

## DIETETICS - II

Sem	Subject Code	Category	Lecture		Theory		Practical	Credits
VI	19CNF6B	Core paper VIII	Hrs/sem	Hrs/Per week	Hrs/sem	Hrs/Per week	-----	5
			90	6	90	6		

### COURSE OBJECTIVE:

4. To impart knowledge in the field of Dietetics
5. To make them a Responsible Dietician
6. 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	Diet for Cardiovascular and Pulmonary Diseases	K2, K3, K4
CO2	Diet for Kidney Diseases	K2, K3, K4
CO3	Diet for Infections and Fevers	K2, K3, K4
CO4	Diet for Cancer	K2, K3, K4
CO5	Diet for Anemia and Rheumatic Diseases	K2, K3, K4

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

### MAPPING WITH PO

COS	PO1	PO2	PO3	PO4	PO5
CO1	S	M	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**

### **a) Diet for Cardiovascular Diseases**

- a. CORONARY HEART DISEASE (CHD) - Introduction, prevalence, clinical effects, risk factors, Role of fat in the development of Atherosclerosis, General Dietary Recommendations, Functional foods for CHD.
- b. HYPERTENSION – Definition, Prevalence, Etiology, Types, symptoms, Principles of Diet, Dietary Recommendations.

### **b) Diet for Pulmonary Diseases**

- a. ASTHMA, CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD), ACUTE RESPIRATORY DISTRESS SYNDROME (ARDS), PNEUMONIA, COVID - Definition, Prevalence, Etiology, Types, symptoms, Principles of Diet, Dietary Recommendations.

## **UNIT – II**

**18 Hours**

### **Diet for kidney Diseases**

- a. GLOMERULONEPHRITIS, NEPHROTIC SYNDROME/NEPHROSIS, ACUTE RENAL FAILURE, CHRONIC RENAL FAILURE, UROLITHIASIS, END STAGE RENAL DISEASE (ESRD) - Definition, etiology, symptoms, Principles of Diet, Dietary Recommendations
- b. DIALYSIS – Necessity of Dialysis, Types, Dietary Management, Drawbacks

## **UNIT – III**

**18 Hours**

### **Diet for Infections and Fevers**

- a. Definition, Host Defense Mechanism, General causes, Usual Types of fever, General Dietary Considerations.
- b. TYPHOID, INFLUENZA, MALARIA, CHOLERA, EBOLA, TUBERCULOSIS – Definition, Etiology, signs & symptoms, Principles of Diet, Dietary Recommendations.
- c. HUMAN IMMUNODEFICIENCY VIRUS (HIV) AND ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS) – Definition, Etiology, Classification, clinical findings, Medical and Nutritional Management.

## **UNIT – IV**

**18 Hours**

### **Diet for Cancer**

- a. CANCER – Definition, Types, Risk Factors, symptoms, General Systemic Reactions, Nutritional Problems of Cancer Therapy, Nutritional Requirements & Dietary Management, Role of Food in the prevention of Cancer, Role of Physical activity and Cancer

**UNIT – V****18 Hours****a) Diet for Anemia**

- a. IRON DEFICIENCY ANEMIA, MEGALOBLASTIC ANEMIA – Definition, Prevalence, Etiology, Types, symptoms, Principles of Diet, Dietary Recommendations, Other Types of Anemias and Iron Overload.

**b) Diet for Rheumatic Diseases**

- a. OSTEOARTHRITIS, RHEUMATOID ARTHRITIS, GOUT - Definition, Prevalence, Etiology, Types, symptoms, Principles of Diet, Dietary Recommendations.

**c) Artificial Intelligence (AI) and Dietetics**

Definition, uses, advantages and disadvantages , Relationship between AI and Dietetics

**Distribution of Marks:** Theory – 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