find the percentage of edible portion of foods
3. Food Exchange System and Standardization of Raw to Cooked Foods
4. Development of a Ready – Reckoner for calculating nutrient content of various foods, portion size and volume, conversion of cooked to raw equivalent of various foods.
Learning how to use different nutrition assessment tools
5. Planning of routine hospital diet– Full fluid, clear liquid, soft, bland, regular diet, High calorie and low calorie diet, High residue and low residue diet
6. Diet in Infections and Physiological Stress – Typhoid, Cholera, Asthma, Ebola and Burns
7. Diet in Gastro Intestinal disorders – Peptic Ulcer, Diarrhea, Protein losing enteropathy and constipation
8. Diet in Liver Diseases – Jaundice, Fatty Liver and Gall stones
9. Diet in Diabetes Mellitus – Insulin Dependent Diabetes Mellitus and Non Insulin Dependent Diabetes Mellitus and Diabetes with complications
10. Diet for metabolic diseases – Gout, Galactose restricted diet and Tyrosinemia
11. Planning of diet in deficiency diseases- Micronutrient deficiency (Any Two), PEM

SYLLABUS DESIGNER:

- Mrs. K. GOWTHAMI, Head and Assistant Professor, Department of Foods and Nutrition