**ST. JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM**

**TIME: 4 Hrs/week DIETETICS Max. Marks: 100**

**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.

**COURSE:**

**UNIT – I:** Basic concepts of Dietetics

1. Therapeutic adaptations of a normal diet.
2. Pre & Probiotics, functional foods, Nutraceuticals.
3. Roles and responsibilities of Dietitian.
4. Dietetic Association of India.
5. Traditional dietetics in India and World Over (Brief review).

**UNIT – II:** Incidence, etiology, metabolic change, clinical manifestations, dietary management and counseling for the following:

a. Febrile diseases – General fever, Typhoid, Tuberculosis

b. Surgical conditions – Pre & Post conditions, Parenteral and enteral feeding.

c. Infections – Diarrhea, Dysentery, AIDS.

d. Deficiencies and Malabsorption – Anemia, Constipation, Under nutrition, Food Allergy.

**UNIT – III:** Incidence, etiology, metabolic changes, clinical manifestations, dietary management and counseling for Lifestyle and Degenerative diseases

1. Obesity.
2. Diabetes Mellitus.

**UNIT – IV:** a. Cardiovascular diseases

b. Miscellaneous – Osteoporosis. Arthritis and Gout.

**UNIT – V:** Etiology, Clinical manifestations & Overview of Dietary management.

1. IBS.
2. Peptic Ulcer.
3. Viral Hepatitis
4. Cirrhosis (Alcoholic & Non alcoholic)
5. Cholelithiasis
6. Nephritis
7. Renal Calculi

**SUGGESTED REFERENCES:**

1. Swaminathan, M. (1986) – Principles of Nutrition and Dietetics – BAPPCO, Bangalore.
2. Turner, D. (1964 – Handbook of Diet Therapy – University of Chicago Press, Chicago.
3. Goodhart, R.S., & Shils M.E. (1980) –Modern Nutrition in Health and Disease – K.M. Varghese & Co., New Delhi.
4. Robinson, Ch and Lawler M.A. (1980) Modern and Therapeutic Nutrition – Mac Millan Publishing Co., New York.
5. Anita, F.P., (1973) – Clinical Nutrition and Dietetics–Oxford University Press – New Delhi.
6. Davidson, S., and Passmore, R. (1977) – Human Nutrition and Dietetics - E & S., Livingstone Ltd., London.
7. Some Therapeutic diets – NIN, Hyderabad. (Latest Edition)
8. Nutritive Value of Indian Foods – NIN, Hyderabad. (Latest Edition)

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**ST. JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM**

**TIME: 2 Hrs/week DIETETICS PRACTICAL Max. Marks: 50**

**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.

**COURSE:**

**UNIT – I:** Preparation and serving of therapeutic diets modified in consistency and nutritive value for –

1. Routine hospital diets.
2. Special feeding.

**UNIT – II:** Planning, food exchanges and preparation for a. Underweight.

b. Febrile diseases – Tuberculosis.

c. Anemia.

**UNIT – III:** Planning, food exchanges and preparation for life style disorders -

1. Obesity & Diabetes mellitus.
2. Cardiovascular diseases – Hypertension, Atherosclerosis.

**UNIT – IV:**  Planning, food exchanges and preparation for a. Peptic Ulcers

b. Hepatitis & Cirrhosis

c. Nephritis & Calculi

**UNIT – V:** Case studies and Counselling of Patients.

**SELECTED REFERENCES:**

1. Swaminathan, M. (1986) – Principles of Nutrition and Dietetics – BAPPCO, Bangalore.
2. Goodhart, R.S., & Shils M.E. (1980) –Modern Nutrition in Health and Disease – K.M. Varghese & Co., New Delhi.
3. Robinson, Ch and Lawler M.A. (1980) Modern and Therapeutic Nutrition – Mac Millan Publishing Co., New York.
4. Anita, F.P., (1973) – Clinical Nutrition and Dietetics 0 – Oxford University Press – New Delhi.
5. Davidson, S., and Passmore, R. (1977) – Human Nutrition and Dietetics - E & S., Livingstone Ltd., London.
6. Taylor, C.M., and Meclead, G., (\*1960) – Roses Laboratory Handbook of Dietetics –

E & S Macmillan & Co., New York.

1. Some Therapeutic diets – NIN, Hyderabad. (Latest Edition)
2. Nutritive Value of Indian Foods – NIN, Hyderabad. (Latest Edition)

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