

BSHND 303: DEITETICS II

Course Learning Outcomes:

- To comprehend the principles of diet therapy and therapeutic nutrition
- To understand the role of dietary management in various health disorders
- related to upper and lower gastrointestinal tract, hepatic, pancreas and
- coronary heart diseases
- To acquaint hands-on training for the dietary modification of normal diets
- aligned with various health disorders
- To prepare pre- and post-operative diets

Content-Theory:

1. Introduction to diet therapy;

- Principles of diet therapy and therapeutic nutrition;
- Therapeutic modifications of normal diets;

2. Dietary management in various health disorders (objective, physiology, food choices, diet plans

- Diet in the diseases of the upper gastrointestinal tract – mouth, dental disease, pharynx, esophagitis; hiatal hernia; gastritis; peptic ulcer;
- Diet in the diseases of the lower gastrointestinal tract - constipation, diarrhoea, mal-absorption syndrome, lactose Intolerance, celiac disease, inflammatory bowel disease, Crohn's disease, ulcerative colitis, irritable bowel syndrome, diverticular disease, gastric surgery, dumping syndrome, small bowel resections, short bowel syndromes, blind loop syndrome, ileostomy or colostomy;
- Diet in the diseases of liver and accessory organs - hepatitis, hepatic steatosis, non-alcoholic hepatic steatosis, alcoholic liver disease, cirrhosis, hepatic encephalopathy; cholecystitis, cholangitis; Pancreatitis;

3. Nutrition education and primary health care camp

Content-Practical:

1. Steps in nutrition care;

2. Types of diets:

- Regular diet, clear liquid diet, full liquid diet, soft diet, bland diet

3. Dietary modification for texture, energy, nutrients and fluids;

- Planning of energy modified diets: high calorie diet, restricted calorie diet, High fiber diet, low residue diet, modified carbohydrates diet, moderate Carbohydrate diet, modified fat diet, restricted fats diet

4. Planning and preparation of diets for various pathological conditions;

- Nutrition in surgical conditions:
- Pre-operative and post-operative diets;
- Enteral and parenteral feeding;

5. Hospital visits and nutrition camps.

Teaching-Learning Strategies:

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

Assignments:

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

Assessments and Examination:

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

Recommended Readings:

1. Mahan, L.K., S. Escott-Stump and J.L. Raymond. 2012. Krause's Food,
2. Nutrition & Diet Therapy, 13th ed. Elsevier Saunders, St. Louis, Missouri,
3. USA.
4. Mudambi, S.R. and M.V. Rajagopal. 2007. Fundamentals of Foods, Nutrition
5. & Diet Therapy, 5th ed. New Age International Pvt. Ltd. Publishers, New Delhi.
6. Punekar, M. and J. D'Souza. 2010. Handbook of Applied Nutrition,
7. Dietotherapy and Diet Management. SBS Publishers & Distributors Pvt. Ltd.,
8. New Delhi.
9. Rawat, S. 2015. Applied Nutrition. Random Publication, New Delhi.
10. Schlenker, E. and J.A. Gilbert. 2015. Williams' Essentials of Nutrition and
11. Diet Therapy, 11th ed. Elsevier/Mosby Inc., Louis, Missouri.
12. Singh, J. 2008. Handbook of Nutrition and Dietetics. Lotus Press, India