

**NUTRITION IN HEALTH AND DISEASES**

**OBJECTIVES:**

To enable students.

1. Understand the basic principles of meal planning and preparation of meals for various age groups and physiologic stresses at different income levels based on Nutritional needs.
2. Gain knowledge on planning the therapeutic diets and their preparation.
3. Gain knowledge in the selection, planning and preparation of foods in nutritional deficiency conditions.

**THEORY:**

**UNIT - I :**

1. Principles of meal planning and balanced diet for pregnancy and lactation, Infancy, preschool age, school age, adolescence, Adult hood, and old age.

**UNIT - II:**

Nutritional deficiency diseases-Anaemia, Protein. Calorie malnutrition Vitamin-A deficiency, Aetiology, Symptoms, Prevention and treatment.

**UNIT-III:**

Purpose and Principles of therapeutic diets, Hospital diets- aetiology and dietary modifications.

- (a) Obesity-definition, aetiology treatment.
- (b) Underweight-definition, aetiology, treatment
- (c) Diet in febrile conditions-typhoid, Tuberculosis.

**UNIT- IV:**

- (a) Diet in diseases of the gastro-intestinal tract, peptic ulcer and duodenal ulcer, acute and chronic diarrhoea, constipation.
- (b) Diet in diseases of liver-cirrhosis and Hepatitis.
- (c) Diabetes mellitus-definition, predisposing factors, factors that maintain blood glucose level, symptoms, diagnosis, biochemical changes in the metabolism of carbohydrates, fats, protein, food exchange list and treatments.

**UNIT-V:**

- (a) Diet in disease of the cardiovascular systems – Atherosclerosis and Hypertension.
  
- (b) Diet in diseases of the kidney and urinary tract-Acute and chronic Nephrotis and nephrotic syndrome.

**REFERENCES:**

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2. Krause, M.V. And Nahan, L.K.foods nutrition and diets the Delhi (1988) H.B.saunders Co., (1984).
3. Robinson, C.H. and Lawler, M.R.Normal and therpentic Nutrition Mac Millan Pub. Co. INC New York, 17<sup>th</sup> Edition (1988).
4. Gopalan, C.Balasubramnian, S.C. and Ramasastrri, B.V. the Nutritive value of Indian foods, KMR, New Delhi (1989).

**JOURNALS:**

1. Nutition, NTN, Hyderabad.
2. The Indian Journal of Nutrition and Dietetics, Avinashillingam Institutefor Home Science & Higher Education for Women, CBE.
3. NIN, News letter.