

## DIETETICS - I

Sem	Subject Code	Category	Lecture		Theory		Practicals	Credits
V	19CNF5A	Core paper V	Hrs/sem	Hrs/Per week	Hrs/sem	Hrs/Per week	-----	5
			90	6	90	6		

### COURSE OBJECTIVE:

1. To impart knowledge in the field of Dietetics
2. To make them a Responsible Dietician
3. To understand the principles of Diet, modifications of Diet for various Medical Conditions.

### COURSE OUTCOMES

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

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Introduction to Diet Therapy and learning about the responsibility of Dietician	K2
CO2	Diet for Obesity and Underweight	K2, K3, K4
CO3	Diet for Diabetes Mellitus	K2, K3, K4
CO4	Diet for Gastrointestinal Disorders	K2, K3, K4
CO5	Diet for Hepatobiliary Disorders	K2, K3, K4

Knowledge level: K1 – Remember, K2-Understand, K3- Apply, K4-Analyse.

### MAPPING WITH PO

COS	PO1	PO2	PO3	PO4	PO5
CO1	S	S	S	S	M
CO2	S	M	S	S	M
CO3	S	M	S	S	M
CO4	S	M	S	S	M
CO5	S	M	S	S	M

S-Strong; M-Medium, L- Low

## **UNIT – I**

**18 Hours**

### **Introduction to Diet therapy**

- A. DIET – Definition, types and Principles of Diet
- B. THERAPEUTIC DIETS –Clear fluid diet, full fluid diet, soft diet, Regular Normal diet, Tailor made diets.
- C. SPECIAL FEEDING METHODS – Enteral Nutrition and Parenteral Nutrition.
- D. DIETITIANS – Classification, code of ethics, Responsibilities, Dietitians in India, Indian Dietetic Association (IDA)

## **UNIT – II**

**18 Hours**

### **Diet for Obesity and Underweight**

- A. OBESITY –Definition, Aetiology, Method of Assessments, Types, Dietary recommendations, other treatments, Complications of Obesity.
- B. UNDERWEIGHT – Definitions & limitations, Aetiology, Signs & symptoms, Dietary Recommendations.

## **UNIT – III**

**18 Hours**

### **Diet for Diabetes Mellitus**

- A. DIABETES MELLITUS – Definition, prevalence, Types, Aetiology, symptoms, Diagnosis, Principles of Diet, Dietary Recommendations and other Treatment methods, Complications.

### **Diet for Endocrine Disorders**

- B. OTHER ENDOCRINE DISORDERS – Thyroidism, Cushing Syndrome, Poly Cystic Ovarian Disease (PCOD)

## **UNIT – IV**

**18 Hours**

### **Diet for Gastrointestinal Disorders**

- A. Gastroesophageal Reflux Disease (GERD) and Esophagitis, Dyspepsia and Functional Dyspepsia, Gastritis and Peptic Ulcers, Dumping Syndrome - Definition, Types, Aetiology, signs & symptoms, Principles of Diet, Dietary Recommendations.
- B. Intestinal Gas and Flatulence, Constipation, Diarrhoea - Definition, Types, Aetiology, signs & symptoms, Principles of Diet, Dietary Recommendations.
- C. GASTROINTESTINAL INTOLERANCE - Celiac Disease, Lactose Intolerance, Fructose Malabsorption - Definition, Aetiology, signs & symptoms, Principles of Diet, Dietary Recommendations.
- D. INFLAMMATORY BOWEL DISEASES – Crohn's Disease, Ulcerative Colitis, Irritable Bowel Syndrome - Definition, Aetiology, signs & symptoms, Principles of Diet, Dietary Recommendations.

**UNIT V****18 Hours****Diet for Hepatobiliary Disorders**

- A. LIVER - Hepatitis, Cirrhosis, Chronic Liver Disease, On-Alcoholic Fatty Liver Disease, Hepatic Encephalopathy - Definition, Aetiology, signs & symptoms, Principles of Diet, Dietary Recommendations.
- B. GALL BLADDER – Cholestasis, Cholecystitis & Cholelithiasis and Cholangitis - Definition, Aetiology, signs & symptoms, Principles of Diet, Dietary Recommendations.
- C. PANCREAS - ACUTE & CHRONIC PANCREATITIS – Definition, Aetiology, signs & symptoms, Principles of Diet, Dietary Recommendations.

**Distribution of Marks:** Practical – 25 (IA) + 75 (univ. exam) = 100 Marks**TEXT BOOKS:**

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	L. Katheleen Mahan, Janice L. Raymond	Krause's Food and The Nutritional Care Process, 14 <sup>th</sup> Edition	Elsevier	2017
2	B. Srilakshmi	Dietetics, 7 <sup>th</sup> Edition	New Age International Publishers	2014

**REFERENCE BOOKS:**

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	Antia F.P. And Philip Abraham	Clinical Nutrition and Dietetics	Oxford Publishing Company.	2001
2	Gopalan C., Ram Sastri B.V and Bal Subramaniam S.C.,	Nutritive Value of Indian Foods, Hyderabad,	National Institute of Nutrition, Indian Council of Medical Research.	2006

3	Seth V and Singh K	Diet Planning through the Life Cycle Part II: Diet Therapy. A Practical Manual, 4th edition.	Elite Publishing House Pvt. Ltd.	2007
4	Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S	Textbook of Nutrition and Dietetics.	Phoenix Publishing House Pvt. Ltd	2013
5	Mahan L K and Escott Stump S	Krause's Food & Nutrition Therapy, 13th ed.	Saunders-Elsevier	2013
6	Stacy Nix	William's Basic Nutrition and Diet Therapy, 13th Edition.	Elsevier Mosby	2009