

E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI -14.

(An Autonomous Institution – Affiliated to Madurai Kamaraj University)
(Re-accredited (3rd Cycle) with Grade A⁺ & CGPA 3.51 by NAAC)

CBCS

DEPARTMENT OF NUTRITION AND DIETETICS-UG

(w.e.f. 2017 – 2018 Batch onwards)

Title of the Paper : Dietetics - I

Semester : V

Contact Hours: 4

Sub Code : 17N52

Credits: 4

Objectives :

To enable students to

1. develop attitude towards the profession as dietitian.
2. understand the recent trends in diet therapy and planning and preparation of therapeutic diets.

Unit – I

Dietitian – classification, responsibilities, code of ethics, assessment of diet planning, diet counseling and nutrition education. use of computers in diet planning and counseling.

Unit – II

Concept of diet therapy- purpose and principles of therapeutic diets, modification of normal diets , classification of therapeutic diets. Basic concepts of oral feeding , tube feeding , parenteral nutrition and feeding problems.

Unit - III

Peptic ulcer - causes, symptoms and dietary management.

Liver diseases jaundice , hepatitis , cirrhosis- causes, symptoms and dietary management.

Unit – IV

Obesity and Underweight - causes, symptoms and dietary management.

Hypertension and Atherosclerosis - causes, symptoms and dietary management.

Diabetes mellitus- causes, symptoms ,types of diabetes, complication of diabetes , glycemic index and dietary management.

Unit – V

Kidney diseases -nephritis , nephrosis , renal calculi –calcium oxalate ,renal failure-causes, symptoms and dietary management, dialysis.

Cancer– types , risk factors, symptoms, role of antioxidants in prevention of cancer and dietary management.

Text Books :

- 1.AvantinaSharma*Principles of Therapeutic Nutrition andDietetics*(1stedn.), CBS Publishers &Pvt.Ltd,New Delhi, 2017.
- 2.Srilakshmi. B, *Dietetics* (7thedn.), New 4Age International Publications, New Delhi, 2014.

Reference Books :

- 1.PoojaVerma, *Foods,Nutrition&Dietetics* (1stedn), CBS Publishers &Pvt.Ltd, New Delhi ,2015.
- 2.RaneenaBegum, M,*Foods,Nutrition&Dietetics*(3rdedn),Sterling Publishing Pvt Limited,New Delhi ,2013.
- 3.ShrinandanBansal, *Food and Nutrition* (3rdedn), AITBS Publisher,India,2012.
- 4.Srilakshmi.B, *Human Nutriton(For B.Sc Nursing Student)*(2ndedn.), New Age International Publications, New Delhi, 2011.
- 5.Swaminathan, M. *Advanced Text Book on Food and Nutrition*, Vol. I & Vol. II (2ndedn.),Published by The Bangalore Printing and Publishing Co.Ltd, 2010.