

CORE COURSE – VII- DIETETICS
(Hour of Instruction per week : 6 (theory 6)

OBJECTIVES:

1. Understand the role of dietitian
2. Gain knowledge about the principles of diet therapy and different Therapeutic diets
3. Develop aptitude for taking up dietetics as a profession

S.No.	TOPIC	COURSE OUTLINE
UNIT I		
	Role of dietitian in the Hospital and community Feeding the patients Routine Hospital diets	Education and personal qualifications Professional ethics and obligations Psychology of feeding the patient Assessment of patients needs Regular diet, solid diet, Full liquid diet, clear diet , and tube feeding, surgical conditions and Allergic conditions
UNIT II		
	Modifications of diets Diet counseling And use of computer in Diet planning for following conditions. Gastrointestinal Disorders Liver and gall bladder and pathology disorders	Acute, chronic and re current fevers typhoid, rheumatic fever. Poliomyelitis cholera, tuberculosis and malaria Etiology and modifications of diet in peptic ulcer, gastritis, diarrhea Constipation, malabsorption syndrome, Ulcerative colitis, enteritis and carcinoma Etiological factors, dietary regimen in jaundice, cirrhosis, hepatitis, Hepatic coma, cholecystitis Cholelithiasis and pancreatitis
UNIT III		
	Metabolic disorders	Predisposing factors and modification of diet in diabetes mellitus, obesity, underweight. Hypothyroidism, hyperthyroidism, gout.
UNIT IV		
	Cardiovascular disorders	Risk factors and dietary regimen- Acute and chronic cardiac disease, Vascular Disease atherosclerosis, Hypercholesterolemia hyperlipo- Proteinemia, essential hypertension
UNIT V		
	Renal disorders	Contributory factors and dietary

modification acute and chronic
glomerulonephritis, nephrosis,
nephrosclerosis, uremia,
nephrolithiasis.

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The English Language Book Society, Livingstone, 1975, 1986.
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4. Krause M.V. Horsch M.A. Food Nutrition and Diet Therapy W.B. Saunders Company, Philadelphia, 1972.
5. Swaminathan M. Essentials of Food and Nutrition, Vol. I & II Ganesh and Company, Madras, 1974.
6. Howa R. Basic Nutrition in Health and disease, W.B. Saunder Co., Philadephia, 1971.
7. William B.R. Nutrition and Diet Therapy C.V. Muusby Camp. Saint, Lowin, 1973.
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Therapy W.B. Saunders Company, Philadephia, 1992.
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and Diseases Lea and Febriger Philadephia, Vol. II 1994.
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Foods National Institute of Nutrition, Hyderabad 7, 1994.
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publishing St. Louis, Toronto, Bosion, 1989.

JOURNALS

1. Journal of American Dietetics Association
2. Indian Journal of Medical Research
3. Indian Journal of Nutrition and Dietetics
4. Nutrition Reviews
5. American Journal of Clinical Nutrtrion
6. Nutrition Bulleting. The British Nutrition Foundation.15 Belgrave square, London Swix.
7. Applied Nutrition, Journal of Indian Dietetics Association Pratabchakraborty pub.
Secretary of Indian Dietic Association 27/1 Monoharpuku, Calcutta 700 029.
8. Diabetes care. Pub. by American Diabetic & American Dietetic Association, Professional
section membership, 1960 Duke Street, Alexandra, V.A. 22314.
9. Food and Nutrtrion Bulletin, The Editor, The United Nations University,
Cambridge, Programme Officer, Massachusatts Inst. of Technology E-38-756, Cambridge
Mass, 02139, USA.
10. The New England Journal of Medicine, Massachysetts Medical Society England by
passmore International Redlec, Herts.
11. Journal of Royal Society of Medicine, The Royal Society of Medicine, Wimpole Street,
London.
12. Clinical Nutrition, Sales Promotion, Department, Churchill Livingstone Medical Journals
Robers Stevenson House 1-3, Baxter's place, Edinburgh EHI, EAF.UK.

13. The British Journal of Nutrition, Cambridge Univerasity, Press Journals Dept. 46 West 20th Street, New York, 10011-4211.
14. The Journal of Nutrition, Subscription Dept. Rockville pick, Bethesda MD 20814-3990.
15. International Journal of Sport Nutrition, Human kinetics Publishers InE, Box 5076, Champaign IL 61825-5076.
16. International Journal of Vitamin and Nutrition Research. Hogrefe and Huber publishers, Toronto, Ontario M4P2S3. Canada.
17. Nigerian Journal of Nutritional Sciences, Dr.O.B. Oloyeda, Dept. of Biochemistry University of Illorin, P.M.B.1515. Illorin, Nigeria.