## ST.JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAMIVSEMESTERHOMESCIENCETIME:2HRS/WEEKHS 4153 (2)THERAPEUTIC NUTRITIONMAX.MARKS:50w.e.f. 2020 –2021("20AH")PRACTICALSYLLABUS

## **OBJECTIVES:**To enable the students to

-Understand the role of food in treatment of diseases.

- Relate the planning of the diet and diet counseling to etiology and symptoms.

OUTCOMES OF THE COURSE: On completion of the Course, the student shall

- 1. Demonstrate the ability to plan hospital diets for different health conditions
- 2. Be familiar with all clinical condition that impact diet planning.

3. Possess hands-on knowledge of physiology of diseases, to be considered in diet planning under

different disease conditions 4. Be qualified to take up career as a diet planner in a hospital

## PLANNING AND PREPARATION OF THE FOLLOWING DIETS:

- 1. Preparation of modified diets-Liquid and Soft diets.
- 2. Planning and preparation of diet in fevers Typhoid and T.B.
- 3. Planning and preparation of diets for Underweight and Obesity.
- 4. Planning and preparation of diet in diseases of Gastrointestinal System Peptic Ulcer, Viral Hepatitis
- 5. Planning and preparation of diet in Cardio-Vascular diseases Atherosclerosis and Hypertension
- 6. Planning and preparation of diet in Kidney diseases Nephritis
- 7. Planning and preparation of diet in Diabetes Mellitus

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