

# DIET THERAPY

Semester – 6<sup>th</sup>

FE - 6

DT (607)

Credit – 0 + 2 = 2

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## Objectives :-

This course will enable the student to –

1. Know the normal routine diets served in hospitals and for whom these would be served.
  2. To be able to plan diets for therapeutic purposes.
  3. Understand the role of dietician.
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1. Standardization of common food preparations for portion size.
  2. Planning and preparation of normal diets.
  3. Planning and preparation of recipes using protein concentrates.
  4. Planning and preparation of recipes using sugar substitutes.
  5. Planning and preparation of low fat and low residue recipes.
  6. Planning and preparation of high fiber recipes.
  7. Planning and preparation of bland diet recipes.
  8. Planning and preparation of diets for the following conditions.
    - Overweight and obesity, Underweight, Fevers, Ulcers, Dehydration, Constipation, Malabsorption syndrome, Viral hepatitis, Liver cirrhosis, Cholecystitis, Nutritional anemias.