St Josephs College for Women

IVSEMESTER HOMESCIENCE TIME: 4HRS/WEEK HS4103 (3) THERAPEUTIC NUTRITION MAX.MARKS:100 w.e.f. 2020 –2021("20AH") SYLLABUS

OBJECTIVES: To enable the students to

- Understand the role of diet in therapy.
- Develop the capacity and aptitude for taking up dietetics as a profession.
- Gain knowledge and develop skills and techniques in the planning and preparation of therapeutic diets.

OUTCOMES OF THE COURSE:

On completion of the Course, the student shall

- 1. Appreciate dietetics as career opportunity
- 2.Demonstrate knowledge on preparing therapeutic diets
- 3.Be skilled to work in capacity of dietician at health care organizations.
- 4.Be equipped to launch own entrepreneurial venture in the field of dietetics.

THEORY

UNIT -I INTRODUCTION TO THERAPEUTIC NUTRITION:

- Therapeutic Nutrition Purpose of Diet Therapy, Therapeutic adaptation of normal diets – liquid, soft and special feeding methods, pre- and post operative diets.
- Dietitian Roles and responsibilities, Diet counselling, follow up and patient education.
- IDA Indian Dietetic Association

UNIT-II MALNUTRITION AND FEVERS:

- Fevers Acute and Chronic fevers Typhoid, T.B. Causes, symptoms and dietary management
- Under weight, Overweight and Obesity Causes, assessment, symptoms and dietary management and complications

UNIT-III GASTROINTESTINAL AND LIVER DISEASES:

- Gastrointestinal Diseases Dyspepsia, Peptic ulcer, Diarrhoea, Constipation and Malabsorption Syndrome – Steatorrhea, Celiac disease and Tropical Sprue – Causes, symptoms and dietary management
- Liver diseases Hepatitis, Cirrhosis of liver Causes, symptoms and dietary management

UNIT-IV CARDIO-VASCULAR AND RENAL DISEASES:

- Cardio-Vascular Diseases Role of fat in the development of Atherosclerosis,
 Hypertension Causes, symptoms and dietary management
- Kidney disease Nephritis, Nephrosis, Renal Failure, and Renal calculi -Causes, symptoms and dietary management

UNIT-V DIABETES AND CANCER:

- DiabetesMellitus Classification, causes, symptoms,
- Tests for detection of Diabetes Mellitus , Dietary management- and complications

 Cancer – Classification,risk factors, symptoms, general systemic reactions, nutritional requirements; Role of food and dietary guidelines for prevention of cancer

REFERENCES BOOKS:

- 1. Bamji MS, Krishnaswamy K, Brahmam GNV. (2016). Textbook of Human Nutrition, 4th edition, Oxford and IBH Publishing Co. Pvt. Ltd.
- 2. Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). "The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt. Ltd.
- 3. NIN. (2017). Food Composition Tables , National Institute of Nutrition, Hyderabad.
- 4. Srilakahsmi, B. (2019). Dietetics, 8th edition, New Age International Publishers.
- 5. Srilakahsmi, B. (2018). Nutrition Science, 6th edition, New Age International Publishers.
- 6. Sumati R. Mudambi, Rajagopal, M.V.(2012). Fundamentals of Foods, Nutrition and Diet Therapy, 6th edition, New Age International Publishers.
- 7. Swaminadhan, M., (1988). Essentials of Food and Nutrition, Volume I and II, The Bangalore Printing and Publishing Co. Ltd., Bangalore.
- 8. Wardlaw MG&Insel PM. (2004). Perspectives in Nutrition, Sixth Edition.