

ELECTIVE COURSE IV : DIET IN DISEASES

UNIT I

Principles of therapeutic Diet : Therapeutic adaptation of normal diet, Routine hospital diet - Regular diet, soft, fullfluid, clear fluid diet. Nutritional assessment of patients.

UNIT II

Deficiency diseases - protein calorie deficiency, iron and vitamin A Deficiency - Definition, aetiology, symptoms and dietary management. Dietary management in overweight and under weight condition.

UNIT III

Modification of diet in fevers of long and short duration.

Diseases of gastro intestinal tract : Diarrhoea, dysentery, constipation and peptic ulcer - definition, aetiology, symptoms and dietary management. Liver diseases : Jaundice and hepatitis - definition, aetiology, symptoms and dietary management.

UNIT IV

Diabetes mellitus - Definition types, predisposing factors, symptoms, complications, diagnosis and dietary management.

UNIT V

Cardiovascular diseases - hypertension, atherosclerosis, congestive cardiac failure - definition, aetiology, symptoms and dietary management. Kidney diseases : Nephritis and Urinary Calculi - Definition, aetiology, symptoms and dietary modification.

References

1. Anita F.P.Clinical Dietetics and Nutrition.
2. Krause and Mahan, Food, Nutrition and Diet therapy
3. Normal and therapeutic Nutrition by corrainne. H.Robinson.
4. Davidson and passmore (1975), Human Nutrition and Dietetics, English Language Book Society.
5. Principles of Nutrition and Dietetics by M.Swaminathan
6. Essentials of Food and Nutrition by M.Swaminathan.