

# M.A H.sc -401 Advance dietetics(core compulsory)

## Objectives:

1. To learn the principles of dietetics.
2. Menu planning for patients according to various diseases.
3. To acquire knowledge regarding diet modification for various diseases.

### **Unit 1**

- Introduction and history of diet therapy.
- Role of dietitian
- Diet modification.
- Types of diet: Regular diet, clear liquid diet , full fluid diet , soft diet.

### **Unit 2**

- Causes , sign, symptoms, care, and dietary modification of following diseases.
  1. Diabetes
  2. G.I disorders: diharroea, collities, peptic ulcer.

### **Unit 3**

- Causes , sign, symptoms, care, and dietary modification of following diseases
  1. Kidney diseases : nephrities, kidney failure, and kidney stone.
  2. Tuberculus bacillus
  3. Cancer.

### **Unit 4**

- Causes , sign, symptoms, care, and dietary modification of following disease
  1. heart disease.: Atherosclerosis, hypertention
  2. obesity.
- Causes , sign, symptoms, care, and dietary modification of following diseases
  1. Liver diseases: cirrhosis of liver & jaundice.
  2. Food Allergy.

## **Practicals:**

- Dietary modification, planning, and preparation of diet and calculation of nutritive value of following;
  - Diet modification
  - Diabetes.
  - Diharroea
  - Peptic ulcer
  - Tuberculosis
  - Cancer
  - Heart disease
  - Obesity
  - Liver disease

## **Referances**

- Normal and therapeutic diet by- B.Robbinson.
- Essential of food and nutrition by –M.swaminathan.
- Dietetics by- B.lakshmi
- Ahar ayojan by- Vrunda sigh
- Clinical nutrition and dietetics by- f.p.antia.