ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM

TIME: 4 Hrs/week   **DIETETICS**   **Max. Marks: 100**

OBJECTIVES: To enable the students to
- Understand the role of diet in therapy.
- Develop the capacity and aptitude for taking up dietetics as a profession.
- Gain knowledge and develop skills and techniques in the planning and preparation of therapeutic diets.

COURSE:

UNIT – I: Basic concepts of Dietetics
  a. Therapeutic adaptations of a normal diet.
  b. Pre & Probiotics, functional foods, Nutraceuticals.
  c. Roles and responsibilities of Dietitian.
  d. Dietetic Association of India.
  e. Traditional dietetics in India and World Over (Brief review).

UNIT – II: Incidence, etiology, metabolic change, clinical manifestations, dietary management and counseling for the following:
  a. Febrile diseases – General fever, Typhoid, Tuberculosis
  b. Surgical conditions – Pre & Post conditions, Parenteral and enteral feeding.
  c. Infections – Diarrhea, Dysentery, AIDS.
  d. Deficiencies and Malabsorption – Anemia, Constipation, Under nutrition, Food Allergy.

UNIT – III: Incidence, etiology, metabolic changes, clinical manifestations, dietary management and counseling for Lifestyle and Degenerative diseases
  a. Obesity.
  b. Diabetes Mellitus.

UNIT – IV: a. Cardiovascular diseases
         b. Miscellaneous – Osteoporosis. Arthritis and Gout.

UNIT – V: Etiology, Clinical manifestations & Overview of Dietary management.
  a. IBS.
  b. Peptic Ulcer.
  c. Viral Hepatitis
  d. Cirrhosis (Alcoholic & Non alcoholic)
  e. Cholelithiasis
  f. Nephritis
  g. Renal Calculi

SUGGESTED REFERENCES:
1. Swaminathan, M. (1986) – Principles of Nutrition and Dietetics – BAPPCO, Bangalore.
2. Turner, D. (1964 – Handbook of Diet Therapy – University of Chicago Press, Chicago.
3. Goodhart, R.S., & Shils M.E. (1980) –Modern Nutrition in Health and Disease – K.M. Varghese & Co., New Delhi.
4. Robinson, Ch and Lawler M.A. (1980) Modern and Therapeutic Nutrition – Mac Millan Publishing Co., New York.
5. Anita, F.P., (1973) – Clinical Nutrition and Dietetics–Oxford University Press – New Delhi.
6. Davidson, S., and Passmore, R. (1977) – Human Nutrition and Dietetics - E & S., Livingstone Ltd., London.
7. Some Therapeutic diets – NIN, Hyderabad. (Latest Edition)
8. Nutritive Value of Indian Foods – NIN, Hyderabad. (Latest Edition)

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TIME: 2 Hrs/week **DIETETICS PRACTICAL** **Max. Marks: 50**

OBJECTIVES: To enable the students to

- Understand the role of food in treatment of diseases.
- Relate the planning of the diet and diet counseling to etiology and symptoms.

COURSE:

UNIT – I: Preparation and serving of therapeutic diets modified in consistency and nutritive value for –

      f. Routine hospital diets.

      g. Special feeding.

UNIT – II: Planning, food exchanges and preparation for

      a. Underweight.

      b. Febrile diseases – Tuberculosis.

      c. Anemia.

UNIT – III: Planning, food exchanges and preparation for life style disorders -

      c. Obesity & Diabetes mellitus.

      d. Cardiovascular diseases – Hypertension, Atherosclerosis.

UNIT – IV: Planning, food exchanges and preparation for

      a. Peptic Ulcers

      b. Hepatitis & Cirrhosis

      c. Nephritis & Calculi

UNIT – V: Case studies and Counselling of Patients.

SELECTED REFERENCES:

1. Swaminathan, M. (1986) – Principles of Nutrition and Dietetics – BAPPCO, Bangalore.
2. Goodhart, R.S., & Shils M.E. (1980) –Modern Nutrition in Health and Disease – K.M. Varghese & Co., New Delhi.
3. Robinson, Ch and Lawler M.A. (1980) Modern and Therapeutic Nutrition – Mac Millan Publishing Co., New York.
4. Anita, F.P., (1973) – Clinical Nutrition and Dietetics 0 – Oxford University Press – New Delhi.
5. Davidson, S., and Passmore, R. (1977) – Human Nutrition and Dietetics - E & S., Livingstone Ltd., London.
6. Taylor, C.M., and Meclead, G., (*1960) – Roses Laboratory Handbook of Dietetics – E & S Macmillan & Co., New York.
7. Some Therapeutic diets – NIN, Hyderabad. (Latest Edition)
8. Nutritive Value of Indian Foods – NIN, Hyderabad. (Latest Edition)

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