

ALLIED COURSE PAPER - II

THERAPEUTIC NUTRITION

Marks: 150

THEORY

Marks: 100

Teaching Periods: 4 Theory + 1 Tutorial/ week

Objectives

To enable the students to understand:

1. Principles of nutrition care.
2. Modification of the normal diet for therapeutic purposes.
3. Dietary management of some common disorders / diseases.

Content

Periods

Unit I

12

Principles of nutrition care

- Nutrition Care Process
- Therapeutic adaptations of the normal diet
- Progressive diets – clear fluid, full fluid, soft and regular

Unit II

22

Etiology, clinical features and nutritional management of the following

- Infections and Fevers – typhoid, tuberculosis and HIV
- GI Tract: Diarrhoea, Constipation, lactose intolerance, celiac disease
- Weight Imbalances-Overweight and obesity; Underweight
- Eating disorder- anorexia nervosa and bulimia

Unit III

Etiology, clinical features, basic diagnosis and nutritional management of the following **22**

- Type 1 and Type 2 Diabetes Mellitus
- Metabolic Syndrome
- Hypertension and Coronary Heart Disease

Recommended Readings

- Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (in press). *Textbook of Nutrition and Dietetics*. Phoenix Publishing House Pvt. Ltd.
- Mahan L K and Escott Stump S (2008). *Krause's Food & Nutrition Therapy*, 12th ed. Saunders-Elsevier.
- Stacy Nix (2009). *William's Basic Nutrition and Diet Therapy*, 13th Edition. Elsevier Mosby.

PRACTICAL

Marks : 50

Teaching Periods: 4 / week

Objectives

This course will enable the students to learn:

1. Application of the principles of normal nutrition for planning therapeutic diets.
2. Planning and preparation of diets for some common diseases / disorders.

Content

Periods

Planning, preparation and service of diets for the following:

14

- i. Therapeutic Diets – Normal, Soft, Clear and full fluid
- ii. Fevers: acute and chronic
- iii. Celiac disease
- iv. Obesity
- v. Type 2 Diabetes
- vi. Hypertension and CHD

Recommended Readings

- ICMR (1999). *Nutritive value of Indian Foods*. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
- Seth V and Singh K (2007). *Diet Planning through the Life Cycle Part II: Diet Therapy. A Practical Manual*, 4th edition. Elite Publishing House Pvt. Ltd.